

Chelan-Douglas Coalition for Health Improvement  
Meeting Minutes  
May 12, 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.

North Central Accountable Communities of Health Board Update-Kaitlin Quirk

Approved Luke Davies as Public Health seat on the board

For more information on the NCACH, visit, [ncach.org](http://ncach.org)

Mental Health Awareness-Only7Seconds

The mission is to eliminate loneliness

- Loneliness does not only affect mental health.
- Everyone has felt loneliness at some point in their life.
  - 54% of employees feel lonely in the work week

Connection is the way to end it-Where loneliness ceases to exist

- Time out of the day to send a text or short message. It only takes 7 seconds to do so.
- 1 day a month to be intentional to connect with someone
- They may be going through something and knowing that you care could help them.

Only7Seconds has different products such as Because You Matter signs that are posted throughout the community.

- Messaging-the way to remind others and yourself: merchandise, care packages, hope notes, bracelets, etc.

For more information, visit: [only7second.com](http://only7second.com)

**Call to action:**

**Individually:** Think about someone you care about, family, friends who might need connection and might need to know you care. Text or call.

**CHI:** Partner event and hold a Regional CHI Share Day.

**Maternal Mental Health Awareness-Confluence Health**

Looking for support groups for the moms and how to give them support during pregnancy and postpartum. Postpartum may increase mental health illnesses and symptoms. Some moms can have suicidal ideation and harm to their baby.

- Lack of resources and Support group mental health for moms.

**Breakout Rooms and Large Group Discussion-All**

See break out room document

Meeting Adjourned