Behavioral Health Task Group
Meeting Minutes
January 18, 2019
9:30 am to 11:00 am
Adams State Service Center

Call to Order - Welcome & Introductions done by Committee Chair: Kym Alvarado 9:35

Peggy Geisler made a motion to approve the December meeting minutes. Roseanne Faust seconded the motion. December meeting minutes were approved unanimously by the committee.

Attendees: Total: 33 New Attendees: 7

*Janet Urdahl (La Red) will be co-chair with Jenna Montalbano for 2019

Action Items:

- What is our messaging? (Around stigma) Chronic Health?
- Get Champions for Children’s Health to present – Barb Messick (March)
- June meeting – will focus on goal check in
- Marcie – (Domestic Violence) to speak at YESO about new resources for teens
- Work with Dave Layton for internal facing for resources hub/list
  - Create a list based on the top areas of needed support –
  - Help is Here – 211 – a list on their website for specific needs – an updated dashboard
  - An online platform for providers
  - We can create a Sussex County list of resources
  - Closed network with providers for questions
- Delaware Council on Gambling - should invite to speak (Kim Jones has contact) (April)
- Dr. Neigle – Narcan and funding (Feb)
- Care Managers (MCO) to come – (Roseanne Faust and Carrie Snyder will make the appropriate connections)
- SCHC can leverage meeting with IRSD – can offer 5 – 10 minutes on our SBMHC call for Parent Information Center
- Diving deeper into Eating Disorders
- Ad hoc committees for Senior Care
- Combine BHTG meeting with DFC for March Meeting 3/15/19 9:30 – 11:00 (UD, Stoakley, or Sun)

Peggy Geisler: Healthy Communities Update:

- SBMH- 3 school Districts that we are infused in offering support in and around social-emotional learning – programming, collaboration and planning for how to look at mental health and social supports
- Collaborative team was formed – plans were developed and implemented – they have done trauma informed, risk assessment for suicide, yellow ribbon and CARE II (Threat assessment)
- Botvin resources (DSHAM and SPF-RX)
• Comprehensive and holistic approach – when the program started, the wait was 2 months, currently it is 2 weeks or no wait
• Serious issues
  o Children are not entering school ready to learn - they are at risk for dropping out
  o Much trauma within the families and serious sensory integration issues
  o Schools are there for academics, not a mental health hospital – we need to support their mental health teams
  o Health Committees – PSA’s are being developed for Developmental Screenings and PSA’s are needed around Mental Health and chronic health issues; ie. how to find services and to reduce stigma –
• Applied to Highmark for Georgetown area and other hot spots – prevention, intervention and harm reduction – how do we do the best job to put our arms around the community with infrastructure and hope
• Once the community is identified, we will need the support of the committee to bring resources into a high-risk community

New Business:

• Goals for YOUR agency for the New Year – and how can this task group help with this goal?
  o **Beebe** – Women’s Health Nurse Navigator: Mental Health – OBGYN’s are working on beefing up the post-partum screening
    ▪ Support Group for women – Partners in Health and Wellbeing are doing a support group (more aligned with SAD)
    ▪ There is a certification for PPD
    ▪ Nami has support groups but not specifically for PPD
    ▪ Whatever we do in one area of risk needs to be able to be replicated
    ▪ Will check in in June
    ▪ Perhaps Sun would be interested in this? Erin Wills (SUN) said she will investigate
    ▪ Promise may be able to assist
    ▪ Insurance companies have an interest – Care Managers (MCO) to come – (Roseanne and Carrie will make the connection)
  o **Veteran’s**
    ▪ Opportunity to push out into the Western Sussex County area to bring the mobile vet support vehicle – at ACE Peer Center in Seaford
    ▪ What about La Red and/or Connections? Connections screens for VETS –
  o **Parent Information Center** - Improve Family Engagement in Sussex - starting with the School Districts
    ▪ Teach Parents how to advocate for their children, and children to advocate for themselves with a youth advocacy group (ages 13 – 21) if they are in special ed
    ▪ Have a group in NCC, but working towards increasing awareness and engagement in Sussex (students with disabilities)
    ▪ Getting the trust of the SD – have offered trainings in libraries but the turn-out was not good
      • Good relationship within the Latino population – how to port why this works, into other areas
      • Carrie can connect them with the Laurel School District
      • SCHC can leverage meeting with IRSD – can offer 5 – 10 minutes on our SBMHC call
      • Hiring a bilingual parent consultant – we have a public ally
      • PBH – 5 families who have reached out to PIC – they are beginning to reach out to PIC (PBH – Prevention for Behavioral Health –
Suggested PIC to reach out to Champions for Children’s Health (we will invite CCH to present)

- What are the Benchmarks that demonstrate what this group has accomplished and how did we get there?
  - Cathy Rose – consultant with PBH – The ID and DD (Dev. Disabled) were not seen as a part of PBH. The new philosophy, from cabinet secretary, says now these groups will fall under PBH - ID and DD and their mental health needs and how to meet them - to provide mental health services for autistic and DD children (goal)
  - Focus group from the BHTG meeting to craft what are the barriers, what are the resources and what are the gaps
  - Who else do you need in the room that can be helpful?
  - Cathy will bring this suggestion back to PBH
  - Does Howard T Ennis have any mental health connections?
  - Consortium – ABA (all behavioral)
  - Providers need to be educated in treating severe ABA(Applied Behavioral Analysis)

- Marcie – Coalition for Domestic Violence
  - Improve Resources for Teens

- Care Management in ED – Resources list needed (Hub of experts)
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  - Help is Here – 211 – a list on their website for specific needs – an updated dashboard
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  - We can create a Sussex County list of resources
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- Need more advocacy

- November BIG idea suggestions:
  - One off training
  - Diving deeper into Eating Disorders
  - Ad hoc committees for Senior Care
  - Need sub-committees to step up

- Communication and systems issues need to be addressed
  - Relationship and funding
  - Alignment and collaboration

Peggy

- Are there enough services for Latino population?
  - No

What are the critical Health needs that need to be addressed that are not addressed in Sussex?

- Not enough resources in Eastern Sussex (and they do not have health insurance)
- Family sessions are needed (stigma against mental health)
- Anti-stigma for Latino population for mental health (PSA on radio?)

Adjourn

Next BHTG Meeting – February 15, 2019 – Adams State Service Center, Georgetown - 9:30 am -11:00 am