



## Education and Prevention Committee Meeting Behavioral Health Consortium

<b>Date:</b> 12/3/24	<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, Dr. Manisha Wadhwa, Doug Hamilton, Hayat Omar Hubert, Bria Greenlee, Jessica Graham, Amy Herb, Dr. Teri Lawler, Jocelyn Langrehr, Sabra Collins, Scott Michels, Dr. Douglas Tynan, LaVaida Owens-White, Joyce Hawkins  
**Staff:** Laura Rapp, Renee Beaman, Cathy Bedenbaugh, Riley Feinour.

### Topics 1: Welcome and Introductions

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

- 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.

- Dr. Douglas Tynan made a motion to approve the minutes.
- Scott Michels seconded the motion.
- Minutes Approved.

### Topic 3: BHC Updates

**Presenter –Laura Rapp, BHC Consultant**

- Behavioral Health Consortium Mission
  - The Behavioral Health Consortium will foster collaboration amongst individuals, family members, providers, advocates, governmental agencies, first responders, and community members to develop measurable solutions that directly and positively impact behavioral health outcomes throughout Delaware.
- Education and Prevention Charge
  - To provide education, prevention, and early intervention on behavioral health that is understandable and accurate to all stakeholders.
- Relevant notes from listening sessions.
  - During the listening sessions, participants identified a few areas where more information would be of benefit. These include.
    - Individual and community mental health promotion (also relevant for Family and Community Readiness Committee).

- Education for individuals and community members that can destigmatize behavioral health challenges and seek professional support (also relevant for Changing Perceptions and Stigma Committee).
  - Training and certification that address the social drivers of health.
  - Digital and virtual learning while incarcerated (also relevant for Corrections and Law Enforcement Committee).
- The Changing Perceptions and Stigma Committee is moving into phase 2 with their goals.
  - The Access and Treatment Committee hosted a tabletop event last month with about 50 partners to focus on gaps in treatments and what are promising advances to lean into as well as guide possible next steps.
  - The next BHC quarterly meeting is January 15<sup>th</sup>, 2025, at 10:00 am.

#### **Topic 4: Presentation on Reverse Burnout Seminar**

##### *Presenter—Dr. Manisha Wadhwa*

- The Reverse Burnout Seminar provided research on teacher burnout as well as student burnout.
- The use of mindfulness and Yoga of Immortals can help reduce insomnia, stress, anxiety, depression, and help with prevention.
- The Yoga of Immortals training sessions can be done virtually or live.
- Programs can be set up for specific populations and can be used in prevention as well as prevention in school systems.
- 3 requirements of the program are interests, guidance and training, and time.
- Possible use of evidence-based practice opportunities to do a pilot and start with teachers and other school leaders.
- The program is little to no cost. Live sessions have a cost, but virtual sessions are no cost.
- These programs could be offered to teachers in the evenings or weekends.
- Dr. Teri Lawler noted that investments have been made in mindfulness in school systems.

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

##### **Goal 1: EP10 Update**

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

- Had a meeting in November.
- Came to a consensus that they want to relaunch their survey to find out the landscape and find out what providers and schools are using for screening tools.
- These findings can assist in creating next steps for future goals.

##### **EP Goal 2: Promote and support behavioral health prevention and education campaigns.**

##### *Presenter—Co-Chairs Rebecca King & Sandi Syglowski*

- Retain the goal and move towards new objectives and strategies.
  - Potential objective 1, promote existing behavioral prevention and education campaigns.
  - Strategies could include:
    - Supporting The C.A.U.S.E, specifically the Monthly Purpose, The Party.
    - State-funded campaigns (inclusive of campaigns that are being implemented by DPP agencies?)
    - Fentanyl Awareness Day (Song for Charlie)

- Potential objective 2, increase knowledge of alcohol addiction risks, overdose risks, and warning signs.
- Strategies could be:
  - Develop partnerships with places that sell alcohol to display educational materials on what to do in an alcohol overdose emergency and the risks of alcohol addiction.
  - Promote knowledge of the Good Samaritan laws.
  - Partner with local health organizations to distribute educational materials about alcohol overdose at health fairs, community centers, and schools.
  - Develop campaigns in collaboration with local media and social media to communicate the risks of alcohol addiction and alcohol overdose.

### **Goal 3: Non-pharmacological Pain Management Workgroup Update and Next Steps**

***Presenter—Co-Chairs Rebecca King & Sandi Syglowski***

- Retain the goal on nonpharmacological pain management but shift focus to access specifically, creating pathways for easier access.
- Updates:
  - Input from Data and Policy provided.
  - Dr. Tynan leadership in workgroup.
  - Reached out to AAC Patient Centered Care Subcommittee to share updates.
- Potential Approaches
  - Develop training for all health professional on some of the basic skills any health clinician can teach. Nurses could be a priority audience.
  - Messaging to the public that these are effective treatments.
  - Coordinate psychological interventions with other non-pharm (chiropractic, PT) approaches.
  - For these to be successful, appropriate billing codes need to be identified that health and mental health clinicians can use to bill for these services.
  - Coordination with non-opioid medication treatment.
- The goal is to present to the public that there are non-opioid medicines and a number of effective non-pharmacological approaches that work with pain, and for clinicians to be able to deliver those interventions and get reliably and appropriately reimbursed.
- Dr. Douglas Tynan mentioned that he contacted the individuals who designed the 6-hour program for doctoral level psychologists and some of them are developing materials for nurses. Dr. Tynan will continue to maintain contact.

### **Confirm Committee Support on New Goal 4: Advocate for Sustainable Prevention Funding**

***Presenter—Co-Chairs Rebecca King & Sandi Syglowski***

- Action: Confirm the Committee wants to move forward with the goal.
- Potential sustainable funding sources to explore:
  - Marijuana legalization sales: Connect with the Office of Marijuana Commissioner
  - POSDC: Make recommendations on set-asides or priorities for prevention.
  - Assigning fiscal notes to current legislation supporting students' mental health literacy (HB 301) and other prevention strategies for youth in schools and communities.
  - Juul Settlement: Support recommendations being made (references by Sabra at the November meeting) to fund evidence-based prevention.

### **Topic 6: AAC Cannabis Workgroup Update**

***Presenter—Amy Herb & Hayat Omar, AAC Primary Prevention Co-Chairs***

- The workgroup is on track to have a draft of the statewide prevention plan. Looking at the end of December or early January.
- THC workgroup is going to have a presentation by Scott Michels; pushing out if you are doing a THC prevention campaign to encourage it to be shared.
- The THC workgroup is meeting December 9<sup>th</sup> at 11:00am on Zoom.

## **Topic 7: State Agency Updates**

### ***DSAMH***

***Presenter—Amy Herb***

***No additional information to add.***

### ***DSCYF***

***Presenter—Jocelyn Langrehr***

- The K561 Therapists are having an annual meeting on Thursday, December 5<sup>th</sup> and they are partnering with police force to give presentations and do a day of training.

### ***DOE***

***Presenter—Co-Chair Sandi Syglowski***

- DOE is participating with the child ID kits.
- Continuing to work with Coaches vs overdoses and are continuing to handout prevention playbooks as well as dispose Rx kits that will be handed out through health and physical education teachers.
- The Whole Child Community Network is open to the public and they are meeting on Thursday, December 5<sup>th</sup>.
- The SEB Conference will be held August 6<sup>th</sup>.

## **Topic 8: Public Comment**

Scott Michels added that The C.A.U.S.E has been looking into the My Reason Why program's gaps. The program is divided into 3 age groups (elementary, middle, and high school). Elementary is my reason why I chose to stay healthy, middle school is my reason why I chose to make good choices, and high school is my reason why I chose to not do drugs.

Scott Michels also added that they created a 3-step process: understanding power of influence, spreading messages to peers, and how to engage peers to become individual messengers. The C.A.U.S.E theatre could be a space to create and share resources.

Next Education and Prevention Committee meeting is **Tuesday, January 14th, 2024, at 10:00am.**

**Adjourned at 11:08 AM**