

WORKGROUP ON CHILD AND ADOLESCENT WELLNESS

May 5, 2021

Virtual Meeting Minutes

THOSE PRESENT:

Laura Robinson (MDH)

John Corbin (GCHD)

Shelley Argabrite (GCHD)

Kimi Scott-McGreevy (GRMC)

Susan Mills (GCHD)

Dr. Stephanie Sisler (Lovelight Pedes)

Phil Lauver (GCPS)

Kendra Thayer (GRMC)

Jennifer Brenneman (GCHD)

Maria Frantz (MLMC)

Ula Slider (MCF)

Fred Polce, Jr. (GCHD)

Dr. Schwalm (Retired MD)

Amber King (Wellspring)

Amy Fike (GC Lighthouse)

Dr. Jenny Corder (GCHD)

Dr. Schwalm called the meeting to order at 8:30 a.m.

MENTAL HEALTH AWARENESS

Green Campaign – Andrew Miller, Thomas Vose, and Dr. Schwalm set up a table at the farmer's market with flyers, key chains, etc. Two psychiatric nurse practitioners from Pittsburgh stopped at the table because they were interested in what this group is doing.

Connor Norman with WKHJ will air an interview with Dr. Schwalm to discuss Mental Health Awareness month and the different activities being planned.

Fred Polce, Jr., Leah Wilt (SHS), Bob, and Dr. Schwalm attended the commissioners meeting on Monday to receive the proclamation commemorating May as Mental Health Awareness Month.

GCPS, Community Action, The Dove Center, MLMC, GRMC, Garrett Surgical, providers, and other partners presented the activities for the green campaign.

Stakeholders Meeting – There was a meeting last week and their goal is to attract mental health providers to the county.

Dr. Schwalm will email those involved with information about a grant that could be used for this group. To be included in the application is: the need to increase the number of therapists, particularly in schools. Practitioners are needed in the northern end of the county. The County Health Assessment (CHA) identifies mental health as a concern and the school surveys that this group did identifies anxiety and depression as common concerns.

Amy Fike reported that their grant has been extended. They hired a director from within their organization. She will keep the group apprised as services become available.



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HEALTHY WEIGHT WORK GROUP

The goal is to reduce childhood obesity by identifying students early. Currently there is a 9th grade screening but it needs to begin as early as kindergarten to screen and teach, and make referrals when needed. Providers can be trained to address childhood obesity in a way that it does not adversely effect a child's mental health.

Trainings can be bundled to include the student and family members. Mind and body can also be utilized in the presentation of obesity information. Going into the communities instead of setting up meetings at the hospital or the health department may also prompt more participation.

CHILD MENTAL HEALTH SUGGESTIONS

Schools – They have wellness groups for staff, but not for the youth. There are teams at each school made of staff and students where they plan activities with the students. Different schools have different caseloads and it fluctuates.

Dr. Schwalm can contact principals about space. Usually students that are struggling with attendance are also struggling with grades, etc., so they are being pulled for multiple therapies. COVID requires spacing and every inch of space is utilized. Telehealth is a possibility over the summer.

Fred has set up a meeting on May 13 at 2 p.m. with MDH State Office of Rural Health to discuss Garrett County becoming involved with student loan repayment for nurse practitioners, social workers, and mental health professionals.

With no further business to discuss, the meeting adjourned at 9:24 a.m. The next meeting is scheduled for June 2.

Respectfully Submitted,

Beth A. Brenneman



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