

Chelan-Douglas Coalition for Health Improvement
Meeting Minutes
January 13, 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.

Summary of December 9, 2020 CHI Meeting-Kelsey Gust

At the December meeting, we provided a review of what the coalition worked on during 2020 such as access to nutritional food and supporting local food systems which incorporated transportation. The coalition also discussed activities and focus areas for 2021. Today, we will be implementing some of those items, such as focusing on Behavioral Health and barrier conferencing.

Teens Helping Seniors Program Update-Kelsey Gust

Some background on the program is that 2 teens saw a need for groceries to be delivered to the vulnerable population due to COVID-19. The teens started the program in March 2020. There are currently 33 chapters nationwide with 800 teen volunteers.

- A CHI subcommittee met with the national coordinator. The next step for the subcommittee is to speak with the Eastmont High School and Cascade High School ASB clubs. The plan is to see if the local schools are willing and wanting to bring a chapter to our 2 counties. The program is completely run by high school students. If you want to be a part of the conversations, please email kelsey.gust@cc-ahp.com

Success Stories-Jackie Weber

Uplifting positive outcomes that have been done and how did you do that. Opportunities to share the wins and incorporate. Give some hope and show success. Coalition attendees think that it would be useful, but need a system for success story updates.

UVCares Presentation-Becki Subido

Becki Subido is the Board President and Founder of UVCares.

- UVCares opened a year ago.
- First case showed that there is a shortage of local resources, lack of affordability for mental health services and bias that surrounds mental health.

- To create a system with accessibility, UVCares has been using telehealth before the pandemic. Affordability: Insurance or not we will provide resources. It is not on a sliding scale, but trust in the clients to pay what they can afford and feel is acceptable.
- Education through community outreach social media platforms. Here is what healthy mental health and unhealthy mental health is. Physical and mental health is equally important.
- Collaboration-we are stronger together.
- Bias: connecting with all stakeholders and talking about the bias. Myth versus facts for bias. Network for providers capped at 20.
- Collaboration with Whitworth, Gonzaga, UW and Children's Hospital.
- Area: Originally only Leavenworth but now beyond to the lower valley. Chelan and Douglas County. Children, adults, family units.

Capacity- 420 clients per week

Short term and long term needs, approach for the clients.

Contact information:

Phone Number: 509-300-1113

Email Address: info@uvcares.org

Behavioral Health Presentation-Julie Rickard

In 2012, Suicide Prevention Coalition began. There are coalition workgroups.

- In the last year there has been one youth death by suicide.
- Youth are attempting more suicides and there has been an increase by 26% in the emergency room.
- Chelan County has more deaths by suicide than Douglas County. If they are transferred to the hospital in Chelan County and pass away then the death is marked in Chelan County.
- The community can help by focusing on drugs, alcohol and relational.

Current work:

- Created a dementia screener for Mountain Meadows residents.
- In the schools: Using patient health questionnaire (PHQ). If the student marks that they lack Interest and feel hopeless it can be a sign. Found if they answered those questions 45% had major depression. Counselors and schools are together. Police Officers will go check on the students who are at higher risk from the questionnaire. This has provided opportunities to get in the schools and check on the students well being.
- Concerns in ER: 1 in 4 kids are in the ER because of suicidal thoughts. Pull the family units into a care pathway so the family knows what to do and have a checklist of what to do. If the family feels like they have a plan and trained, then they will feel better.

Contact Information:

Email Address: jrickard@mbmsp.net

Questions and Answers:

How do we reach the teens?

- Peer to Peer support. Utilize peer to peer more and would have access to students more to tell the signs.

- Social Media platform.

Barrier Conferencing-All

- A time to bring forward barriers that are in someone's personal or professional life that is preventing someone to have a good quality of life.
 - Access to care and resources is always a concern.
- There seems to be disconnect from the providers/organizations and patients/clients.
 - SUD peer support: Detox in Washington State. Most facilities with medical detox want private insurance.
 - If someone is on Medicaid, contact the MCO to help find a detox center that would work.

There is a need for a detox center that is ADA compliant.

- If you need information added to a resource directory for the area, contact Cindy Perryman at cindy@prn365.com

Meeting Adjourned