

| Healthy Washington County Minutes | |
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| Date & Time | May 2, 2023 10:00 am – 11:30 am |
| Location | Webex or Washington County Free Library, 100 S. Potomac St. Hagerstown, MD |
| Facilitators | Danielle Stahl, WCHD & Allen Twigg, Meritus Health – Co-Chairs |
| Attendees | Allen Twigg; Danielle Stahl; Beth Fields Dowdell; Milly Lewis; Lindsey Staebler; Maulik Joshi; Miguel Franco; Alison Lady; Cheree Ware; Joelle Butler; Janis Williamson; Amanda Petersen; Maria Latimer; Lorena de Leon; Lisa McCoy; Charissa Hipp; Melissa Dasch; Jamie Blickenstaff; Susan Lopp; Margaret Paul; Ethan Feldmiller; Ursula Guillory; Stacie Turner; Samantha Phillips; Julie Teter; Jen Thomas; David Stewart; Wendy Zimmerman; Rebecca Buffington; Stephani Frisby; Jodi Ramsey; Mary Ann Grossnickle; Joni Rampolla; Paula Ernst; Diane Verdier; Aspen Flook; Norma Patterson; Amie Muraski; Amy Riley; Stephanie Pulver-Breeden; Bernadette Wagner; Ashley Petrolino; Brooke Grossman; Lindsay Ridenour; Amanda Bishop; Curt Miller; Sarah Bush; Nicole Houser; Paul Frey; David Young; George Newman; Mary Beck; Kelli Tencer; |
| Guest | |
| *If you attended this meeting and <u>not</u> listed above please email kathleen.kelly@meritushealth.com | |

| Topics | |
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| Welcome / 3 Good Things | <ul style="list-style-type: none"> ➤ Members discussed good things happening <p>Congratulations to Prime Time for Women for sponsoring Walking to Wellness, recently celebrating its one year anniversary! That's right, for 52 consecutive weeks, (not missing a single week despite snow, holidays and searing heat) our community has gathered to support each other as we walked, step by step, to improve our health. Please consider sharing your expertise on physical health and fitness, nutrition, and mental health.</p> <ul style="list-style-type: none"> ❖ ACTION: To register as a speaker, click here or contact Bernadette Wagner at CONTACT - Prime Time for Women |
| Minute Review | <ul style="list-style-type: none"> ➤ Minutes were dispersed via email, no edits noted. Approved as written. |
| ECHO | <ul style="list-style-type: none"> ➤ Exploring Careers in Health Occupations (ECHO) presentation by Julie Teter from AHEC West <ul style="list-style-type: none"> ○ Week long interactive program to introduce adolescents to healthcare occupations; applications due by May 5, 2023 ○ For more information on the ECHO program please visit: https://ahecwest.org/echo/ or contact: Julie Teter, jteter@ahecwest.org or cell 240-357-0401. |

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| <p>Tobacco</p> | <ul style="list-style-type: none"> ➤ Menthol Flavored Tobacco Products presentation by Paula Ernst, Certified Tobacco Treatment Specialist, WCHD <ul style="list-style-type: none"> ○ WCHD holds a weekly program “Tobacco Free for Life”; free patches, gum, lozenges, and group support virtual or in-person; for more information please visit: https://washcohealth.org/health-services/tobacco-free-for-life/ or contact Paula Ernst at paula.ernst@maryland.gov or cell 240-537-9901. ○ Maryland Quitline; to become a Certified Fax to Assist Provider please visit: https://marylandtcrc.org/fax-to-assist for more information |
| <p>Go for Bold - Lose 1 Million Pounds Update</p> | <p>As of May 1, 2023</p> <ul style="list-style-type: none"> ➤ Registered Users - Year 3 Goal: 8,000; YTD: 5,447 (68%) ➤ Pounds Lost - Year 3 Goal: 80,000; YTD: 88,274 (110%) – GOAL MET! ➤ FY24 Goals <ul style="list-style-type: none"> ○ 200,000 lbs lost ○ 12,000 registered users ➤ Dr. Doug Spotts has accepted a faculty teaching position with Penn State; he will continue to have a presence in Washington County with Maryland Symphony Orchestra. His challenge to the group, let’s reach 8,000 registered users by June 30th!! ➤ Milestone Celebration Please save the date: Oct. 5th ❖ ACTION: If your organization needs support signing registrants up for the weight tracker please contact Kathleen.kelly@mertiushelth.com. ❖ ACTION: If you need a banner or scale to promote Go For Bold at your organization please contact Kathleen.kelly@meritushealth.com or Danielle.stahl@maryland.gov . |
| <p>Healthy Washington County Dashboard</p> | <ul style="list-style-type: none"> ➤ FY23 Dashboard Review ➤ Obesity <ul style="list-style-type: none"> ○ Meeting pounds lost goal but are behind on # of registered users ➤ Behavioral Health <ul style="list-style-type: none"> ○ Establish Crisis Center; currently in construction with target open date end of August > Labor Day ○ Provide mental health first aid; FYTD: 5; FY23 Goal: 12 ➤ Diabetes HTN <ul style="list-style-type: none"> ○ # of DPP referrals; FYTD: 291; FY23 Goal: 500 ○ # of risk screenings; FYTD: 2,098; FY23 Goal: 1,500 - MET |

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| | <ul style="list-style-type: none"> ➤ Health Equity <ul style="list-style-type: none"> ○ Three employers +150 staff adopt Rooney Rule; FYTD: 1; FY23 Goal: 3 ○ Mobile Health primary care; FYTD: 1,738; FY23 Goal: 4,500, (providers are seeing patients at Cascade, MD and Horizon Goodwill practice locations) ➤ Wellness <ul style="list-style-type: none"> ○ Community Health events; FYTD: 53; FY23 Goal: 14 - MET ○ Horizon Goodwill store encounters; FYTD: 457; FY23 Goal: 2,500 ❖ ACTION: If your organization needs support signing registrants up for the weight tracker or having a speaker on how to become involved with Lose 1 Million Pounds please contact Kathleen.kelly@mertiushelth.com ❖ ACTION: If your organization is needs support to adopt the Rooney Rule for hiring leadership please contact Allen.Twigg@meritushealth.com |
| <p>HWC Subcommittee Updates</p> | <ul style="list-style-type: none"> ➤ Behavioral Health workgroup – LEAD: Curt Miller, Brook Lane; Mental Health First Aid being offered at Brook Lane Main Campus, classes are free; May is Mental Health Awareness Month; WCPS holding week long health fair virtual with a variety of topics through video and info from experts; In-person Saturday May 6, 2023 Hagerstown City Park 11am-2pm; <ul style="list-style-type: none"> ○ Youth Mental Health First Aid training May 25, 2023 8:00 a.m. to 5:00 p.m., please visit https://www.brooklane.org/events/youth-mental-health-first-aid?date=May to register; ○ Adult Mental Health First Aid training June 23, 2023 8:00 a.m. – 5:00 p.m., to register please visit: https://www.brooklane.org/events/adult-mental-health-first-aid?date=June; please contact Curt Miller with any questions regarding Mental Health First Aid or to be a part of the Behavioral Health workgroup at curt.miller@brooklane.org. ➤ Diabetes Action Plan workgroup – Beth Fields Dowdell, Meritus Health; DPP classes offered in-person and zoom through Meritus and WCHD; Planning another health fair at El Eden Market at the beginning June date TBD; The number of DPP referrals has increased but still working on increasing the number of enrollments; Updating goals for the group based on the Maryland diabetes action plan; |

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| | <ul style="list-style-type: none"> ➤ Healthy Business Challenge – Joelle Butler, WCHD; The challenge run from Jan 1 – June 30; 10 active members for the Healthy Business Challenge, to sign your organization up please visit: https://healthywashingtoncounty.com/healthy-business-challenge/; please remember to register for the weight tracker at: https://weighttracker.meritushealth.com/ ; Any questions or need help signing up for the Healthy Business Challenge please contact: Joelle.butler@maryland.gov. |
| <p>Community Updates</p> | <ul style="list-style-type: none"> ➤ WCPS – Health Fair May 1-5 virtually; in-person Mental Health Fair Saturday May 6, 2023 at Hagerstown City Park 11 am – 2pm; ➤ Your Health Matters evening education series presented by Meritus Community Health Education; the 3rd Tuesday of every starting May 16, 2023 with vendors from 4:30 – 5:30 and speakers 5:30 pm – 6:30 pm in Robinwood 142; interested in participating contact Elizabeth.dowdell@meritushealth.com ➤ Sheppard - Mobile Response and Stabilization Services (MRSS) helps families develop and practice a comprehensive safety plan, crisis plan, and/or care plan 24 hrs, 7 days per week <p style="margin-left: 20px;">Call 240-625-2246 with behavioral health or substance use crisis</p> <p style="margin-left: 20px;">Email with non-urgent questions WCMobileCrisis@sheppardpratt.org</p> ➤ Community Health Summit, Saturday May 6, 2023 11am-3pm, Zion Baptist Church 61 Bethel St. Hagerstown, MD; Rain date May 20, 2023; ➤ WCMHA & WCHD co-hosting Addressing & Managing Pediatric Mental Health in Primary Care, A Maryland BHIPP CME/CEU Mini-Conference; Topics: Anxiety, depression, ADHD and disruptive behavioris, and suicide assessment and management; free to attend, Saturday May 13, 2023 8:30 am – 2:00 pm at Robinwood suite 142; questions contact: lstavis1@jhu.edu ➤ Washington County Mental Health Authority; A Brief Introduction to Firearms and Suicide Prevention Saturday June 3, 2023 at 8:30am, Maryland Arsenal 19828 National Pike Hagerstown; It’s Real: Teens and Mental Health Saturday June 3, 2023 11:30 am – 12:30 pm, Slit Coffee |

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| | <p>Company 322 E Antietam St Suite 100 Hagerstown, MD; any questions contact Brooke Kerbs at brookek@wmha.org or call 301-739-2490 x112</p> <ul style="list-style-type: none"> ➤ Jen Thomas; Wellsky a software solution company for healthcare; hired by Maryland Physicians Care to build a social care coordination platform for the state of Maryland to easily refer their Medicaid members to Social Determinants of Health resources in their communities; Meritus will be using the platform; questions reach out to jen.thomas@wellsky.com ➤ AHEC West; Public health emergency ended May 11, 2023; 108,00 of MD residents in Medicaid are over scaled; 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. ➤ Sarah Bush, Aetna Better Health; SDOH benefits added on this year; providing free diapers for 2 years; sending out menstrual products quarterly to females ages 10-55 y/o; as of Jan 1, 2023 all Medicaid recipients have dental coverage regardless of Managed Care Organization (MCO) through Healthy Smiles; ➤ World No Tobacco Day, May 18, 2023 at Wash. Co Free Library room 308/309, 5:00 pm – 8:00 pm; interested in being a vendor please contact paula.ernst@maryland.gov ➤ The ARC of Washington County is hosting annual employee wellness fair on Friday June 23, 2023 from 8:00 am – 1:00 pm at the Florida Ave campus; expecting 150 employees; if interested in promoting your program please contact Janis Williamson at jlwilliamson@arcwc-md.org or call 301-797-2121 x2236. |
| <p>Next Meeting</p> | <p>Tuesday, July 18, 2023 10:00-11:30 am WebEx or In-Person at the Washington County Health Department 1302 Pennsylvania Ave., 2nd floor auditorium.</p> |
| <p>Minutes Recorded by: Katie Kelly Meritus Health</p> | <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. |

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| | <p>❖ ACTION: To make corrections to the minutes; please email Kathleen.kelly@meritushealth.com</p> |
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