



Changing Perceptions and Stigma Committee Meeting Behavioral Health Consortium

Date: 5/17/2024	Location: Virtual Meeting
Time: 2pm-3:30pm	ID: 894 8544 1639
	PC: 503283

Attendees: Co-Chair Dr. Valerie Earnshaw, Annie Slease, Jessica Estok, Karen Records, Brian Dietz

Staff: Alexia Wolf, Laura Rapp, Larence Kirby

Topics 1: Welcome and Introductions

Presenter –Co-Chair Dr. Valerie Earnshaw

- Co-Chair Dr. Earnshaw called the meeting to order.
- Co-Chair Dr. Earnshaw welcomed attendees.
- Co-Chair Beth Jeker is absent from the meeting.

Topic 2: Review and Approve Minutes

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

- Jessica Estok motioned to approve the minutes from the previous meeting.
- Annie Slease seconded the motion.
- Minutes approved.

Topic 3: BHC Updates

Presenter – Laura Rapp

- The Education and Prevention Committee has a goal of promoting and supporting behavioral health prevention education campaigns, cross committee collaboration with the Changing Perceptions and Stigma Committee.
- The Family and Community Readiness Committee has a goal to develop strategies that protect a person's autonomy to direct their own care while experiencing a mental health crisis. The goal is steadily moving forward with the end goal being proposed to legislation.
- Relevant notes from listening sessions.
- Participants attending Delaware State University and the University of Delaware listening sessions shared their thoughts and experiences.
 - Students are aware of multiple resources on campus. However, experiences are varied,
 - Race/ethnicity and gender are important factors in selecting a provider. When there is incongruence, the individual may feel that they have to "orient" the provider to their culture.
 - Though shared demographics influence the selection process, they do not guarantee a "fit". Participants found that a provider's willingness to listen, to create nonjudgmental spaces, and practice empathy fostered relationships that proved helpful.

Topic 4: Updates on the Recovery Friendly Workplace Initiative

Presenter— Annie Slease

- Working with the National Governor's Association along with 3 other states (Maryland, Minnesota, and Missouri) on a plan to bring the Recovery Friendly Workplace Initiative to Delaware

- The initiative is about engaging employers related to SUD and recovery.
- There's a primary focus on restaurants and construction industries.

Topic 5: Goal Updates

Presenter—Co-Chair Dr. Valerie Earnshaw

- **Goal 1: Collegiate Recovery Communities- Scheduling/planning meeting for June/July**
- Met with the executive director of counseling services with Delaware State University.
- They are interested in learning more about Sean's House.
- Interested in mapping out resources at higher education institutions.
- Meeting with DelTech on June 3rd.
- Discussed meeting in the end of June/early July.
- There were discussions about meeting in person at Buena Vista or the University of Delaware.
- **Goal 2: Ensure that people with lived experiences and youth are represented on BHC Committees- Update on email survey.**
- The committee decided to take out the section of the email survey that include the option for the participant to include their name.
- **Goal 3: Support and advertise community stigma intervention work- Report back on Fentanyl Awareness Day activities.**
- Partnering with Song for Charlie
- A video was created by youth for Fentanyl Awareness Day and the video was spread around social media to promote awareness.
- Brian Dietz from Impact Life is working on the second annual harm reduction conference. It is to take place the last week of August.
- Two recovery cafes are opening.
- Annie Sleese with the Mental Health Literacy Collaborative is working on launching a tiered training initiative.
- The first tier of the training will be ready in a few weeks, and it is built around advocacy for the mental health literacy framework.

Topic 6: Other Committee Business: New meeting time for summer?

- Co-Chair Dr. Earnshaw will email to find a new time to meet for the summer.

Topic 7: Public Comment

No public comment.

Next Changing Perceptions and Stigma Committee meeting, **June 21st, 2024, 2:00PM**

Adjourn: 3:20PM