

<b>Healthy Washington County Minutes</b>	
<b>Date &amp; Time</b>	March 7, 2022   10:00 am – 11:30 am
<b>Location</b>	Webex or WCHD Behavioral Health, 925 N. Burhans Blvd., Hagerstown
<b>Facilitators</b>	Danielle Stahl, WCHD & Allen Twigg, Meritus Health – Co-Chairs
<b>Attendees</b>	Allen Twigg; Danielle Stahl; Chip Wood; Holly Luther; Janis Williamson; Linda Brooks; Kelli Tencer; Amanda Peterson; Ashley Petrolino; Stacie Turner; Stephani Frisby; Sherie Nigh; Barbara Williams; Julie Teter; Brooke Kerbs; Bernadette Wagner; Melissa Ornate; Maria Latimer; Susan Walter; Buck Browning; Joni Rampolla; Wendy Zimmerman; Beth Fields Dowdell; Stephanie Pulver-Breeden; Susan Stewart; Samantha Phillips; Jamie Blickenstaff; Laila Bunker; Earl Stoner; Lisa McCoy; Norma Patterson; Aspen Flook; Milagros Lewis; Lisa Lundquist; Melissa Dasch; Jared Blakesler; Lindsay Ridenour; Dr. Doug Spotts; David Stewart; Tammy Brinkly; Jennifer McNew; Ethan Feldmiller; Joelle Butler; Curt Miller; Katie Kelly
<b>Guest</b>	
*If you attended this meeting and <u>not</u> listed above please email <a href="mailto:kathleen.kelly@meritushealth.com">kathleen.kelly@meritushealth.com</a>	

<b>Topics</b>	
<b>Welcome / 3 Good Things</b>	➤ Members discussed good things happening
<b>Minute Review</b>	➤ Minutes were dispersed via email, no edits noted. Approved as written.
<b>Hot Health Topic</b>	<ul style="list-style-type: none"> <li>➤ Health Department Update               <ul style="list-style-type: none"> <li>○ Washington County COVID 19 Updates                   <ul style="list-style-type: none"> <li>○ 40,948 cases</li> <li>○ 637 deaths</li> <li>○ Positivity rate 3.61%</li> <li>○ 4.16% case rate</li> </ul> </li> <li>○ National Emergency Declarations END on May 11, 2023</li> </ul> </li> <li>➤ WHCD has provided:               <ul style="list-style-type: none"> <li>○ 5,200 Vaccinations</li> <li>○ 9,772 PCR tests</li> <li>○ 128,478 KN95 masks</li> <li>○ 30,817 At-home Test Kits (total of 56,922 tests)</li> <li>○ 62% Fully vaccinated; 15.6% has gotten boosters</li> </ul> </li> <li>➤ Meritus has provided:               <ul style="list-style-type: none"> <li>○ 113,924 Vaccinations</li> <li>○ 178,552 PCR Tests</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>➤ WCHD vaccine clinics:             <ul style="list-style-type: none"> <li>○ All vaccine and booster doses available to ages 6 and older at no cost; WCHD 1302 Pennsylvania Ave</li> <li>○ Wednesdays 1pm – 7pm ages 5 and older; walk in or make appointment; pediatric clinics are by appointment only on select dates; for more please visit <a href="https://washcohealth.org/coronavirus-disease-2019-covid-19/wchd-covid-19-vaccine-clinics/">https://washcohealth.org/coronavirus-disease-2019-covid-19/wchd-covid-19-vaccine-clinics/</a></li> </ul> </li> <li>➤ WCHD PCR Testing:             <ul style="list-style-type: none"> <li>○ Drive thru and walk up available; 13 W. Lee St Hagerstown 10-2pm; free at-home test kits and KN95 masks available</li> </ul> </li> <li>➤ Meritus vaccines:             <ul style="list-style-type: none"> <li>○ Patients of Meritus Health Primary Care practices 5 and older can receive first, second, and booster doses at their primary care office;</li> </ul> </li> </ul>
<b>Forensic Nurse</b>	<ul style="list-style-type: none"> <li>➤ Forensic Nurse Program &amp; Human Trafficking Review presentation given by Jennifer McNew, Forensic Nurse Manager at Meritus Health;</li> </ul>
<b>Safe Sleep</b>	<ul style="list-style-type: none"> <li>➤ Safe Sleep presentation by Lindsey Ridenour, program coordinator Washington County Health Dept.</li> </ul>
<b>Go for Bold - Lose 1 Million Pounds Update</b>	<p>As of February 28, 2023</p> <ul style="list-style-type: none"> <li>➤ Partners - Year 3 Goal: 75; YTD: 67</li> <li>○ Registered Users - Year 3 Goal: 8,000; YTD: 5,071 (63%)</li> <li>○ Pounds Pledged - Year 3 Goal: 750,000; YTD: 407,238 (54%)</li> <li>○ Pounds Lost - Year 3 Goal: 80,000; YTD: 73,360 (92%)</li> <li>➤ We need to be “All in” to gain momentum to reach our goal of 8,000 registered users; for promotional material to help with engagement and signing up new registrants please visit the G4B drop box on Healthy Washington County <a href="https://www.dropbox.com/sh/ykk6xfkdfzdoim/AAD_IdTVLdCTgeL8ihxLtHPua?dl=0">https://www.dropbox.com/sh/ykk6xfkdfzdoim/AAD_IdTVLdCTgeL8ihxLtHPua?dl=0</a></li> <li>❖ <b>ACTION:</b> If you are reporting pounds lost on behalf of users not registered in the weight tracker please notify <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a> to add the number of “new registered users” on the back end.</li> <li>❖ <b>ACTION:</b> If your organization needs support signing registrants up for the weight tracker please contact <a href="mailto:Kathleen.kelly@mertiushelth.com">Kathleen.kelly@mertiushelth.com</a>.</li> </ul>

	<ul style="list-style-type: none"> <li>❖ <b>ACTION:</b> If you need a banner or scale to promote Go For Bold at your organization please contact <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a> or <a href="mailto:Danielle.stahl@maryland.gov">Danielle.stahl@maryland.gov</a> .</li> </ul>
<p><b>Healthy Washington County Dashboard</b></p>	<ul style="list-style-type: none"> <li>➤ FY23 Dashboard Review</li> <li>➤ Obesity <ul style="list-style-type: none"> <li>○ Meeting pounds lost goal but are behind on # of registered users</li> </ul> </li> <li>➤ Behavioral Health <ul style="list-style-type: none"> <li>○ Establish center; Plan approved for crisis beds and to explore adding BH Urgent Care center; Goal to open late summer 2023.</li> <li>○ Provide mental health first aid; FY23 Goal: 12, YTD: 4</li> </ul> </li> <li>➤ Diabetes HTN <ul style="list-style-type: none"> <li>○ # of DPP referrals; FYTD: 169; FY23 Goal: 500</li> <li>○ # of risk screenings; FYTD: 1,708; FY23 Goal: 1,500 - MET</li> </ul> </li> <li>➤ Health Equity <ul style="list-style-type: none"> <li>○ Three employers +150 staff adopt Rooney Rule; FY23 Goal: 3, YTD 1</li> <li>○ Mobile Health primary care; FY23 Goal: 4,500, YTD:1,657 (providers are seeing patients at Cascade, MD and Horizon Goodwill practice locations)</li> </ul> </li> <li>➤ Wellness <ul style="list-style-type: none"> <li>○ Community Health events; FY23 Goal: 14, YTD: 30 - MET</li> <li>○ Horizon Goodwill store encounters; FY23 Goal: 2,500, YTD: 391</li> </ul> </li> </ul>
<p><b>Healthy Business Challenge</b></p>	<ul style="list-style-type: none"> <li>➤ Healthy Business Challenge; Jan 1 – June 30, 2023 <ul style="list-style-type: none"> <li>○ Registration is still open to all business that have an office / facility in Washington County; to enroll please visit <a href="https://healthywashingtoncounty.com/healthy-business-challenge/">https://healthywashingtoncounty.com/healthy-business-challenge/</a></li> <li>○ Participating business must have at least 50% of its employees registered and entering weights twice within the calendar year.</li> </ul> </li> <li>❖ <b>ACTION:</b> Any questions about the Healthy Business Challenge please contact <a href="mailto:Joelle.butler@maryland.gov">Joelle.butler@maryland.gov</a> , phone 240-520-3298.</li> </ul>
<p><b>HWC Subcommittee Updates</b></p>	<ul style="list-style-type: none"> <li>➤ <b>Behavioral Health workgroup</b> – LEAD: Curt Miller, Brook Lane; three Mental Health First Aid trainings provided. Will offer the adult courses in June. Who is a good candidate for Mental Health First Aid? Everyone! Mental Health First Aid provides early intervention by helping to identify if someone is having a mental health / substance abuse crisis and how</li> </ul>

	<p>you can get them help. Classes are free. Please contact <a href="mailto:Curt.miller@brooklane.org">Curt.miller@brooklane.org</a> if interested in attending,</p> <ul style="list-style-type: none"> <li>➤ Congratulations to Brook Lane for receiving the Washington County Nonprofit Organization of the Year award</li> <li>➤ <b>Executive Committee</b> – Allen Twigg; Meritus Health</li> </ul> <p>Vacant Executive Committee member position open due to retirement of Cindy Earle. Beth Fields-Dowdell was the only nomination. The HWC members voted unanimously to approve Beth to the Exec. Committee.</p> <ul style="list-style-type: none"> <li>➤ <b>Diabetes Action Plan workgroup</b> – Beth Fields Dowdell, Meritus Health</li> </ul> <p>Diabetes Prevention Program (DPP) 4 cohorts running, 4 new cohorts to begin by May. Acute care service providing a Diabetic Ketoacidosis and Ketone testing flyer for patient education. The workgroup is providing clinical guidance to help WCPS implement the Coordinated Approach To Child Health (CATCH) program in schools. CATCH is the only evidence-based protocol proven to prevent childhood obesity.</p> <ul style="list-style-type: none"> <li>➤ The <a href="#">Diabetes Risk Screening</a> is available on the Healthy Washington Co. website. For persons at risk for developing type II diabetes, there are multiple opportunities to participate in a National Diabetes Prevention Program located throughout Washington Co. or online. <a href="#">Locate a program here.</a></li> </ul>
<p><b>Community Updates</b></p>	<ul style="list-style-type: none"> <li>➤ Sheppard Pratt now provides 24/7 mobile crisis unit to respond to mental health and addictions crisis in the community to increase access to care. They provide follow up to ensure treatment is secured. Anyone can call 24/7 at 240-625-2246; Melissa Dasch will share outcome data which will be monitored on Healthy Washington County Dashboard;</li> <li>➤ WCHD will be holding mini health fairs throughout the community to provide education and outreach. Will provide a snapshot of all health services available at the WCHD.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Meritus Health Care Caller Loneliness program; Volunteers are need for the care caller program; spending 15-30 min 1x week to call a person will help reduce loneliness. To date, 96% of participants shared they felt less lonely after 4 months; please contact <a href="mailto:Lynnae.messner@meritushealth.com">Lynnae.messner@meritushealth.com</a> if you know someone who needs to be referred or interested in volunteering.</li> <li>➤ Ft. Richie Community Center; April 1<sup>st</sup> health fair and polar plunge. Come see Danielle and Dr. Spotts take the plunge to help Lose 1 M Pounds!</li> <li>➤ AHEC West; Uninsured individuals can request info from MD Health Exchange on their MD Tax return. Doing so will open up a 35 day enrollment period for health insurance; expanded access for families who have employer sponsored insurance is based on family size and income. MD uninsured rate is 6%. Medicaid guidelines are changing due to public health emergency ending, so 80,000 – 100,000 people may be over-scaled. In addition, MD Medicaid will not be automatically re-enrolled this year and families will receive notices. AHEC West can assist navigate eligibility and enrollment. They are located at Horizon Goodwill on Prospect St., Family Healthcare on Cleveland Ave., and 13018 Pennsylvania Ave. St. Hagerstown.</li> <li>➤ Infinite Legacy; April is national donate life month. During this month they raise awareness about donation and encourage communities to register as organ, eye, and tissue donors. For more information please visit: <a href="https://infinitelegacy.org/">https://infinitelegacy.org/</a></li> <li>➤ Mr. Chip Wood; advocating for the Civil War rail trail; Mr. Wood shared information he found that would help with our top priorities: mental health, obesity, diabetes; heart disease; healthy eating. Spending 20 minutes a day in outside activity, such as walking, would have short term effects on the brain to reduce stress. For every \$1 that is spent on creating a trail will translate to \$3 savings in health cast cost (citation pending). Washington County dropped in public health ranking from 12<sup>th</sup> to 20<sup>th</sup>. Mr. Wood will send supporting info to HWC for review.</li> <li>➤ Washington County Mental Health Authority; May is Mental Health Awareness month. Two trainings / presentations on May 6<sup>th</sup>, Suicide Prevention and It's Real, Teens and Mental Health at the MD Arsenal. There will be two Mental Health fairs scheduled May 6<sup>th</sup>, Hag. City Parl</li> </ul>
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	<p>and at Zion Baptist Church on Jonathan St; all are invited. WCPS will hold on-line / in-person health fair May 20<sup>th</sup>.</p> <ul style="list-style-type: none"> <li>➤ Curt Miller; April 4<sup>th</sup> is the 33<sup>rd</sup> Annual Child Welfare workshop that will be held at the Maryland Theater.</li> </ul>
<p><b>Next Meeting</b></p>	<p>Tuesday, May 2, 2023   10:00-11:30 am   WebEx or In-Person at <b>Washington County Free Library Room 308/309, 100 S. Potomac St. Hagerstown, MD 21740</b></p> <p>Please stay for a Meet &amp; Greet with Carefirst Blue Cross to learn about their community outreach and funding opportunities.   11:30 am - 12:30 pm   Lunch will be provided. Please RSVP to <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a></p>
<p><b>Minutes Recorded by:</b> Katie Kelly Meritus Health</p>	<ul style="list-style-type: none"> <li>❖ <b>ACTION:</b> Please send requests for presentation or agenda items to Co-Chairs: Danielle Stahl <a href="mailto:Danielle.stahl@maryland.gov">Danielle.stahl@maryland.gov</a> or Allen Twigg <a href="mailto:Allen.Twigg@meritushealth.com">Allen.Twigg@meritushealth.com</a>.</li> <li>❖ <b>ACTION:</b> To make corrections to the minutes; please email <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a></li> </ul>