



Agenda

1) Welcome and Introductions

Dunya Barash, *CARE*; Mirissa Bosch, *MCHD*; Crystal Bouissi, *MCCMH*; Nicolette Cejokaj, *MCCMH*; Jay Cutler, *MCHD*; Ambrosia Jackson, *MCCMH*; Haley Kehus, *MCHD*; Ashley Kotowski, *MFS*; Whitney Litzner, *MCHD*; Emily Norton, *MCHD*; Lauren Scipione, *MCHD*; Maria Swiatkowski, *MCHD*

2) Review of April Meeting Minutes

No changes were made to the April minutes. Minutes were approved.

3) MCHD Staff Transition

Mirissa introduced Jay and Haley to the group; Jay will be taking over Mirissa's responsibilities as lead for the Behavioral Health Workgroup and Haley is MCHD's new epidemiologist.

4) Behavioral Health Services Map

Mirissa explained the Behavioral Health Services map to the workgroup and passed out business cards with a website URL and QR code to the map. Due to technical difficulties, the map was unable to be displayed on the projector, but workgroup members can email the health planning team with any comments or questions later on.

5) Review of CHIP Objectives & Goals

The workgroup went through each CHIP objective and action item to discuss progress and potential areas to work on. For the first objective, the group discussed accomplishing mental health first aid trainings and is working to finalize data for each of those sessions. The group had not yet established any train-the-trainer program regarding behavioral health, but Ambrosia discussed that Nancy Buyle or Stephanie Lange may be able to provide mental health first aid or marijuana-related train-the-trainer programming. CARE of Southeastern Michigan does a train-the-trainer series for drug take back.

For the second objective, the Mirissa asked the group what the difference was between a behavioral health service and resource. Based off of comments from the group, it was suggested that resources be things accessible to the public like myStrength while services are the various locations Mirissa added to the map. For resources in multiple languages, Ambrosia discussed various handouts that are in multiple languages like Spanish and Arabic and mentioned that CMH has resources for myStrength in different languages. Lauren pointed out that these resources may be or appear to be outdated, and that potentially the group could find more up-to-date resources in a variety of languages. There was discussion that besides Spanish and Arabic, Bengali may be another important language to consider for translations.

For PSAs and education campaigns, the group pointed out myStrength and Operation Rx as functioning programs, but highlighted the potential for working in



the schools or other locations for increased community education. Dunya discussed the work that the [Clinton Counseling Center](#) has done with educational sessions related to Narcan as well as CARE's hotel-based training. Lastly, regarding surveys returned, the group discussed how the CMH internal survey helped to provide some baseline data, but Mirissa suggested that Jay look into sending out a larger, behavioral health access survey to Macomb County residents more broadly.

For the third objective, Lauren discussed the progress and current direction of the [Tobacco Prevention Coalition](#) and highlighted areas for the coalition to focus on moving forward. She proposed targeting school policies around vaping to shift the focus away from punitive measures, and in response, highlighted the [Prime for Life](#) program as an evidence-based alternative to assist youth and their families. When talking about current programs available to youth in Macomb, the group talked about Teen Intervene which is taught by CARE. Dunya commented that while alternative forms of punishment are helpful, there is also a dire need for youth-specific, vaping-focused cessation programs in the county. Nicolette mentioned that [Alliance of Coalitions for Healthy Communities](#) could provide some form of cessation program for youth and parents in Macomb.

6) Partner Updates

- Dunya from CARE informed the workgroup of a vaping town hall that is set to take place on 11/4. They also have the annual [Ride for Recovery](#) set for Sunday, September 29th.
- MCCMH is hosting a [myStrength community wellness event](#) on 10/21 involving cooking demonstrations, blood pressure checks, mindfulness, and more.
- Group members also talked about their experiences at [the 20th Annual Substance Use and Co-Occurring Disorder Conference](#) that was held in Detroit last week.
- FAN is having their [Annual Fall Fest](#) on October 8th.
- [Macomb Family Services](#) is accumulating information on marijuana for a guide for community members.
- MCHD talked about their medical marijuana education and outreach program and have set up a new website for information on medical marijuana. Please go to <https://doyourresearch.org> for more.

7) Next Meeting –November/December 2019