



BEHAVIORAL HEALTH WORK GROUP MEETING

June 7, 2019


Reena Rambharat, Coordinator
Local Health Improvement Coalition

Stephanie Kersheskey, Delegate
Howard County Health Department

Ayesha Holmes, Delegate
Grassroots Crisis Intervention Center

INSTRUCTIONS – HYBRID MEETING



Computer/ Video: Participant controls in the lower left corner of the Zoom screen

Using the icons in the lower left corner of the Zoom screen, you can:

- Mute/Unmute your microphone (far left on computer); Mute/Unmute button on phone
- All lines will be muted to minimize background noise
- Lines will be unmuted at the end for discussion/questions
- Please mute yourself during discussion/questions if not speaking
- View Participant list on computer– opens a pop-out screen that includes a "Raise Hand" icon that you may use to raise a virtual hand
- Please raise your virtual hand to ask question or make a comment during the discussion
- Question/ comment can also be added to the chat box throughout the meeting

❖ *Not a Video Call...you cannot see us and we cannot see you...we can only hear you.*

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PURPOSE & AGENDA

GOALS: Explore the Mental Health benefits of programs like Girls On The Run (GOTR) and obtain Coalition member feedback and recommendations for the drafted Behavioral Health Crosswalk.

AGENDA:

- Welcome & Introductions
- Member Announcements
- ACEs Update & Webinar information
- Girls On The Run (GOTR) and Mental Health
- Behavioral Health Resource Guide/ Crosswalk Feedback
- Next Steps for full work group and full work group meeting wrap-up

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RECAP OF LAST MEETING - FEBRUARY 2019

- Overview of the Youth Suicide Prevention Plan (YSPP)
 - Talk Saves Lives and SafeTALK Trainings
 - SWOT Analysis of the YSPP Toolkit
 - YSPP Campaign launch – February 28, 2019
- ACEs presentation

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ANNOUNCEMENTS

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ACES WEBINAR

- June 12, 2019
- The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.
- For more information on the study: <https://bit.ly/2Nf2V6e>
- Goal: Provide HCLHC Members with an overview of ACEs for future discussion and integration of applicable theory into work group actions that support health promotion and chronic disease prevention.

Adverse Childhood Experiences Webinar

The Howard County Health Department Local Health Improvement Coalition (HCLHC) and the Bureau of Behavioral Health present a FREE, live webinar.

Adverse Childhood Experiences (ACEs) are traumatic or stressful experiences, that occur during childhood or adolescence.

Learn the science behind childhood trauma and discover sustainable solutions!

Objectives of the Webinar:

- Learn about ACEs
- Understand how ACEs affect neurological development
- Recognize core factors that build strong communities

June 12, 2019
1:00 PM – 2:00 PM

Registration is required!
To register, visit: www.hclhic.org


In collaboration with **The Family Tree**

Contact Reena Rambaraz with questions at rambaraz@hclhic.org or 410-313-6573

Howard County LHIC
BUREAU OF BEHAVIORAL HEALTH
GRAND YOU

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HOWARD COUNTY PUBLIC SCHOOL SYSTEM
2019 Summer Meals Program
Surf into Summer with free meals!

The Howard County Public School System is pleased to announce its participation in the 2019 Summer Food Service Program. Summer meals will be provided to all children ages 18 years and under without charge. Acceptance and participation requirements for the Program are the same for all children regardless of race, color, national origin, sex, age, or disability. Parents or guardians do not need to apply to get free summer meals for their children. They can simply bring their child to the safe summer meal site(s). There will be no discrimination in the course of the meal service. **Free summer meals will be provided at the following sites and times as follows:**

2019 Open Site Summer Meals Program

School Sites	Address	Dates	Time
Alhilton HS	6520 Freetown Road, Columbia	June 25–August 16	12:30–1:30 p.m.
Deep Run ES	6525 Old Waterloo Road, Ellicott City	June 25–August 16	12:30–1:30 p.m.
Duckette Lane ES	6501 Duckette Lane, Ellicott City	June 25–August 16	12:30–1:30 p.m.
Hammond HS	8800 Guilford Road, Columbia	June 25–August 16	12:30–1:30 p.m.
Mayfield Woods MS	7950 Reed Barn Way, Ellicott City	June 25–August 16	12:30–1:30 p.m.
Caldera Mills MS	6540 Nimmango Road, Columbia	June 25–August 16	11:30 a.m.–12:30 p.m.
Stevens Forest ES	6046 Stevens Forest Road, Columbia	June 25–August 16	12:30–1:30 p.m.
Wide Lake MS	10481 Cross Fox Lane, Columbia	June 25–August 16	1–2 p.m.

Mobile Sites	Address	Dates	Time
Howard HS (Parking Lot)	8700 Old Annapolis Road, Ellicott City	June 25–August 21	11:15–2:15 p.m.
Jeffers Hill ES (Parking Lot)	6000 Tamar Drive, Columbia	June 25–August 21	11:30 a.m.–Noon
Phelps Luck ES (Parking Lot)	5370 Old Stone Court, Columbia	June 25–August 21	12:30–1:30 p.m.
Swansfield ES (Parking Lot)	5610 Cedar Lane, Columbia	June 25–August 21	11:30 a.m.–Noon
Wide Lake Tennis Club (Parking Lot)	10489 Cross Fox Lane, Columbia	June 25–August 21	12:15–12:45 p.m.

Community Sites	Address	Dates	Time
Howard County Library System (East Columbia Branch)	6600 Cradlerock Way, Columbia	June 25–August 21	Noon–1:30 p.m.
North Laurel Community Center	9411 Whiskey Bottom Road, Laurel	June 25–August 21	Noon–1:30 p.m.

The Summer Food Service Program is funded by the U.S. Department of Agriculture (USDA), through the Maryland State Department of Education (MSDE) and is an extension of the National School Lunch Program, which is designed to guarantee eligible children free and nutritious breakfasts and lunches during the school year. Meals served will be healthy and will follow USDA nutrition guidelines. All meals will be served to eligible children and adults, but no meals will be sold or eaten. No portion of the meal may be taken out of the meal serving area and adults may not eat any portion of a child's meal. Staff/parent must have adult supervision. The days/hours of operation are not dates may vary, based on participation levels. For more information, please contact the Howard County Public School System, Food and Nutrition Service at 410-313-6743. This institution is an equal opportunity provider.

HCPSS 2019 SUMMER MEALS

The following was shared by Brian Ralph, Director of Food and Nutrition Services for HCPSS with the Healthy Weight work group on 5/30/19:

- The HCPSS 2019 Summer Meals Program would help alleviate the nutritional gap and make meals accessible at no charge to all children 18 years of age and under.
- Free, healthy meals that meet Federal nutrition guidelines will be provided to all children attending summer school at approved eligible sites, <https://hcpss.nutrislice.com/menus-eula>
- In order for schools to receive free summer meals, at least 50 percent of students attending the summer school must be eligible to receive free and reduced-price meals.

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SUMMER MEAL SITES

<p>CLOSED ENROLLMENT SITES</p> <ul style="list-style-type: none"> <input type="checkbox"/> If summer school sites that are not eligible for free summer meals operate as Open Sites, then free meals may be offered to all summer school students, regardless of the 50 percent FARMS eligibility requirement. <input type="checkbox"/> Summer school sites that do not qualify for free summer meals based on enrollment eligibility criteria may be offered snacks. 	<p>OPEN ENROLLMENT SITES (15)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Free summer meals will be provided to all children ages 18 years and under without charge. <input type="checkbox"/> Acceptance and participation requirements for the Program are the same for all children regardless of race, color, national origin, sex, age, or disability. <input type="checkbox"/> Parents or guardians do not need to apply to get free summer meals for their children. They can simply bring their child to the safe summer meal site(s). <input type="checkbox"/> There will be no discrimination in the course of the meal service. <input type="checkbox"/> The days/hours of operation and start/end dates at these sites may vary, based on participation levels. <input type="checkbox"/> Free meals will be provided on a first-come first-served basis. <input type="checkbox"/> Mandatory USDA and MSDE regulations will be followed.
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WEEKEND SUMMER MEALS

- HCPSS is collaborating with the community and County government to allow summer meals to be provided through Roving Radish/Weekend Warriors.
- Free weekend snack packs are being planned for students and families at 4 sites:
 - Deep Run ES
 - Stevens Forest ES
 - Oakland Mills MS
 - Howard County Library System – East Columbia Branch.
- This program will run from June 25 to August 16, 2019 and meals would be provided on Fridays between 1:30 p.m. and 2:30 p.m. in school parking lots

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HCLHIC MEMBER ENGAGEMENT IN THIS PRIORITY

HCLHIC GOAL: Provide referral/linkage to free/low-cost nutrition education and services through community partnerships and evidence-based programs for priority populations

HCPSS GOAL: To reduce hunger and food insecurity for students during the extended summer. (Provide 80,000 meals in Summer 2019)

- Coalition members are asked to engaged by sharing information with stakeholders, through outreach campaigns, including but not limited to promotional materials, use of social media, news releases, public service announcements, etc.
- The more people know about the 2019 Summer Meals Program, the more children will participate.

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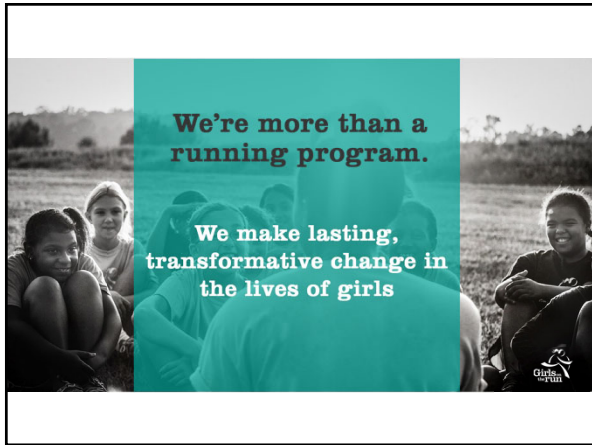
HYBRID MEETINGS

PURPOSE:

- Coalition Quality Improvement
- FY 18 (4th quarter) Member Survey results indicated that work group members recommended trying online meeting platforms such as WebEx.
- FY 19 investment in Zoom platform and pilot with work groups
- February 2019 Healthy Aging and Healthy Weight Meetings served as pilot for online only
- April 2019 Full LHC meeting examined space and capacity for potential “virtual” format for full coalition participation.
- May Healthy Weight and June Behavioral Health Meetings will pilot “Hybrid” format for in-person and virtual participation.

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Girls on the Run is a physical activity-based

POSITIVE YOUTH DEVELOPMENT PROGRAM

designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.



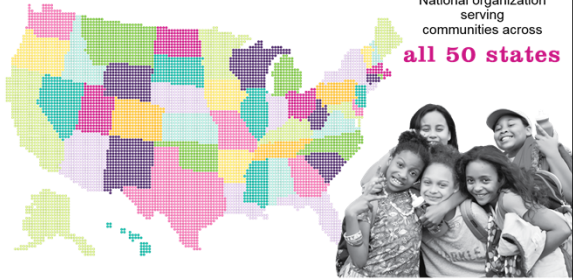
Who We Are

- Nonprofit organization that drives **transformative, sustained change** in the lives of 3rd – 5th grade girls.
- Over the course of the ten-week program, running and other physical activities serve as a platform for **teaching life skills** and **promoting holistic health outcomes** in girls.
- **One of the only** physical activity-based, positive youth development (PA-PYD) programs with **compelling evidence** that participants learn life skills and then use them in other aspects of their lives.
- Research-based curriculum, trained coaches and a commitment to serve all girls **sets us apart** as an exemplar PA-PYD program.




A Powerful National Movement

National organization serving communities across **all 50 states**



With a Local Focus

Girls on the Run of Central Maryland, Inc.

- Founded in 2009 serving Howard County; Carroll County added to territory in 2011
- We serve approximately 2,200 girls each year and have served over 15,000 girls since our first season in Spring 2010
- Our Spring 2019 season served 1,145 girls on 69 teams – this was our largest season ever! Of that total, 869 girls and 52 teams were located in Howard County.
- We never turn a girl away! Students who receive free meals at school pay \$10 to participate; reduced meals pay \$25; financial assistance is available to any family on a case-by-case basis



Why Girls on the Run matters

50% of girls ages 10 to 13 experience bullying such as name calling and exclusion at a time when peer relationships become more central to girls' lives

Girls' self-confidence begins to drop by **AGE 9**

Physical activity levels decline starting at **age 10** and continue to **DECREASE** throughout adolescence



Girls on the Run helps girls understand that

THEIR POTENTIAL ISN'T JUST ENORMOUS,

it's beyond measure.




What we do

Trained coaches
Lead small teams of girls



An Intentional Curriculum
dynamic lessons and fun physical activities

National Coach Training

Volunteer coaches are prepared to:

- Build relationships with and between girls
- Create a positive, inclusive environment
- Support girls' personal improvement
- Deliver intentional curriculum as intended




National Coach Training sets Girls on the Run apart from other youth serving organizations



Our Curriculum

- 10-week program
- Meets twice per week
- 75-90 minute lessons
- Teams of 15 girls
- Each team creates and executes a community service project
- Program concludes with a celebratory 5K event



What we teach

The 10-week curriculum includes lessons that specifically target helping girls improve



Girls learn specific skills

They can use at home, at school and in their community



“ If someone is picking on you,
 or making you feel bad about yourself
 and angry, you just need to
STOP, BREATHE, THINK AND RESPOND. ”

- Sasha, age 9

How we know it works

In 2016, an independent study evaluated the impact of Girls on the Run

Where girls made their greatest gains

CONNECTION
How supported they felt by their peers

CONFIDENCE
How much they liked the kind of person they are

Strengthened life skills

95% IMPROVED IN

CONFIDENCE
COMPETENCE, CARING
CHARACTER
CONNECTION
PHYSICAL ACTIVITY
OR REDUCED SCREEN TIME

Increased physical activity



GIRLS WHO WERE LEAST ACTIVE AT THE START INCREASED IN PHYSICAL ACTIVITY

BY MORE THAN **40%**



Girls use critical life skills at home, at school and with their friends


97% LEARNED CRITICAL LIFE SKILLS



Girls on the Run helps girls who need it most



CONFIDENCE
COMPETENCE, CARING
CHARACTER
CONNECTION AND
PHYSICAL ACTIVITY



What makes Girls on the Run different

Girls on the Run participants were **significantly more likely** than girls in physical education or organized sports programs to **learn and use life skills** including:



MANAGE EMOTIONS



RESOLVE CONFLICTS



HELP OTHERS



INTENTIONAL DECISION-MAKING



Key findings



Curriculum + Coaches

The intentional curriculum and coach training program are key to Girls on the Run's impact and are exemplars for other youth programs.



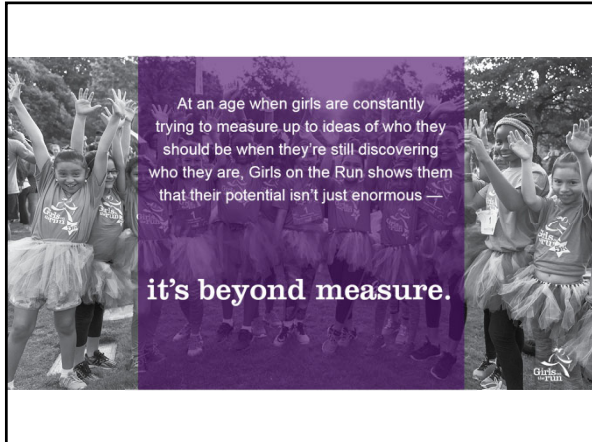
The program teaches girls critical life skills that will benefit them even after the program has ended.



Girls on the Run makes a stronger impact than organized sports and PE programs in teaching life skills.

“ I will continue to **teach others what I learned** at Girls on the Run, and carry it with me **FOR THE REST OF MY LIFE.** ”

Maya, age 11



At an age when girls are constantly trying to measure up to ideas of who they should be when they're still discovering who they are, Girls on the Run shows them that their potential isn't just enormous —

it's beyond measure.



Girls on the Run

Make an impact that's beyond measure

- Identify girls in need and refer them to our program
- Tell people about volunteer opportunities
- Advocate for new and resurrected teams at public and private schools in our territory
- Advocate for teams at non-traditional locations to serve targeted populations (e.g., housing complexes, churches, community centers)
- Help us find corporate sponsors, community outreach opportunities, and local grant opportunities





Girls on the Run
