



“We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it as not as dreadful as it appears, discovering that we have the strength to stare it down.”

-Eleanor Roosevelt



Mental Wellness Workgroup

November 9, 2022



Anne Arundel County
Department of Health


9:00 – 9:15 am	<p>Welcome and Agenda Review</p> <ul style="list-style-type: none"> • Introductions + New Members • Agenda Overview • Community Outreach Events & Resources <ul style="list-style-type: none"> ○ Anne Arundel County Gun Violence Intervention Team Fall Community Meeting on Thursday, November 10th from 5:00 PM-6:00 PM. Join via Zoom or in person at the Busch Annapolis Library to learn more about local gun violence prevention resources & programming. ○ 9/19: International Survivors of Suicide Loss Day ○ November: National Veterans and Military Families Month ○ Healing Conversations for Survivors of Suicide Loss <ul style="list-style-type: none"> • AFSP program from the American Foundation for Suicide Prevention that pairs people who have recently lost someone to suicide with volunteers who are themselves survivors of suicide loss.
9:15 – 9:25 pm	<p>Revisiting Our Goals</p> <ul style="list-style-type: none"> • Review MWWG Priorities from 2021
9:25 – 9:40 pm	<p>Performance Measures – How we'll measure progress and hold ourselves accountable</p> <ul style="list-style-type: none"> • Select 1 of the 3 results that aligns most closely with your organization's work. Brainstorm performance measures that answer: (20 mins) • How much did we do? • How well did we do it? • Is anyone better off?

Welcome and Overview

Thank you!

- **Confirming Action Items**
- **Asks, Offers, Updates**

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<https://www.healthyannearundel.org/>

 <https://www.facebook.com/HealthyAAC>

Next Workgroup Meetings (2023):

January 11
March 8
May 10



Mental Health Work Group Meeting

November 14, 2022 | 9:00 – 10:00 am

Zoom Information:

<https://aacounty.zoom.us/j/82336859926?pwd=SUV3OGNEL2FZRXhDWjVUUUIWTmNTQT09>

Meeting ID: 894 2303 9315

Passcode: 4vmTAD&v

9:00 – 9:15 am

Welcome and Agenda Review

- Introductions + New Members
 - Agenda Overview
 - Community Outreach Events & Resources
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9:15 – 9:25 pm

Revisiting Our Goals

- Review MWWG Priorities from 2021

9:25 – 9:40 pm

Performance Measures – How we'll measure progress and hold ourselves accountable

- Select 1 of the 3 results that aligns most closely with your organization's work. Brainstorm performance measures that answer: (20 mins)
- How much did we do?
- How well did we do it?
- Is anyone better off?

9:40 – 9:50 pm

What's Next

- Updates & Shares
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