

Health Washington County

Tuesday November 5, 2019

10:00-12:00

Washington County Health Department

Meeting called and Facilitated by Rod MacRae and Allen Twigg, Co-Chairs

Present (per sign in sheet): Sarah Busch, Aetna Better Health of MD; Sabrina Chin, Oliver Wyman; Fallon Crist, The Mental Health Center; Melissa Dasch, Turning Point, Way Station Inc; Cindy Earle, Meritus Medical Center; Janice Howells, Washington County Public Schools; Lisa McCoy, University of Maryland Extension; Curtis Miller, Brooklane Health Services; Kim Murdaugh, Family Healthcare of Hagerstown; Hannah Person, Washington County Health Department; Amy Riley, City of Hagerstown, Parks and Rec; Marshall (Rick) Rock, Washington County Mental Health Authority; Susan Schlossberg, City of Hagerstown; Patty Smith, Potomac Case Management; Danielle Stahl, Washington County Health Department; Cynthia Terl, Wells House; Allen Twigg, Meritus Medical Center; Bernadette Wagner, Prime Time for Women; Susan Walter, Tri-State Community Health Center; Katie Dayton, AFSP volunteer; Courte Van Voorhees, United Way of Washington County; Carlos Waters, Soldierfit; Ashley Petrolino, Salisbury-USMH; Peter Nwaoba, Walmart; Vikki Sterling, Washington County Health Department; Holly Walker, Washington County Health Department; Elizabeth Chung, Asian American Center of Frederick; Vinda Yamkovenko, Asian American Center of Frederick; Amy Riley

The group went around the room and did introductions, including where everyone was from. As sign in sheet was sent around for each subcommittee, so that names and email addresses could be collected for each of the three subcommittees: Behavioral Health, Wellness/Lifestyle, and Health Management.

Presentation:

Presentation by Elizabeth Chung from the Asian American Center of Frederick: Elizabeth began by explaining her personal passion for improving the health and wellness of minority groups. She has been working in Frederick for 25 years and has been a MOTA grantee for 15 years. Elizabeth shared information about the process of creating a MOTA project in Washington County. She is working on obtaining the State Opioid Response grant, which stipulates that a MOTA grantee take the lead. Elizabeth is partnering with Horizon Goodwill to create a Minority Outreach and Technical Assistance (MOTA) site in Washington County and learn about the various communities within Washington County. She is asking the partners to help show her what Washington County needs, and she hopes to be a part of the process to help generate those services, not limited solely to medical needs. She is looking for economic development of the community. The committees should think of ways to partner with Elizabeth as she establishes the MOTA site. Elizabeth is also a commissioner on the Maryland Health Resource Commission and is looking for letters of intent for grant opportunities from the Community Health Resource Commission for 2020 which was just announced. There is an informational call on Nov. 7th, more information is available on their website.

Presentation of Website: Hannah from the Health Department reviewed the website. She overviewed how Partners can sign in and create and update information on their Partner page. She also reviewed how to create and update events, as well as add images to the site from past events. She highlighted

features such as adding links for registration pages, images and how to preview events before saving. Hannah reminded the group that only one account per partner page can be created, meaning if multiple users sign up, only one can add information directly to the partner page. She also reviewed how to add, edit and save photos. There is a how to document that will be distributed to help partners manage their signup and pages. Can also contact Hannah or Danielle with questions or to add news articles to the site. There will be a review board in place to review additions outside of the guidelines. There are places to submit Health screening tools and additional resources. Hannah will look at creating sections for the three work groups so that work plans can be added to the site.

Campaign for a Healthier America: Presented by Cindy Earle, Maggie Biscarr was unavailable. National campaign to partner with private sector to improve health, particularly childhood obesity. Hosted the Partnership for a Healthier America on Aug.6th. Were able to show some of the activations that were occurring that day, including the Farmers Market at Meritus and events in the community. Maggie met with partnership to do a debriefing, and was very pleased with the events they are seeing, and would like to continue to receive updates, with the hope to have an Annual conference, with a conference about what is happening in Washington County.

Discussion

Healthy Washington County Health Improvement Plan: Allen reviewed that we have not yet completed a community action plan with goals and objectives. To date HWC has received one completed work plan from the Health and Wellness committee. The need is to receive the plans approved by the subcommittees completed with goals, strategies and outcome measures. The Health Management committee has completed a plan and approved it, so it will be submitted soon. The Behavioral Health Subcommittee has action items and will put together a work plan within the next week. Allen would like to receive the all work plans by November 15th. Once the work plans are finalized they will be distributed to the group and added to the Healthy Washington County website. This action plan is meant to be a living document that will be updated over time and will document progress towards achieving goals.

Executive Steering Committee: The concept has been discussed to form an Executive Steering committee to help provide unified direction, create agenda for meetings and formalize our structure. It was agreed that a representative from the Health Department and Meritus be required as members of the Executive committee (currently Rod MacRae and Allen Twigg). Further discussion of what other community organizations should be represented. It was suggested that the Leader of each of the Subcommittee be included (Cynthia Terl, Behavioral Health; Cindy Earle, Health and Wellness; Mary McPherson, Health Management). There should also be a representative from the business community, which Paul Frey from the Chamber of Commerce volunteered. Curtis Miller offered to be a representative of Brook Lane as the other Community Hospital. Lisa McCoy will represent Education. Sabrina Chin agreed to follow up with One for Good coalition to determine a private sector representative.

Roster Housekeeping: Rod will send out an email to the list in order to determine continued interest in receiving emails from the committees. He expects this email to be sent in the next few days.

Subcommittee Reports:

Behavioral Health Work Group

Access to Care: Presented by Rick Rock, The Mental Health Authority. Focusing on workforce issues and recruiting issues, specifically around psychiatry and looking into telehealth opportunities. Worked with the COO of Wells House to discuss their telehealth experience. It is fluid right now as there are two fee structures, originating site and receiving site, and as of Jan. 1st, administrative functions will not be reimbursed at the originating site. Disincentive for programs to be involved in telehealth, as much as the overhead will not be reimbursable. The group discussed that it may be more feasible to recruit providers to come in to provide telehealth if the fees were lower rather than recruiting members to expand capacity. The team also put the conversation to invite psychiatrists to discuss telehealth on hold until some of this information is solidified. The group also discussed looking at the concerns with Medicare patients getting timely access to care and discussed seeing if providers would be willing to provide telehealth appointments to patients on Medicaid in order to see more Medicare patients. The group will meet to continue discussing telehealth, as well as other access issues such as loss of providers, quality of providers and better overall services. There is a workgroup at the state level, called System of Care, which is looking into improving vetting providers.

Anti-Stigma: Looking at how to connect with On Our Own Maryland due to their anti-stigma materials to see how to present that to the community through programs such as lunch and learn and eggs and issues ect. The committee is also looking to put together FB about stigma throughout the year and will use the HWC website to promote events and learning opportunities. The group also discussed the Photovoice program. This is a curriculum that pairs photography and writings to help people effected by stigma to express how it has impacted them. They are looking to get the curriculum up and running, and then possibly presenting the posters at the mall or other locations, similar to the Washington Goes Purple campaign. Waystation already has access to the curriculum and has run it in the past. It was also discussed creating a website or using the HWC website to increase the impact. Elizabeth mentioned she may be able to add this program to the MOTA grant application as well. The Family Medicine Residency program also has participants that are interested in partnering with a Community Health project that incorporates art. It was also suggested to reaching out to the Hagerstown Artist group.

Suicide prevention: Discussed trying to identify resources that already exist and pull those programs into Washington County. Dec. meeting will pull in the Maryland Regional Director for AFSP to discuss resources and programs that they have in place, as well as ways to pull those into Washington County. The committee is still working on finalizing the survey on Data collection in order to identify services that are wanted and needed in the community and will have the survey reviewed at the January meeting. The Suicide Fatality Review team is currently on hold due to legislative changes that are taking place. The December meeting will also include a teleconference on a program of the American Foundation on Suicidology called "is this the night" in order to learn more and explore implementing that in our community as well. Also discussed the committee's attempt to collect concrete data on suicide attempts and fatalities in order to get some more clear demographic information in order to help develop areas to focus outreach efforts. Rod mentioned that he reached out to Johns Hopkins Researchers and will follow up on his request to access death data. Also mentioned the data that CIT will be bringing data collected in coordination with Meritus in order to review that with the committee.

Wellness Work Group: Primary focus has been on getting the webpage up and running. Also discussed the challenge of getting information out to get partners to sign up at the different activations through out the county. Cindy passed a sign up sheet around for members to sign up for activations that partners may want to present information. Has seen a good collaboration between for profit organizations joining in community events. There are 4 pillars to the activations-Healthy Lifestyle, Physical Activity, Medication adherence, and smoking cessation. The Health and Wellness expo at Meritus had 52 vendors and was highly successful and will be repeated.

Health Management Work Group: not present, deferred to next meeting

Community updates

University of Maryland extension: Research study conducted on how to educate people in rural communities. Results will be shared Friday 11/8 through a webinar. Also received a grant from Rural Health Association for a Rural Opioid Technical Assistance Program and is working on hiring a coordinator in college park and community educators. Also creating a statewide advisory group through this grant.

Aetna Better Health: Working to establish a chronic pain program established in Washington County. Trying to get leaders to teach programs to help manage and live with chronic pain. Also teaches a Hypertension classes and Diabetes education. Looking to see how insurance groups can help towards improving the health of Washington County.

Asian American Center: Training community health workers and develop a health worker to bring to rural areas to train and support educational programs. Trying to train bilingual and diverse community educators and health workers.

Turning Point- Way Station: Now a part of Sheppard Pratt health systems in order to try to provide a coordinated level of care to services provided, so there may be some changes to signage and other information, but the services will remain the same.

USMH- Salisbury Community Health: Expanding to Hagerstown, Undergraduate degree in Community Health with a focus on rural communities. Looking to partner with programs and events in order to get more events scheduled in downtown Hagerstown to provide visibility to services in the area.

Health Department: Reminded that it is currently open enrollment, and asked partners to remind their impacted communities. Also informed the group that they began recruiting for a COPD study at Hopkins Research center.

Hagerstown Parks and Recreation: Distributed the fall/winter program guide as well as discussed, the hub city 100miler. Over 1500 people participated last year and is looking to partner with programs to help grow participation.

One for Good: Discussed one for good initiative and that it was recognized as best practices at the steering committee just held in Berlin. Currently focusing on gathering data for initiative. Need to see business impact. Asked participates to keep track of number of people interacted with at different activations in order to track impact.

United Way: Just released letter of intent for grants. And looking at interaction between the three core areas and would love to see applications from organizations working on multiple areas. Information is available on website or by contacting Courte.

Elizabeth Chung: Asian American Center is also providing training opportunities for interpreting training and helps with naturalization and workforce development.

Soldierfit: New to Hagerstown. Looking to partner with entities to do discounts for organizations looking to have wellness programs. Located on Eastern Blvd.

Primetime for Women: Highlighted the Meritus Walking to Wellness- Held on the first Wednesday of the month. Physicians lead educational discussions and then a walk, allows Physicians to educate community as well as connect with members of community. Mindful Mondays are run through FB live and include female fitness and wellness talk and Q&A. Also has a book club to help provide connections for those who feel isolated. Meet at Rooster Moon 11/19 from 5-6:30.

Family Healthcare: Started provided transportation with a van that is wheelchair accessible, in order to help patients attend their visits. Also has a grant to develop a pre-visit program, looking at patients being discharged and complex new patients. Come in and meet with LPN before scheduled visit in order to get detailed medical history. Also looking at working on integrated pediatric mental health services, like their adult program. Looking to implement this by first quarter of 2020.

Brook Lane: Distributed flyers on upcoming community programs: understand stigma associated with substance abuse, grief and loss related to overdose and suicided, and dealing with loss over the holidays, held at the library. Holding an open house on 11/20 for the instep program at North Village from 3pm-5pm. Also continuing to offer Mental Health first aid classes, next class will be held 11/12, but is full. The next youth will program will be 1/21 and adult/core program will be 2/25.

Washington county Health Dept.: Mobile Farmers Market just wrapped up for the season and went very well, so it will be continued for the next season is hoping to add more stops. Also please email both Danielle and Hannah for updates to the website, as Danielle is not sure when she will be going out for Maternity leave.

American Foundations for Suicide prevention: Katie will be working with Maryland Director to determine who will be chairing the 2020 out of the darkness walk and will be making a push to increase the number of vendors and providers that are present. Also becoming trained as trainer as a "Talk Saves Lives" presenter, and will be making that training available to various community groups and schools systems that may be interested in learning more about suicide statistics, suicide preventions, as well as what to do and not to do if working with someone in crisis.

Washington County Health Department Healthy Business Challenge: Working with Meritus, Chamber of Commerce and YMCA to do a 2020 health business challenge. Information for sign up will be on website and will have various ways to earn points and designation as a healthy business. Will have a kickoff event on 11/22 at 8am at the Health Department. Also, looking for groups that can help to provide resources to business, such as lunch and learns or other activities that can be provided to businesses that sign up.

Walmart: Present was the US program lead and is looking for ways to improve the health and wellness of associates, either by going into communities or through store activations. They are trying to expand into Hagerstown and provide metrics to identifying the success of the one for good initiative. Looking to partner with community members in Hagerstown and for resources available, in addition to the monthly wellness expos that are held each month at Walmart for associates and communities.

United Way: Working towards bringing up the "Community Solutions Hub" website containing real-time data and information including community needs, resources and best practices that will be imbedded on the United Way website. Current effort is being funded by Bester Community of Hope and Meritus Medical Center. We will link to this data via HWC website. Looking for local service providers to upload data and information. There will be an ability to look at public data to know community better. Data can be sorted by region, zip code, and other demographic areas. Send information to Courte, they are expecting a public roll out in January, with a soft rollout in December.

The next meeting will be Jan 7th 2020 at 10am at Washington County Health Department, Pennsylvania Ave.