

Health Disparities Task Force Meeting |MINUTES

July 14th, 2022 , / 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 51 ppl
Type of meeting:	Weekly Health Disparities Task Force – Mental Health	
Facilitator:	Elizabeth Hart, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (Elizabeth Hart) “Anything that’s human is mentionable and anything that is mentionable can be more manageable. When we can talk about our feeling’s things become less overwhelming, less upsetting and less scary.” - Fred Rogers

Announcements: (Elizabeth Hart)

- Happy International Non-Binary Peoples Day is observed annually on July 14th, it’s a day to celebrate people who identify as non-binary and to raise awareness of non-binary people across the world. The first day of celebration was on July 14, 2012, and the date was chosen because this date falls mid-way between International Women’s Day (March 8) and International Men’s Day (November 19). We have several organizations on our Task Force that work with individuals, who identify as being non-binary.
- Health Equity Book Series, **Thursday, July 28th, 2022, at 1:00 PM CST**. We will have three high level authors who will be providing a summary from the book *Communities in Action: Pathways to Health Equity*. If you are interested in reading the book, please note the link to download the book is expired but a new link will be provided in the upcoming Top Ten Email. All is encouraged to download and read this book.
- **Thursday, August 25th, 2022, at 1:00 PM CST**, Dr. Beverly Tatum, will be the Health Equity Book Series Special Guest, will be discussing her book, “Why All Black Kids Sitting Together in the Cafeteria”. All is encouraged to purchase, download, and read this book.
- **September 2022**, Health Equity Book Series Special Guest is Dr. Damien Tweedy, Author of “Black Man in a White Coat” he will be discussing a doctor’s reflection on race and medicine. All is encouraged to purchase, download and read this book.
- **Thursday, October 27th, 2022, at 1:00 PM CST** the final author of the year for the Health Equity Book Series will be Marita Golden, Author of “The Strong Black Woman – How a Myth Endangers the Physical and Mental Health of Black Women”. All is encouraged to purchase, download and read this book. Due to the 4th Thursday of November and December being holiday months of Thanksgiving and Christmas, we will not have Book Series Event for these two months.

- The fourth and final session of the Implicit Bias Training, facilitated Ms. Kia Jarmon, was held on Tuesday, July 12th. This training was phenomenal, difficult, needed but really good and for those of you who would like to watch all (4) sessions at your leisure or with your staff, please note all (4) session links and Kia Jarmon contact information will be added to the Top Ten Email. If any of you have ideas of different trainings and/or your organization cannot afford these kinds of trainings, please inform us by emailing Schacona Johnson at schacona.johnson@tn.gov and/or info@ofbce@tn.org.
- **July 21st, 2022, at 1:00 PM** is the Task Force Meeting, which will be highlighting Green Spaces in the Parks Department across the state. We will have representatives from Tennessee Park and friends from Memphis, speaking about how they redevelop parks, with the community's assistance.
- Home COVID-19 Test are available to receive by mail, the test and shipping is free, you can receive three rounds of (4) test, please go to www.covid.gov/test or call 1.800.232.0233. **COVID Update:** Increase of Covid-19 cases within the state, new cases an average of 11,100 per week, 644 individuals hospitalized and approximately half of communities are in medium to high levels; 50% of the state are low levels and 50% are med to high levels; working to lower the med to high to low levels thru vaccinations. As of last week 56.9%, Tennesseans received at least one dose of the vaccination and 51.8% are completely immunized and the country is at 66.9% being fully immunized.
- Monkey Pox have been detected here in Tennessee. If you or family members have a random rash, please call your health care provider. The health care provider can order test through a commercial lab or state health laboratory. Monkey Pox can be spread by person to person or someone with monkey pox lesions or with someone's respiratory droplets with someone whose been infected.
- If any individuals would like an adult and/or children mask, please email Elizabeth Hart at elizabeth.hart@tn.gov.

TOPICS OF DISCUSSION

Focus: (What is this topic about?) The PSA's / Commercials for Mental Health

Presenter: (Name and title of person presenting) Elizabeth Hart, Director of Office Faith-Based and Community Engagement

Summary: (4-6 sentences summarizing context of presentation) This discussion was basically about the Task Force Members coming together in small groups and provide new and fresh ideas for the next PSA's targeting Mental Health. The Task Force Members were broken down into (8) smaller groups to retrieve dialogue deriving from the question, "If money was no issue what would your Mental Health concept look like, for a new PSA? Who would be involved in the PSA (Teens, Parents, Celebrities, Teachers or Seniors)? Would there be a variety of different races such as White, Black, Hispanics and Asians or would your group target just one race group? Where would the PSA be in Rural or Urban areas? What would message be about (Family, Children, Substance and Sexual Abuse)?"

Group 1: (Pre-Adolescent) - Targeting all social media platforms such as Instagram, Snapchat, Tik Tok ways to reach them. Start conversation being more lighthearted and joking in song and rhyme, focus on communication skills and realistic appearance and how flaws are unique and set everyone apart.

Group 2: (Family Mental Health / World Communities) - Each family member could be going thru mental health challenges such as a child being bullied at school / Parent #1 dealing with struggles of unemployment and finding a decent paying job; Parent #2 dealing with death of a close family member (such as parent/sibling or close family friend) and everything in their life goes disarray. Goal: To increase communication among family members, so no one feels alone or left out, reducing

stigma in the world communities regarding families; but families gain access to resources for depression, stress, anxiety, drug and alcohol use etc.; and the final goal is that the entire family is mentally, emotionally and physically healthy and whole, and they win together.

Group 3: (Major Stigmas in Society are Young African American Males suffering from Schizophrenia and/or Elderly's suffering from Alzheimer) Targeting PSA's of life cycles with young mothers and children, teens, young adults and the elderly family members, which to include the caretakers, family members and friends and basically narrowing the PSA focus to that, we're all in this together.

Group 4: (World Communities) - breaking down the stigma for rural area due to challenges of transportation, education and social skills. Target to create an image that we all need help at some point in our lives and once the stigma is broken down, what should happen next. The desire is the person watching the PSA receives hope and the courage to get help, but what we don't want is the person to feel defeated because the call was not what they expected. **Question: Is there anyway the resources, can set expectations for the client to receive step by step direction? So, the client will know what to expect and the client will follow thru to receive everything their family need?**

Group 5: (Faith / Religion / Spiritual Representatives) – Seeking to send a message to spiritual representatives that you can have mental health treatment as part of your growth in your faith and/or religion, incorporating it all together can enhance your life. Also, noting that mental health is part of overall health such as physical, emotional which includes scheduling annual Dr. appointments. Targeted parties are low income, adolescents (suicide among the youth), elderly in nursing homes, families and single men and women, especially after the pandemic.

Group 6: (People of All Walks of Life) - Placing everyone in the same safe setting, such as Substance Abuse or AA Group Setting / Meetings. Giving everyone time to share their mental health issues or disorders, stating the good and the bad of their journey, thru the years. The goal is the group provides positive and negative feedback within the therapy session and teaching one another thru communication techniques on how to work thru mental health episodes and breakdowns, also the group letting each other know they are not alone and no longer have to suffer in silence.

Group 7: (Average Tennessee Citizens) - educating folks on mental health crisis in TN and across the nation; how people are falling thru the cracks of the system due to not enough mental health providers; also, the prison system in need of mental health care to those suffering in the system as well as those being released back into society. Also, encouraging folks to contact legislative to increase mental health funding and assistance.

Group 8: (Reducing the Stigma for Asking for Help and Different Options of Accessing Mental Health via Tele-Health) – We are One, We are the Change and Hope is Us; open to overall TN population and partner with big name artist, that reach different demographics and hire a social media expert to hold a multitier campaign to use the different artist on a platform informing folk it's ok to ask for help; even though their rich and famous they also need help and seeming as though they are not this high profile person but just like everyone else.

Member Comments: Announcements and Upcoming Events (Impactful/Significant remarks made in chat box by meeting participants)

- Salvation Army (Huge Sale) - 210 Kraft Street - Clarksville, TN 37040

- All Task Force information and announcements will be coming from the new Office of Faith-Based and Community Engagement Email Address – tdh.ofbce@tn.gov

Resources mentioned during call: (List information / Resources/ Programs mentioned during call or listed in the chat box)

- Home COVID-19 Test are available to receive by mail, the test and shipping is free, you can receive three rounds of (4) test, please go to www.covid.gov/test or call 1.800.232.0233.
- COVID-19 Tracker: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

Chat Box – links / website / events: [List ALL links/ webpages/ upcoming events (dates/time/locations) etc. listed in the chat box] REMEMBER: NO EMAILS OR CONTACT INFORMATION

- Saturday, July 16, 2022 - BMHA Nashville is having an Abolition in Mental Health Workshop! <https://www.bmhanashville.com/event-details/bmha-nashville-and-nccr-abolition-in-mental-health-workshop>

Next Meeting: Thursday, July 21, 2022, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 629-209-4396](tel:+16292094396),221274636# United States, Nashville

Phone Conference ID: 221 274 636#

