



## Behavioral Health Consortium Quarterly Meeting

<b>Date:</b> 4/16/24	<b>In Person Location:</b> Delaware Public Archives: Delaware Room. 121 Martin Luther King Jr. Blvd N, Dover, DE 19901
<b>Time:</b> 10am-12pm	<b>Location:</b> Virtual Meeting
	<b>ID:</b> 894 8544 1639
	<b>PC:</b> 503283

**Attendees:** John Eirdosh, Dr. Debra Mason, Jerry Herlihy, LeAnn Hamilton, Valerie Jones Giltner, Sandra Syglowski, Annie Slease, Meghan Walls, Lisa Johnson, Jenn Ford, Emily Vera, Adam Lush, Maia Michael, Joanna Champney, Michelle Twyman, Danielle Johnson, Evelyn Hayes, Aileen Fink, Andrew Thurn, Avani Virani, Beth Jeker, Bridget Walter, Calvin Davis, Carolyn Petrak, Cassandra Codes, Chad Williams, Chuck Sawchenko, Cpl. Kearns, Dana Holz, Derrodd Dungee, Desiree Surplus, Dionne Cornish, Dr. Priscilla Mpsi, Erin Booker, Frank Hawkins, Hannah Edelman, Hope Ellsworth, Edwina Bell, Jen Rini, Jennifer Graber, Jocelyn Langrehr, Joe Aronson, Joyce Hawkins, Khalil Abdar-Rashid, Kim Blanch, Kim Kirk, Letty Santarelli, Liz Booth, Liz Farrell, Liz Waters, Lydia De Leon, Lynn Morrison, M.J. Scales, Marcia Ferrnato, MaryBeth Cichocki, Matt Swanson, Melissa Minor-Brown, Mike Webster, Noel Duckworth, Paresch Perry Patel, Patrick Ogden, Patty Davis, Phillip Thompson, Rebecca Walker, Rev. Dr. Carol Boggerty, Richard Matthews, Rita Landgraf, Robert Ray, Sabra Collins, Dr. Sandy Gibney, Shelly Lazorchak, Sherry Nykiel, Stephen Ferguson, Sue Harris, Susan Holloway, Tamson Livanov, Teresa, Teri Lawler, Morrison Thomas, Dr. Valerie Earnshaw

**Staff:** Lieutenant Governor Bethany Hall-Long, Alexia Wolf, Laura Rapp, Yvonne Bunch, Dr. Larence Kirby, Catherine Bedenbaugh, Madison Ferguson, Riley Feinour

### Topic 1: Welcome and Introductions

**Presenter – Lt Governor Hall-Long**

- Lt Governor Hall-Long called the meeting to order,
- Lt Governor Hall-Long welcomed attendees.

### Topic 2: Announcements and Approval of Minutes

**MOTION:** Lt Governor Hall-Long called for a motion to approve the minutes from the previous meeting.

- All voting members approved minutes from previous meeting.
- Minutes Approved.

### Topic 3: Maternal Mental Health in Delaware

**Presenter – Representative Melissa Minor-Brown & Dr. Priscilla Mpsi, Chair, Delaware Healthy Mother and Infant Consortium**

- Objectives
  - Review: Racial disparities in maternal health and maternal mental health
  - Learn: About the impact of maternal mental health
  - Consider: Approaches and policy to address maternal mental health
- Black Maternal Health Week: April 11-17
- MMR 2018-2022 Five Year Analysis
  - 10,000 live births annually
  - 5-10 pregnancy associated deaths per year.

- Committee reviewed 41 pregnancy associated cases.
  - Committee considers deaths potentially preventable.
- Four factors: obesity, discrimination, mental health, and substance use disorder.
- Perinatal mood and anxiety disorders are the most common complication in pregnancy.
- Mental health issues are a higher contributing factor to Delaware’s pregnancy associated deaths.
- Suicide and overdose are leading causes of death for women in first year following pregnancy.
- MMH Conditions
  - “Baby Blues” 85%
  - Depression 14%
  - Anxiety 6-8%
  - Post Traumatic Stress 9%
  - Obsessive Compulsive Disorder 4%
  - Bipolar Disorder 3%
- Symptom timing
  - 27% enter pregnancy with anxiety or depression.
  - 33% develop symptoms during pregnancy.
  - 40% develop symptoms following childbirth.
  - 3 years: length of symptoms if left untreated.
- Risk factors
  - Personal or family history of mental health illness
  - Person of color
  - Low socioeconomic status or low-wealth neighborhood
  - Military servicemembers and partners
  - Women veterans
  - Immigrant parents
  - Parent of infant in neonatal intensive care unit
  - Lack of support
  - Experience of birth trauma
  - Experience of sexual trauma
- Access barriers
  - Shame, stigma, or guilt
  - Cost and high expense
  - Lack of healthcare access
  - Transportation or childcare
  - Distrust in the healthcare system
  - Fear of Child Protective Services or immigration agency
  - Fear of being viewed as a “bad mom.”
  - Racial, cultural, or religious beliefs
- Consequences: Mother
- Poor prenatal care, substance abuse, physical or sexual abuse, emotional abuse, less response to baby cues, less positive baby interactions, breastfeeding challenges, and question abilities.
- Consequences: Child
- Preterm birth, low birth weight, SGA, long NICU stay, child delays, ACEs.
- Consequences: Parents

- More ER and physician visits, challenges with child health, poor adherence to safe sleep and car seat, and depression risk.
- Treatment
  - Peer and social support
  - Mindfulness and mindful breathing
  - Therapy or counseling
  - Medication
- Current landscape
  - Need for mental health services exceeds capacity of available mental health providers.
  - Low acuity patients cared for by primary care of OB providers.
  - High acuity patients treated by behavioral health therapists.
  - Must identify patients of need timely and refer to services.

#### **Topic 4: BHC Committee Updates**

##### *Presenter – Committee Co-Chairs and Laura Rapp*

- Access and Treatment: Co-Chairs Erin Booker and Dr. Sandy Gibney
  - Continue to assess, advocate, and collaborate for adequate behavioral health system treatment resources.
  - In addition, raise awareness on the growing threat of Xylazine and support medical care for those impacted by Xylazine.
- Changing Perceptions and Stigma: Co-Chairs Dr. Valerie Earnshaw and Beth Jeker
  - Identified Goals
    - Support Collegiate Recovery Communities.
    - Ensure that youth and people with lived experiences are represented on BHC Committees.
    - Support and advertise community stigma intervention work.
- Corrections and Law Enforcement: Co-Chairs Dr. Debra Mason and Chuck Sawchenko
  - Identified Goal
    - Employ a data-driven approach to improve outcomes on CLE aligned areas of focus, including:
      - Crisis Intervention Training and other resources that increase ability to effectively respond to individuals with behavioral health needs;
      - Access to behavioral health services while incarcerated and connection to services, care coordination during transition out of and post incarceration.
- Data and Policy: Co-Chairs Carolyn Petrak and Dr. Meghan Walls
  - The Data and Policy Committee continues its longstanding efforts to guide and support the legislative and data-related work of the BHC Committees.
- Family and Community Readiness: Chair Wade Jones
  - Identified Goals
  - Develop strategies that protect a person's autonomy to direct their own care while experiencing a mental health crisis.
  - Enhance access to housing and promote housing stability for the Behavioral Health Community through a multi-strategy approach.

#### **Topic 5: Governor's Challenge to Prevent Suicide Among Military Veterans, Service Members, and their Families Update**

##### *Presenter – Dr. Larence Kirby*

- Aims to eliminate suicide in military veterans, service members, and their families.
- 3 areas
  - Identification and screening
    - Ask the question, encouraging asking individuals if they are in the military or a veteran during the intake appointment.
  - Connecting
  - Increase safety planning.
- Team leads from SAMHSA and VA
- Identify suicide ideologies and risk in service members.

## **Topic 6: Prescription Opioid Settlement Distribution Commission Update**

*Presenter – Susan Holloway, Executive Director, POSDC*

- Delaware reduction in fatal overdoses
  - 2023- first reduction or aggregate numbers in 10 years
  - 1.8% decrease overall.
  - 2024- recording numbers of suspected overdoses to be lower than previous years
- Opioid prevention symposium
  - May 22, 2024, 9:00am-2:00pm
  - Location: Wilmington Riverfront
  - Lead speaker: Ben Westhoff

## **Topic 7: DTRN 360 Demonstration**

*Presenter – Michelle Singletary-Twyman, DSAMH Deputy Director*

- Care Coordination
- Behavioral Health Care Coordination bridges the gap between behavioral and physical health to facilitate better patient outcomes and more efficient use of healthcare resources.
- Example Outcomes Measures
  - Process measures
  - Access to follow-up care following an ED or inpatient visit.
  - ED utilization of SUD Clients
  - Inpatient utilization (med & psych)
  - Utilization of medications for opioid use disorder (MOUD)
  - Readmission within 30 days
  - Total cost of care
- Outcomes measures
  - Unintentional overdose and overdose death
  - Suicide rates
- 1,551 total pings received between November 30, 2023, and January 20, 2024
- The pings came from 99 unique facilities across 21 different states.

## **Topic 8: Overdose System of Care Update**

*Presenter- Joanna Champney and Dr. Rebecca Walker, OSOC Co-Chairs*

- Number of naloxone administrations by EMS is trending down, as is the number of patients.
- This is due to the number of ED calls for service for overdose trending down.

- Recent overdose trends in Delaware
  - ED visits for opioid overdoses have steadily decreased from 2019 to 2023 (from 55 suspected opioid overdose visits per 10,000 ED visits in 2019 to 34 in 2023).
- **2024 Subcommittee Goals**
- Data and Quality
  - Integrate ESSENCE, hospital discharge, and PMP data to measure analysis and report out.
  - Develop and implement the EMS buprenorphine pilot evaluation.
  - Support ODMAP data collection and utilization
- Acute OUD Stabilization
  - Support engagement and re-engagement/follow-up
  - Raise awareness about MOUD.
  - Increase the number of ED providers who screen for OUD.
  - Use DTRN to formalize communication between referring EDs and community MOUD providers.
  - Support substance use navigators/peers in Eds.
- Naloxone
  - Finalize and implement naloxone saturation and distribution formula.
  - Create guides of best practice implementation of naloxone distribution in various settings.
  - Expand healthcare system naloxone distribution beyond ED.
  - Increase police department participation.
  - Include information on treatment and MOUD.
- Upcoming 2023 OSOC quarterly meeting dates
- Thursday, June 20, 2024, 9:00am-11:00am

## Topic 9: Addiction Action Committee Update

*Presenter- Joanna Champney and Dr. Rebecca Walker, AAC Co-Chairs*

- **Subcommittee updates**
- Addiction Treatment Services
  - Wound care updates
    - Practical ICD 10 codes when wound care is done in substance abuse treatment.
  - Identifying potential funding sources
  - Working on creating a document that compiles various tips for wound care.
- Patient Centered Care
  - Current focus on alternative pain management
  - Reviewing the necessity for new legislation
- Primary Prevention
  - Developing action items to address the current identified needs (alcohol, marijuana, tobacco)
  - Goal is to develop a Statewide Prevention Plan by September 2024
- Harm Reduction
  - Will be presenting on the recently completed Harm Reduction State Assessment at the SOR conference.
- Rural Health

- Recently identified priority areas include youth-engagement/prevention services, Anti-Stigma efforts, health literacy, enhanced targeted naloxone distribution
- Upcoming 2024 AAC Quarterly meeting dates
- Wednesday, July 10, 2024
- Wednesday, October 9, 2024

### Topic 11: Public Comment

Edwina Bell thanks Lt Governor for all of her work and knows that Lt Governor cares.

Calvin Davis mentioned that the job everyone is doing is great and there are a lot of beneficial initiatives. Calvin mentioned that DTRN 360 seems great and that he is hosting a music and arts fair in July. It will be interactive experience where participants will engage in a process of healing to music, art, spoken word, and dance. Calvin would like to have the BHC present for support. The tentative date for the music and arts fair is July 20<sup>th</sup>.

Next BHC Quarterly meeting is **July 16<sup>th</sup>, 2024.**

**Adjourn: 11:53am**