

Location	Attendees				
Virtual		01/14/22 Retreat			Presenters / Consultants
	Board Member		Guests	Staff	
	Molly Morris	X	Karen Schimpf	John Schapman	Elizabeth Hartig
	Carlene Anders	X	Peter Morgan	Teresa Davis	Monte Roulier
	Cathy Meuret	X	Terri Weiss	Caroline Tiller	Donna Mills
	Deb Murphy	X	Kelsey Gust	Wendy Brzezny	Wade Norwood
	Dell Anderson	X	Mondo Davila	Joseph Hunter	
	Jesus Hernandez	X	Rachelle Lange		
	Ken Sterner	X	Lisa Hamilton		
	Ramona Hicks	X	Linda Evans Parlette		
	Ray Eickmeyer	X			
	Rebecca Davenport	X			
	Rosalinda Kibby	X			
	Senator Warnick	Absent			
	Michael Tuggy	X			
	Kat Latet	X			
	Theresa Adkinson	X			
Agenda Item	Minutes				
<ul style="list-style-type: none"> <li>• <b>Roll Call</b></li> <li>• <b>Declaration of Conflicts</b></li> </ul>	<ul style="list-style-type: none"> <li>• Retreat called to order at 10:00 AM by Molly Morris.</li> <li>• Molly started the meeting with a land acknowledgment.</li> <li>• Declarations of conflicts: None</li> </ul>				

<b>Experiences from National Partners – Wade Norwood &amp; Donna Mills</b>	<ul style="list-style-type: none"> <li>• John reviewed the mission statement “<b><i>The Mission of NCACH is to advance whole-person health and health equity in North Central Washington by unifying stakeholders, supporting collaboration, and driving systemic change, with particular attention to the social determinants of health</i></b>”</li> <li>• 3 Pillars were reviewed in preparation for presentations from Wade Norwood from Common Ground Health and Donna Mills from Central Oregon Health Council who shared their experiences with building Community Health Networks.</li> </ul>
<b>Small &amp; Large Group Discussions</b>	<p><b><u>The meeting was broken out into small groups to discuss the following:</u></b></p> <ul style="list-style-type: none"> <li>• What are you doing right now to support your well-being?</li> <li>• What are you most excited for NCACH this year?</li> </ul> <p><b><u>Report out from small group session:</u></b></p> <ul style="list-style-type: none"> <li>• A lot of discussion on self-care</li> <li>• Staff members craving personal connections</li> <li>• Discussed varied people in the meeting / expanding partnerships</li> <li>• Okanogan CHI has done a lot of work to bring things to the local level and they are excited in the direction that the ACH is taking to support that</li> </ul> <p><b><u>Small Group Discussions to explore key questions:</u></b></p> <ul style="list-style-type: none"> <li>• What does success look like three to five years from now? <ul style="list-style-type: none"> <li>○ What types of results (for whom) and what relationships and capacities?</li> </ul> </li> <li>• How will the North Central ACH create change?</li> <li>• What’s our role or roles? For this to be a successful bridge year, what do we need to do and what do we need to avoid?</li> </ul> <p><b><u>Report Out:</u></b></p> <ul style="list-style-type: none"> <li>• Have value in what we are doing so that orgs want to pay to keep the ACH around</li> <li>• How to we ensure that community members have a voice in decision making</li> <li>• Joey spoke about how he really connected with Wade’s presentation as he was in the consumer role 5 years ago</li> <li>• Need to celebrate small wins, not take on so much to keep the engagement</li> <li>• Redefine the “we” of NCACH (legal, jails, dental, agricultural, law enforcement, tribe, faith, arts)</li> <li>• Strength in shared measurements and shared results</li> <li>• Quarterly conference for the CHI’s – with the ACH floating around.</li> <li>• Sometimes you need to leave the agenda at the door</li> <li>• Create a relational culture that you can build on</li> <li>• Make sure that there is a clear voice from the community on any projects (not guessing)</li> <li>• People still do not know what the ACH or the CHI’s are (suggested NPR, Newspapers). The ACH needs to market itself.</li> <li>• COVID info is going in a way that all age groups can understand, ACH needs to do the same</li> </ul>

	<ul style="list-style-type: none"> <li>• Display data and projects to the community in an understandable way.</li> </ul> <p>2022 suggested speakers / trainings</p> <ul style="list-style-type: none"> <li>• Equity</li> </ul> <p><u>Upcoming Events:</u></p> <p><b>Partner Convening: Bridging to Our Future State</b> January 18, 2022: 10 am - 12 pm <a href="#">Zoom Link</a></p> <p><b>Evolving the Behavioral Health System</b> February - June 2022 <a href="#">Learn More</a></p>
<b>Board Business</b>	<p>Board Business: After consulting with legal and accounting/bank, there is a need to approve a resolution to open a credit card for NCACH use as the previous resolution did not cover the credit card. (Resolution #5). Resolution #6 is to clean up a previous resolution so that it complies with our spending policy.</p> <p><b><u>Resolution #5</u></b></p> <p>❖ <b><i>Ramona Hicks moved, Deb Murphy seconded the motion to approve resolution #5 opening of a credit card with a limit of up to \$20,000.00, motion passed.</i></b></p> <p>Discussion: Theresa Adkinson confirmed that there will be more than one card issued with lower limits than \$20,000.</p> <p><b><u>Resolution #6</u></b></p> <p>❖ <b><i>Ray Eickmeyer moved, Dr. Tuggy seconded the motion to approve resolution #6, motion passed.</i></b></p> <p><b><i>John also announced that legal has advised us that the entire board should be signing each resolution moving forward. Teresa will send this out to all Board members via DocuSign.</i></b></p>
<b>Adjournment</b>	<p>Retreat Adjourned by Molly Morris at 1:45 PM</p>