



Behavioral Health Consortium (BHC) Quarterly Meeting Notes

Date: 1/17/23

Location: Buena Vista, 661 S Dupont Hwy, New Castle, DE 19720

Time: 10:00am-

12:00pm

Attendees on Zoom: Susan Holloway; Emily Vera; Jules Villecco; Frank Hawkins; A Levering; Janice Barlow; Traci Bolander; Matia B; Jenn Ruebush; Chris Otto; Dave Humes; Cassandra Codes- John; Aileen Fink; Adam Beers; Holly Rybinksi; Shawna Mayles; Suzan Abdallah; Shuana Slaughter; Rita Landgraf; Wade Jones; Dr. Gibney; Lynn Morrison; Lydia De Leon; Ms. Dunbar; Lousia Phillips; Karen DiNardo; Kathleen Seipel; LaVaida Owens; Noel Duckworth; Khalil AbdarRashid, Frank Hawkins, Louisa Phillips, Stacey Hassel, MaryBeth Cichocki, Kristin Dwyer, Adam Beers, Karen DiNardo, Wade Jones, Lydia De Leon, Emily Dougherty, Chris Otto, Margaret Guy, Melissa Minor Brown, Sabra Collins, Rita Landgraf, Dave Humes, Susan Holloway, Aileen Fink, Robert Ray, Kathleen Seipel, Jules Villecco, Jenn Ruebesh, Winifred, Janice Barlow, Wale Adelagunja, Rachel Emile, "kheun", Sandy Gibney, Lizzie Zubaca, Evelyn Hayes, Patty Davis, Paresh Patel, Harris Marx, Traci Bolander, Eric Buckson, , Leah Parrack-Avenues, Noel Duckworth, Ms. Dunbar, Darryl Chambers, Josh Thomas, Suzan Abdallah, Aguida Atkinson, Cassandra Codes-John,

Attendees In Person: Annie Slease, Carolyn Petrak, Dr. Valeria Earnshaw; Chuck Sawchenko; Major Treadwell; Joanna Champney, Megan Walls, Celese Part (disaster mental health response); Srgt Cunningham; Kate Brookins, Dr. Debra Mason. Dr. Avani V, Becky King, John C Todd; Doug Tyman; Josh Thomas; Dionne Cornish; Katie Capelli; Dava Newnam; SANDI S; KEIRA M;

Staff: Adam Chafee, Ingrid Hansen, Emma Terwilliger, Alexia Wolf, Keith Warren, Mary Kane; Edwin Hernandez

Topic: (1) Welcome and Introductions

Announcements: Mary Kane welcomed everyone to the meeting. Bethenny Hall Long noted that Delaware had a percentage decrease in overdose death rates but in 2021 we saw an increase. We aren't just focused on overdoses and substance abuse; we are also focused on other Behavioral Health Issues such as anorexia.

Collectively ready to reboot and hit the ground running.

Legislative appointments- Senator Hansen, Senator Buckson, Representative Brown

Topic: (2) Story of Recovery

Michael- Incarcerated in 2016, struggling with identity, and led myself down the wrong path. Met a mentor who helped me navigate the troubles of life with reading. Saw I could make an impact and change. Went to Delaware State, working towards Associate's degree in criminology.

Topic: (3) Update: Prescription Opioid Settlement Distribution Commission

Next steps: Commission has had a productive year thanks to the Attorney General and Lt. Governor. Like to focus on 5 sub committees, watching system for resources, pushed out \$3million, Phase 1 process received lots of applications (over 100 apps and \$9mill ask). Reviewing in the first quarter and making



recommendations to BHC. Phase 2 we are looking how the next phase will be rolled out, will have more settlement funds, different cap than Phase 1 (which was \$100,00).

Lt. Gov noted that BHC will be final approval for these applications. There was a huge demand for this. Has been a lot of work and structure. Quick turnaround because we want to get money out to the streets. Hoping to get to the BHC sometimes in March. We are continuing to share ideas across state line. Additionally working with new leadership in neighboring states so there will be conversations for synergy and not duplication.

Topic: (4) Working with Schools and Providers for More Effective Prevention

EP10 subcommittee:

Tasked with looking at EP10 goal of leading out prevention work. To develop a set of recommendations that support universal behavioral mental health screening practices in schools, pediatric offices, and emergency departments. Sandi Syglowski and Kiera McGillivray both presented the findings on behalf of the Education and Prevention EP10 SubCommittee.

Outputs: Logic model, school-based survey, pediatric survey.

Survey overview: District and school leaders (11/21-2/22) and pediatricians (3/22-4/22) Results used to help BHC understand school-based and pediatric primary care beliefs and experiences with universal behavioral and mental health screening.

Findings: 39% reported using a screening tool, 44% no, 17% don't know.

Top 3 appropriate screeners: general behavior risk, internalizing behaviors, and self-esteem.

Pediatrician use of screening tools: 75% of pediatricians reported using a behavioral or mental health screener with children ages 10-13, 86% administered the screener annually. Most screened are 12- and 13-year-olds. Most screened were for depression, threat to harm self, substance abuse, anxiety, and attention.

Recommendations to BHC: Funding for coordinator positions to oversee project, database development/implementation, training, and screening tools as needed. Committee development for communication needs for stakeholders. Develop statewide referral system platform and database to enhance processes and procedures and learn from the implementation of current projects. Advocacy, and legislation to support recommended changes. Parent/guardian involvement to be included in communication/planning.

Following the presentation, they took questions and comments:

- John C Todd noted how hard it was for the school and pediatricians to get help and on the same page, and medication.
 - Keira and Sandi noted that schools can't do it alone. Children receive most of their mental health support from school (about 80%) but schools also need to teach.



- Doug- Noted that EP10 was able to capture the complexity of this difficult issues. He did note that they will likely get pushback. New Hampshire is doing something similar.
- Josh: Noted that households are also a key piece of the equation.
- Judge- Asked about the involvement of the family courts and children's department.
- Keira and Sandi noted that Dr. Fink is part of the workgroup. This cant live with one department it needs to be a multi department systems. Needs to be a collaboration between all. We need to take it a step further for identification, making referrals and connecting with services. It takes a village and system. We can develop a system across the three counties.
- Kathleen Seipel (she/her)- One important area for access is for clinicians in training under supervision (not yet licensed) to be able to be reimbursed for seeing clients.
- Lydia De Leon, LPCMH-Westside Family Healthcare: I second that Kathleen. That will help organizations with the staffing they need to support these recommendations.
- Sabra Collins – DOE: Incredible presentation Sandi and Kiera!
- Lt. Gov noted that it is a commitment from us. BHC is a great body to begin to work on this.

Topic: (5) Committee Updates

Changing Perceptions: Valerie reported out that the committee met initial goals so reassessing priorities and very are an engaged committee. They have recommended reassessing priorities and pain points. Talked about different methods. Wondering if other committees doing need assessments.

Dr. Thomas- nothing to add

Corrections/Law Enforcement: Dr. Mason- DOC two big issues are individuals being released are homeless, no scheduling of appointments, no medications. Supposed to have 30 day supply and appointment aren't being made. If you are incarcerated they are counted as having a home. DOC made a trauma training. There is space for improvement. Training was online. Need to be back in person with more oversight. BHC has been trying to work on. Individuals in prison need help but also the COs who need support and trauma assistance. Want

Chuck: We have done lots of work- like the diversion program. Transitioning to newer goals that have to deal with mental health and crisis response

Education and Prevention: Bulk of committee work is the EP 10 work. It is an upstream work and working on addressing youth early. This goes across all committees. Think this could address SUD and excited about this going forward. Please feel free to join our committee.

Data and Policy: Have been saying that we will take cues from the other subcommittees. So as you develop priorities please reach out to us for any policy, regulation changes. Session just started so please let us know if you have any suggestions. We do need new members. It would be great to have new members or representatives from new legislative representatives

Family and Community Readiness: Want to work on how we can cascade family and communities. Lucky to have chuck at the last meeting with a focus on crisis. On cross populations typically. We see our work as. Reentry is key and important. Thank you Chuck for your engagement.



Dr. Fink-about to launch a 6 month campaign on suicide awareness. Two related focus areas- youth (tik toks, window clings, advertisements, working with schools, working toward texts and chats.). Other focus is on caregivers print media, bus wraps (English and Spanish). Should be starting in the next couple of weeks. Also have had a focus on strengthening our response to those in crisis with a disability and have been partnering with University of Delaware. Also wanted to share that we are partnering with the Wilmington PD to do walk abouts in different neighborhoods within the city to share information on our prevention, early intervention and treatment services including our children's crisis services.

Bethenny Hall Long: They are also home to special populations like veterans.

Giving family members the resources they need to understand the services that are provided to them, inclusive of servicing individuals with developmental disorders and those with dementia and Alzheimer's.

- Remove a lot of the MH issues from emergency into the experts
- The intersection of mental health, and how the Corrections and Law Enforcement Committee handles mental health within their field
 - Some parts of the foundation are there, but still needs to improve
- Law enforcement training in mental health awareness

Access and Treatment: On the move, working with various partners to identify families in need. Dealine with Xylazine laced drugs. Attempting to educate workers on how to combat injections and educate users.

Dave Humes: 9% of OD deaths in Philadelphia reporting tranq in the system. Two recent articles in the Inquirer and one in New York Times.

Holly Rybinski: Tranq is in 90% of the supply in Philly and judging from the wounds here in Delaware, it has been here for well over a year.

Topic: (6) Update: Delaware Psychiatric Center Feasibility Study

Resolution number 3 so it will travel through the senate and then the house next week. Resolution I worked closely with DSAHM. A number of construction projects to help with growth. Last update was 25 years ago. In 2007 had 250 patients instead of the 1000 patients it used to house. Found that the last building was in need of lots of work. Federal lawsuit and the recession led the project to be abandoned. We have the buildings but they are very old.

As suicide rates increase we need to support infrastructure. Expecting 9800 call increase to 988. The state has faced increasing difficulty treating patients. Appropriate facilities need to be explored.

Received funds from AARPA to replace DPC. Includes space for 988, Teaching space, future med education training programs, treatment. Wingman is Joanna Champney if there are any questions.

Resolution will be worked on Wednesday or Thursday. Need to partner with House partner as well as Senate leadership.



Topic: (7) Update: DSAMH Update

Touching on DSAMH strategic plan, drug overdoses, crisis response.

Continue to see a rise in overdoses. New data for 2022 will be available shortly and anticipating an increase. Will have information on overdose rates in the state. Major Treadwell and Bethenny Hall Long comments helped DSAMH decide to do additional outreach on these concerns.

Tomorrow at 1pm will have a FB live stream on data we are currently seeing. As well as the most pressing topics people need to know about. Doing these quarterly. The public wants a higher sense of urgency and need to hear from community members.

Changing our strategy to focus on using geographic data to drive strategy. Data coordination is difficult.

Bethenny Hall Long: We need to make sure we are collecting all Narcan distribution public and private.

Topic: (8) Public Comment

Next steps: None

Topic: (9) Summary and Next Steps

Next steps: BHC is to be both responsive and on the alert on what is a crisis. BHC has a very particular role in collaborating and creating an opportunity. One is to have an all-hands response and the other is to deal with things issue by issue. Heard today that there are cross cutting opportunities to do better and undergirding those opportunities with support, training, and empathy for others.

John Todd- No option for failure here

Topic: (10) Next Meeting

April 18th, 2023, is the next quarterly meeting. It will also be a hybrid meeting with the in-person portion being in Dover.