



## Education and Prevention Committee Meeting Behavioral Health Consortium

<b>Date:</b> 10/1/24	<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, Co-Chair Sandi Syglowski, Scott Michels, Dela, Douglas Tynan, Julia Lawes, Alyssa Selimov, Eric Rodriguez, Becky Uniatowski, Jocelyn Langrehr, Kiera McGillivray, Manisha Wadhwa, Matt A, Renee Beaman, Sabra Collins, Shelly Lazorchak, Teri Lawler, Yvonne Bunch

**Staff:** Alexia Wolf, Laura Rapp, 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.

### Topic 2: Review and Approve Minutes

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

- Douglas Tynan made a motion to approve the minutes.
- Shelly Alyssa Selimov seconded the motion.
- Minutes Approved.

### Topic 3: BHC Updates

**Presenter – Alexia Wolf and Laura Rapp**

- The BHC is now present on social media to provide information and updates.
- The BHC is updating their website with the Prescription Opioid Settlement Distribution Commission and the website will be live in the winter.
- NAMI is offering a youth mental health first aid program on Tuesday, October 22<sup>nd</sup> from 8:30am-4:00pm
- On September 19<sup>th</sup>, a screening of “Silence on the Streets” took place in honor of recovery month.
- Screenings will continue to take place in Kent and Sussex County. Those locations and dates are being confirmed.
- Relevant Notes from listening sessions.
- During the listening sessions, the participants highlighted the following educational needs. These include.
  - Mental health promotion skills and strategies
  - Understanding new and emerging drug trends (i.e., xylazine)
  - Safe sex kits and awareness for community members
  - Narcan
  - Youth vaping and any implications for later substance use (if any)

- The Family and Community Readiness Committee is discussing key aspects of implementing the Psychiatric Advanced Directive come July 2025.
- The Changing Perceptions and Stigma Committee has a half day meeting with institutions of higher education to support collegiate recovery. This meeting is to take place October 4th.
- The Changing Perceptions and Stigma had a goal of ensuring individuals with lived experiences are represented in the BHC. The committee concluded their survey and results indicated that there are BHC members and voting members with lived experience. The committee will be coming up with recommendations based on the findings from the survey.
- The SB 94 legislative requirements on anchor location and committee member presence that were put on hold during COVID are now in effect.
- The two requirements to prevent a committee meeting being cancelled are.
  - Identifying a physical meeting location and post it to the Public Meeting Calendar 7 days in advance.
  - Ensure there is 1 committee member present at the physical location during the meeting.
- Committee members will be notified for any last-minute changes or cancellations.
- The BHC quarterly meeting is October 15th, 2024, at 10:00 am. This is a hybrid meeting, and the location is at the Buena Vista State Conference Center.

#### **Topic 4: Presentation on the DE Drug Overdose Fatality Review Commission Annual Report**

*Presenter – Julia Lawes, Executive Director of the Delaware Drug Overdose Fatality Review Commission*

- Data set is from the 2021 annual report.
- 5 recommendations based on the data.
  - Fund and support reentry efforts.
  - To create peer support specialists for all community corrections
  - Community education for families
  - Create a coordinated comprehensive system wide effort to assist housing insecure, housing unstable, and unhoused individuals.
  - Broader efforts to distribute naloxone and fentanyl test strips.
- 95% of cases reviewed had Fentanyl in their systems.
- 38% of the cases were previously incarcerated.
- Of those incarcerated for less than a year, 26% of them died within the first 3 months of release.
- Of those incarcerated for more than a year, 33.3% died within the first 3 months; the average being 21 days.
- Recommends expanding the PATH program that is through DSAMH.
- Almost 50% of decedents were unhoused or in unstable housing.
- The treatment first model is favored over the housing first model in Delaware.
- Sussex County should be prioritized due to the high number of decedents being homeless.
- Co-Chair Sandi Syglowski discusses the discrepancy between prevention and treatment funds.
- Specifically, how the prevention efforts are not sustainable because a lot of the efforts are grant funded.
- Discussed how the group should focus on looking at sustainability for prevention.

#### **Topic 5: State Agency Updates**

*DSAMH*

*No one available from DSAMH to present.*

*DSCYF*

*Presenter—Shelly Razorchak*

- Friday night lights event coming up October 11th in Cape May.
- There will be prevention messaging throughout the game.

- THC workgroup is looking at doing THC prevention messaging, targeting youth and caregivers and other THC awareness activities.
- Trauma response for youth program is statewide and offers brief intervention for youth and their families.

**DOE**

**Presenter—Co-Chair Sandi Syglowski & Dr. Teri Lawler**

- At the Coaches vs overdoses Friday night lights event, 3,570 prevention playbooks and dispose Rx kits were handed out.
- In August was the Social Emotional Behavioral Wellbeing conference. There is an opportunity for sponsorship for next year's conference.
- Schools have taken interest in the substance use reduction mental health app to use for student athletes. It has now been expanded to any student across the state and is in partnership with DIAA.
- The mental health literacy programming has started. K-12 has started this school year.
- Provided training to 100 individuals on statewide PD Day.
- The prepare programming is school crisis prevention and intervention workshop.
- Extended professional learning to community members who support students out of schools.
- Educators participated in classroom 180 bootcamp instruction to support classroom managements and engagement.
- On October 17<sup>th</sup>, there is a book study session on enlightening the learning brain.
- The intent is to wrap supports around young people.

**Scott Michels, The CAUSE**

- Flyers for events can be spread through Delaware Prevention Partners.
- The monthly purpose launched last month. It is a live mental health and destigmatization event through interviews and audience interactions.
  - It is about peer-to-peer education on discovering and sharing better ways of living.
  - Shows are available on the Cause Community Network on YouTube.
- The Cause is going from peer-to-peer messaging to peer-to-peer leadership,
- Working on having the community being problem solvers and using their voices to educate their peers on living healthy lives.
- Talk about it is a local podcast. All episodes are available on the Cause's website.
- Need to take conversations about prevention to friends and families, so more people understand what is going on.
- My reason why is a program getting youth to understand their power of influence and their protective factors.
- Expression Explosion on October 19<sup>th</sup> is about getting youth to use their voice through art.
- Becky Uniatowski mentioned on November 10<sup>th</sup> is the 2<sup>nd</sup> Empty Shoe Project at the Aetna Firehall.
- The event displays photos of individuals who have passed from an overdose along with a pair of shoes to show the impact and the large amount of overdose deaths.

**Topic 6: Goal & Workgroup Updates**

**EP10 Update**

Deferred to next month's meeting.

**Non-pharmacological Pain Management Workgroup Update**

Deferred to next month's meeting.

***Alcohol Focus Goal Quick Update***

Deferred to next month's meeting.

***AAC Cannabis Workgroup Update***

Deferred to next month's meeting.

**Topic 7: Public Comment**

No public comments.

Next Education and Prevention Committee meeting is **Tuesday, November 12<sup>th</sup>, 2024, at 10:00am**

**Adjourned at 11:56 AM**

DRAFT