

Community Health Initiative for the Petaluma Area (CHIPA)
GENERAL MEETING MINUTES
January 9, 2018
1425 N. McDowell, Blvd., Petaluma, CA

PRESENT: Fran Adams, Tami Bender, Devin Castles, Ed Crosby, Beth Dadko, Deb Dalton, Ramona Faith, Brian Farragher, Gary Fontenot, Jashan Gill, Suzie Grady, Carol Harris, Erin Hawkins, Elece Hempel, Melinda Hepp, Babs Kavanaugh, Peter Kostas, Andrew Leonard, Chelene Lopez, Caryn Mali, Vicki Mayster, Ariel Muirhead, Allison Murphy, Cynthia Murray, Annie Nicol, Diane Olson, Sarah Quinto, Dave Rose, Samveda Rukmangadhan, Michelle Santamaria, Teresa Scott, Kelly Seibel, Meheak Singh, Katie Swan, Anita Tanenberg, Nicolette Weinzveg, Ruth Wells, Carol West

Recorder: Ruth Wells

Presenters: Erin Hawkins, Hearth Health Work Group Chair; Andrew Leonard, Cradle to Career Work Group Chair; Allison Murphy, Mental Health and Substance Abuse Work Group Chair; Brian Farragher, Chief Executive Officer, Hanna Boys Center

TOPIC	DISCUSSION
CALL TO ORDER	<ul style="list-style-type: none"> • Ramona Faith called the meeting to order at 12:04 p.m. • Agenda for January 9, 2018 and the July 11, 2017 meeting minutes were approved as written. The schedule October 10, 2017 meeting had been cancelled. • Participants introduced themselves. Ms. Faith reiterated the purpose of CHIPA as an advisory committee to the Petaluma Health Care District board, and as a Health Action of Sonoma County chapter, working collaboratively to improve the health of southern Sonoma County area citizens.
INFORMATION: CHIPA Youth Members	Erin Hawkins introduced three of the four youth members. All are members of the Mental Health / Substance Abuse workgroup. Jashan Gill, Samveda Rukmangadhan and Meheak Singh all are from Casa Grande High School and members of the Mental Health / Substance Abuse workgroup.
INFORMATION: CHIPA Work Group Goals and Strategies	<ul style="list-style-type: none"> • Heart Health: Erin Hawkins reported <i>Goal: Reduce premature death due to heart attack and stroke</i> <i>Community Education:</i> <ul style="list-style-type: none"> • Implement ‘It’s Up to Us’/ Petaluma Heart Health campaign <i>Business Engagement</i> <ul style="list-style-type: none"> • Promote hearty health worksites • Grow participation and impact of Petaluma Walking Day <i>Healthy Food Consumption</i> <ul style="list-style-type: none"> • Encourage consumption of and increase access to heart healthy foods among targeted low income populations • Cradle to Career: Andrew Leonard reported <ol style="list-style-type: none"> 1. Every child enters kindergarten ready to succeed <ul style="list-style-type: none"> • Kindergarten readiness education campaign 2. Every child is supported in and out of school <ul style="list-style-type: none"> • Reach Out and Read at PVH affiliated pediatrics office

	<ul style="list-style-type: none"> • Free Little Libraries at key locations • Schools of Hope Outreach 3. Every young adult is prepared for and completes the highest level of post-secondary training or education to achieve career readiness <ul style="list-style-type: none"> • Casa Grande – Kenilworth – 10,000 Degrees partnership • Mental Health and Substance Abuse: Allison Murphy reported. <ol style="list-style-type: none"> 1. Increase awareness of and provide education on MH/SA prevalence and availability of services <ul style="list-style-type: none"> • Host community and organizational film screenings and panel discussions • Develop/share online resource guide compendium • Develop MH/SA services navigation tool 2. Lead efforts to make Petaluma a Self Healing Community <ul style="list-style-type: none"> • Convene trauma-informed agencies and knowledgeable partners to develop vision and action plan • Educate CHIPA members on ACEs and resilience • Host targeted trainings on ACEs and resilience • Comments – The fires have escalated the local housing crisis and created additional housing insecurity. This would be good future meeting topic. Ms. Faith noted that housing security is among the District’s priorities. The District is working to develop metrics to help define the need and tell the story.
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<p>PRESENTATION: After the Fires: What does trauma look like and what can we do about it?</p>	<p>Ramona Faith welcomed Brian Farragher, Executive Director of Hanna Boys Center. Brian offered insight into the impact of trauma, and its long-term effects. His personal experience having lived in the New York City area during the 2001 terrorist attack and Hurricane Sandy in 2012 helped form his response to the recent wildfires.</p> <p>In the immediate aftermath of a disaster the event seems larger than life and challenges seem insurmountable. This dissipates as people celebrate surviving and begin to rebuild. Trauma provides a bonding experience, as has been seen locally. He cautioned that recovery will take a long time and will require thoughtful, deliberate action. Caregivers as well as victims will need support.</p> <p>Most people may not need psychotherapy, but will need tools to rebuild resilience. Be patient and persistent.</p> <ul style="list-style-type: none"> Build problem-solving skills Develop constructive (physical) activity Promote helpful thinking Reconnect / develop social connections <p>He led a group exercise using deep breathing to slow the pulse rate and reduces stress, and shared handouts from the International Trauma Center on subjective units of distress scale (SUDS) and subjective units of pleasure scale (SUPS).</p>
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	Ramona thanked Brian for the presentation and commended agency members for doing great work to address the community needs.
PHCD and CHIPA Member Updates	<p>A recent editorial from the <i>Argus Courier</i> provides the most comprehensive hospital update available.</p> <p>Petaluma Walking Day – April 4</p> <p>Petaluma Health Center is partnering with Kaiser Permanente to host a speaker from USC</p> <p>Challenges of Youth Conference will be April 12 – a countywide symposium looking at trauma-informed instruction, suicide prevention, cyber bullying and violence prevention</p> <p>Sonoma County First 5 is offering training sessions on how to use basic technology to create videos to showcase your organization’s success.</p> <p>Petaluma Peer Recovery is relocating</p> <p>MLK Day (Jan. 15) – Bounty Farm work day</p> <p>Redwood Empire Food Bank – Feb. 24 Sonoma reCANstruction fire is shifting comm. Focus away from hunger; Sonoma re-can-struction event; building artwork from recycled containers and bringing in food</p> <p>Petaluma Leadership class – transitional aid for youth alliance – working to create a youth center; will launch in April</p>
Next CHIPA Meeting	April 10, 2018
ADJOURN	Ramona Faith adjourned the meeting at 1:37 p.m.