



Education and Prevention Committee Meeting Behavioral Health Consortium

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| Date: 3/5/2024 | Location: Virtual Meeting |
| Time: 10am-11am | ID: 894 8544 1639 |
| | PC: 503283 |

Attendees: Co-Chair Sandra Syglowski, Teri Lawler, Sabra Collins, Alex Pappas, Denise Mariano, Shelly Lazorchak, Joyce Hawkins, Doug Tynan, Eric Rodriguez, Scott Michels, Amy Herby, Co-Chair Rebecca King not in attendance
Presenters: Michael Cooksey
Staff: Laura Rapp, Alexia Wolf, Catherine Bedenbaugh

Topics 1: Welcome and Introductions

Presenter – Co-Chair Sandra Syglowski

- Co-Chair Syglowski called the meeting to order.
- Co-Chair Syglowski welcomed attendees.
- Co-Chair Syglowski mentioned that Co-Chair Rebecca King is unable to attend the meeting.

Topic 2: Review and Approve Minutes

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

- Doug Tynan made a motion to approve minutes.
- Eric Rodriguez seconded the motion.
- Minutes Approved.

Topic 3: BHC Updates

Presenter – Laura Rapp and Alexia Wolf

Committee Updates:

- The Access and Treatment Committee has a goal regarding raising awareness on the threat of Xylazine and support medical care for those impacted by it.
- The Access and Treatment Committee is looking for training programs and this was mentioned to see if anyone in the committee was able to offer guidance.
- **Relevant notes from listening sessions.**
- Participants highlighted opportunities for fostering resilience. This includes:
 - Building connections through community building, especially those that affirm cultural strengths.
 - Promoting mental health literacy at the individual level.
 - Self-awareness
 - System navigation
 - Healthy expression of emotions
- BHC had a table at the aTAcK Addiction 5K.
- Recovery Friendly Workplace Initiative: Delaware is one of four states chosen to participate, currently at the beginning stages of planning and more updates are to follow.

Topic 4: Presentation: Increase in Emergency Room Visits for Youth Who Inject Marijuana Gummies

Presenter – Michael Cooksey, Esq. Office of the Child Advocate

- Packages of marijuana gummies look kid friendly.
- Increase in THC ingestion in children who come into the emergency room.
- Educate parents on safe storage and how to store other drugs properly as well.
- Data shows an increase in THC ingestion in children when marijuana was legalized.
 - Scott Michels brought up that dispensaries in Delaware will not be available for another year so there may be a window to campaign to educate parents and adults before the dispensaries become available.
 - Doug Tynan mentioned how companies market products as well as their packaging, a lot of packaging such as the gummies are misleading to children.
- The best way to get the public involved is to write in a public comment on the Office of the Marijuana Commissioner's page, omc.delaware.gov
 - Shelly Lazorchak discussed a conference coming up in April at the Double Tree in Wilmington. The conference heavily discusses substance abuse and mentions mental health as well.
- A peer led program called Stand Together is launching a pilot. The programs focus is on educating on substance abuse and mental health, focuses on middle and high school students.

Topic 5: Next Steps to Support EP Goals

Presenter – Co-Chair Sandra Syglowski

Goal 1: To develop a Set of Recommendations that Support Universal Mental Health Prescreening and Referrals Processes for Youth Ages 10 to 13 in Schools and Pediatrician Offices

- Co-Chair Syglowski had the opportunity to reconnect with Colonel School District to pilot a program partnered with Nemours. Meetings are occurring later this month.
- Goal 2: Promote and Support Behavioral Health and Education Campaigns; Song for Charlie/ Fentanyl Awareness Day (May 7th)*
- Youth Prevention Day is not going to be taking place on May 7th. Waiting to hear about having a parent education event.
 - Song for Charlie: Working on updating website that will have more resources.
- Goal 3: Educate On and Advocate for the Use of Nonpharmacological Pain Management Strategies*
- Working on sending out a survey to assess committee engagement with goals, survey is to assess who can be committed to moving the work forward through a subcommittee if possible.

Topic 6: State Agency Updates

Presenter—Amy Herb of the DSAMH

- Primary Prevention Committee met for the first time.
- Working on getting goals aligned and waiting to receive data to lead the goals.
- Making sure the public and providers have the resources that they need.

Presenter—Joyce Hawkins of DOE

- Training Power of Radical Acceptance and Self-Care
- Social and Emotional Wellbeing conference in Dover on August 6th and 7th.
- Covers substance use prevention initiative to support spring sport students. They are currently supporting 4,100 students and are looking to extend into fall sports.

Topic 7: Public Comment

No public comment.

Next Education and Prevention Committee meeting is **Tuesday, April 2nd, 2024, at 10AM**

Adjourn at 11:09AM.