



## Community Health Initiative for the Petaluma Area (CHIPA)

### GENERAL MEETING MINUTES

**July 9, 2019**

**1425 N. McDowell, Blvd., Petaluma, CA**

**PRESENT:** Gabriella Ambrosi, Tami Bender, Rafael Cardenas, Devin Castles, Liz Chacon, Stephanie Chandler, Halley Cloud, Nicole Curreri, Greg Damron, Rebecca Ellecamp, Nancy Emanuele, Bethany Facendini, Ramona Faith, Bob Florez, Frank, Galvan, Paul Heavenridge, Elece Hempel, Melinda Hepp, Erika Klohe, Peter Kostas, Melissa Ladrech, Chelene Lopez, Allison Murphy, Crista Nelson, Annie Nichol, Diane Olson, Logan Pitts, Dennis Pocekay, Joan Reynolds, Nancy Sands, Marlus Stewart, Natalie Stockton, Katie Swan, Anita Tanenberg, RK Wall-Polin, Ruth Wells, Carol West, Wendy Wheelwright

**Recorder:** Ruth Wells

**Presenters:** Ramona Faith, PHCD CEO

Wendy Wheelwright, Sonoma County Behavioral Health  
 Allison Murphy, Mental Health and Substance Abuse Work Group Chair;  
 Nancy Sands, Heart Health Work Group Chair;  
 Elece Hempel, Petaluma People Services Center, PHCD Board President

TOPIC	DISCUSSION
<b>CALL TO ORDER</b>	<p>PHCD CEO Ramona Faith called the meeting to order at 12:02PM.</p> <p>The agenda for July 9, 2019 and minutes of the April 9, 2019 meeting were approved.</p> <p>Participants introduced themselves.</p> <p>Ms. Faith summarized CHIPA’s purpose as an advisory committee of the Petaluma Health Care District (PHCD) Board of Directors and a local chapter of Sonoma County Health Action. CHIPA members help identify local community health priorities and engage in policy, system, and environmental changes to improve local health outcomes in south Sonoma County.</p>
<b>INFORMATION: CHIPA Work Group Updates</b>	<p><b>Heart Health:</b> Nancy Sands reported</p> <p><i>Goal: Reduce premature death due to heart attack and stroke</i></p> <ul style="list-style-type: none"> <li>• Community Health Workers (CHWs) continue to offer blood pressure screenings monthly at Petaluma Senior Center and other locations. They also are trained on the basics of CalFresh enrollment.</li> <li>• HH work group continues to seek ways to expand and support the CHW work force.</li> </ul> <p><i>Goal: Increase healthy food consumption</i></p> <ul style="list-style-type: none"> <li>• Constituent organizations are working together to increase awareness of where to buy fresh produce and how to sign up for CalFresh.</li> </ul> <p><i>Goal: Reduce community tobacco use</i></p> <ul style="list-style-type: none"> <li>• Several members have formed a Petaluma chapter of Tobacco-Free Sonoma County with a Facebook page (<a href="http://www.facebook.com/TobaccoFreeSonomaCounty">www.facebook.com/TobaccoFreeSonomaCounty</a>) and newsletter. Working on an initiative to involve the City Council in tobacco prevention and to educate the community and parents about new forms of youth tobacco and nicotine use.</li> </ul>

<p><b>INFORMATION: CHIPA Work Group Updates</b></p>	<p><b>Mental Health and Substance Abuse:</b> Allison Murphy reported.</p> <p><i>Goal: Increase awareness of MH/SA prevalence and available services</i></p> <ul style="list-style-type: none"> <li>• PHCD has held three meetings with South County Consortium of School Superintendents to discuss how work group organizations can help address their top priorities <ul style="list-style-type: none"> <li>• PHCD, St. Joseph Health and Seeds of Awareness are collaborating to pilot a program in select Petaluma elementary school campuses to create a culture of kindness. The program uses trauma-informed, social justice oriented, mindfulness-based training and emotional support.</li> </ul> </li> </ul> <p><i>Goal: Lead efforts to make Petaluma a self-healing community</i></p> <ul style="list-style-type: none"> <li>• Work group screened the documentary film <i>Resilience</i> at their June meeting, which explores the link between adverse childhood experiences and destructive behavior as well as medical diseases later in life. Planning to present a public screening of the film later in the year, or present multiple targeted screenings and panel discussions.</li> <li>• Work group will be working with Laura Porter in the coming months to learn the techniques related in the film to become a self-healing community.</li> </ul> <p><b>Cradle to Career:</b> In the work group chair’s absence, Halley Cloud reported.</p> <p><i>Goal: Every Child Enters Kindergarten Ready to Succeed</i></p> <ul style="list-style-type: none"> <li>• There is potential for a public screening of <i>No Small Matter</i>, a film on the importance of quality early childhood education for all children, in Petaluma in partnership with First 5 Sonoma County next year.</li> </ul> <p><i>Goal: Every Child is Supported In and Out of School</i></p> <ul style="list-style-type: none"> <li>• Because much of the work being done in the MH/SA work group around resilience and mindfulness practices in the schools and with youth directly relates to the C2C goals, the work of these two groups in this area is being combined, and other C2C work is temporarily on hold.</li> </ul> <p><i>Goal: Every Young Adult is Prepared For &amp; Completes the Highest Level of Education or Training to Achieve Career Readiness</i></p> <ul style="list-style-type: none"> <li>• The Sonoma County Office of Education is conducting a study called “Portrait of a Graduate” to identify the skills, behaviors and mindsets that will enable every Sonoma County graduate to thrive in the 21st century. Work group members participated in the survey. Results are anticipated in the fall.</li> </ul>
<p><b>PRESENTATION: Community Mental Health and Fire Recovery: CA HOPE Crisis Counseling Program (CCP)</b></p>	<p>Ms. Cloud introduced Wendy Wheelwright, MFT, Quality Improvement Manager at Sonoma County Behavioral Health Division and Project Manager of CCP.</p> <p>Ms. Wheelwright gave an overview of the California HOPE Crisis Counseling Program (CCP) that was implemented after the 2017 wildfires. The program came to a close June 30, 2019. It provided community-based outreach and psychoeducational services, including stress management and emotional support. Older adults were disproportionately affected by the disaster, as was the Latino community and families with young children who lost child care centers.</p> <p>Services were entirely field-based. A great deal of kindness was demonstrated by the sheltering communities, with cultural sensitivity. The program demonstrated that outcomes are better when the people providing support are local. Requires vigilance around self-care and maintaining connections.</p> <p>The program was so effective, it received an additional six months of FEMA funding. It is not meant to be perpetual. Rather, it transitions people to established local services.</p>

	<p>Community recovery after a disaster takes a lot of time, and different people deal with trauma in different ways and on different timelines. It is important to remember that everyone in the community was affected in one way or another.</p> <p>Ms. Faith thanked Ms. Wheelwright for her presentation.</p>
<p><b>INFORMATION: PHCD and CHIPA Member Updates</b></p>	<p><b><i>Sonoma County Behavioral Health Budget Reductions: Impact on South County Mental Health Services</i></b></p> <p>PHCD Board President Elece Hempel provided an update on the Sonoma County Behavioral Health budget resolution for FY2020. She cautioned that post-fire the whole county is in need of behavioral health services, but there is less money available to provide those services. The CHIPA community is in a great forum in which to develop solutions. We need to plan how to meet the needs of a community that has been through a disaster.</p> <p>Erika Klohe reported that the County Board of Supervisors is considering a ballot measure to provide sustained funding for homeless services and mental health.</p> <p>The County Department of Health Services recognizes how important these services are to the community and are conducting a gap analysis of County services. Peer support services will be a priority.</p> <p>Carol West noted that the trauma of the loss of funding for services had an effect on both clients and providers.</p> <p><b><i>Sonoma Community Resilience Training</i></b></p> <p>CEO Ramona Faith summarized her experience as a participant in the Sonoma Community Resilience Training. The first half of the program teaches self-care techniques. The second half will prepare participants to teach the techniques to others...train the trainer. A third cohort of the program will be forming in summer 2020.</p> <p><b><i>PHCD 2019-2020 Strategic Plan</i></b></p> <p>Ms. Faith highlighted the strategic priorities set forth in the PHCD Strategic Plan 2019-2024. The mission of the Petaluma Health Care District is to improve the health and well-being of our community through leadership, advocacy, support, partnerships, and education. The Petaluma Health Care District envisions a healthy community, a thriving hospital, and equitable access to health and wellness services for all.</p> <p>CHIPA work groups will be instrumental in addressing the Community Health priorities.</p> <p><b>Access to health services:</b> Support programs, services and workforce development efforts that increase access to acute and emergency services, primary care and mental health services for Petaluma Health Care District residents.</p> <p><b>Mental health and substance abuse:</b> Increase awareness of mental health prevalence and services, lead efforts around community resilience and education on trauma-informed practices, and address and reduce substance abuse and addiction.</p> <p><b>Heart health and healthy food consumption:</b> Promote efforts that address cardiovascular health, obesity, food insecurity and access to healthy food, and increase opportunities for active living in the community.</p> <p><b>Educational attainment and early childhood education:</b> Work to ensure every child enters kindergarten ready to succeed, every child is supported in and out of school, and every young adult is prepared for and completes the highest level of education or training to achieve career readiness.</p>

	<p><b>Housing affordability and availability:</b> Participate in community efforts and support programs and services to address housing access equity, affordability and homelessness in the Petaluma area.</p> <p><i>Member Updates</i></p> <ul style="list-style-type: none"> <li>• Erika Klohe and Stephanie Chandler are working on a behavioral health Community Partner Needs Assessment for adults and youth, focused on high-need behavioral health clients. They will share the survey at the October CHIPA meeting.</li> <li>• Brews &amp; Bites fundraiser for Petaluma Bounty will be Tuesday, July 16 from 5:30-8:30 at Lagunitas Tap Room in Petaluma. More info and tickets available here: <a href="http://www.facebook.com/events/2285797701692635">www.facebook.com/events/2285797701692635</a></li> </ul>
<b>Next CHIPA Meeting</b>	October 8, 2019 at 12:00pm, with a networking lunch available at 11:30am.
<b>PLUS/DELTA</b>	No comments were offered.
<b>ADJOURN</b>	Ramona Faith adjourned the meeting at 1:27 PM.