

Chelan-Douglas Coalition for Health Improvement
Meeting Minutes
September 8, 2021 at 3:00 to 4:30 PM

Introductions and Icebreaker-All

The Charge:

The mission of the Chelan-Douglas Coalition for Health Improvement ("Coalition") is to foster authentic community engagement, create an ongoing pathway for gathering input from diverse groups of community members, and identify local projects that could support the overall goals of the Medicaid Transformation Project.

- This coalition is important because 80-90% of a person's health is contributed outside of medical care. This coalition helps improve the health of the community by having all different sectors come together and work on the social determinants of health.

Recap of Previous CHI Meeting-Kelsey Gust

During the Summertime CHI meetings in June, July and August, the CHI focused on environmental health and the impact it has on the communities health along with emergency preparedness. The presenters for the August CHI meeting were Chelan PUD, Lake Wenatchee Fire and Rescue and American Red Cross to focus on Emergency Preparedness.

Suicide Prevention and Mental Health Resources-Charlie Health, Cascade Medical Center
Chelan-Douglas NAMI

Charlie Health: Chelsea Whilding and Laura Sebulsky

Collaborative organization

Social Work-Trauma informed

- Offer virtual Intensive Outpatient (IOP), family therapy and individual therapy
 - Services available for 12-26 year olds. Accept Medicaid and also has a self pay-sliding scale
 - Offered in Washington State
- Resources are available for PTSD, Substance Use Disorder and more
- Virtual resources for 1 on 1 therapy and also IOP
- Other virtual resources are caregiver support group and provider support groups
- Referrals through emails, calls, and digitally EHR
- 1/3 of patients are Medicaid and take other providers as well

For more information: Charlie Health: Healing for Teens and Young Adults

Cascade Medical Center-Aisha Houghton

The Suicide Prevention Training for the Cascade School District is a partnership between Cascade School District and Cascade Medical Center.

- Why was the CHI Community Initiative Funding Grant needed?
 - Suicide leads in cause of death
 - Suicide rates doubled for 15-19 year females
 - Rates increased by 30% for 15-19 yo males
- Why the increase?
 - Economic pressures
 - Access to treatment
 - Social media

Major Depression

- An important social problem to address
- Leading cause of disability worldwide
- Community Health Needs Assessment-The local CHNA reports show rates of depression and suicidal ideation mirror as national data

Forefront:

University of Washington, Center of Excellence

Learn:

Look for signs

Empathize and listen

Ask directly about suicide

Remove the dangers

Next Steps

Priorities and Goals

- Local ownership
- Community partnership between school and medical

Activities:

- Positive messaging around locker rooms and school
- Enhancing behavioral health screening and referrals
- Peer-support team

Chelan-Douglas NAMI-Kaitlin Quirk

NAMI is National Alliance on Mental Illness, the largest Grassroots Mental Health Organization dedicated to building better lives for the millions of Americans affected by Mental illness.

- All volunteer organization
- Evidence Based
- Support systems for families
- Statistics:

- 1 in 5 American adults experience some form of mental illness in any given year.
- 1 in 25 adults are living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurrent major depression.
- 50% of all lifetime mental illnesses develop by age 14 and 75% develop by age 24.

Mental illness should be thought of as any other illness. It is not anyone's fault and should be treated just as any with healthy lifestyle behaviors, a support system of peers, family and providers, regular provider interventions and visits and if needed, medication.

- NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

We do this through:

- Community Engagement
- Advocacy
- Support Groups: Connections and Family
- Peer-to-Peer
- Family-to-Family
- Basics

What we do:

- Provide support groups: peer and family

CHI Community Initiative Funding Project Data:

- 151 participants at our Connections and Family Support Group Meetings
- 12 graduated Family To Family In the Spring
- Hosted Bob Krulish for a community workshop known as LEAP (Listen, Empathize, Agree and Partner) with 30 participants
- 4 new volunteers trained
- Plan to Co-host a Peer to Peer with NAMI Tri Cities
- Registering for a Family to Family starting in October
- Have a NAMI Billboard
- 70 new Facebook Page likes and increased post reach by

For more information:

- Websites: www.namicd.org and <https://www.namiwa.org/>
- Email: chelandouglasnami@gmail.com
- Facebook: <https://www.nami.org/home>

Breakout room Information:

What can be done at the coalition level to support efforts around suicide prevention and mental health?
Together has been doing more community outreach, good to be familiar with other services or agencies. Pandemic seems to have prompted suicide prevention and mental health interest. Linking groups and community partners.
Knowing how to connect families.
Promoting services on larger agency websites and facebook groups to reach more people.
Utilize Peers, bring peers to the forefront of conversations
Push the ACH to reach out to private practices to support navigating medicaid so they can take more medicaid patients.
Spread our web. People and organizations are often not aware of available resources. Like Charlie Care- none of us had heard of it. It is a great resources and MCOs like Molina should be aware of it and making sure parents have that information.
Similar groups working together like Hope Squad, Only 7 Seconds, and other organizations and projects. Still having a tailored approach but sharing data and coming together regularly.

What are the next steps to move the work and support forward?
Take initiative to connect partners
Refer to services that are available
Integrate community voice and lived experience more often
Bring SUD trainings to peer mental health programs
Having or knowing of more virtual options like Charlie health
Helping organizations and providers like Charlie Health recruit clinicians, staff, and patients
Helping providers navigate medicaid so they can take medicaid patients - Shared communication model between smaller orgs

Discussion and report out following breakout room-All

- Several different programs about suicide prevention
 - Collaborate because all of the programs are effective
 - It would be beneficial to create a toolkit for the region
- How do we push it out to the community and get the word out?
- Some private providers do not want to bill to Medicaid
- Learn about more virtual options
- How do we connect resources more?
- The coalition can help build a bridge and be a resource that helps the community know what resources are available
- Statistically, we are in a crisis and need to help people understand what is happening
- There are systemic barriers
 - This coalition destigmatized issues that are stigmatized well.
- There is a need to hire more peer advisors
 - Suicide and substance use are connected
- Spread the word to smaller communities
- This coalition can bridge the gap, increase connection, move forward and continue the conversation

Meeting adjourned