

County LCAC Meeting Minutes

05/18/2018

ST. ANTHONY HOSPITAL,
PENDLETON, OR

MEETING CALLED BY	Catie Brenaman, LCAC Chair
CALLED TO ORDER	8:37 AM by Catie Brenaman, LCAC Chair
ADJOURNED	10:46 AM by Catie Brenaman, LCAC Chair
NOTE TAKER	Lourdes Reyna Alcala, LCAC Coordinador
ATTENDEES	Michelle Aguirre, Shayne Arndt, Erin Bartsch, Catie Brenaman, Micaela Cathey, Robbin Ferguson, Meghan Field, Mariah Hinds, Sarah Miller, Debra O'Brien, Troy Soenen, Alisha Southwick, Tiffany Thomas, Antonio Torres, Angie Treadwell, Cathy Wamsley, Heidi Zeigler, Jaime Crowell, Erin Scionti, Lourdes Reyna Alcala

Welcome and Introductions
 Review of Minutes: Sarah motion to accept and Cathy 2nd.

 What are your big summer plans?

DISCUSSION	Identified Gaps & Recommended Preventative Health Care Practices
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Meghan: At the Year of Wellness booth people are saying that they are trying to exercise more, lose weight, and eat more fruits and vegetables. Michelle: There is a lack of mental health access here in Pendleton and Umatilla. Few patients need in-patient and it's really hard to get a program to get into. People say that they have been treated poorly at Lifeways and there isn't another option. The patients could potentially go with someone that they trust to rebuild the relationship at lifeways. They could also do Peer services to have them get engaged.

DISCUSSION	A look at Incentives
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Provider Outreach:
 Doing a well visit On August 7th in Milton-Freewater at the middle school and they are also doing a health booth if you would like to have a booth let Sarah know. On June 6th they are also going to have an Alert training.

Metrics:
 We have done the best we have ever done in Umatilla County. As a CCO we are probably going to meet all the measures. Our community dollars are dependent on how we do on our metrics. Our community dollars for next year will go up.

Focus Groups:
 GOBHI is hosting focus groups and they need help reaching out to people. You can do the focus groups yourself if you are interested. Once they have names they will give dates and locations. Trying to get a broad section of people. They want a nice mix of the community. Low on Latino and Native population. If you know people give the names to Troy.

Moda is looking for volunteers to test their new website of information. They are willing to provide a \$50 gift cards. They need 3-4 people.

Updates on 2.0

They are working on how they are going to determinate to pay for some of the services. Figuring out a way that is not grant based. The two they are interested in are housing and transportation. They also talked about maybe starting with 1 and seeing if we could find a payment mechanism and then go from there.

Community Benefits Funds:

They have been accepted, we are just waiting for a signature to submit it. This funds the Fruit and Veggies for families and Sarah’s position. There was already a line item in regards to ASQ’s so the left over funds went there. We are hoping that the numbers will go up with that. It was one of the line items that was put in the Metrics coordinator.

EOCCO Update:

Capital dental will not renew for Umatilla County. They will be reassigned to Advantage or ODS.

DISCUSSION	Community Health Improvement Plan
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EOHLA Update
 Colon cancer: Screening will now be moved to June.
 Healthy, Happy Smiles: EOHLA is focusing on oral hygiene education and community outreach events.
 Mental Health First Aid: 18/30 trainings have been conducted in Eastern Oregon. Upcoming trainings include 5/3/18, Public Safety module in Enterprise and 5/10/2018 YMHFA in Burns. To schedule a training, please contact John Adams.
 Integrated Nurse Home Visiting Program: The start date of the learning collaborative is TBD.
 Obesity/Social Marketing: EOHLA aims to prevent an increased in the rate of obese individuals by increasing fruit and vegetable consumption of Latino moms in counties with high Latino populations, including Morrow, Umatilla, and Malheur. EOHLA will partner with OSU Extension to provide Food Hero programming in project counties. First, EOHLA will conduct a social marketing campaign and provide focus groups with the target population, to identify effective messages, materials, and programs. EOHLA is developing the focus group project and proposal.

DISCUSSION	Childhood Obesity Presentation
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Community-based interventions for childhood obesity
 If a child is in the obesity category the possibility of them getting out of it is low. If you acquire obesity later in life the chances are not as bad. In 2015 nearly 74% were classified as overweight or obese.

Effective interventions- What works?
 Intensive interventions necessary, but not always sufficient
 Social support facilitates long-term success
 Skills-based superior to knowledge/attitude interventions

Challenges

- Single parent household
- Dependent on extended family for care
- Limited resources for physical activity and significant distances to parks etc.

Limited budget + WIC for provision of food
 Primary care provider without resources
 Parents most concerned with “having enough time with their child”

Potential ways forward
 Environmental interventions-food and physical environments

Provider interventions
Community-based interventions
Linked clinical-community interventions

Parent mentors

Parents trained to mentor other parents related to specific skills

- Leverage shared experiences, empathy
- Frequent interactions at relatively low cost
- Mentor training teaches goal setting, monitoring, positive feedback

Demonstrated efficacy

- Asthma (reduced ER visits, admissions, cost)
- Insuring uninsured children (continuous insurance coverage)
- Early childhood obesity in head Start setting (reducing in adiposity)

Parent Mentor Program Flow

- Primary care providers seeing children
Refer to parent mentor program
Parent mentor would reach out to referred parents
Parent mentor (trained) would have weekly interactions with parent
Parent mentor holds monthly group meetings to facilitate social support

Overall goal of project

To adapt a parent mentor intervention for early childhood obesity to a rural setting.

DISCUSSION

Other Activities

Lourdes- a new OHP schedule was handed out.

Cathy- In partnership with advantage they have scheduled dental screenings for the summer. If you have an event please let Cathy know so they can participate in those as well. They are also interested in helping the adult population as well.

Meghan: People are interested in the Year of Wellness booth. The calendar will be coming out soon.

Lifeways-. There will be a free run next to the library in Umatilla.

HUB: Handed out the 2017 Annual Report. If clients have SNAP they can come to the farmers market and get free \$15 tokens.

Tobacco Sensation work group: they are meeting today after this meeting.

Jamie: Partnering with UCo Health on June 12th 5-7pm in regards to Opioids (No children) at the GSMG

Domestic Violence: Training on June 6th from 8am-5pm in Pendleton.

**Next meeting scheduled for
June 15, 2018
Good Shepherd Health Care System
610 NW 11th St, Hermiston, OR
CC2**