



**South Shore Community Partners in Prevention (CHNA 23)**  
**Wednesday, April 14, 2021**  
**8:55 A.M. to 10:00 A.M.**  
**Zoom Meeting**  
**Minutes**

In attendance: Sean Halpin, Plymouth Public Schools; Jennifer Machado; Community Liaison Vitra Health; Susan West BID-Plymouth; Amy Sylvia, South Shore Resource and Advocacy Center; Collette Puleo, Health Imperatives; Trudy Avery, Cook Family Charitable Fund; Kathleen Considine, Steering Committee, NAMI Plymouth Area; Jim Cummings Plymouth County Outreach; Liz Weiner, OCES; Abigail Foley, Gosnold; Sue Giovanetti, Plymouth Area Coalition for the Homeless; Malissa Kenney, Healthy Plymouth and New Heights; Katelyn McSweeney, High Point Treatment Center, Prevention Services; Amy Considine, CPS, CPRP; Tyra Jackson, DMH, CHNA23 Steering Committee Member; Sheila Flaherty, NAMI Plymouth Area, President; Sarah Cloud, BID Plymouth; Nancy DeLuca, Health Imperatives; Liz Haughn, Steering Committee, NAMI; Jessica Gonsalves, Plymouth County Family Support; Dr. Ken Duckworth, Joan Bryant; Katie Clark; Merielle Paul; Mike Jackman, Congressman Keating's Office; Kim Scotland, United Way/SSCPP Coordinator

Mike Jackman, SSCPP Chair kicked off at 8:59am.

All voted to approve the March general meeting minutes.

**Presentation: Part 2 of Mental Health Before, During, & After COVID-19 Discussion**

Guest Speaker: Ken Duckworth, M.D.

Chief Medical Officer, National Alliance of Mental Illness

Senior Medical Director of Behavioral Health, Blue Cross/Blue Shield of Massachusetts

Mike introduced Dr. Duckworth. Ken shared briefly about his background and provided some context. He is currently working on a book related to mental health and recovery for NAMI.

- Shared a few observations- CDC [study](#) released last August showed over 40% of Americans were having significant mental health challenges. Hard to believe this is getting better. In this past year, mental health went from a "they" thing to a "we" thing as everyone knows someone struggling. This is a moment in time. A silver lining in

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pandemic is folks are seeing that mental health is real and omnipresent. This is an opportunity. Do not think the light switch will turn off- this is the kickoff of a transformation.

- Categories impacted include students, people ages 18-24, unpaid caregivers, folks working from home.
- Young people are having the most mental health/addiction problems and they are more willing to talk about it.
- Ken talked to many HR directors about mental health in the workplace. Younger generation wants access to services.
- Feels the mental health field is doing a pretty good job overall. Teletherapy was pivoted in 3 days when COVID began. Ken knows many practitioners who are abandoning offices and now doing telecare. Knew before pandemic that telehealth (video) was as good as in person care. Ken pitched for phone sessions too. Blue Cross Blue Shield also covers this.
- Issue- the demand has exploded and the supply is fixed. This has caused a massive traffic jam. Another dimension is recognizing the impact on practitioners.
- Pandemic has presented us with a lot of challenges. Grief has been impacted adversely by the pandemic. Unable to see loved ones sick in hospitals and feeling of being unable to be there for loved ones we've lost. Ken feels Zoom events are essential (Zoom wakes, etc.). He also recommends cards in the mail. Connection is good for us and the loss of this is major.
- NAMI does a lot of programs online. AA also has pivoted to online and this has also worked well.
- Opened for Q&A.
- Ken encourages folks to NOT fight their anxiety. We are wired for it. Most dreams are anxiety and fear driven. It is normal. Accept it. Tips- aerobic exercise, be outside, get sun. Cognitive behavior therapy would say "don't believe your thoughts, they're just your thoughts" and this has proven to help with the pandemic. Take action- if you can get a vaccine, get it. Help vulnerable folks get the vaccine. Be proactive. Three strategies for anxiety - "exercise, mind your thoughts, and act".
- Discussed lack of inpatient beds. Very fundamental problem we have. It's not an access issue but a capacity issue. While waiting for professional help, use peers and support in your network such as NAMI. This supply can continue to be grown.
- Short term studies reveal short term data, long term studies teach us things. How will this generation feel about isolation and connection? Remains unknown.
- Mike shared link: <https://www.hilariousworld.org/about>
- Dr. Duckworth will be on a series on Apple TV at end of May. SSCPP would like to have him back after his book is released.

**SSCPP Health Literacy Awards:** Mike shared the 2021 nominations are open through April 30<sup>th</sup>! Will host a virtual awards event on June 11<sup>th</sup>. Steering committee will vote on nominees

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at its May meeting. Check out our website for more info and for nomination form:  
<https://chna23.org/latest-news/>

Next SSCPP Meeting is on May 12.

Opened for announcements.

Adjourned at 10:06am.

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