



Changing Perceptions and Stigma Committee Meeting Behavioral Health Consortium

Date: 3/15/24	Location: Virtual Meeting
Time: 2pm-3:30pm	ID: 894 8544 1639
	PC: 503283

Attendees: Co-Chair Beth Jeker, Co-Chair Valerie Earnshaw, Desiree Surplus, Karen DiNardo, Jessica Estok, Jarett Avena, Sharon Bell, Annie Slease

Staff: Laura Rapp, Alexia Wolf, Riley Feinour

Topics 1: Welcome and Introductions

Presenter – Co-Chair Valerie Earnshaw and Co-Chair Beth Jeker

- Co-Chair Beth Jeker called the meeting to order.
- Co-Chair Valerie Earnshaw and Co-Chair Beth Jeker welcomed attendees.

Topic 2: Review and Approve Minutes

MOTION: Co-Chair Beth Jeker called for a motion to approve the minutes from previous two meetings.

- Jessica Estok motioned to approve the minutes from the meeting on 2/2/24.
- Co-Chair Valerie Earnshaw seconded the motion.
- Minutes from meeting on 2/2/24 approved.
- Minutes from meeting on 2/16/24 deferred to next meeting.

Topic 3: BHC Updates

Presenter – Laura Rapp and Alexia Wolf of the BHC

- Michael Cooksey had a presentation about children ingesting marijuana gummies at the Education and Prevention Committee meeting in March.
 - Hoping to collaborate with other agencies and committees.
- The DSAMH had a presentation about a new change in plan that will cause an increase in Naloxone kits during the Access and Treatment Committee meeting in March.
- Relevant notes from listening sessions:
- Participants in the listening sessions highlighted opportunities for education and awareness including:
 - Resource guides and learning opportunities for faith leaders and others who perform outreach work in service of community members.
 - Promoting mental health literacy at the individual level.
 - Self-awareness
 - System regulation
 - Healthy expression of emotions
- Next listening sessions is March 22nd, 2024, at 6PM at the Neighborhood House. There is a focus on hearing about the experiences of returning citizens.

- Delaware State University had a listening session that aligns with a goal within the committee, will share findings from the listening session.
- BHC had a table at the aTAcK Addiction 5K.
- Sussex County Health and Wellness Fair on March 16th at the CHEER Community Center.
- Recovery Friendly Workplace Initiative
 - Focus of stigma and reducing stigma in work settings specifically
 - Delaware was one of four states selected.
 - Delaware is developing a plan to increase recovery ready workplaces within the state.
 - More updates are to come.

Topic 4: Committee Goal Updates

Presenter—Co-Chair Beth Jeker and Co-Chair Valerie Earnshaw

Goal 1

- Wilmington University is a commuter college so having anything with collegiate recovery can be difficult.
- A conversation with Wilmington University will take place once school starts slowing down towards the end of the semester.
- Regina Sharp is the director of student affairs at Wilmington University and can be essential to this goal.
- Interested in messaging students and seeing their perspective through social media.
- It was discussed to come up with a mission statement.
- Co-Chair Valerie Earnshaw volunteered to get the missions statement started.
- First step of this goal is to develop a mission statement. A draft mission statement will be created and brought back to the next committee meeting for discussion and feedback.

Goal 2

- Discussed the draft of the email asking about lived experiences.
- This may encourage other organizations to do something similar with including people with lived experiences in the BHC.
- The email is to be sent to all involved in the BHC organization, not just the CPS Committee.
- Part of the survey that mentions if those with lived experiences should be represented among voting members was removed as Alexia Wolf brought up, voting members have a requirement of being directly impacted by behavioral health in the state of Delaware.
- Co-Chair Valerie Earnshaw is going to create a final draft of the lived experience survey.
- Question of using Qualtrics or Google Forms to keep everyone's identities safe and so the BHC can view the data as well.

Goal 3

- The Education and Prevention Committee is participating in Fentanyl Awareness Day on May 7th.
- Pushing for more awareness and to move towards action.
- The EP Committee is trying to ensure awareness and having conversations with youth and families around the dangers of Fentanyl and overall drug use.
- The EP Committee is trying to form a small group to try and find ways to increase awareness, asked to see if any other committee members would be interested in being apart of the group.
- In February, a concern came up in a listening session that faith-based leaders may need more education on behavioral health.
- Looking into seeing who can do a webinar, ties with this goal.

Topic 5: Public Comment

No public comment.

Next Changing Perceptions and Stigma Committee Meeting is **Friday, April 19th at 2PM**

Adjourn: 3:25 pm