



## Education and Prevention Committee Meeting Behavioral Health Consortium

<b>Date:</b> 5/7/24	<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 Sandi Syglowski, Co-Chair Rebecca King, Diana Suchodolski, Joyce Hawkins, Keira McGillivray, Sabra Collins, Bria Greenlee, Scott Michels, Rochelle Lazorchak, Doug Tynan, Amy Herb, Becky Uniatowski  
**Staff:** Laura Rapp, Yvonne Bunch, Riley Feinour.

### Topics 1: Welcome and Introductions

*Presenter – Co-Chairs Sandi Syglowski and Rebecca King*

- Co-Chair King called the meeting to order.
- Co-Chair King welcomed attendees.

### Topic 2: Review and Approve Minutes

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

- Kiera McGillivray made a motion to approve the minutes.
- Joyce Hawkins seconded the motion.
- Minutes Approved.

### Topic 3: BHC Updates

*Presenter – Laura Rapp*

- The Changing Perceptions and Stigma Committee has a goal of incorporating those with lived experiences in the BHC. The committee has developed an organizational assessment to see where the BHC stands. The email should be coming out in the next few weeks.
- Relevant notes from listening sessions
  - The participants expressed the need to learn more about mental health and related topics. Some of these topics include.
    - Stress management and self-care
    - Anxiety and depression
    - Substance use prevention
    - Goal setting and mediation
- Project Into the Light is holding an exhibition of portraits of people who passed from substance use disorders. They are currently looking for more portraits to include in the exhibition.

### Topic 4: Meet me at the Well

*Presenter – Diana Suchodolski, executive director of Meet me at the Well*

- Mission is to serve survivors of human trafficking to achieve life changing goals in professional and academic settings and educate the community in awareness and prevention of human trafficking.
- The H.E.A.L Map
  - Training and community outreach

- The HEAL Map Peer-led workshops and mentoring.
- Low barrier education scholarships, employment readiness
- Rental assistance
- 28 survivors received long-term mental therapeutic support.
- 95% of survivors are experiencing mental health challenges.

## **Topic 5: Goal and Workgroup Updates**

### ***EP10 Update***

#### ***Presenter – Co-Chair Sandi Syglowski***

- Sandi talked with the Colonial School District and Nemours to pilot the EP10 program pilot. Unfortunately, the school district is unable to continue with the pilot at this time but they are open to discussing it again for the next school year.

### ***Fentanyl Awareness Day Workgroup Update***

- Mission is to share a youth created video to bring awareness to Fentanyl Awareness Day. The committee is encouraged to post the video on their social media and send the video to others.
- Dispose RX and prevention playbooks are being sent out to school nurses in Delaware and signs will be provided to be posted around the schools.

### ***Cannabis Gummy Workgroup Update***

- The group met with the Addiction Committee Primary Prevention Co-Chairs.
- The AAC is creating a substance use prevention plan.
- Could do lessons learned from other states that legalized marijuana sooner.

### ***Non-Pharmacological Pain Management Workgroup Update***

- A workshop directed towards mental health clinicians by the American Psychological Association is taking place in the fall.

## **Topic 6: State Agency Updates**

### ***DSAMH—Amy Herb***

- Formation of focus on prevention messaging and shared alignment
- The Primary Prevention subcommittee looked at emerging substances as well as identified barriers and problems.
- They are beginning to look at parts of the prevention plan that need to be adjusted and to make sure the plan aligns with the trends being seen as well as what trends the data is showing.

### ***DSCYF—Joyce Hawkins***

- Building Bridges Conference was last week.
- A keynote speaker discussed the effects of THC on youth and the impacts of marijuana on the brain.
- There is a need to educate and encourage caregivers to be responsible at home now that marijuana is legalized.

### ***DOE—Sandi Syglowski***

- Working on programming within schools and working with teachers.

## **Topic 7: Public Comment**

No public comment.

Next Education and Prevention Committee meeting is **Tuesday, July 2<sup>nd</sup>, 2024, at 10:00AM**

**Adjourn at 11:01AM**