

HEALTHY WASHINGTON COUNTY
March 6, 2018 10am
Meeting Held at Washington County Health Department

- Member's Present: Laura Bennett; WCHD, Fallon Crist; Mental Health Center, Shelby DeHaven; HEAL, Cindy Earle; Meritus Medical Center, Dr. Diana Gaviria; WCHD, Michele Goldman; Community Free Clinic, Julie Herman; Brook Lane, Rod MacRae; WCHD, Mary McPherson; WCHD, Curtis Miller; Brook Lane, Amy Olack; Washington County Commission on Aging, Hannah Person; WCHD, Rick Rock; Washington County Mental Health Authority, Guinn Rogers; United Way of Washington County, James Seaver; Tri-State Community Health Center, Shelley Steiner; Hospice of Washington County, Cynthia Terl; Wells House, 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:
 - Action Plan Updates
 - Chronic Disease – Mary McPherson/Cindy Earle
 - The National Diabetes Prevention Program which is a CDC program will start Medicare reimbursement. The State of Maryland will also reimburse.
 - Mary McPherson is teaching a pre-diabetes class in the evenings at Meritus.
 - Lifestyle Training will be held May 22 & 23, 2018. Contact Mary if interested.
 - Grant funding received to give six dentist blood pressure cuffs so they can collect and provide data for hypertension. Then refer clients to their PCP, Free Clinic or Family Health Care of Hagerstown.
 - Grant monies also received to help get people walking in Washington County. An expert will visit to help the YMCA, City Engineers, Public Schools and the Commission on Aging map the many places to walk.
 - Martins received a grant for a collaboration referral program for those who present to their pharmacy that are pre-diabetic and referring them to a Diabetes Prevention Program. It's a yearlong commitment. Participants will be contacted three times then their doctor will be contacted so they can follow-up with the client. Other pharmacies in the area have been contacted and notified of programs. Currently there is no cost to participate. However, Medicare will now reimburse. Cindy, Mary and Allen will meet to discuss.
 - Looking into ways to educate children about dental hygiene. Meritus will hold an event for Easter to educate children.
 - Mental Health – Curt Miller
 - Team will meet later in March.
 - Lunch and Learns with depression screenings will be held at Valley Mall.
 - May is mental health month. Looking for topics and speakers for Lunch and Learns. Please contact Curt if interested.
 - Mental Health First Aid Training for Adults will be held May 22, 2018. Mental Health First Aid Training for Youth will be held April 17, 2018. Both trainings are highly recommended and free to attend. Contact Curt if interested.
 - Substance Abuse – Vicki Sterling/Allen Twigg
 - Three peer support coaches have been hired at the emergency department. Coaches will be available 18hours/day, 7days/week. Those who come in for overdose will be able to speak with someone in recovery who can help connect them with services. Opioids will be the focus but will discuss other

- drugs and alcohol. One full time position will be out in the community and will help with linkage to care.
 - This is a statewide, grant funded program that is currently active at five hospitals.
 - Thirty percent engage with coaches and of that, fifty percent stay in treatment 30days after overdosing.
 - All adults who present to the emergency department will be screened for alcohol and drug dependency.
 - The health department received grant funding for narcan distribution. Now, those who overdose will leave the emergency department with narcan in hand instead of having a prescription.
 - Wellness – Shelby DeHaven
 - HEAL and YMCA are targeting areas with little physical activity and providing after school wellness programs where BMI's are tested. It is a yearlong program. Hoping to receive additional grant monies in order to target more schools in the future.
 - More fitness activities are being added to the summer camps.
 - Rock Steady boxing class for those with Parkinson's will be held this summer to help with balance and movement. More information will be sent once finalized.
 - One for Good Campaign – Mary McPherson/Shelby DeHaven/Allen Twigg
 - Shelby provided feedback that the campaign could be more visual to help get people's attention.
 - Walmart, Target, Martins and Walgreens each hold a monthly wellness day.
 - Tim will be doing cooking demos at farmer's markets.
 - Parish nurses may be interested in providing education at food banks.
 - Subcommittee Reports
 - Measurement – Dr. Diana Gaviria
 - Team needs to meet prior to next Healthy Washington County meeting.
 - Team would like to meet with Christine Gou in order to combine efforts.
 - FY2019 Community Health Needs Assessment – Allen Twigg
 - Many organizations involved. A community survey will go out midsummer. Currently planning ways to promote the survey to hit all demographics. Paper and electronic versions will be available.
 - Many of the same questions will be asked as last time. Rod reached out to John Hopkins Research Center who agreed to help develop the survey.
 - Secondary Data subcommittee will pull what data is already out there from the CDC, MD State Vital Statistics, and the Robert Wood Johnson Foundation's Community Health Index. Those stats will be published on March 14, 2018.
 - United Way did a great job with the Alice Report. It will be used for a secondary source of information.
 - Steering committee will meet once a month.
- New Business
 - Community Free Clinic – Michele Goldman
 - Michelle Goldman is the new Executive Director at the Community Free Clinic.
 - Requesting volunteers to donate their time to provide mental health counseling at no charge. Or a mental health provider that could refer someone offsite on a sliding fee scale. Adam is currently the only person providing mental health services. He volunteers a few hours a week and is considering group secessions.

Please contact Michelle if interesting in volunteering. Need for volunteers will be shared with Potomac Center staff.

- One for Good Care Packs – Allen Twigg/Shelby DeHaven
 - One for Good Care Packs are filled with freebies, coupons, recipes, educational tools and other resources. Packs can be pick-up or mailed to homes. Hub City 100 Miler participants will be asked to opt in. It will be posted on the Healthy Washington County website where people could enter their information to participate. Each individual organization can promote the program and refer them to the website to opt in.
 - Cindy asked if they would consider special offers to those participating in Diabetes Prevention Program or other evidence based workshops.
 - Curt asked if someone from the One for Good Campaign could present to civic groups to help promote the program.
 - Mary asked if Healthy Washington County Businesses could opt in to the program as well.
 - Allen has agreed to speak at the national conference in Baltimore in May.
- Community Partner Updates
 - Shelby DeHaven – HEAL will be holding a team indoor cycling event on March 31, 2018. The event will be broken up over six hours. Please contact Shelby if interested. Groups or individuals may sign up.
 - Dr. Diana Gaviria – Vicki Sterling and David Washington are planning a harm reduction summit that will be held April 19 & 20, 2018. Community and North Carolina speakers will present. A flyer will be share once it is created and finalized.
 - Amy Olack – Walk with Ease is a program for those diagnosed with arthritis. Fifty-five and older may participate at no charge. Please refer those who may benefit. Senior center members are being re-registered.
 - Mark Weldon – Day of Caring will be held. Date will be shared at next meeting.
 - Curt Miller – Brook Lane will be launching adult outpatient substance abuse services in the community. More information to come. Julie Herman started in January as the Director of Marketing.
 - Julie Herman – Wells House and HCC will be presenting a new film “Written Off” on April 11, 2018. The film chronicles a young man’s personal path through addiction, who died of an overdose. The material was pulled from the many video diaries and journals he kept. Approval received for a community showing of the film at Kepler Theater. However, a partner is needed. Please contact Julie if interested. A resource table will be set up that night. The Chamber of Commerce will be notified.
 - Michele Goldman – The Free Clinic will be putting in a garden. St. Patrick’s Day Run Fest will be held March 17th from 9:30am – 12:30pm. Volunteers are needed to hand out water. Mud Volleyball planning is underway.
 - Cindy Earle – Excited to have Dr. Spots as the Vice President of Population Health at Meritus. Jordan Manly is a fulltime Wellness Coordinator that also recently started. Jump n Jive event will be held at Robinwood on May 4, 2018. The collaboration with Zion Church continues. Living Well with Diabetes is going well. Fall planning has started, please contact Cindy if interested.
 - Allen Twigg – New security measures in place at Meritus starting March 1, 2018 at all entrances. Orange and green entrances will also be patrolled. Visitors will be wanded and will need to present photo ID. Pocket knives will not be permitted.

➤ Adjournment: Meeting adjourned t 11:34am

- Next meeting: May 1, 2018 10am, Washington County Health Department, 1302 Pennsylvania Avenue, Hagerstown, 2nd floor auditorium.