

HEALTHY WASHINGTON COUNTY
May 1, 2018 10am
Meeting Held at Washington County Health Department

- Member's Present: Laura Bennett; WCHD, Maggie Biscarr; Pepsi Co., Joelle Butler; Meritus Medical Center, Fallon Crist; Mental Health Center, Shelby DeHaven; HEAL, Paul Frey; Chamber of Commerce, Dr. Diana Gaviria; WCHD, Meagan Helmick; UNMC, Jan Hershberger; Meritus Medical Center, Nefertiti Jean-Baptiste; Connector Entity, Andrea Kelly; Pepsi Co., Rod MacRae; WCHD, Mary McPherson; WCHD, Curtis Miller; Brook Lane, Melissa Minotti; John Hopkins School of Public Health, Hannah Person; WCHD, Guinn Rogers; United Way of Washington County, Shelley Steiner; Hospice of Washington County, Cynthia Terl; Wells House, Allen Twigg; Meritus Medical Center, Susan Walter; Tri-State Community Health Center
- Welcome and Introductions:
 - Welcome by Allen Twigg. Self-introductions were made.
- Community Walking Plan Group – Hannah Person
 - Working with community partners to develop a plan to increase walking and walkability in the county. Once a draft is completed it will be shared with the group. Please contact Hannah if you are interested in getting involved. Group will meet monthly in the beginning then perhaps quarterly.
- Old Business:
 - Action Plan Updates
 - Chronic Disease – Mary McPherson
 - Activities ongoing at Zion Church. Population is very engaged. Stroke, breast cancer, end of life documents is some of the recent topics discussed. A CATCH with kids' program is coming up in June to help get kids moving and fight juvenile diabetes.
 - Jump N' Jive will be held this Friday at Robinwood from 5pm-8pm. It is part of a nationwide project: Get fit don't sit. There will be a DJ and dance company present. Fitness classes will also be held at no cost.
 - Parish nurses continue blood pressure screenings and interventions.
 - Mental Health – Curt Miller
 - A depression screening tool has been added to Brook Lane's website.
 - Adult Mental Health First Aid is ongoing. Next class is scheduled in August.
 - The next Youth Mental Health First Aid class will be held July 17, 2018.
 - May is Mental Health month. Please share handout that was given which outlines free mental health awareness programs available during the month.
 - Primary Care Physicians connected to Meritus will now screen adults annually for depression. With the current data available, approximately twenty percent screen positive. The health department is also screening for depression in STI and family planning clinics. The FQHC's have standardized depression screening incorporated in workflow for several years. Dr. Gaviria and Allen will attempt to pull depression screening data for the new Needs Assessment. Attempts will be made to engage other offices that are not connected to FQHC or Meritus. Washington County is currently number one in the state for white male suicide completion. Early detection of warning signs is the best means of prevention.
 - Substance Abuse – Vicki Sterling
 - The health department is discontinuing ambulatory services as of July 1, 2018. All medication clinic clients have been placed with other providers in the

community. Some providers are new to the area. The health department will now oversee all addiction services in the county. In this new role, they will support new providers, and provide information for BHA. Grant programs will still be provided. Which include; adolescent self-residential program, women and children program, jail substance abuse program, harm reduction services, prevention services, anger management, student assistant program, as well as crisis team, care coordination and peer support. Therefore, no longer providing billable services other than residential services.

- Community Overdose Response for Direct Services is the newest endeavor. A care coordinator reaches out to overdose victims and their families within 24 hours by phone or letter. The health department is working with the Mental Health Crisis Team, attends monthly meeting and partners with law enforcement. Overdose reports are gathered in real time.
- Meritus Emergency Department staff has been trained for SBIRT and Narcan administration. Therefore, the emergency department can now dispense Narcan to someone who has been treated for overdosed. Funding was provided to acquire Narcan for those who can't afford it. Call or email Vicki if you want trained on Narcan administration. They are able to train entire offices, if interested. Community dates are also available.
- Washington County Goes Purple in September to bring awareness to prescription drug/opioid use. The program is modeled after Talbot County Goes Purple. The aim is to educate school aged children. The health department, Meritus, sheriff's office, and chief of police are involved. Encouraging other partners and businesses to participate. August 31st is Overdose Awareness Day. A candle light vigil in the City Park will kick-off the event. September 1st a Recovery Walk will be held downtown starting at The Grand. A website is being created. The Community Foundation is handling donations. Any company or agency can get involved/show support. Volunteers for Going Purple will be trained in June. Please contact Vicki if interested.
- The prescription drug take back event went very well. 1,100lbs were collected from vehicles. The State provided disposal kits that will be available at events. The next prescription drug take back event will be held in October. ProjectActNow.org has a list of all drop off boxes. Currently looking into having drop boxes at pharmacies.
- 60 people were trained on Narcan administration after two showings of "Written Off" at the Kaplan theater. The film is very impactful. Please contact Cynthia if you are interested in showing the film. The film is approximately 70 minutes.
- Wellness – Shelby DeHaven
 - After school programs will expand next school year beyond the seven schools that were involved this year. Stats will soon be in for this year's programs.
 - Healthy Businesses competition will be launched soon.
 - Smoking sensation program for pregnant women is being offered. It's called Baby and Me. If participates quit smoking they receive incentives for the following 6 months.
 - More leaders have been trained for Living Well with Diabetes. Please contact Mary if you are interested.
 - Mary will also be training trainers for the National Diabetes Prevention Program. Please contact her if interested. It is a 2-day training.

- Mary and Lisa McCoy are working together on eating healthy/local. They recently attended an event at Big Cork winery event featuring local farmers and their products. Possibility of another event in the future.
 - Monthly farmer's markets being held at Meritus (Tuesdays) and the Elks (Wednesdays). ARC will also begin hosting a monthly farmers market, the first to be held May 11th.
 - There is a push to have Bester kids walk to school to increase healthy physical activity.
 - A Bike Rodeo will be held on May 12th from 10am – 12noon at the old hospital parking lot on Mill Street.
 - One for Good Campaign – Shelby DeHaven
 - Care Pack distribution will be launched in June, then again in August. They will be given out at Martins and Walgreens pharmacies. Looking into other ways to distribute them. Care Packs are free and family focused on ways to make healthier choices.
 - Allen and Maggie will be speakers on a panel this Thursday at the Partnership for a Healthier America, Innovating for a Healthier Future summit.
 - Cooking Matters is looking for volunteers. Volunteers will be trained. Please contact Ayo Zahra (at ayo.zahra@gmail.com) if interested.
 - Pepsi Co. can help with healthier vending machine content options. Please reach out to Maggie if interested.
- Subcommittee Reports
 - Measurements – Dr. Diana Gaviria
 - Working on a Data Dashboard. Considering who could assist. May need to be addressed in Community Health Needs Assessment. Need to consider: what to track, what do we want to measure, etc. Per Paul Frey, Healthy Carroll has a good dashboard as a model.
 - FY2019 Community Health Needs Assessment – Allen Twigg
 - Steering committee has met twice.
 - Survey committee is looking into what we asked in the community survey last time with possible revisions/additions pending.
 - The community survey will be pushed out through social media. An email link and QR barcode will be included on posters for quick access to the link. Please share any other ideas you may have on how or where to push the survey out. May possibly be included in the Care Packs.
 - Allen will share steering committee minutes updates with group.
 - Three years ago, under Dr. Wilcox, superintendent of public schools sent the link out to parents. We will try to do that again this year if the survey is ready before the end of the school year.
 - Erin Wolfe, Public Affairs person at the City is identified as another good contact. Allen noted that Susan Delauter, Benefits & Wellness Administrator for the City is participating in both HWC and is on the CHNA Steering Committee.
 - CHNA timeline: July/August, Community Survey; September, focus groups and analyze information; late October/early November, present to the community. It will then be sent to the respective hospital boards of directors for approval. A published report will be out spring 2019.
 - Outcomes and prioritized health needs will be the focus of Healthy Washington County's action steps for the next three years.
- New Business
 - Innovation in Workplace and Community Wellness – Paul Frey

- Lots of good discussion and ideas at the conference. A barbershop owner is leveraging his position in the community to share information about health and wellness. Another gentleman has created technology for diabetics which automatically uploads test results to the cloud for tracking. We may need a tech expert to join our group to help lead in us in new innovative directions.
- Healthy Washington County Website – Allen Twigg
 - The Herald Mail may not be able to continue support of the website. Looking into options including funding. Discussion that we must define the purpose and content of the website, without being redundant. There may be some grant opportunities to support. The United Way application cycle begins in the fall for July 2019 funding. Please bring ideas to July meeting.
- Community Partner Update
 - Melissa Minotti – John Hopkins began a new clinical trial earlier this year: Achieve. Participants will receive either successful aging education or hearing loss treatment. They are trying to determine: does healthy aging intervention verses hearing aids delay cognitive decline. This trial is for 70 – 84 year olds and will last 3 years. Brochures are available. Please contact Melissa if interested.
 - Dr. Diana Gviria – Harm Reduction/Syringe Services is up and running. However, not all services are available just yet.
 - Nefertiti Jean-Baptiste
 - AHEC West has limited funds available for dentures. Requires a referral from provider. There is a strict vetting process.
 - Connectors have a 60-day window to reenroll participants.
 - Rod MacRae – Please contact the health department if interested in Narcan training.
 - Fallon Crist – Daily workouts are being sent to staff. Also working on mindfulness activities.
 - Shelby DeHaven – Rock Steady starts on May 20th and will run until early June. Currently doing intakes.
 - Shelby Steiner
 - Expanding Life Care is for chronic disease needs, not for hospice patients.
 - Legislation has changed. Hospice nurses can now destroy end of life medications.
 - Susan Walters – Tri-State has been recognized with a HRSA award for leadership.
 - Joelle Butler – Live radio shows every Tuesday morning, targeting 60+ population. Please contact Joelle if interested.
 - Guinn Rogers – United Way will be looking into what issues they would be interested in funding. Must be a group to apply. Outcome reporting is required.
 - Cynthia Terl – \$105,000 in grant monies received from the State to hire a nurse practitioner for somatic care. They are moving toward a holistic treatment model. Including: music therapy, process painting, acupuncture and trauma yoga. The idea is to give them tools to help maintain sobriety.
 - Wendy Zimmerman – Parish nurses have a lot of little challenges with their youth groups. This summer they will have culinary camps for kids at Otterbein.
- Adjournment: Meeting adjourned at 12:07pm.
- Next Meeting: July 3, 2018, 10:00am, Washington County Health Department, 1302 Pennsylvania Avenue, Hagerstown, 2nd floor auditorium.