

Meeting Minutes

Eastern Oregon Coordinated Care Organization

Wheeler County Local Community Advisory Council

Thursday, Dec. 20, 2018, 5:00 – 7:00 PM

Jeanne E. Burch Building, 401 Fourth St., Fossil, OR 97830

LCAC Attendance: Anne Mitchell; Candy Humphreys (via phone); Susan Moore;
Ellie Bray; Maryhelen Peterson; Colleen Grayson; Matthew Davis;
Brandy Hornbrook; Breanna Skeem

Guests: Troy Soenen; Joan Field; Alicia Hankins; Farrell Fox

Introductions: Members and guests introduced themselves and what interests or organizations they represent. Troy Soenen of Greater Oregon Behavioral Health Inc. and Eastern Oregon Coordinated Care Organization; Susan Moore of Asher Community Health Center; Candy Humphreys WC LCAC Co-Chair; Joan Field of Asher Community Health Center; Alicia Hankins, Restart Program; Breanna Skeem, WCLCAC member; Anne Mitchell, WC LCAC Co-Chair; Colleen (Coco) Grayson, WC LCAC member; Brandy Hornbrook, WC LCAC member; Matt Davis, WC LCAC Coordinator; Ellie Bray, WC LCAC member; Farrell Fox, Tri-County Healthy Families; Maryhelen Peterson, Community Counseling Solutions

OHP consumer membership ratio: The group engaged in a brief discussion of the goal to comprise LCAC membership of at least 50% Oregon Health Plan consumers. Progress towards this goal was acknowledged. Candy expressed her gratitude for Farrell Fox's attendance as Tri-County Healthy Families has not had anyone represented in that position for three years.

Approval of Nov. Minutes: Matt expressed his gratitude for members being willing to rely on an electronic version of the minutes for November as hardcopies were omitted from meeting packets.

MOTION: Susan **MOVED to APPROVE** the meeting minutes for the November WC LCAC meeting.

SECOND: Candy seconded the motion.

VOTE: Ayes 9 - Nays 0

Anne declares the MOTION APPROVED

Public Comments: Ellie commented on lack of responsiveness from EOCCO concerning her efforts to receive covered treatments. Specifically, massage therapy modalities no longer performed by Physical Therapists but not covered by EOCCO if delivered via a Massage Therapist. Troy asserted that these services may be covered via the MODA Flexible Spending program. Ellie expressed frustration that her attempts to access these health services have been ignored or overlooked. Troy will reach out to the proper contacts within MODA in order to work with Ellie to resolve these issues. Troy acknowledged that the system is not easy to navigate. He thanked Ellie for sharing her experience as this kind of conversation is productive in helping to identify and address customer service issues.

Discussion of 2019 Grant Funding Opportunities, Part 1: Anne summarized previous WC LCAC discussions about the use of the Community Re-Investment Fund (\$26,848) and the potential pursuit of additional competitive grant opportunities. She added that grant applications are due at the end of January and expressed a desire to have resolution of these matters in tonight's meeting. An orientation will be scheduled in January for new WC LCAC members to bring them up to speed regarding organizational roles and procedures. A discussion of opting into Frontier VeggieRx followed. GOHBI administers the program but would require the entirety of WC LCAC's Community Re-Investment Fund in order to run the program in Wheeler County. Farrell discussed how Frontier VeggieRx works in Gilliam County and endorsed the program as being very popular among recipients with whom she has dealt. Coco expressed interest in referring qualifying individuals to a prescriber given her knowledge of individuals in need due to her position at the grocery store. Maryhelen pointed out that this could potentially expose the VeggieRx program to individuals who do not come into contact with traditional community service providers but who may experience food insecurity, thereby increasing the program's effectiveness. Potential prescribers including Community Counseling Services, Healthy Families, and the LCAC itself were discussed. Potential distributors of the vouchers were listed including the Food Pantry, Senior Center, and others. Farrell explained the 3 monthly reports required to participate in the program. Matt offered to shift some of his LCAC coordination hours in order to complete these administrative tasks. Susan was asked if Asher Clinic would be willing to participate in the program on some level if much of the administrative burden were removed. Susan felt that this could be a possibility but expressed concern about the measurability of the program's success. Troy acknowledged that metrics able to concretely demonstrate the effectiveness of such programs are difficult to develop and are not always possible. He went on

to discuss how Social Determinants of Health such as access to fresh fruits and vegetables in early childhood have been shown to have long lasting positive effects. He cited the Umatilla County experience with a similar program as evidence of these difficult to measure successes. Farrell offered that the program is perceived as being largely successful in Gilliam County due to increased access to healthy food which can be prohibitively costly for individuals and families on very tight food budgets. Anne discussed the difficulty of administering programs which hope to bring about healthier lifestyles and behaviors but pointed out that Frontier VeggieRx does more than give information or instruction, it puts healthy foods directly in the hands of consumers. The possibility of coordinating this program with an information based program such as OSU extension program's cooking classes was discussed. Anne introduced Alicia Hankins, a local Nutritional Therapy Practitioner and administrator of the Restart Program. Alicia was asked to explain the program and its potential to provide similar auxiliary benefits if pursued in conjunction with the Frontier VeggieRx program. The concept of providing financial support for OHP consumers to participate in this program was introduced.

Presentation of the Restart Program: Alicia Hankins presented Restart, a 5 week nutritional education program with a built in sugar detox centered on the consumption of fresh whole foods. A cookbook and recipe suggestions are provided. The program utilizes a small group format (10 participants per class) to provide peer support coupled with education from a certified nutrition professional. Alicia's focus is on helping participants achieve goals such as being able to play with grandchildren or ascend a flight of stairs without losing one's breath rather than things such as losing weight or reducing BMI. These "measures" are often improved as participants work towards their goals but are not seen as the desired end result. Blood pressures are taken at the beginning and end of the class and the possibility of using these readings as metrics to demonstrate success was discussed. The cost of the program is \$150 per participant. Alicia will be running a class starting in early January but expressed a willingness to run additional classes throughout 2019 in order to accommodate desired synchronicity with the Frontier VeggieRx Program which will begin to distribute vouchers in Wheeler County in March.

Discussion of 2019 Grant Funding Opportunities, Part 2: The group discussed the possibility of using some left over LCAC Administration funds to provide a limited number of scholarships in order to help interested OHP consumers afford the program in conjunction with Frontier VeggieRx. Troy was amenable to the idea of using these funds for scholarships so long as it wouldn't limit the ability of WC LCAC to facilitate effective meetings which is the expressed purpose of the Administrative funds. Additionally, Troy expressed a desire to get ACHC's philosophical support for these programs if not actual participation. Susan said she believes such support is there, and that hesitancy from the clinic was mostly over concern about the administrative burden associated with VeggieRx. She suggested that in terms of providing

information about the availability of these services/programs to patients ACHC's providers would be likely to assist.

The group discussed whether or not Frontier VeggieRx vouchers should be limited to OHP consumers and how to determine how many vouchers are given per individual. Troy stated that flexibility on this is likely a possibility and would be something to coordinate with Marci McMurphy, the program administrator. Concern was expressed that if scholarships and/or VeggieRx vouchers were limited to OHP consumers certain segments of the population, specifically seniors or veterans, may be excluded despite experiencing similar needs. Troy acknowledged that this is a recurring issue, but stated that EOCCO funds are distributed primarily to achieve better health and services among Medicaid consumers. He suggested that any scholarships funded via LCAC funds be limited to OHP consumers.

WORK SESSION

Motion: Ellie MOVED to opt-in to the Frontier VeggieRx program using the \$26,848 from the Community Benefit Initiative Reinvestment resources & that \$1000 dollars of WC LCAC Administrative funds be dedicated to provide scholarships for the Restart Program.

SECOND: Matt seconded the motion.

VOTE: Ayes 8: Anne; Candy; Brandy; Breanna; Colleen; Ellie; Maryhelen; Matt - **Nays 1:** Susan

Further discussion: Matt will reach out to Paul in order to coordinate grant application specifics with assistance from Colleen. A brief discussion followed as to other competitive grants and a consensus was reached that WC LCAC does not wish to pursue those opportunities at this time. A conversation about timing the scholarship funding to coincide with the start of the Frontier VeggieRx program followed. Colleen suggested that by adding \$50 to the proposed scholarship fund we could offer 7 scholarships. A lottery type drawing was discussed as the proper method to determine who would receive scholarships should interest exceed availability. Susan and Troy requested clarification of the motion. After discussion, Ellie amended the motion as follows:

Ellie MOVED to AMMEND & APPROVE the motion as amended; opting-in to the Frontier VeggieRx program using the \$26,848 from the Community Benefit Initiative Reinvestment resources & dedicating \$1050 dollars of WC LCAC Administrative funds to provide up to 7 OHP consumer scholarships for the Restart Program, said scholarships to be awarded in conjunction with the Frontier VeggieRx program.

SECOND: Matt seconded the motion as amended.

VOTE: Ayes 9 - Nays 0

Anne declared the MOTION APPROVED.

Ellie, Susan and Colleen will meet with Alicia in order to develop a proposal for the administration of the Restart scholarship program. They will present the proposal for approval at the next meeting (Jan. 24th).

CHIP Phase II: Ellie discussed the completion of the final report for last year's CHIP grant expenditures. Ellie, Anne and Candy will meet in order to discuss further.

Welcoming new members & discussion of a potential WC LCAC website: New members were welcomed to the group. A brief discussion about a potential WC LCAC website followed. Troy suggested that a demonstration of the website provided by EOCCO as well as other resources be scheduled for next month's meeting. Anne suggested including an orientation for everyone. Troy concurred and advocated including a plan for the next six months. Updating of the Community Health Improvement Plan, the roster and the election of officers will be discussed as part of this plan.

Scheduling of Next Meeting: The next WC LCAC meeting was set for **Tuesday, January 15th from 5:00 - 7:00 pm**. A brief discussion of desired meeting location followed. Based on a need for technology available in the Burch Building a consensus decision was reached that January's meeting will be held in the small conference room of the **Jeanne E. Burch Building, 401 Fourth St., Fossil, OR 97830**.

Coordinator's Note: Due to conference room availability conflicts the Next WC LCAC meeting has been rescheduled for **Thursday, Jan. 24th from 5:00 PM - 7:00 PM in the Jeanne E. Burch Building, 401 Fourth St., Fossil, OR 97830**.

Anne declared the MEETING ADJOURNED