

HOWARD COUNTY BEHAVIORAL HEALTH SUMMIT #3

Dealing with Unrest:
Understanding Yourself & Others Jan13, 2021



Promote. Preserve. Protect.

aetnaSM

Howard County LHIC

Local Health Improvement Coalition

HOUSEKEEPING

Participants will be muted upon entry.

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - **Please mute yourself during discussion/questions**



Use the “chat” feature to ask questions during discussion.

- View Participant list on computer– opens a pop-out screen that includes a “Chat” icon that you may use to submit questions
- **Question/comment can also be added to the chat box throughout the meeting**

This meeting will be recorded...presenters may have cameras on.

CHECK-IN

CHECK IN!

HOW DO YOU FEEL?



I FEEL AWESOME!



I'M DOING WELL.



NOT GOOD, NOT BAD, I'M FINE.



I FEEL SAD.



I AM ANGRY!



I FEEL WORRIED OR ANXIOUS



I AM TIRED!

CRISIS SUPPORTS AND RESOURCES

**If you or someone you know feels overwhelmed or are in crisis,
Help is available:**

- CALL the Grassroots Crisis Hotline at 410-531-6677
- CALL Maryland Crisis Connect, 2-1-1, Press 1
- TEXT the Crisis Text Line at 741-741 24/7 available
or visit <https://www.crisistextline.org>



PURPOSE

GOAL:

The challenges of living through this pandemic are compounded by societal unrest. As we navigate these uncertain times, how can we sharpen our awareness and understanding of ourselves and of others? In this session, we'll learn how to foster a sense of community and an attitude of inclusion, bringing acceptance and empathy in our daily lives.

OBJECTIVES:

1. Welcome & Opening Remarks
2. Panel Discussion
3. Audience Q&A
4. Closing Remarks & Adjourn

WELCOME & OPENING REMARKS

Roe Rodgers-Bonaccorsy

Director, Bureau of Behavioral Health
Howard County Health Department



WELCOME & OPENING REMARKS

Marcus Duckworth

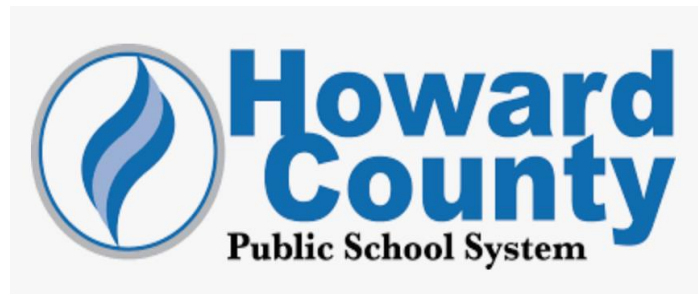
Vice President Client Management
Public Sector at Aetna



WELCOME & OPENING REMARKS

Alyson Mitchel

School Climate and Culture Coordinator
Office of Diversity, Equity and Inclusion



PANEL INTRODUCTION – MODERATOR

Valerie Harvey

School and Partnership Engagement Specialist
Department of Community Resources and Services



PANEL INTRODUCTION – PANELIST



Trent Day Hall **Community Outreach Supervisor** **Office of Human Rights and Equity**

Trent Day Hall is a facilitator, educator, and a sociologist who has worked for Howard County Government for the past 5 years around equity, cultural awareness, effective communication, resources allocation, and community engagement. Currently he resides in the Office of Human Rights as the Community Outreach Supervisor.

Prior to his time with Howard county Government, **Trent** graduated from Pennsylvania State University in 2012 and was offered the opportunity to teach and create college level courses focused on effective communication and the tools need to tackle contentions subject matter.

<https://www.howardcountymd.gov/Departments/County-Administration/Human-Rights>

PANEL INTRODUCTION – PANELIST

CHANGING THE LENS

Suzanne Haley

Consultant, Facilitator, Coach
Changing the Lens

Suzanne Haley, Co-Founder of Changing the Lens has been building teams and developing leaders for more than 30 years. As an experienced communicator, facilitator and master storyteller, **Suzanne** brings multi-disciplinary research and empirical data to the complex realities of a broad range of clientele, guiding individuals and teams toward strategic culture shifts which yield quantifiable results. Her professional experience working in diverse cultural settings with community, faith based, non-profit and business professionals has produced a great confidence and skill in the areas of community building, leader development, and organizing for collective impact.

A graduate of Morgan State University with a Bachelor of Science in Psychology, **Suzanne** brings authenticity to the challenge of inside-out institutional change which begins with personal growth and transformation. Her own life experience, historic cultural enlightenment, and deep sense of calling continues to energize her to do this work of compassionate truth sharing, racial healing, and culture transformation through community building.

<https://www.changlens.org>

PANEL INTRODUCTION – PANELIST



Dr. Jacqueline Douge

Pediatrician

The Pediatric Center of Frederick

Dr. Jacqueline Dougé, MD, MPH, FAAP is a pediatrician, speaker and writer.

Dr. Dougé holds a Master's Degree in Public Health from Johns Hopkins Bloomberg School of Public Health, Medical Degree from Rutgers Robert Wood Johnson Medical School, and Bachelor of Science in Pharmacy from Rutgers University.

Dr. Dougé is formally the Bureau Director, Health Services at Howard County Health Department and is currently in private pediatric practice in Frederick, MD.

<https://thepedcenter.com>

PANEL DISCUSSION



Please Mute Yourself & Use the Chat Box to Submit Questions!

For additional information or questions contact lhic@howardcountymd.gov

AUDIENCE Q&A

Please use the Chat Box to
submit questions!

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

MORE RESOURCES FOR EDUCATIONAL WEBNIAR

- **Aetna Resources for Living: Coping with Current Events**

<http://www.promoinfotools.com/Communications/ecard/Svcs/EmPrep/CopingWithDistress0920.pdf>

- **Howard County Office of Human Rights and Equity - Upcoming Training Information**

<https://www.howardcountymd.gov/Departments/County-Administration/Human-Rights/Outreach-and-Training>

- **Race & Mental Health: The Seven Anxieties – Racial Trauma and Black Children in Schools**

bit.ly/3oCGYA5

CLOSING REMARKS & ADJOURN

- **Upcoming WebEx Calls:**
 - BH Summit #4 Behavioral Trends in Youth – Wed, 02/17/2021
 - BH Summit #5 Growing Your Wellness Toolbox – Wed, 03/17/2021
 - Please register at <https://bit.ly/3owAwe0>
- **Presentations, recording, & additional resources will be posted at www.hclhic.org**
- **For additional information, contact lhic@howardcountymd.gov**
- **For those that participated, please complete the evaluation survey by Jan 20, 2021 at <https://www.surveymonkey.com/r/WCJDV9K>**