



KHPP Meeting Agenda
Location: KCHD Conference Room
Date/Time: 09/04/2019, 8:30 AM

TOPIC	DISCUSSION	ACTION NEEDED
Welcome and Introductions	<p>Called to Order at 8:31am Around the table introductions</p> <p>Mental Health & Recovery Board award recipient (Community champion- recovery). Award ceremony on September 19th 6:00pm</p> <p>Recovery event in the public library and MVNU gallery. Talk about art work and what recovery means to them.</p>	
Review & Approval of May minutes	<p>No Discussion</p>	<p>Motion: Kelly B. Second: Lori J.</p> <p>Vote: All- I's/ Motion carries.</p>
Review & Approval of Finances	<p>Still in need of treasurer for the First Knox account</p>	<p>Kelly B. volunteered as KHPP treasurer. Account at First Knox.</p>
<p>BRIEF Updates on CHIP by Strategy</p> <p>Priority Area 1 – Chronic Disease</p> <ul style="list-style-type: none"> ● Strategies 1 & 2 : Implementing healthy food initiatives & Workplace Wellness – <i>Tami Ruhl, KCHD</i> ● Strategy 3: Implement a community wide-physical activity campaign – <i>Nick Clark, YMCA & Kelly Brenneman, UW</i> <p>Priority Area 2 – Mental Health/Addiction</p> <ul style="list-style-type: none"> ● Strategy 1: Expanding Mental Health First Aid Trainings – <i>Kay Spergel, MHR</i> ● Strategy 2: Community awareness & education of substance abuse & 	<p><i>Priority 1/ Strategy 1:</i> Food access map has been sent for printing. Final version within the next month including a PDF version.</p> <p>Community Garden: Phase 1- revitalizing of school. Project presented to teachers on Sept 14th. Concern about summer garden care. Currently called: Outdoor learning lab/ revitalization project. Phase 2- Making that space into a community garden over the Summer months. Purchasing curriculums and materials to assist with growing.</p> <p>Survey: 35 collected to date and all were positive. 5 persons interested in working on project.</p>	

<p>prevention – <i>Tina Cockrell, KSAAT/KCHD</i></p> <ul style="list-style-type: none"> • Strategy 3: Increasing continuing education for primary care & substance use disorder providers - <i>Kay Spergel, MHR & Jeff Scott, KCH</i> <p>Priority Area 3 – Access to Care</p> <ul style="list-style-type: none"> • Strategy 1: Increase awareness & access of existing healthcare services on preventive care - <i>Jeff Scott, KCH</i> • Strategies 2 & 3: Increase awareness & availability of birth control & sexual health education - <i>Carmen Barbuto, KCHD</i> <p>Cross Cutting Strategies</p> <ul style="list-style-type: none"> • Resilience Team– <i>Susan McDonald, Head Start</i> • Smoking Cessation – <i>Mike Whitaker, KCHD</i> 	<p>Potential Escape Zone garden (front beds). Community Roots is getting their gardens up and running; food used for SNAP demos.</p> <p>Katie Hayes, AmeriCorps Vista, hired to work on Farm to School Planning grant.</p> <p><i>Strategy 2: Workplace wellness.</i></p> <p>Presented to Safety Council in July 2019. New Hope industries is a new partner worksite. Working with MV city schools to create wellness plans. To date, 9 worksites (list of sites provided by Tami).</p> <p>Success to share- All worksites from last year will return for this year. JFS biometric screening/ mini health fair; some changes were observed in BMI.</p> <p>Inaugural family fun run occurred with Rastin Challenge at 8:30am with 27 persons. First responders recognized during the event. Potentially an event to be continued in the future.</p> <p>New Directions Color Run was a success.</p> <p><i>Strategy 3: (Kay Spergel)</i></p> <p>Conducted two additional MHFA at Kenyon (athletic department/ staff and peer support/education students). Planning ESC- Youth MHFA training potentially on September 30th for 50 people.</p> <p>Board is looking at strategies to address stigma in the community. Potentially using or modeling rural farming model (Get on the Train) to educate about mental health.</p> <p>OMAS new program for families in the last tough growing season (mental health of farmers and suicide prevention).</p>	
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Art of Recovery- once exhibits are finished, pieces will be placed in local libraries.

P2/S2- KSAAT held 6 community events and 2 staff trainings in Knox County. One training for JUUL and e-cigarattes (100 attendees).

August 2019 addiction conference had 200 attendees.

Color Run (Tina)- 491 registered runners. 75 participants in awareness day and vigil.

P2/S3- Kay/ Jeff
Training endeavor or SUD workforce. Two trainings planned. 1) Sept 19th- 3 hours stages of change and motivational interviewing training at Utica church; CEUs available. 2) October 2019- Breakfast to talk about MAT (suboxone shot). Targeting medical community and court systems.

Evidenced based training: Stages of Change and Harm reduction conversation with Knox County Health Board. Potentially include counseling and STD testing.

Jeff will continue to look into KCH physician trainings including KSAAT Addiction conference.

P3/S1- Jeff
Working with Pam (KCHD) to integrate preventative care outreach and explore strategies to increase awareness. **Next meeting Jeff will have a list together. Julie/Pam (KCHD) will help.**

P3/S2- Carmen

Decide whether we want to combine strategies two (increase awareness and availability of birth control) and three. Environmental scan of providers that do contraceptive counseling, only five respondents to survey from KCH. KCHD will explore new strategies and a new resource with “options for birth control section”.

	<p>Focus groups with parents, youth (TAC), and high school teachers. November 15th (youth leadership day)- students will ask questions via notecards (educate and use questions to build resource guide). Ideas and/or draft of resource guide to follow accordingly. Bring in a graphic designer.</p> <p><u>Cross Cutting Strategies- Resilience</u> Susan</p> <p>Continue work to raise awareness and education about trauma informed care. Expanding “Resilience” showings in different sectors of the communities- school, healthcare providers, etc. Alignment with 2015 CHIP goals.</p> <p>Next meeting of workgroup is September 12th. Strategies around community engagement (what’s next). ACEs connection- education and community engagement.</p> <p>Trauma informed care trainings- were accessible for workforce-educators, social service, healthcare. Close to 1000 Knox county persons have seen Resilience film to date.</p> <p>(Kay) Eight sessions of DIY self-care for first-responders (4) and other professionals (4) via the board. About 200 participants. Self-care and trauma informed environments. Building on ARTIC survey- knowledge, understanding, or trauma informed care.</p> <p>(Julia M) Data spreadsheet to MHFA training, resilience showing, and any outcome measures. Send data to Carmen.</p> <p>(Julia) State Health Improvement Plan (SHIP) mentions trauma informed care and more activities will occur with leadership transition at Dept of Health.</p> <p>(Peg) As organizations have staff turnovers, schedule more Resilience showings.</p>	
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	<p>Looking for new Resilience facilitators- numbers reduce due to retirements and staff moving on. Facilitator’s guide is easy to train persons on.</p> <p><u>Cross Cutting Strategies- Smoking Cessation</u> Mike W.</p> <p>Total of 80 people enrolled in tobacco cessation program</p> <p>State grant is phasing out state-wide- community cessation initiative. New grant phasing in about provider capacity for tobacco cessation.</p> <p>“Baby and Me” tobacco free grant was lost. Priority of funding new LHD that have never received that funding.</p> <p>“Mommy & Me”- will be funded by Women United (United Way). Goal of keeping moms tobacco and vape free.</p> <p>Tobacco 21 law- anyone under 21 cannot purchase tobacco. Begins October 16, 2019. Ohio is the 18th state to adopt Tobacco 21.</p> <p>(Mayor) Enforcement is the key to this program’s success and the operational challenge</p> <p>(Julia M) Public safety pushing back on enforcement. KCHD used to do smoking public enforcement.</p>	
<p>Other Business:</p> <ul style="list-style-type: none"> ● Changes to the CHIP <ul style="list-style-type: none"> - Removal of “establishing brand” language on Priority Area 1, Strategy 3 - Removal of language regarding Weight Watchers in Priority Area 1, Strategy 2 - Combining Priority Area 3, Strategies 2 & 3 - Removal of “sliding fee/insurance” language in Smoking Cessation ● Work group for Priority Area 3, Strategy 1 	<p>Carmen- CHIP progress notes and plan review lead to ideas for revisions (listed on agenda and the CHIP document).</p> <p>Strategy 3/ P1- Do not need to include establishing brand or strategies. Build on 5-2-1-None, Crunch Out, etc.</p> <p>Strategy 2/ P1- Workplace wellness “encourage business to offer evidence based program”. We are encouraging employers thru other current initiatives of the Workplace Wellness Team.</p>	<p>Motion: Jeff Second: Nick</p> <p>Vote: All</p>

<ul style="list-style-type: none"> ● Review Priority Area 2, Strategy 3 – <i>Kay Spergal, MHR</i> ● Other updates 	<p>P3- Combine strategies 2 and 3. Smoking cessation- sliding fee scale and insurance plans, year 1 action steps- cessation classes are donation based. We can remove this strategy as classes are free/ grant funded.</p> <p>Julie will join P3/S1</p> <p>(Kay) Review P2/S3- Included training to SUD professionals. Delving into evidence based practices and how they apply to systems of care. Potentially make KSAAT Addiction conference a component of this initiative.</p> <p>(Jeff) Opioid prescribing guidelines and prescription reporting system. Many of these updates have already happened, focused on prescribers.</p> <p>Kay will work with Carmen on language and bring updates back to the next meeting</p> <p>Other updates: Peg Frequency of meetings- Quarterly proposed with executive group meeting more frequently.</p> <p>(Julie M) With the option to call a quick meeting to help KCHD with their report to the state.</p> <p>(Carmen) Request for interns at Kenyon to help with data input and analysis.</p> <p>(Peg) Next meeting December 4th, 2019. Remove October and November meetings off calendar.</p> <p>(Chris) Kenyon College/ Center for Balanced Living proposal- disordered eating support. Will invite KHPP members to the training which does offer CEUs.</p> <p>(Kay) MHR Board- pathways to 24/7 access to detox. BHP would do assessment, services voluntary (not mandatory), contracted services on hours and weekends. Details in the works.</p>	<p>No questions on update. Motion (Jeff)/ 2nd (Nick). All votes- I/s PEG</p>
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(Julie M.) Danville health center opens Monday September 9th. Provider available Tues- Friday services. Medical care only at this point; mental health and addiction still at Mt. Vernon/ same with dental. Patient appreciation day in Danville- 10/5/19 from 11:00am to 2:00pm at Danville Park.

KCHD flu vaccine is in.

(??? Did not get gentlemen's name from KC Schools)- Great wellness plan (kudos to Tami). In 2017 law changed for 7th and 12th grade, need additional vaccines. September 10th, students in 7th grade need vaccine or exemption/ 12th graders need meningitis vaccine. Multiple communications sent home to parents.

(Susan) PPP- course and classes at Library

(Susan)Knox County DD is hosting seminars focused on the power of positive parenting and raising resilient children.
<https://www.triplep-parenting.com/us-en/find-help/positive-parenting-in-knox-county-oh/>

NEXT MEETING/LOCATION: TBD