

HEALTHY WASHINGTON COUNTY  
January 9, 2018 10am  
Meeting Held at Washington County Health Department

- Member's Present: Laura Bennett; WCHD, Tracy Bryant; Automated Health Systems, Melissa Dasch; Turning Point/Way Station Inc., Shelby DeHaven; HEAL, Susan Delauter; City of Hagerstown, Cindy Earle; Meritus Medical Center, Kim Fortunato; Campbell's Soup, Paul Frey; Chamber of Commerce, Dr. Diana Gaviria; WCHD, Janice Howells; Washington County Public Schools, Patience Keefer; Walmart, Rod MacRae; WCHD, Lisa McCoy; University of MD Extension, Curtis Miller; Brook Lane, Kim Murdaugh; Family Healthcare of Hagerstown, Amy Olack; Washington County Commission on Aging, Hannah Person; WCHD, James Seaver; Tri-State Community Health Center, Brad Sell; Community Foundation of Washington County, Shelley Steiner; Hospice of Washington County, Fred Thursfield; Meritus Healthcare Foundation, Allen Twigg; Meritus Medical Center, Mark Weldon; United Way of Washington County
  
- Welcome and Introductions:
  - Welcome by Allen Twigg. Self-introductions were made.
  
- Old Business:
  - Subcommittee Reports:
    - Chronic Disease – Update provided by: Cindy Earle
      - Baseline information on diabetes and hypertension is being collected from physicians along with their common practices.
      - Subcommittee will need to work on and update goals for Action Plan.
    - Mental Health – Curt Miller
      - Subcommittee met in November. No change to Action Plan goals.
      - Would like to do more depression screenings. Lunch and Learns with screenings may be held at the Valley Mall's community college space.
      - Mental Health First Aid trainings continue.
      - Looking into refresher SBIRT trainings.
      - 696 people have been trained to administer Naloxon. Training may be held for the food/beverage and restaurant association.
      - Triaged ED patients are linked to peer support through Mosaic or Potomac Case Management.
      - The health department is working with Washington County Technical High School on printing prevention materials.
      - Great demand for mental health services. Approximate four week wait minimum for adult services. Children/adolescent wait not as long.
      - Funding proposed for mental health walk-in services.
    - Substance Abuse – Update provided by: Allen Twigg
      - Overdose Fatality Review Team continues to meet regularly.
      - Narcan is being administered by first responders out in the field.
      - There is a downtrend in opioid deaths. Heroin overdose deaths are down. However, fentanyl overdoses/deaths are increasing. Fentanyl is about one hundred times more potent than heroin.
      - Educational efforts are ongoing at the health department.
      - A prescription is not needed for Narcan in the state of Maryland.
      - Meritus is currently exploring the possibility of being able to administer Narcan in the emergency department.

- When someone is discharged from the emergency department for overdose they will be given a prescription for Narcan. If family, friend or significant other is present at discharge they will be encouraged to fill the prescription.
- A target date is set for February 19, 2018 to have 100% of adults coming through the emergency department screened for alcohol and drug use. Screenings will be verbal. Intervention and referral for treatment will be available. Those who report positive for use may speak with peer support coaches who will be stationed around the hospital to discuss treatment options in the community.
- Wellness – Shelby DeHaven
  - Committee has not met since last Healthy Washington County meeting.
  - 39 businesses enrolled in the Healthy Business Challenge. Great things are happening with this challenge. Some small businesses have turned empty offices into workout space after input from employees.
  - Healthy School Challenge has started.
- Measurement – Dr. Diana Gaviria
  - An updated Healthy Washington County Data Collections Priorities was shared.
  - Subcommittees have been reporting outcomes and making updates to the workplan. An updated workplan was shared. Please review and notify Dr. Gaviria if information is not accurate.
  - Christine Gou will be invited to the next meeting in order to combine efforts moving forward. She is creating a county dashboard that will be available through the Healthy Washington County website and possibly other websites.
  - If you have interest in joining this subcommittee contact Dr. Gaviria.
- One for Good Campaign – Paul Frey and Shelby DeHaven
  - Consumer Goods Forum is supporting the Hub City 100 Miler. They will have a table at the kickoff event with information and will supply snacks.
  - One for Good Campaign kicks off January 20, 2018. There is already a One for Good cooler at Martins on Wesel Blvd.
  - Walgreens and Walmart will have a wellness day on January 20, 2018.
  - Walmart will have a several minute workout set up in the electronics department. There will be eight different stations on cooking healthy on a budget. They will also have screening tables for glucose, blood pressure and immunization. Colgate will provide dental screenings.
  - Cooking Matters will also kickoff on January 20, 2018 at Walmart from 10am – 2pm. Campbell's will be doing cooking demos from 10:30am – 4:30pm.
  - Shelby needs volunteers to man two stations for two hour shifts. Training is provided. Contact Shelby if interested.
  - One for Good will present in May to the Innovating a Healthy Future summit.
  - Nice write-up about the campaign in the Hagerstown Magazine.

➤ New Business

- FY2019 Community Health Needs Assessment – Allen Twigg
  - Must start working on in 2018. A rough timeline was shared.
  - Steering committee needed that will meet monthly. Allen would like ten people to volunteer. Please contact Allen or Laura by the end of January if interested in serving on the committee. The first meeting will be held in February.

- Target for the survey will be July 1, 2018 and run six weeks. 1,400 participated last time. Goal is to exceed that number this year. After the survey, focus groups will address gaps.
- Once completed the assessment will be publicly presented to the community for input.
- Brook Lane and Meritus boards must then approve the assessment.
- We are required to do the assessment as part of the Affordable Care Act that passed in 2010.
- Lisa McCoy will look into reserving a table at the Washington County Ag Expo that will be held this summer. Would be great exposure for the survey and increase participation.

➤ Community Partner Announcements

- Cindy Earle – Meritus Medical Center
  - A six week Living Well with Diabetes workshop kicks off tonight at Zion Church on Jonathan Street. The Living Well with Hypertension workshop was very well attended
  - Train the trainer event for Living Well with Chronic Disease will be held mid-March at the Washington County Senior Activities Center. Additional training for diabetes leaders will also be available. Contact Cindy if interested.
  - An Evening with Red Wine and Dark Chocolate will be held February 1, 2018 at Robinwood Professional Center. The event focuses on the importance of a plant based diet. \$25 donation will help support cardiac care at Meritus Health.
- Susan Delauter – City of Hagerstown
  - Hub City 100 Miler challenge runs January 13 – April 21, 2018.
    - Kickoff will be held Saturday, January 13<sup>th</sup> at 1pm in the fit room at Fairgrounds Park. Many activities including: bike loop, walk and Zumba class.
    - The challenge encourages walking a mile a day for 100 days.
    - Currently 1000 participants. Employers can sponsor teams.
    - Healthy Washington County would like to hear the outcomes of this challenge.
- Lisa McCoy – University of Maryland Extension
  - Train the Trainer event for how to buy and use health insurance will be held January 24, 2018 from 1:30pm – 4:30pm. \$25 registration fee plus a handling fee.
  - Washington County Food Council will be hosting an event: Discover What's Growing in Our Area at Big Cork winery on February 2, 2018. \$10 if registered by January 15, \$15 if registered by January 31, 2018.
- Paul Frey – Chamber of Commerce
  - Working with the health department to hold a training March 21, 2018 7:30am – 10am on how to write wellness policies. Goal is to have participants leave that day with a draft policy. More information to come.
  - Work is needed on the Healthy Washington County website. Information needs to be up to date. We need to build the website so we can promote it to the public. Please send event information/flyers to Laura. Information will be forwarded to Liz Thompson at Herald Mail to add to the website.
- Tracy Bryant – Automated Health Systems
  - Contracted vendor for providers to submit electronic applications.
  - Portal was launched December 19, 2017. No longer accepting paper applications.
  - Can do webinars if interested, contact Tracy.
- Curt Miller – Brook Lane Health Services

- Mental health first aid for youth training being held January 23, 2018.
  - Mental health first aid for adults training being held February 20, 2018.
  - Both are full day trainings. No fee to attend.
- Adjournment: Meeting adjourned at 11:05am
  - Next Meeting: March 6, 2018 10:00am, Washington County Health Department, 1302 Pennsylvania Avenue, Hagerstown, 2<sup>nd</sup> floor auditorium