

## 4/11/22 Healthy Living Action Team: Behavioral Health Subcommittee Meeting

### Attendance:

- Donna Lisi
- Rakisha Scott
- Kaitlyn Mazzilli
- Christine Scalise
- Uta Steinhauser
- Andrea Portovedo
- Sreelekha Prakash
- Debra Wentz (late)

### Agenda:

- Meeting schedule discussion
- Jam Board, finish up brainstorm from last week

### Meeting schedule:

- Meetings – Fridays not working for Andrea, can we move for another day of the week?
  - Lekha will send out Doodle poll for May schedule
- Let Kaitlyn know if you have a problem with minutes from last week: they are under the subcommittee folder (includes recording link) on Teams
- Kaitlyn to email the minutes from now on

### Chair meeting this past Friday:

- Maria shared the community conversations document. Some highlights for our subcommittee – “address social determinants related to mental health stressors”. See Covid-19 discussion, mental health theme and subthemes underneath
  - Please look at this document when you get a chance:  
In Teams go to: Files → Community Conversations document posted on 4/8/22
- During this larger meeting, Lekha brought up the social determinants suggestion from our last subcommittee meeting: Everyone agreed with the idea that social determinants should be an agenda item for all committees
- We may have some overlap within subcommittees and eventually we will have another larger meeting to discuss this overlap
- Can we see what worked and what didn't for Healthy People 2020 to help us make decisions? Probably not – the timeline with that data coming out may not match up with when our draft needs to come out
- What have we accomplished and what still needs to be done? Maintaining what worked and changing what didn't? Should be our starting point
- On the addiction side in the last 10 years state implemented toll free number (success)

Jam Board:

Link to access - [https://jamboard.google.com/d/1n27RIDLv-pKqo-UpPd5hzaVFhl3HCB7qSR\\_kNV0O9s/viewer?f=4](https://jamboard.google.com/d/1n27RIDLv-pKqo-UpPd5hzaVFhl3HCB7qSR_kNV0O9s/viewer?f=4)

- Once we finish this we can create our goals
- Management and recovery:
  - Harm reduction strategies and increasing utilization of peer recovery specialists
  - Overdose fatality review committee may be a useful tool– looking at the triggers or social determinants of health
  - Counties are doing planning and seeing what the mental health needs in the community are
    - Maybe we can reach out to county offices and seeing what they are planning so we can support their actions?
  - Continuum of care - Addressing things like housing, legal issues, transportation to care/services and how long can a person get support, also with insurance (this is a problem in all three pillar areas)
  - PTSD dealing with trauma and therapy
  - Not just dealing with opioids – we need to address other drugs – can move this to treatment instead
  - American Association of HIV Medicine - Donna taking course on HIV and aging – how drug abuse will affect HIV population – can be under treatment with Hepatitis and STDS
  - There is a difference between age groups in management and recovery we should focus on
  - Peer recovery support – helps especially with young people
  - Pharmacist community – medication for opioid use disorder policy - running into issues with federal regulation; people who needs long term care that are on methadone, lots of hoops. What happens if people on meds for opioid use disorder get hospitalized or put into nursing home? They fall through the cracks in transition of care; neighboring state tried pilot program when people didn't have to go back and forth for care during pandemic
  - Alternative treatments – equine, art, creative writing as part of someone's healing process (Donna has experience in CA) – Lekha has experience with exercise for youth, hydrotherapy/yoga older adults, job training, allow people to feel safe, learn healthy life choices. Also gives people a break from the norm, helps especially with youth
  - Concern of legalization of marijuana with what impact it will have – someone is in an altered state of mind, will they be more likely to experiment with other drugs?
  - Pediatric ER visits have increased because of the gummies
  - Young people have curiosity to try something new – need to keep things new and exciting to keep their interest for teaching and training
  - Municipal alliance at the town level – go to evidence-based programs that teach resiliency and life skills to better prepare them at a young age to say no and avoid temptation
    - Disparities exist here with funding, resources
  - Community Collaborations

- Add screening of mental health (depression, anxiety, etc.) under prevention, and under treatment: treatment for intellectual and developmental disabilities
- Comb down to 10 strategies and think about clumping some items together that will feed into larger objective – we will plan this out next meeting
- Next meeting is April 29<sup>th</sup> at 12