

Health Disparities Advisory Meeting | MINUTES

June 20, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 52 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	LaShan Dixon, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) The inspirational quote to recognize and celebrate Juneteenth National. “Freedom is never voluntarily given by the oppressor. Freedom must be demanded by the oppressed. – Dr. Martin Luther King

(LaShan Dixon)

- **Juneteenth National Independence Day** was June 19, 1865, which marks the day, Union Major General Gordon Granger issued the order the end of the Civil War and the emancipation of enslaved African Americans in Galveston, Texas. The slaves were notified they had been freed from their masters, more than two years after President Abraham Lincoln signed the Emancipation Proclamation. Now, the day is a federal holiday that celebrates the "Second Independence Day" for African Americans here in the United States of America.
- **Post-Traumatic Stress Disorder known as (PTSD) Awareness Month** is a mental health condition that can impact any person of any age after experiencing or witnessing a traumatic event, such as natural disasters, accidents, combat, or even personal mental and physical abuse, just to name a few. Trauma comes in many different forms, however not everyone who experiences or witnesses a traumatic event is going to develop PTSD.

The PTSD stigma can have a profound impact on people, it can prevent people from seeking help due to the fear of being judged or misunderstood, it can also lead to isolation and worsening symptoms such as suicidal thoughts or destructive acts. To reduce the stigma, we must make people aware of PTSD and educate them through public discussion. We must normalize the conversation of PTSD around mental health, share stories of recovery and provide hope to those who finds it difficult to get help. Supporting those with PTSD requires understanding, a nonjudgmental environment, patience, and empathy.

If you know of anyone with PTSD and experiencing suicidal thoughts, feelings or self-destructive urges get help immediately. **The Suicide Crisis Hotline (1-800-273-8255) has a specific resource for veterans** and the Department of Veterans Affairs offers a **Veterans' Crisis Hotline confidential chat resource**.

TOPICS OF DISCUSSION

Focus: Mental Health 101 (MHAET Overview)

Presenter: Casey Caudill, Northeast Regional Coordinator, Mental Health Association of East Tennessee

Summary: Mental Health Association of East Tennessee was founded in 1948, located in Knoxville, TN, educating and advocating for the residents which supports mental wellness and recovery. MHAET has many areas of mental health such as Peer Recovery Call Center, which is a free call center that provides resources and support to those dealing with mental illness or on the road to recovery.

MHAET, provides free mental health screenings, they have a treatment access bank which helps those who have financial challenges to receive mental health care up to 15 therapy sessions. The treatment access bank serves in several different counties such as Knoxville, Blount, Jefferson, and Anderson just to name a few. MHAET, also have mental health 101, which is free mental health educational program for youth that follows the state standards of mental, emotional, and social health. Lastly mental health 101 provides trainings for adults, parents, and teachers on how to recognize the signs and symptoms of declining mental health, stress, and self-harm awareness.

If you would like more information about Mental Health Association of East Tennessee, please contact Ms. Casey Caudill, by via email at casey@mhaet.com or you may reach her by phone at 540.323.3074.

Member Comments: Announcements and Upcoming Events

- Please sign up using this form link if you're interested in the Community of Practice for community health councils. All are welcome! An exciting funding opportunity will be announced on the next call, June 27th at 9:30 a.m. <https://forms.microsoft.com/g/gv6bPeL5vq> If you have any questions, please email Darla Sampson, Community Impact Consultant, at Darla.Sampson@tn.gov

Resources mentioned during call:

- Rutherford County Health Department, 9th Annual Community Baby Shower, Saturday, June 22, 2024, at 10:00 am to 1:00 pm, Patterson Park Community Center (Adult Gym), 521 Dr. Martin Luther King Jr. Blvd, Murfreesboro, Tennessee.
- Stewart County Community Baby Shower, Stewart County Visitor Center, Saturday, June 22, 2024, 10:00AM – 2:00PM at 117 Visitors Center Lane, Dover, TN 37058
- Community Outreach Event, Resurrected Baptist Church, Saturday, June 22, 2024, 10:00AM – 1:00PM at 2230 E. 18th Street, Chattanooga, TN 37404
- If you need more information, please visit our website at www.healthdisparitiestn.com

Chat Box – links / website / events:

- The Tennessee Department of Health’s Youth Advisory Council (YAC) and the Youth Engagement Workgroup is excited to invite you (or your institution) to the 5th Annual Youth Conference. This year’s conference will focus on helping youth and families navigate the barriers associated with labeling. The conference will take place on August 2, 2024, at Tennessee State Library and Archives from 9:00 AM to 3:30 PM and will feature keynote speakers, a youth-led panel, topic-related youth poets and interactive breakout sessions. Please find the flyer attached for more details. Remember to scan the QR code on the flyer to register for the event. [YAC Conference Flyer Final.pdf](#)
 - If you need more information, please visit our website at www.healthdisparitiestn.com
-

Next Meeting: June 27, 2024, 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), [641975577#](tel:+16292094396) United States, Nashville
Phone Conference ID: 641 975 577#