



Healthy Washington County Minutes	
Date & Time	November 7, 2023 10:00 am – 11:30 am
Location	Robinwood Medical Center Suite 142 (blue or silver entrance), 11110 Medical Campus Rd., Hagerstown, MD 21742
Facilitators	Danielle Stahl, WCHD & Allen Twigg, Meritus Health – Co-Chairs
Attendees	Allen Twigg; Danielle Stahl; Beth Fields Dowdell; Gwenn Leatherman; Cheree Ware; Jodi Ramsey; Curt Miller; Melissa Dasch; Tammy Brinkley; Paula McKenzie; Ursula Guillory; Jen Thomas; Chip Wood; Lindsey Staebler; Buck Browning; Lisa McCoy; Sarah Bush; David Young; Samantha Phillips; Rebecca Buffington; Amy Olack; Binta Toure; Dara Holloman; Carol Bryan; Susan Schlossberg; Kelli Tencer; Chanté Richardson; Jared Blakeslee; Milly Lewis; Shawna Salmon; Brooke Kerbs; Sandra Liriano; Ethan Feldmiller; Aspen Flook; Carly Critchfield; Norma Patterson; Joni Rampolla; Joelle Butler;
Guest	
*If you attended this meeting and <u>not</u> listed above please email kathleen.kelly@meritushealth.com	

Topics	
Welcome / 3 Good Things	➤ Members discussed good things happening
Minute Review	➤ Minutes were dispersed via email, no edits noted. Approved as written.
HWC Dashboard	<ul style="list-style-type: none"> ➤ FY24 Dashboard ➤ Obesity <ul style="list-style-type: none"> ○ # of registered users; FYTD: 6,424; FY24 Goal: 12,000 ○ # of community pounds lost; FYTD: 107,240; FY24 Goal: 180,000 ➤ Behavioral Health <ul style="list-style-type: none"> ○ # of individuals served; FYTD: 639; FY24 Goal: 1,200 ○ % verified linked to treatment; FYTD: 70%; FY24 Goal: 75% ➤ Diabetes <ul style="list-style-type: none"> ○ DPP enrollment; FYTD 125; FY24 Goal: 363 ○ # of blood pressure screenings; FYTD: 464; FY24 Goal: 1,200 ➤ Health Equity <ul style="list-style-type: none"> ○ # non-English speaking persons linked; FYTD: 232; FY24 Goal: 500 ○ # mobile health primary care; FYTD: 171; FY24 Goal: 667 ➤ Wellness <ul style="list-style-type: none"> ○ # of participants in “DO” activities; FYTD: 870; FY24 Goal: 3,000 ➤ \$ of healthy food distributed; FYTD: \$13,041; FY24 Goal: \$30,000

	<ul style="list-style-type: none"> ➤ Health needs assessment planning in 2024 for 2025 ❖ ACTION: Paula McKenzie from Allegany Health Dept. which is the HUB for the Breast and Cervical Cancer Program for Allegany, Garrett and Washington Counties cancer screening programs will send numbers for non-English speaking women to Kathleen.Kelly@meritushealth.com monthly for HWC dashboard.
<p>Go for Bold - Lose 1 Million Pounds Update</p>	<ul style="list-style-type: none"> ➤ Update of progress <ul style="list-style-type: none"> ○ 107, 240 lbs lost ○ 6,424 registered users ➤ WCHD Grant Funding Opportunity <ul style="list-style-type: none"> ○ The Health Dept received funding from the Office of Population Health Improvement; Go For Bold partners may request up to \$10,000 in grant funding to conduct community initiatives that address health disparities related to access to chronic disease prevention from Dec 2023 to May 2024; Two organizations are able to join together for funding; New intern from WCHD will be available to help connect partners to resources; ○ Activities must focus on both: <ol style="list-style-type: none"> 1. Supporting populations that are underserved and at increased risk due to health disparities 2. Registering new participants on the Go For Bold Weight Tracker ○ Activities must also focus on one or more of the following categories: <ol style="list-style-type: none"> 1. Increasing physical activity 2. Nutrition and healthy eating 3. Chronic disease prevention (diabetes or hypertension) ➤ Group Activity; Groups discussed ideas on how to register at least 5 new users; Suggestions: <ul style="list-style-type: none"> ○ Offer incentives to sign-up; reach out to larger organizations such as Walmart; attend employee health fairs; G4B marketing at the mall; ○ Have translation available on Health Washington County website; Danielle looking into making this possible with grant funds that are available. ○ Suggested MARTIN’S dietitians offer classes; reach out to Homewood to involve retirement homes;

	<ul style="list-style-type: none"> ○ Individuals that need access to internet please refer to Wash. Co. Free Library ❖ ACTION: Any questions related to the grant please contact danielle.stahl@maryland.gov . ❖ ACTION: Need promotional items: Banners, scales, journals please contact danielle.stahl@maryland.gov or Kathleen.kelly@meritushealth.com
<p>Behavioral Health Walk-in / Urgent Care</p>	<ul style="list-style-type: none"> ➤ Behavioral Health Walk-In <ul style="list-style-type: none"> ○ Orange entrance; Walk-in 9:00a – 6:00p; Mon – Fri; phone: 301-393-HELP (4357) ○ Over 120 patients seen since mid-September. ○ Patients can be seen same day without an appointment; Immediate care for 6 y/o and up; Mild to moderate mental health crisis; evaluation, brief stabilization, and next steps addressed. ○ The biggest source of referrals is PCP, as well as WCPS, the media, WCHD, The Reach Shelter, and Meritus providers. ○ Brook Lane, Hagerstown Family Healthcare, and QCI has new patient appointments available. ➤ Crisis Center <ul style="list-style-type: none"> ○ Ages 18 and older; 24/7/365; addiction or substance use crisis ○ Medical monitoring, relapse prevention ○ Observation up to 72 hours; direct link to a treatment program ○ In 2022 a 3-bed pilot program was established co-located in Meritus mental health inpatient unit; 75% successfully transition to a long-term treatment program; 22% readmission rate in 30 days; 27% readmission rate in 90 days
<p>HWC Subcommittee Updates</p>	<ul style="list-style-type: none"> ➤ Behavioral Health workgroup – LEAD: Curt Miller, Brook Lane; Met on 9/22/2023; Exploring gaps that need addressed; Anti-stigma campaign video/public service announcement to the community / movie theater and poster to help create awareness; Info to make talking about suicide more approachable; Mental help month May 2024 - Hold conference to offer to providers in community; ○ Free Mental Health First Aid Training; to register: Upcoming Events Brook Lane please contact Curt Miller with any questions regarding

	<p>Mental Health First Aid or to be a part of the Behavioral Health workgroup at curt.miller@brooklane.org.</p> <ul style="list-style-type: none"> ○ Diabetes Action Plan workgroup – Beth Fields Dowdell, Meritus Health; 15 cohorts; New cohort starting Nov., partnering UPMC and Western MD to join in for zoom classes; 4 classes starting in Jan, multiple modalities; Looking for host in 21740/21742 area to host classes; Looking for lay leaders to facilitate Living Well, lay leader class will be held in Feb at Robinwood; for more information on Living Well please contact Cindy.missling@meritushealth.com. Interested in hosting a Diabetes Prevention Class please contact: Norma.patterson@meritushealth.com. ○ Gwenn Leatherman offered to host classes at her office ➤ If interested in joining this workgroup please contact: Elizabeth.Dowdell@meritushealth.com ➤ Healthy Business Challenge – Joelle Butler, WCHD; 11 groups participated; need follow up paperwork; only received paperwork back from 2; will look at restricting the HBC program. Any questions please follow up with Joelle.butler@maryland.gov/Joelle.Butler@maryland.gov.
<p>Community Updates / Events</p>	<ul style="list-style-type: none"> ➤ Joelle Butler, WCHD - Radio show Public Health Now on Tuesday mornings 9:30a – 10:00a with Lou Scalley; if interested in being a guest contact: Joelle.butler@maryland.gov ➤ Tina Fraley, Power House Studios - expanding classroom reach, fitness pantry's – bands, fitness mats; Classes on Tue evenings with guided topics; Interested in health and wellness topics please contact Tina Fraley at fitmindedliving@gmail.com. ➤ Amy Olack, Washington County Commission on Aging - Medicare part D open enrollment open until Dec 15.; Exercise classes 55 and older are offered for free or minimal fee, for more information please visit: Senior Center Washington County Commission on Aging (wccoaging.org) ➤ Aspen Flook, Meritus Community Health- Nov 14 diabetes awareness 5:30 presentation; ➤ Stephanie Frisby, WCHD – Hosted implicit bias training with March of Dimes; if you would like to partner with trainings please contact Stephanie Frisby at Stephani.frisby@maryland.gov. ➤ Curt Miller, Brook Lane - Nov 10, Caring for Caregiver Resource Fair, 22 vendors participating with 2 speakers, lunch included at 324 E Antietam

	St Hagerstown, MD 21740; FREE Youth and Adult Mental Health First Aid training available
Next Meeting	Tuesday, January 2, 2024 10:00-11:30 am WebEx or In-Person at the Washington County Health Dept. 2nd Floor Auditorium, 1302 Pennsylvania Ave. Hagerstown, MD 21742.
Minutes Recorded by: Katie Kelly Meritus Health	<ul style="list-style-type: none"> ❖ ACTION: Please send requests for presentation or agenda items to Co-Chairs: Danielle Stahl Danielle.stahl@maryland.gov or Allen Twigg Allen.Twigg@meritushealth.com. ❖ ACTION: To make corrections to the minutes; please email Kathleen.kelly@meritushealth.com