



Changing Perceptions and Stigma Committee Meeting Behavioral Health Consortium

Date: 10/18/24	Location: Virtual Meeting
Time: 10:00am-11:00am	ID: 894 8544 1639
	PC: 503283

Attendees: Co-Chair Dr. Valerie Earnshaw, Co-Chair Beth Jeker, Jessica Estok, Karen DiNardo, Rev. Dr. A'Shellarein, Rev. Dr. Carol Boggerty, Karen Records, Bria Greenlee, Kristine De Jesus, Esther Curtis
Staff: Alexia Wolf, Laura Rapp, Renee Beaman, Riley Feinour

Topics 1: Welcome and Introductions

Presenter –Co-Chair Dr. Valerie Earnshaw

- Co-Chair Dr. Valerie Earnshaw called the meeting to order.
- Co-Chair Dr. Valerie Earnshaw welcomed attendees.

Topic 2: Review and Approve Minutes

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

- Karen Records 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

- On October 20th, Mental Health Delaware is hosting a Reverse Burnout event to foster mental health resilience and share protocols for stress reduction. It is from 5:30-6:30 PM at the Unitarian Universalist Society of Mill Creek.
- NAMI is offering a youth mental health first aid program on Tuesday, October 22nd from 8:30am-4:00pm
- Relevant notes from listening sessions
- In sessions focused on men's mental health, participants shared their thoughts related to stigma. These include.
 - Suppression of emotions for fear of judgement which can lead to bouts of depression and anxiety.
 - Social stigma may label men as “weak” or “incapable” for needing and /or seeking behavioral health support.
 - Social norms that define masculinity in a restrictive fashion discourage vulnerability.
 - Men would benefit from open dialogue about behavioral health challenges and coping strategies.
- The Family and Community Readiness Committee has a new Co-Chair, Erin Mitchell.

- During the September meeting of the Corrections and Law Enforcement Committee, there was a conversation across multiple partners including Department of Corrections, individuals in the court system, and community advocates.
- The conversation was about the findings and recommendations that came from the Delaware Drug Overdose Fatality Review Commission Annual report as some of the recommendations included a need for more resources in criminal justice communities.

Topic 4: Updates on the Recovery Friendly Workplace Initiative

No presenter available to give an update.

Topic 5: Unity Dinner Findings

Presenter—Rev. Dr. Carol Boggerty and Rev. Dr. A'Shellarein Addison

- The BHC in collaboration with 'Black Faces Black Voices' hosted multiple unity dinners over the summer in each county.
- The dinners created a space for people to come together and to share their experiences.
- More people attended than expected.
- The participants were relieved to hear the statistics discussed in the 'Silence on the Streets' film as the data matches reality and made sense to people's experiences which led people to connect more deeply.
- There was a lot of connection on what was happening to the youth.
- Some services at the dinner such as BeeBee Health, were handing out supplies such as Narcan and training the participants on how to use Narcan.
- The dinners had a lot of positive feedback and were well received.
- People are still talking about the dinners and are wanting to attend similar events.
- There was a lot of conversation around creating safe spaces and being able to relate to others who share similar experiences.
- The findings from the dinner were fed back to the Faith Forward Collaborative.

Topic 6: Goal Updates/Reflection

Presenter—Co-Chairs Dr. Valerie Earnshaw and Co-Chair Beth Jeker

- **Goal 1: Collegiate Recovery Communities—Meeting recap and next steps**
- Some committee members met with stakeholders of higher education 2 weeks ago.
- There was representation from all higher education institutions in the State of Delaware.
- The bulk of the meeting was spotlighting solutions.
- Themes that stuck out
 - All of the work on peer support and leveraging peer support systems.
 - The institutions were varied in how they connect and utilize resources throughout the state and virtually.
 - Kristine De Jesus noted that, so few people are working on so many things.
 - Kristine discussed looking into collaborative resources outside of the institutions and ways for the state to step in and build other resources that are culturally attentive and easy to access.
 - Jessica Estok notes that the University of Delaware uses timely care and wonders if other campuses are using it and if not, how the state could help out and aid.

- Pipelines to create an opportunity for those who don't think college is the best fit for them and how they can be assisted in that process.
- Discussion on creating a Listserv to have a forum for the institutions to communicate to each other.
- Esther Curtis noted that there are existing programs in place and there can be an openness for collaboration.
- Alexia Wolf discussed the work SAMHSA's Office of Recovery did to establish national guidelines for certification for peer support and that the BHC can assist in convening guidelines for Delaware and assist in making sure everyone has access to the guidelines.
- Co-Chair Dr. Valerie Earnshaw noted that there are some misconceptions about the resources available and what is already being funded.
- Karen DiNardo discussed doing a trial run of listing services that exist in the state and try to solicit feedback from the community in partnership with the Mental Health Association.
- Karen Records noted that the FindHelp site can be utilized to promote services.
- Karen DiNardo added that the Mental Health Association runs peer led support groups and is going to share the information with the committee to help get the word out.
- **Goal 2: Ensure that people with lived experiences and youth are represented on BHC Committees—Next steps.**
- The survey results concluded that people with lived experience are represented across BHC committees and voting members.
- There is an opportunity for the survey to be administered annually.
- Participants noted that the BHC prioritizes sharing personal experiences and there is a call to share more in systems, to guide where changes need to happen.
- Planning to continue the conversation around what the committee wants to do for the rest of the year in the next meeting in November.
- **Goal 3: Support and advertise community stigma intervention work—Next steps.**
- Karen Records brought up the Monthly Purpose that the Cause created.
- The Monthly Purpose takes place on the 3rd Thursday of each month.
- The recordings are broadcasted and posted on the Cause's YouTube channel.
- Karen is working to get a list of the topics that will be discussed in the coming Monthly Purpose meetings.

Topic 7: Public Comment

Laura Rapp noted that at the Family and Community Readiness committee meeting, a committee member discussed the notion of sharing your story can be traumatizing and ensuring the BHC doesn't have an expectation that can lead to participants being retraumatized.

Next Changing Perceptions and Stigma Committee meeting, **Friday, November 15th, 2024, at 10:00 AM**

Adjourn: 10:59 AM