



## Education and Prevention Committee Meeting Behavioral Health Consortium

<b>Date:</b> 6/4/24	<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 Rebecca King, Diana Suchodolski, Keira McGillivray, Sabra Collins, Bria Greenlee, Scott Michels, Rochelle Lazorchak, Amy Herb, Becky Uniatowski, Teri Lawler, Eric Rodriguez, Dr. Alex Pappas  
**Staff:** Alexia Wolf, Cathy Bedenbaugh, Riley Feinour.

### Topics 1: Welcome and Introductions

#### *Presenter – Co-Chair Rebecca King*

- Co-Chair King called the meeting to order.
- Co-Chair King welcomed attendees.
- Co-Chair Sandi Syglowski is absent from today's meeting.

### Topic 2: Review and Approve Minutes

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

- Teri Lawler made a motion to approve the minutes.
- Sabra Collins seconded the motion.
- Minutes Approved.

### Topic 3: BHC Updates

#### *Presenter – Alexia Wolf*

- 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
  - During the listening sessions, participants expressed the need for, and perceived benefit of, learning opportunities. These include.
    - As a means of reducing stigma about different groups (i.e., immigrants)
    - As a means of reducing stigma within groups (i.e., challenging unhealthy norms.)
    - To promote self-advocacy when engaging with professionals and systems.
    - In support of resiliency building and communication skill development.
- The next BHC Quarterly meeting is July 16<sup>th</sup> at 10:00AM

### Topic 4: Youth Prevention Day

#### *Presenter – Scott Michels, The CAUSE*

- Part of Delaware's Prevention Partners
- 9 providers and 36 youth were present.
- Some of the youth mentioned that the prevention efforts are targeted more towards high schoolers, but they mentioned more efforts for younger students such as middle schoolers.

- Governor Carney proclaimed May 15<sup>th</sup> as Youth Prevention Day
- The students were recognized on the floor of the house.
- The next event the CAUSE is hosting is the Do-Good-A-Thon
- It is a 2-month movement.
- The idea is to see how many people they can get to do at least one act of service for others.
- The PARTY 4 is on July 27<sup>th</sup> at the Delaware Contemporary from 4:00PM-7:00PM. There are opportunities for different organizations to host tables and encourage individuals to do an act of service at the table.

## Topic 5: Discussion on Alcohol

### *Presenter – Rebecca Uniatowski*

- There is more of a focus on drug overdoses instead of the dangers of alcohol.
- Many people don't discuss how withdrawal from alcohol can cause death.
- More education and prevention efforts should be geared towards alcohol use and the dangers of it. A large goal of this is to include the warning that alcohol is addictive on the label of products containing alcohol.

## Topic 6: Goal & Workgroup Updates

### *AAC Cannabis Workgroup Update*

#### *Presenter—Amy Herb*

- Working on making sure they have the additional members that they need.
- The workgroup is also working on coming up with an objective for the committee.
- The committee is going to be meeting monthly.
- They are assessing the current tools and seeing if they continue to work.
- Working on launching a program geared towards recovery support.

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

#### *Presenter—Dr. Alex Pappas*

- The Delaware Psychological Association and the American Psychological Association have worked together to offer a 6-hour pre-recorded training.
- The training is on the role of psychology in addressing pain and related opioid dependencies.
- Will occur via Zoom on Friday, June 28<sup>th</sup> from 9:00AM-4:45PM.

## Topic 7: State Agency Updates

### *Presenter—Teri Lawler of DDOE*

- The 2<sup>nd</sup> annual social and emotional wellbeing conference is occurring in August.
- Registration is currently live.

## Topic 8: Public Comment

Scott Michels mentioned there are 4 components to keeping those in recovery safe. Two of those are purpose and community.

Co-Chair Rebecca King mentioned a possibility of postponing July's meeting to August since it is close to the 4<sup>th</sup> of July. Co-Chair King decided to keep the July meeting where it is.

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

**Adjourned at 11:04AM**