



BEHAVIORAL HEALTH WORK GROUP MEETING

February 21, 2019

Reena Rambharat, MPH, Coordinator
Local Health Improvement Coalition

Stephanie Kershfskey, Delegate
Howard County Health Department

Ayesha Holmes, Delegate
Grassroots Crisis Intervention Center

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PURPOSE & AGENDA


GOALS: Review the Youth Suicide Prevention Plan (YSPP) and formulate strategies for dissemination of the campaign; Describe the impact of Adverse Childhood Experiences (ACEs) on Behavioral Health.

AGENDA:


- Welcome & Introductions
- Member Announcements
- Youth Suicide Prevention Plan (YSPP)
- Adverse Childhood Experiences (ACEs) Presentation
- Next Steps for full work group and full work group meeting wrap-up

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ANNOUNCEMENTS



- Parent Café Facilitator Training Institute
- Managing Anxiety in Primary Care
- Grief and the Older Adult
- Living well with Chronic Pain
- Guiding Good choices
- Powerful Tools for Caregivers
- MD-SPIN
- Anxiety Management for Teenagers
- Open House: Anne Arundel Counseling



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SCOPE OF THE PROBLEM

- Suicide was the **leading cause** of death for youth ages 15-19 in Howard County between 2014-2016
- **1 in 6** high school students & **1 in 5** middle school students seriously considered attempting suicide.
- The number of young children & adolescents admitted to hospitals for thoughts of suicide or self-harm **more than doubled** from 2008 - 2015

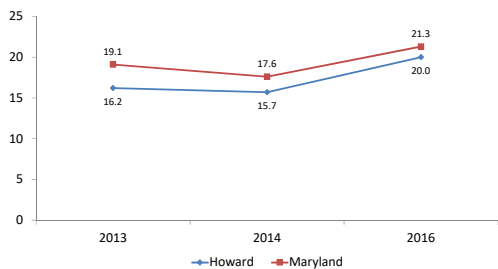
SUICIDE IS PREVENTABLE!

Data Source: Maryland Department of Health, Maryland Vital Statistics Annual Reports, 2008-2017



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PERCENTAGE OF STUDENTS WHO EVER SERIOUSLY THOUGHT ABOUT KILLING THEMSELVES, HOWARD COUNTY, MIDDLE SCHOOL



Data Source: Maryland Youth Risk Behavior Survey (YRBS)



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GOALS OF THE PLAN

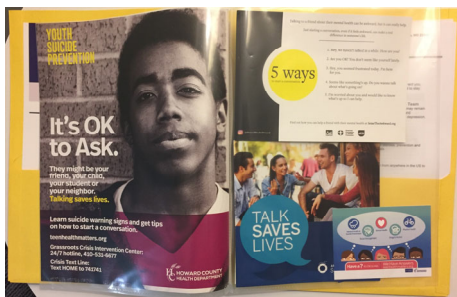
1. Reduce suicide deaths among Howard County youth
2. Reduce suicide attempts among Howard County youth

1. Increase Awareness and Reduce Stigma	Social Marketing
	Targeted Outreach
2. Prevention	Promote Connectedness
	Strengthen Coping and Problem Solving Skills
	Create Protective Environments
3. Early Identification and Intervention	Screening
	Gatekeeper Training
	Crisis Intervention
4. Referral to Treatment	Community Providers
	School Based Programs
	Navigators
	Schools
5. Postvention	Family/Faith Based
	Community Supports

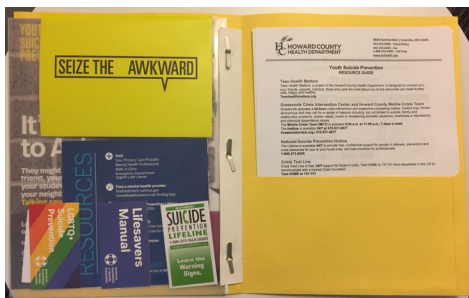


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YOUTH SUICIDE PREVENTION TOOLKIT



YOUTH SUICIDE PREVENTION TOOLKIT



SWOT ANALYSIS OF THE YSPP TOOLKIT

- Review the YSPP Toolkit individually – 5 mins.
- Break into four (4) groups – 5 mins.
- Identify three (3) Strengths, Weaknesses, Opportunities, and Threats in dissemination and utilization of the toolkit
 - *Strengths:* Characteristics that make the toolkit helpful in achieving it's goals
 - *Weaknesses:* Challenges that prevent the successful dissemination
 - *Opportunities:* External events that organizations can take advantage of
 - *Threats:* External events that may negatively impact dissemination
- One (1) person present from each group and discussion – 5 mins.

BRAINSTORMING

- For the YSPP Toolkit, how do we:
 - Use the strengths
 - Minimize the weaknesses
 - Capitalize on the opportunities
 - Defend against the threats
- Plan of action based on the SWOT Analysis
- Ideas and suggestions from the group...

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QUESTIONS?

Questions? Comments?

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THANK YOU!

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WRAP UP AND NEXT STEPS

YSPP Press Conference
 02/26/19
 12:00pm
 Barton A/B

FULL HCLHIC MEETING
 04/25/19
 8:30-10:30am

WORK GROUP MEETING
 05/23/2019
 9:00-10:30am
 Barton A/B

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