

## HEALTHY WASHINGTON COUNTY

January 8, 2019

Meeting held at Washington County Health Department

- Member's Present: Laura Bennett; WCHD, Maggie Biscarr; PepsiCo, Joelle Butler; Meritus Medical Center, Emily Conrad; Hagerstown Parks & Recreation, Fallon Crist; Meritus Health Center, Cindy Earle; Meritus Medical Center, Paul Frey; Chamber of Commerce, Dr. Diana Gaviria; WCHD, Beth Gearhart; First Data, Dr. Aaron George; Meritus Medical Center, Maureen Grove; Girls Inc., Nicole Houser; Community Free Clinic, Janice Howells; Washington County Public Schools, Nefertiti Jean-Baptiste; Connector Entity, Marguerite Klein; Public Representative, Deb Lehr; Meritus Medical Center, Lisa McCoy; University of MD Extension, Mary McPherson; WCHD, Addie Nardi; Boys & Girls Club, Amy Olack; Washington County Commission on Aging, Hannah Person; WCHD, Dr. Paul Quesenberry; Meritus Medical Center, Guinn Rogers; United Way of Washington County, Kathy Saxman; United Way of Washington County, Susan Schlossberg; City of Hagerstown, James Seaver; Tri-State Community Health Center, Patty Smith; Potomac Case Management, Christie Staubbs; Maryland Physicians Care, Shelley Steiner; Hospice of Washington County, Victoria Sterling; WCHD, Cynthia Terl; Wells House, Allen Twigg; Meritus Medical Center
- Welcome and Introductions:
  - Welcome by Allen Twigg. Self-introductions were made.
- New Business
  - FY 2018 Community Health Need Priorities
    - A public health forum was held on November 20, 2018 to discuss the findings of the Community Health Needs Assessment. Those present took part in a ranking exercise to prioritize needs of Washington County. The top six priorities were: substance abuse, mental health, obesity and weight loss, wellness, diabetes, heart disease and hypertension. The presentation from that day is on the United Way website. If you are interested in posting the presentation on your organizations website, please contact Allen ([allen.twigg@meritushealth.com](mailto:allen.twigg@meritushealth.com)).
  - CHNA Action Plan – Goal Setting Exercise
    - A three-year action plan will be developed including strategic initiatives. The goal is to have the action plan in place and approved by March. Boards from Meritus Medical Center and Brook Lane Health Services will have to approve the action plan. Once the plan is approved it will be published and made available to the public. A link will be provided at that time for anyone who wishes to post it on their website. Healthy People 2020 (<https://www.healthypeople.gov>) is a helpful resource for setting goals and objectives. All plans are made public so you can search online to see what surrounding counties have in their plans.
    - The room was divided into three groups: Behavioral Health, Health Management and Wellness and Quality of Life. Each group reported the following:
      - Behavioral Health: Four significant gaps have been identified for both mental health services and substance abuse disorder: 1) crisis services (possibility of a stabilization center), 2) access to care (appointments in a timely bases), 3) gap in Medicare services, 4) transportation issues. The group also had discussion about what other organizations need to be involved in order to help address these gaps.
      - Health Management: The group identified three goals: 1) develop an educational campaign that will provide a unified message primarily about chronic disease prevention, 2) develop provider resource materials to

encourage collaborative care of chronic disease among community providers, 3) look into the possibility of a mobile health clinic.

- Wellness and Quality of Life: The group came up with four goals: 1) increase participation rate by 25% in community based wellness activities by the end of the three-year period, 2) develop an effective communication outreach tool to connect consumers to available community and online resources by the end of 2019, 3) increase healthier choices available to consumers in order to help make the healthy choice the easy choice, 4) improving the built environment by development of new physical activity resources and also by promoting and maintaining existing resources. May potentially work with government officials to advocate for new resources.
- Reminder to engage stakeholders in the goal setting process.

➤ Old Business

- One for Good Campaign
  - A pilot program in Washington County aimed to help consumers make healthier choices. Martin's, Walmart and Walgreens participate. Please contact Maggie Biscarr ([margaret.biscarr@pepsico.com](mailto:margaret.biscarr@pepsico.com)) if you would like additional information.
- Community Partner Updates
  - Emily Conrad, Hagerstown Parks & Recreation
    - Hub City 100 Miler sponsorships available. Kickoff event will be held January 18th, table space is available.
  - Joelle Butler, Meritus Medical Center
    - Reminded everyone to consider seeing Urgent Care if you are unable to see your PCP.
  - Nefertiti Jean-Baptiste, Connector Entity
    - Successful open enrollment period, 22% increase from last year in Western Maryland. Washington County saw the largest increase in enrollment at 23%. Open enrollment only available 45 days. Special enrollment period now for major life changing events.
  - Fallon Crist, The Mental Health Center
    - Hired a new psychiatrist October 29<sup>th</sup> to work with the adult population.
    - Currently working on a transportation grant to assist clients with transportation issues.
  - Mary McPherson, Washington County Health Department
    - Diabetes Prevention classes start this evening. Space is available, contact Mary if interested. ([mary.mcperson@maryland.gov](mailto:mary.mcperson@maryland.gov))
  - Christie Staubs, Maryland Physicians Care
    - App available to members called MyVirtualMPC. The app gives members access to emergency room doctors from 9am – 9pm every day of the week to text or video chat. Doctors can send prescriptions through the app but not narcotics. All information is forwarded to your PCP.
  - Amy Olack, Washington County Commission on Aging
    - The Senior Center started their annual reregistration process. There were over 1,800 active members last year. The next Senior Expo will be held August 22, 2019, more details to come.
  - Dr. Paul Quesenberry, Meritus Medical Center
    - Hoping to get program accredited for residents that complete medical school. The program will be part of their apprenticeship and will last 3 years. Participants in the program will be providing primary care. There is a huge national need for primary care physicians. 50-60% of residents stay within 75 miles of their residency. The goal is to increase the number of PCP in this

community. Would like to engage residence with the community and community leaders. In addition to connecting them with the needs of the community in an effort to connect their heart to their values. Please reach out to let him know what is meaningful to you within the community.

([paul.quesenberry@meritushealth.com](mailto:paul.quesenberry@meritushealth.com))

- Holly Luther, Washington County Health Department
  - Many services available, including: smoking cessation, Narcan training, HIV testing and Hep C testing. These services can be presented at your site. Please reach out to Holly if interested. ([holly.luther@maryland.gov](mailto:holly.luther@maryland.gov))
- Vicki Sterling, Washington County Health Department
  - Harm reduction services are fully operational. Hep C testing and management are included. Hep A vaccines will be offered soon through community outreach. Lots of community outreach for harm reduction, including safer injectable equipment and referrals to treatment.
  - A plan for 2019 Washington Goes Purple is being developed. Will be doing outreach to agencies and schools. The next fundraiser will be an American Idol event held on February 9<sup>th</sup>. All proceeds will go towards educational materials for next year as well as the \$1,000 scholarship each school will receive. In addition, a nontraditional scholarship will be awarded to someone in collage, graduate school, etc. Community outreach and education will be gearing up after February.
- Cynthia Earle, Meritus Medical Center
  - Very successful training session for the catch (coordinated approach to childhood health) program. The program is available to children from preschool through eighth grade with focuses on nutrition and exercise. Thirty people from the YMCA were trained for the program and it's now offered at six of their after school programs. If you are interested in being trained please contact Deb Lehr ([deborah.lehr@meritushealth.com](mailto:deborah.lehr@meritushealth.com)).
  - Cindy and Lisa McCoy will be holding trainings for the Living Well workshops for both chronic diseases and diabetes management. Training will be held at the Commission on Aging starting March 8<sup>th</sup> and will last six weeks. Please contact Lisa ([lmccoy@umd.edu](mailto:lmccoy@umd.edu)) or Cindy ([cindy.earle@meritushealth.com](mailto:cindy.earle@meritushealth.com)) if interested.
- Addie Nardi, Boys & Girls Club
  - Putting together a fundraiser for April 6<sup>th</sup> where someone will repel down one of the tallest buildings in downtown Hagerstown.
- Janice Howells, Washington County Public Schools
  - Washington County Public Schools will be expanding some behavioral health services within the schools. The monies will have to be used by September so a goal will be to have resources available over the summer when school is out.
- Beth Gearhart, First Data
  - Beth's first time attending. Would like to see all events/current information and resources all in one place, perhaps online. Could be a great community resource.
- Shelly Steiner, Hospice of Washington County
  - Life Care of Washington County moved offices from Eastern Blvd. to Boonsboro. They provide chronic disease support in conjunction with the PCP or specialist. A nurse practitioner can visit patients in their home to help manage symptoms between doctors' visits. Services are for patients who are open to aggressive treatment – not the terminally ill. They can be seen in their homes or at the office. There is no age limit.
- Patty Smith, Potomac Case Management

- Potomac Case Management will hold a carnival in May, more information to come.
- Lisa McCoy, University of Maryland Extension
  - Friday, February 1<sup>st</sup> the Washington County Food Council will hold their second annual Groundhog Day Eve event at Big Cork Winery. This is an opportunity to meet local vendors and learn what is grown locally. The event was very successful last year and hoping to increase to 150 people this year. A flyer will be shared.
- Allen Twigg, Meritus Medical Center
  - Dr. Noel Brathwaite, Director of the Maryland Office of Minority Health and Health Disparities will be speaking at Meritus in the Robinwood complex in honor of Dr. Martin Luther King Jr. Day on January 21<sup>st</sup> from 12noon – 1pm. The topic: Health Equity and the Community Engagement Debate. There is no charge to attend. Please RSVP if interested, 301-790-8296.
- Website/Community Dashboard – Allen Twigg
  - Healthy Washington County has a website but no webmaster to keep information up to date. Herald Mail has supported use of the web space. The website will be the hub for all resources, calendar of events, and community happenings. It's a work in progress, more information to come.
  - Working on a Community Dashboard where data could be loaded and kept up to date in real time. The Bester Community of Hope, United Way and Meritus Medical Center are partnering to bring this dashboard to the community in the near future.
- Adjournment: Meeting adjourned at 12 noon.
- Next Meeting: March 5, 2019, 10:00am, Washington County Health Department. 1302 Pennsylvania Avenue, Hagerstown, 2<sup>nd</sup> floor auditorium.