

Healthy Washington County Meeting	
<b>Date &amp; Time</b>	May 11, 2021 / 1000 am – 1130 pm
<b>Location</b>	Webex
<b>Attendees</b>	Jeanette Brill; Allen Twigg; Amy Olack; Avpetrolino; Barbara Williams; Brooke Kerbs; Christie Phillips (Maulik Joshi); Christie Staubs; Curt Miller; Deb Lehr; Diana Gaviria; Douglas Spotts; Danielle Stahl; Hannah Peterson; Jaimie Servidio; Janice Howells; Janis; Jennifer Schmiel; Joelle Butler; Joni Rampolla; Julie Teter; Kim Murdaugh; Laurie Sandberg; Lynn Mejia; Lisa McCoy; Marci P; Melissa Dausch; Mekayla Plotner; Milly Lewis; Nefertiti Guillaume; Paul Frey; Rya Griffis; Stacie Turner; Ursula Guillory; Forensic Nurse Program; Call in #7
<b>Guest</b>	Call in #6 Dr. Gaviria; L Bunker; Angie Auldridge
<b>Minutes Review</b>	Minutes were dispersed thru email, no edits noted. Approved as written.
<b>Wash. Co. Survey – Condom Availability</b>	<p>The School Health Council has identified teen pregnancy and sexually-transmitted illnesses (STIs) among adolescents in Washington County as a priority area. The Council reviewed several evidence-based practices one of which is condom-based access in schools that has impact on both STI and pregnancy rates.</p> <p>They would like to conduct an electronic survey via Healthy Washington County to gage the community's feedback.</p> <p>Feedback:</p> <ul style="list-style-type: none"> <li>○ Doing so would help bring the topic of discussion forward to families/parents and their children.</li> <li>○ Would the survey be open to both youth and adult? Yes, the plan is to open the survey to adults and high school students.</li> <li>○ Having a QR code to link to the survey is a great idea.</li> </ul> <p>Healthy Washington County will promote this survey on website and to partners; <a href="https://forms.gle/YyJjDLq3HnpBQPt8">https://forms.gle/YyJjDLq3HnpBQPt8</a></p> <p>Request that the survey be completed and made available during the month of June to avoid conflict with CHNA community survey planned for July/August</p>
<b>Wash. Co. Disability Advisory Committee</b>	<p>Wash. Co. Disability Advisory Committee formed 2 years ago; looks at needs of families with disabilities, developed a Disability Resource Directory for Washington County MD;</p> <p><a href="https://www.washco-md.net/disability-resource-guide/">https://www.washco-md.net/disability-resource-guide/</a>; includes categories:</p> <ul style="list-style-type: none"> <li>○ Advocacy</li> <li>○ Caregiver/Parent Support/Respite</li> <li>○ Case Management Services</li> <li>○ Communication Services</li> </ul>

	<ul style="list-style-type: none"> <li>○ Day Services</li> <li>○ Education</li> <li>○ Employment</li> <li>○ Equipment &amp; Safety Support</li> <li>○ Financial Assistance</li> <li>○ In-Home Services</li> <li>○ Legal Help</li> <li>○ Medical Travel Assistance</li> <li>○ Pediatric Patient Support Programs</li> <li>○ Recreation</li> <li>○ Residential Services &amp; Support</li> <li>○ Therapy/Rehab Services</li> <li>○ Transportation</li> </ul> <p>Link will be include on HWC webpage</p> <p>❖ <b>ACTION:</b> If your organization serves any population with disability, please consider linking to our resources guide page.</p>
<p><b>Go for Bold-Lose 1 Million Pounds Update</b></p>	<p>Data review as of Monday, May 10th</p> <ul style="list-style-type: none"> <li>○ Total registered users = 1,366</li> <li>○ Total weight loss = 5,771 lbs.</li> </ul> <p>Website update completed:</p> <ul style="list-style-type: none"> <li>○ Landing page is now Go For Bold</li> <li>○ Reviewed extensive resource library under DO, EAT, BELIEVE to help individuals and families make healthy lifestyle changes</li> <li>○ Weight Tracker Slider demonstrating progress is being updated on a monthly basis, this graphic is available to share and post on websites and bulletin boards</li> </ul> <p>Next Steps – Engagement</p> <ul style="list-style-type: none"> <li>○ Working directly with pledged partners to increase registration and utilization</li> <li>○ Increasing awareness thru social media promotion, digital billboard advertising, email, and word of mouth</li> <li>○ Organizations sharing best practices from partners – planning to hold a partner event in June to share ideas for engagement; date TBD, will send out doodle poll</li> <li>○ 2 sponsored events per year, similar to the HUB City 100 Miler, Free, incentives offered, coming</li> <li>○ <b>10,000 steps/day Challenge starting 5/30/21 – 7/10/21; great prizes to incentivize participation; must be registered in the Weight Tracker to be eligible; more details TBA</b></li> </ul>

	<ul style="list-style-type: none"> <li>○ An application is being explored</li> <li>○ Sharing success stories</li> </ul> <p>Feedback:</p> <ul style="list-style-type: none"> <li>○ Great job with the website - thank you for sharing and demonstrating</li> <li>○ Do you have to be a Washington County resident to participate in the Challenge? No, anyone who lives, works or plays in Washington County may participate</li> <li>○ For someone who has already started a transformative journey may document the weight lost earlier in the year by entering their starting weight, then updating to current weight</li> </ul> <ul style="list-style-type: none"> <li>❖ <b>ACTION:</b> If your organization hasn't pledged yet we need everyone's participation. Please reach out to Allen Twigg, Dr. Spotts Danielle Stahl, or Hannah Person for help.</li> <li>❖ Avpetrolino will be happy to share on her social media page.</li> </ul>
<p><b>HWC Subcommittee Work plans and Annual Updates</b></p>	<p>Behavioral Health</p> <ul style="list-style-type: none"> <li>○ Substance Use Disorder <ul style="list-style-type: none"> <li>▪ Increased ED visits for substance use during COVID</li> <li>▪ More Peer Support Treatment options have been made available</li> <li>▪ Overdoses up during COVID but decreased for past 2 months</li> <li>▪ Mobile Crisis is exploring funding to expand hours of coverage</li> <li>▪ Reduction in opioids dispensed by Meritus providers</li> <li>▪ Washington County Recovers conducted 3 events last fall and has 3 events planned for this spring; <a href="https://www.facebook.com/WashingtonGoesPurple/">https://www.facebook.com/WashingtonGoesPurple/</a></li> <li>▪ Crisis beds and detox services are identified as community gaps and actively being explored</li> <li>▪ Funding to create Adolescent Club Houses for at risk Youth is being pursued</li> </ul> </li> <li>○ Mental Health <ul style="list-style-type: none"> <li>▪ Access was greatly increased by making telehealth mental health treatment services available during pandemic</li> <li>▪ Still have delays 2-4 weeks for new patients to see a psychiatrist provider</li> <li>▪ ED visits were down in the early stages of the pandemic, then increased with more youth being seen currently</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>▪ Adults screened for depression has increased with FQHCs completing for adult visits and Meritus having established a quality measure for their practices</li> <li>▪ 7 Mental Health First Aid trainings were held last year; plan to have at least 9 MHFA trainings over the next year</li> <li>▪ 5 Facebook Live programs on Mental Health Topics; plan to offer 8 more programs over the next year</li> </ul> <p>Health Management</p> <ul style="list-style-type: none"> <li>○ Action Plan adjusted to reflect the reporting measures for the 5-year Regional Partnership HSCRC grant; action plans posted on the HWC website</li> <li>○ Meritus is working on a referral process where providers can request their patients be enrolled in either DPP, DSMT, MNT, or other evidence-based programs like LW with DM</li> <li>○ There has been an uptick of DPP referrals; questions regarding the Diabetes Prevention Program, please contact Laurie Sandberg at 301-790-8907 or <a href="mailto:laurie.sandberg@meritushealth.com">laurie.sandberg@meritushealth.com</a></li> <li>○ NOT enough trained DPP Lifestyle Coaches to meet the needs of referrals; Meritus has 4 coaches and WCHD has 1.</li> <li>❖ <b>ACTION:</b> If anyone would like to be trained as a lifestyle coach, contact Deb Lehr. Training is free online via Zoom in 4 – 5 sessions.</li> <li>○ CDC Pre-diabetes Risk Test on HWC website. If patient scores 5 or higher, they can choose to be contacted about health education</li> <li>○ Designing a postcard with all the resources the website has; cards for HCP's to share with patients; also will be mass mailed to residents.</li> <li>○ All partners have access to list your organization's events on HWC website. Need help contact Hannah Person</li> <li>○ Partner organizations that provide fitness/exercise activities consider offering classes in known areas of health disparities.</li> </ul> <p>Healthy Lifestyles</p> <ul style="list-style-type: none"> <li>○ Many efforts over the past year shifted to COVID-19 response and prevention, and later COVID Vaccine</li> <li>○ Prime Time for Women in collaboration with MH developed Walking to Wellness with the goal to motivate folks to walk and to make healthier choices; will continue.</li> <li>○ Work was done on the Hometown Meal restaurant project, and then had been on hold during the pandemic due to dining closures</li> </ul>
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	<ul style="list-style-type: none"> <li>○ Martins, Walgreens, HD and MH offered COVID vaccine clinics, and under the OFG umbrella worked on communication strategies around vaccine access and hesitancy</li> <li>○ Organizations offered virtual exercise classes; and continue to do so</li> </ul> <p>Health Management &amp; Lifestyles subcommittees will be combined into one that focuses on wellness and health management</p>
<b>FY2022 CHNA</b>	<p>Community Health Needs Assessment is conducted every 3 years for past to identify the health needs and gaps in our community</p> <p>Will begin in July 2021 and complete before May 2022</p> <p>Greater emphasis on focus groups and interviews with diverse community representatives to help ensure first-hand input of community needs</p> <p>Will incorporate social determinants of health, needs around equity and consideration of adverse childhood experiences</p> <p>Finalizing Steering Committee over next 30 days</p>
<b>Community Updates</b>	<p>Jennifer Schmiel, RD LDN- New Nutritionist with Martin's in Hagerstown area; Contact info: <a href="mailto:jennifer.schmiel@giantmartins.com">jennifer.schmiel@giantmartins.com</a></p> <p>Special Healthcare Enrollment Period. There are additional savings for current &amp; new consumers thru the American Rescue Plan Act (ARPA). Consumers can call our local navigators at 888-202-0212 for questions or assistance.</p> <p>YMCA will have 23 after school CATCH programs with Meritus in the fall Starting in October YMCA will offer blood drives every 2 months</p> <p>Upcoming events (<i>Please check the HWC website for registration and details</i>)</p> <ul style="list-style-type: none"> <li>○ Farmer's Market returns at Meritus on Tuesdays weekly 10-2pm, starting today, located outside the Orange entrance, plans to hold weekly depending on vendor availability and weather</li> <li>○ Living Well with Hypertension May 12 @ 4:00 pm - 6:30 pm FREE</li> <li>○ Brook Lane Facebook Live event, this Friday, May 14 at noon. Be Kind to Your Mind</li> <li>○ Online Body and Soul Healthy Lifestyle Program; May 15, 2021 &amp; Jun 19, 2021 9- 10am</li> <li>○ Bike Rodeo at the Bike Safe Play Court at YMCA; May 15 @ 3:00 pm - 4:30 pm Free</li> </ul>

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	<ul style="list-style-type: none"> <li>○ Online - CATCH - My Breath Youth Vaping Prevention Program – starts June 8<sup>th</sup>; Four weekly lessons that run 30 - 40 minutes each</li> <li>○ Paving your Path to Wellness, 5 topics; FREE bi-weekly online health education series to assist individuals to begin making lifestyle changes, leading to habits for improving overall health. Delivered via Zoom on Tuesday evenings from 6:00 pm – 7:00 pm. 5/25, 6/8, 6/22, 7/6, &amp; 7/20</li> <li>○ Big Wheel Relay at YMCA June 6</li> <li>○ YMCA Color Splash Sept 25<sup>th</sup>- need food donations for after party and volunteers– Barbara Williams <a href="mailto:barbaraw@ymcahagerstown.org">barbaraw@ymcahagerstown.org</a></li> <li>○ Hannah reminded everyone that you have the ability to post events on the Healthy Washington County website calendar of events</li> </ul>
<b>Next Meeting</b>	Tuesday, July 6, 2021 10:00-11:30 am via WebEx