



## Changing Perceptions and Stigma Committee Meeting Behavioral Health Consortium

<b>Date:</b> 7/19/24	<b>Location:</b> Virtual Meeting
<b>Time:</b> 10:00am-11:00am	<b>ID:</b> 894 8544 1639
	<b>PC:</b> 503283

**Attendees:** Co-Chair Valerie Earnshaw, Annie Slease, Karen DiNardo, Jessica Estok, Karen Records, Jarrett Avena, Hafiz, Emily Vera, Kristine De Jesus, Esther  
**Staff:** Alexia Wolf, Laura Rapp, Riley Feinour

### Topics 1: Welcome and Introductions

#### *Presenter –Co-Chair Valerie Earnshaw*

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

### Topic 2: Review and Approve Minutes

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

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

### Topic 3: BHC Updates

#### *Presenter – Laura Rapp and Alexia Wolf*

- Two Unity Dinners took place in collaboration with Black Faces Black Voices. One was on June 24<sup>th</sup> in Wilmington and the other was on June 25<sup>th</sup> in Dover. Both dinners will be shown the “Silence on the Streets” film.
- Two more Unity Dinners are taking place. One on July 24<sup>th</sup> in Middletown and the other dinner is on July 25<sup>th</sup> in Seaford.
- The BHC is on social media.
- Opportunity—DSAMH Health Equity Advancement Project
  - DSAMH has an opportunity to engage with the Health Equity Advancement Project initiative to address local health disparities, specifically racial/ethnic minorities who are impacted by opioid use disorder.
- The BHC was at the Kent County Health and Wellness Fair. There was a great turnout and lot’s of great vendors.
- The POSDC voted to recommend funding for a 3-month bridge funding for grantees who are under phases 1A and 1B. 1.9 million in funding was approved by the BHC at the 7/16 meeting.
- Participants in the listening sessions pointed out the following opportunities for changing perceptions and stigma at the community level. These include...
  - The idea that expressing emotions is a weakness, especially for men and boys.
  - That help from professionals (or those outside of the family unit) contradicts values.

- That generational differences may influence how individuals experience engagement with systems.
- The next BHC Quarterly meeting is on October 15<sup>th</sup> at 10:00 AM.

#### 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.
- Looking at a pitch deck to show to potential employers and drafting an employer guide.
- The group is meeting in Baltimore on Monday, July 22<sup>nd</sup>, to discuss Delaware’s progress.
- Delaware has been leaning on Maryland a lot while going through this process.

#### Topic 5: Introduction: Dr. Kristine De Jesus, Founder of Students Recover

*Presenter—Dr. Kristine De Jesus*

- This program was created in response to COVID.
- It is an online student recovery community, and it centers the needs of students instead of the needs of the colleges.
- It is mutual aid oriented and comes from a harm reduction lens.
- All meetings are topic oriented but plan to include alternatives to 12-step recovery.
- Ensures there are access points to all by having online programming and all the sources are free.

#### Topic 6: Goal Updates

*Presenter—Co-Chair Valerie Earnshaw*

- **Goal 1: Collegiate Recovery Communities**
- Planning on meeting with some stakeholders from different colleges across the state.
- The next step of this goal is to nail down an in-person location and have a general sense of when they will meet.
- Looking to welcome anyone who wants to be a part of the small group planning committee.
- The idea of sharing resources came up during a meeting with some of the stakeholders.
- **Goal 2: Ensure that people with lived experiences and youth are represented on BHC Committee**
- The survey was launched and 21 people have taken the survey so far.
- There are responses from each committee, minus data and policy.
- The results show that there is lived experiences among the different committees as well as withing the voting members.
- The survey went out to 90 individuals.
- There are a lot of good responses to the open-ended questions, gives ideas for possible goals.
- **Goal 3: Support and advertise community stigma intervention work.**
- Exploring the feasibility about getting a calendar on the BHC website to promote events.
- The BHC social media is an additional way to promote events.

#### Topic 7: Update from DSAMH

*Presenter—Karen Records*

- The Cause is going to be speaking with DSAMH.
- Looking to hire peers to participate in bringing feedback from some of the workshops.

#### Topic 8: Public Comment

Co-Chair Valerie Earnshaw mentioned starting to think about refreshing some of the committee goals for next year over the next couple of meetings.

Next Changing Perceptions and Stigma Committee meeting, **August 16<sup>th</sup>, 2024, at 10:00 AM**

**Adjourn: 10:55 AM**