



Changing Perceptions and Stigma Committee Meeting Behavioral Health Consortium

Date: 1/17/25	Location: Virtual Meeting
Time: 10:00am-11:00am	ID: 894 8544 1639
	PC: 503283

Attendees: Co-Chair Dr. Valerie Earnshaw, Hayat Omar, Bruce Wright, Alex Geise, Annie Slease, Jessica Estok, Doug Hamilton, Esther Hofknecht Curtis, Kathy McDonald, Kristine De Jesus

Staff: Laura Rapp, Riley Feinour

Topic 1: Welcome and Introductions

Presenter –Co-Chair Dr. Valerie Earnshaw

- Co-Chair Dr. Valerie Earnshaw called the meeting to order.
- Co-Chair Dr. Valerie Earnshaw welcomed attendees.
- Co-Chair Beth Jeker is absent from the meeting.

Topic 2: Review and Approve Minutes

MOTION: Co-Chair Dr. Valerie Earnshaw called for a motion to approve the minutes from the previous meeting.

- Approval of minutes deferred to next meeting.

Topic 3: BHC Pulse Survey Findings

Presenter – Bruce Wright, First State Community Action Agency, Inc.

- First State Community Action Agency is a statewide social service agency that has a presence in each county.
- The survey included a total of 2,626 participants.
 - 1,062 in New Castle County
 - 749 in Kent County
 - 815 in Sussex County
- Just under 48% of the participants were African American.
- 25% of the participants were Caucasian.
- 17.8% of the participants were Hispanic.
- The remaining demographics of participants were Asian, Island Pacific, and American Indian.
- 1,800 participants responded yes to the question of in the past 12 months, have you or a loved one experienced a need for professional support related to stress, anxiety, depression, substance use, or other mental health or emotional concern.
- 2,100 participants responded no to the question of, do you believe you have enough information to understand what professional help is needed for themselves or loved ones.
- In regard to the question of what do you think is the most pressing behavioral health need for Delawareans, the most commonly selected responses were substance use, depression, anxiety, and youth behavioral health.

- In regard to the question of how comfortable do you feel talking with your friends and your family about behavioral health concerns, 1,400 participants said they were somewhat comfortable, 446 said not very comfortable at all, and 766 said they were very comfortable with it.
- 1,300 participants were somewhat comfortable recommending that a friend or family member seek professional help for their behavioral concerns and 900 participants were very comfortable while 400 participants were not very comfortable.
- In response to the question of what the participants believed to be the top three reasons people are not able to get the help that they need, the most common answer was cost of service. The second was lack of health insurance covering behavioral health services and the third one was difficulty finding qualified service providers.
 - Some other responses to the question included lengthy wait times for appointments, transportation limitations, housing instability, and stigma associated with seeking behavioral health support.
 - In New Castle County the top three answers were housing instability, lengthy appointment waits times, and transportation limitations.
 - Laura Rapp, Annie Slease, and Co-Chair Valerie Earnshaw discuss how they have heard concerns regarding transportation limitations from multiple sources across the state.
 - In Kent and Sussex County, the most common answer was lack of health service coverage for behavioral health service needs.
 - For non-English speaking individuals, the language barrier was the most common answer.
 - In the African American community, the top three reasons were the cost of service, housing instability, and transportation limitations.
 - Caucasians reported cost of services as the top reason and remaining two were lack of health insurance coverage for behavioral health services, and difficulty finding qualified service providers.
- Esther Hofknecht Curtis asked how the information is going to be used to improve the situation.
- Laura Rapp noted that the survey as well as listening sessions help the committee to get a wider understanding of what people are experiencing and these findings can inform committee goals, committee discussions, and the work that networks do in their own space.

Topic 4: Recovery Friendly Workplace Initiative Updates

Presenter—Annie Slease

- Delaware, Maryland, Minnesota, and Missouri were all offered the opportunity to be a part of a policy academy around recovery friendly workplace initiatives.
- Delaware is working towards piloting this policy.
- The workgroup has been picking the employers and are starting to reach out to the employers to start individuals plans.
- Hayat Omar mentioned the Monthly Purpose with the Cause has shows on theme with reducing stigma. Hayat noted how crucial it is to continue the work connecting everyone and to make sure the work is continuing.

Topic 5: BHC Updates

Presenter—Laura Rapp, BHC Consultant

- POSDC Related Updates
 - Social Contract is currently developing a grantmaking manual that includes an updated scoring rubric and eligibility requirements.
 - A new POSDC grant application should open in early 2025.

- The next POSDC Full Commission Meeting is February 3, 2025, from 1:00 to 3:00. Location: Zoom and Delaware Tech-Stanton Campus, B123 Conference Room.
- Daphne Warner is serving as interim director.
- 2024 Year in Review
 - 165+ Committee meetings, listening sessions, health fairs, and unity dinners.
 - 41+ Local, state, and federal elected official partnerships.
 - 4,000+ Event participants, attendees, and supporters.
 - 30+ Law enforcement, clergy, Black, Hispanic, LGBTQ+, veterans, labor and business partnerships.
 - 100+ Media partners, vendors, and volunteers.
- 2024 Quarterly BHC Meetings
 - 4 Quarterly BHC Meetings
 - 78 Average number of attendees
 - Topics included.
 - Voted and approved 3-month bridge funding for existing awardees from phases 1A and 1B, 1.9 million in funding.
 - DOC's presentation on the Statistical Analysis Center Annual Recidivism report.
 - Updates from OSOC and AAC
 - DSAMH's DTRN 360 demonstration
 - Unity Dinner presentation
 - DPBHS's substance use needs assessment overview.
- BHC Committee Meetings
 - 45 BHC Committee meetings held in 2024.
 - 51 new committee members joined in 2024.
- 2024 Select Statewide Community and Stakeholder Engagement
 - Convened table-top exercise with fifty key stakeholders focused on behavioral health and the availability in treatment, gaps in treatment, and promising advances in treatment to align our efforts in continuing to drive meaningful advancements across communities.
 - Coordinated Delaware's collegiate recovery leaders with the goal of fostering communication and collaboration in support students and making connections across institutions of higher education across Delaware.
 - Quarterly community listening sessions facilitated by local leaders in each county to foster social connection, make recovery visible and welcoming, and ensure a continuous feedback loop between these groups and BHC committee work.
- The Family and Community Readiness Committee had successful legislation go through.
- The Education and Prevention Committee took on a fourth goal that is about advocating for sustainable primary prevention funding. The committee is also looking to raise awareness around alcohol addiction and the committee is looking to partner or create events that will raise awareness of alcohol.
- The BHC quarterly meeting has been postponed due to the transition of the new Lieutenant Governor, Kyle Evans Gay, and a new quarterly meeting date will be announced.

Topic 6: Goal Discussion and Prioritization, Continuation from December 2024 Meeting Discussion

This item was deferred to the next meeting.

Topic 7: Public Comment

Esther Hofknecht Curtis mentioned the empowering community wellness symposium is going to be on May 7th. It will be held at Bally's in Dover.

Next Changing Perceptions and Stigma Committee meeting, **Friday, February 21st, 2025, at 10:00am**

Adjourn: 10:58 AM

DRAFT