

**Health and Wellness Committee
Montgomery County Commission on Aging
April 2, 2024
9:30-11:00 AM**

Zoom Link:

<https://us06web.zoom.us/j/87647738488?pwd=LkQhivGiitONZlw0Xz24vPGCty33CF.1>

Agenda

1. Welcome/Introductions (Virginia Cain, Barbara Selter, Co-Chairs)
2. Approval of meeting notes
3. Discussion of potential H&W Committee options for follow-up on mental health services for older adults (Virginia Cain, Barbara Selter)
 - Promoting Mental Health Wellness (Discussed March 5, 2024)
 - Promoting Mental Health Education Programs at Senior/Recreation Centers: Advocate for, develop, and present series on mental health education at various centers (identify key issues affecting older adults and/or training for center staff on dealing with mental health issues that present at these centers)
 - Promoting Integrated Mental Health Services at Senior Housing: Advocate for and coordinate integration of mental health services within the service offerings at affordable senior housing buildings
 - Assisting families dealing repeating mental health crises of older adult family members: Research options for dealing with repeating crisis situations
 - Perform advocacy: Advocate for additional staffing and/or funding for existing mental health programs on Mental Health with long waiting lists
4. Adjourn

Next Meeting: May 7, 2024, 9:30-11:00 AM via Zoom