

**PETALUMA HEALTH CARE DISTRICT**

**CHIPA COMMITTEE**

**October 9, 2012 – 9:00am – 12:00 noon**

**Attendees:** Ramona Faith, Elece Hempel, Donna Newman-Fields, Josephine Thornton, Kathy Ficco, Cynthia Murray, Patricia Souza, Carol Harris, Jeannie Calverley, Kathie Powell Babs Kavanaugh and Suzanne Cochrane (recorder)

<b>AGENDA ITEM</b>	<b>DISCUSSION</b>
<b>CALL TO ORDER</b>	Josephine Thornton called the meeting to order at 12:15 pm.
<b>CONSENT CALENDAR</b>	A motion to approve the Consent Calendar was made by Director Powell, seconded by Patricia Souza and approved by all present.
<b>PUBLIC COMMENTS</b>	There were no public comments.
<b>BOARD COMMENTS</b>	There were no board comments.
<b>CHIPA PRIORITY SETTING PROCES</b>	<p>Josephine Thornton thanked everyone for their contributions at the last meeting. The information has been compiled into minutes capturing the results of our priority setting meeting. The Committee’s next goal is to move forward and review our criteria to be aligned with Health Action Goals and develop our next steps in the process.</p> <p>Babs Kavanaugh also thanked everyone for their input from the last session and requested committee members take a moment to review the minutes before moving forward with the next task.</p> <p>The task for today’s meeting is to obtain a clear message on what are the issues around each of the priorities determined at the priority setting meeting. Sub-Committees will be established to include those with expertise in the appropriate areas to narrow down the focus.</p> <p>Discussion ensued regarding the recent announcement of the \$3 million dollar grant to Sonoma County due to the work of Health Action 2020.</p> <p>Ramona Faith received information from Peter Rumble who indicated that part of the grant funding is to be granted to the CHIPA committee acknowledging their collaborative efforts. Information on how to apply for funding is to be forwarded to Ms. Faith.</p>
<b>HEALTH ACTION GOALS:</b>	<p>The following is a list of Health Action Goals:</p> <ol style="list-style-type: none"><li>1. Sonoma County youth graduate from high school on time.</li><li>2. Sonoma County families have the economic resources to make ends meet.</li><li>3. Sonoma County residents are connected to their communities and</li></ol>

	<p>participate in community life.</p> <ol style="list-style-type: none"> <li>4. Sonoma County residents eat healthy food.</li> <li>5. Sonoma County residents are physically active.</li> <li>6. Sonoma County residents do not abuse alcohol or prescription drugs and do not use tobacco or illicit drugs.</li> <li>7. Sonoma County residents enjoy good mental health.</li> <li>8. Sonoma County residents take steps to prevent injury.</li> <li>9. Sonoma County residents have health care coverage.</li> <li>10. Sonoma County residents are connected with a trusted source of prevention-focused primary care.</li> </ol>
<p><b>PRIORITIES</b></p>	<p>The four prioritization items were listed on flip charts. Discussion ensued with committee members providing input on areas of focus under each category.</p> <ol style="list-style-type: none"> <li>1. <b>WELLNESS &amp; PREVENTION</b> (Health Action Goals #4 and #5: <ul style="list-style-type: none"> <li>• Health at any size</li> <li>• Work place wellness relative to connectedness to home and schools</li> <li>• Be Active/Eat Well</li> <li>• Managing Stress</li> <li>• Link to chronic disease – prevention</li> <li>• Relates to Health Action: I work well; IGrow; IWalk</li> </ul> <p>Discussion ensued regarding the wide range of “obesity”, its correlation with chronic diseases, and educating the families. A recent National Health Group recommended the focus not to be on obesity but to be around “health at any size”. This relates to eating disorders to over eating but gets off on the focus of a number and focuses on eating healthier. Eating healthier makes you feel better and can stabilize your chronic diseases.</p> <p>As work place wellness programs are implemented, the focus has shifted from employee focus to be more geared toward the employees’ family and home life. This fits into the “Be Active and Eat Well” topic.</p> </li> <li>2. <b>MENTAL/BEHAVIORAL HEALTH</b> (Health Action Goals #6 &amp; #7) <ul style="list-style-type: none"> <li>• Access to Mental Health Services (emergency and ongoing resources)</li> <li>• Youth Suicide</li> <li>• Senior Suicide</li> <li>• Older adult collaborative resource</li> <li>• Substance Abuse</li> <li>• Anticipating Guidance to prevent</li> <li>• Next Steps: Invite South County to present their overview on areas needing to be addressed in our community</li> <li>• Chair of South County Mental/Behavioral Collaborative to be a part of CHIPA</li> </ul> </li> </ol>

Concern was also voiced that Mental/Behavior Health also fits under wellness and prevention. The South County Mental/Behavior Collaborate is a sub committee of CHIPA and can be assigned the task of providing information to CHIPA on the gaps of services in our community. Suggestion was made to have a representative from the Collaborative participate on the CHIPA committee. It was noted that there are three current committee members that participate on both committees. Discussion ensued regarding behavioral health and mental health as two separate issues. Behavioral health can be modified through behavioral changes and mental health focusing on the diagnoses.

Discussion ensued regarding behavioral health as a focus under Wellness with the conclusion that dual diagnoses often occurred. Concerns were voiced over high suicide in both youth and seniors and how individuals view stress differently. There is also the concern about patients arriving in the ER and having to stay in the hospital as resources are limited. Missed opportunities have occurred where screening for mental illnesses do not occur early enough to detect problems that could be addressed and avoid additional costs in the future.

Recommendation to have representatives from South County Behavioral/Mental Health present their gaps in services to the CHIPA Committee. Other topics of concern were around domestic violence, child abuse, dating violence, and substance abuse. The question was raised as to what area is law enforcement seeing in regards to mental health issues that can be improved with assistance from our group.

### **3. COMMUNITY CONNECTEDNESS: (Health Action Goals #3 & #10)**

- Increase sense of belonging and connectedness
- Mechanism to increase volunteerism
- Strengthen linkage to faith
- Strengthen Community linkage to business
- Creating opportunities for youth to volunteer building a sense of belonging and skill set
- Seniors/Latinos
- High school Seniors

A need for a local Volunteer Center was discussed as the nearest Volunteer Center is located in Santa Rosa. Even through the distance from Petaluma to Santa Rosa is not far, it is very hard for people to travel to Santa Rosa.

The District voiced interest in working to establish a local volunteer center that could play in the role of providing placement for volunteers to non-profit organizations and various businesses and events. It was also noted that volunteers can not take the place of paid positions and there are established rules around utilizing volunteers in the work place. A volunteer center would assist in preventing isolation to seniors.

It was noted that Casa Grande High School requires seniors to provide a

certain amount of volunteer hours for graduation requirements but have been unsuccessful in working with Petaluma High School.

The importance of reading by the third grade is another area under community connectedness with volunteers to help in the schools in obtaining this goal. Schools are limited in funding and partnering with the City Schools would be very helpful as a new standard is being rolled out focusing more around the thinking process and using problem solving skills. . The Health Actions goal is focused on High School Completion and 4<sup>th</sup> Grade Students proficient in Reading.

**4. COLLEGE & CAREER READINESS: (Health Action Goal #3)**

- Separate committee to explore further options (Cynthia, Patricia, Elece and a School Representative) To bring input at the next CHIPA Committee meeting
- Approach Business/schools to link to community for connectedness
- Work force development

In the area of College and Career Readiness importance was noted on being able to be educated which becomes self sufficient and adds to a part of the community. This relates back to the issue of unemployment.

Recommendation for businesses to meet and help in this area to promote partnerships within the business as a lot of businesses have eliminated their training programs.

Discussion also included that College and Career Readiness is not one of the top priorities but could fit under Community Connectedness. All of these things are important but at some point the Committee needs to look at where we can make the biggest impact and how we can partner with education committees in fostering relationships. It was also noted that focusing on early child education (preschool) is of high importance.

Another barrier is undocumented students who are unable to obtain a Social Security number that would allow them to volunteer or become employed.

A sub-committee consisting of Elece Hempel, Cynthia Murray, Pat Souza, and an educational representative will work off-site to focus on College and Career Readiness providing recommendations on the needs of the community at the next CHIPA meeting. In developing their recommendations, the group was directed to focus on the District's Mission, Vision, and the three objectives as follows:

- A healthier community
- A thriving hospital
- Local access to comprehensive health and wellness services for all

A goal of the sub-committee is to identify if this work fits into these three objectives, who and how in the community could best address this topic.

<b>NEXT STEPS</b>	
<b>NEXT MEETING</b>	The next CHIPA Committee meeting is scheduled for Tuesday, December 11, 2012. from 12:00 noon to 1:30pm
<b>ADJOURN</b>	The meeting was adjourned at 12:00 noon.