

Okanogan Coalition for Health Improvement
Meeting Notes
January 29, 2019, 12:00 PM to 2:00 PM

Introduction-All

Attendance- SEE SIGN IN SHEET

North Central Accountable Communities of Health (NCACH) Board Updates-Sahara Suval

- 2019 Budget was approved by the NCACH Governing Board.
- There are 6 projects that were selected and implemented regionally.
 - The focus is on integrating more community partners into the work with health data, addressing barriers and Social Determinants of Health
- Upcoming events from the NCACH:
 - NCW Opioid Response Conference- 2 parts: There will be broadcasting and in person at different locations. The conference is March 15th.
 - NCACH Annual Summit- April 12 at Big Bend College in Moses Lake.
 - Evidence Based Dental Pain Care Training Session-May 3 at Confluence Technology Center in Wenatchee.

Community Initiatives Funding-Sahara Suval

- \$450,000 approved to be invested in local and regional health initiatives and projects.
- An advisory group has been developed to work collaboratively within the region.
- Funding is intended to complement NCACH's Medicaid Transformation Project work and goals such as support community-clinical linkages, reduce barriers to health and promote wellness.
- The process has not been developed yet. The development will be through the advisory group.
 - This advisory group is made up of all 3 CHIs (Grant; Chelan-Douglas; Okanogan) and will assist in the process. The NCACH Governing Board will have the final say on funding projects.
- There is a need for more people representing Okanogan County on the advisory group. The first call is this coming Thursday (January 31st).
- The next in-person meeting is February 21st. This meeting is a strategic design workshop.
- The role is to make sure the needs are met at the county level.

Questions:

- How long is the advisory group going to last?
 - The advisory group will meet twice a month until the process is passed by to the Governing Board. Most likely April or May and then transition to a need to be basis. Once the Board accepts the process, then partners will be able to apply for funding.
- Who will choose the review process?
 - We have the funding before the process and this is a feature of the plan not a flaw.
 - The advisory group will make endorsements and review the information and there will be no conflict of interest.

Methow Valley Community Health Needs Assessment- Chuck Timchalk

- Cindy Button is the leader of the assessment.
 - The Assessment is over 150 pages and would love for everyone to use the information.
- High needs residents- Community members that use the EMS multiple times and have a cycle of going to the hospital.
- Strategies for the needs assessment: Focus groups with Health care provider, community groups, and high needs residents.
- Priorities-
 - Transportation
 - After Hours Care and Specialist
 - Mental Health
 - Long-Term Care
 - Care Coordination
- How important is transportation in the valley?
- Examples of comments:
 - “No transportation particularly for medical services outside of the valley.”
 - “No transportation for mental health issues.”
- Public Transportation Strategies: Not just for the Methow Valley
 - Public Transportation-TRANGO expansion
 - Volunteer models- Might be difficult and hard to rely on
 - Voucher Models- For transportation
 - Coordinated Service Models- Coordinating with others
 - Connector Services- Last mile model

After Hours and Weekend HealthCare Availability and Lack of Specialists: Community members from Okanogan County are having to go other places such as Wenatchee for care.

- Examples of comments:
 - “Limited after hour and weekend (Sunday) access to pharmacy.”
 - “Access to crisis services if non-emergent.”
- After Hours and Weekend HealthCare Availability and Lack of Specialist Strategies:
 - Triage Services
 - Rotating Drop-In Clinics (or on call)
 - Telemedicine
 - Mobile Integrated Healthcare and Community Paramedicine
- **Mental Health and Substance Abuse**
- Examples of comments:
 - “Lack of adequate addiction and substance abuse services.”
 - “ Need a greater focus on suicide prevention.”
- Mental Health and Substance Abuse Strategies:
- Integrated Care

- Rural training, internships and incentives- Have specialist from Urban Cities enticed to come to Okanogan County.
- Para-Professional
- Tele-Behavioral Health
- Training for health care providers and community groups

Long-Term In Home Health Care Services

- There is Jaime's Place, but the County needs more.
- Examples of comments:
 - "Aging "in place" is a daunting task in the Methow."
 - "Significant lack of caregivers in the homes of the elderly."
- Long Term Care Strategies:
- Form partnerships to design and implement change
- Develop and refine alternatives for expanding care options
- Build organizational capacity
- Strengthen local services and infrastructure

Care Coordination

- Lack of patient coordinators
- Examples of comments:
 - "Need more services that engage seniors, many live in isolation with limited social contact and wellness."
 - "Healthcare access is a big problem."
- Care Coordination Strategies:
- Effective communication exchange
- Trained, available Workforce
- Build on Established Network

Patient Demographic

- 7 patients were surveyed patients
- 50% of them have health issues
- Mostly of the older population
- Primarily male

Priority Health Concerns

- Not enough Health care providers specialists
- Heart Disease
- Accident and injury prevention
- Addiction and substance abuse
- Distance and transportation to healthcare facility
- Focus on wellness and prevention of disease
- Mental health
- Access to Pharmacy (24/7)

- Suicide prevention

Focus Areas for the Okanogan CHI-All

- The Leadership Council helped create this activity
- The leaders gathered the areas the CHI wanted to focus on from the October and August 2018 meeting minutes.
- The attendees were asked to review the list, break into small groups, review focus area and answer the two questions below.
 - Did the CHI accomplish in 2018?
 - Should we continue to focus on this 2019?

Reporting out on focus areas to the whole group:

The CHI did well on collaborating on Opioid Crisis and Epidemic.

Social Determinants of Health and Access of Care should be joined as one focus area.

Yes, the CHI should continue to focus on these areas. We need to work smarter not harder.

You can have the resource available with no access and vice a versa.

The focus areas should be Adverse Childhood Experiences (ACEs) and Community Wide. Looking for areas where broad coalitions could be optimised.

Not sure if the CHI focused on that in 2018, but need to focus.

Opioid Crisis has been worked on, but not as much has been accomplished as needed.

Funding wasn't used the way it should have been. There needs to be more on infrastructure and resources.

Access for emergent care and specialty care should be focused on. We would like to Reproductive Health to the list. There is a high rate of unwanted pregnancy and STIs.

In 2018, organizations within the CHI focused on Adverse Childhood Experiences (ACEs), Opioids and networking. In 2019, the focus should be around access to health care, SUD services and access to crisis responses.

The Leadership Council will take the feedback from the CHI and make create a strategic plan for 2019.

Leadership Council- Mike Beaver, Karen Schimpf and Orlando Gonzalez

- We would like more people engaged and to be on the Leadership Council.
- We meet in person or have a call-in option for each Leadership Council meeting.
- The leadership discusses what will be happening at the CHI meetings.
 - We help develop the agenda.
- To be on the Leadership Council, you need to attend at 75% of the CHI meetings.
- This is a chance to make a difference and serve your County.
 - Also, step up to be on the advisory group too.

- Attendees received note cards and were able to nominate someone else or themselves for the Leadership Council.

Round Table-All

- Recreation is great this time of year in the Methow Valley.
- Three Rivers Hospital-The Emergency Room is going to expand to 8 rooms. Scott Graham has been the CEO for about 7 months now.
- Family Health Centers (FHC) qualified for the Opioid Grant from the NCACH. FHC wants to collaborate and have more partners in the County. An accomplishment was obtaining outreach dental mobile units. FHC will see how to schedule the mobile units out and staffing. They are looking into getting medical mobile unit. The Health Center also provides diabetes and parenting classes.
- North Valley Hospital has been working with other hospital because the hospital could potentially lose the OB unit.
- Coordinated Care wants to hear from providers to partner and support organizations in anyway possible.
- Action Health Partners (AHP) is coordinating a regional Community Health Needs Assessment (CHNA) close to what Aero Methow presented. AHP will gather data regionally and will create plans around community health. AHP wants to work with other partners that have done a CHNA in the past. There will be a community voice survey used to hear the real voice of the community.
- Chelan-Douglas Health District has the ABCD program. The program serves children under the age of 5 to receive dental services. The CDHD is here to spread the word about the program benefits. The program helps prevent early tooth decay, provides education and connection Dentists. When parents attend they will learn to be proactive and advocate for their child.
- Aero Methow Rescue Services will be developing next steps with the information from the Community Health Needs Assessment (CHNA).
- Beacon Health Options has a new number for the crisis line and promotional kits. If you want a crisis line kit, contact [Jerry Perez](#).
- There has been a 3 year study for high utilizers. There is a high utilizers group that is meeting and contacting Doctors. The numbers of utilizers has now decreased.
- Okanogan Behavioral Healthcare had a soft opening with Telepsych for 2 patients. On January 1st, the Clubhouse Programs for clients started.
- Mike Beaver is part of the Homeless Youth Committee, and there is a big problem in the county. There are different organizations, grants and School Districts helping the at-risk youth before they are in the system. If the youth ends up in the system, then there is the diversion program.
- There is work being done around suicide prevention and behavioral health assistance for the Tribes. It is priority that individuals can get help right away instead of waiting months.
- Sleep Diagnostics helps the pediatric population with sleep.
- Molina Healthcare Case Manager for Eastern Washington has found that Okanogan County has a lot more needs and not as much of an infrastructure as other parts of the State. We need to be familiar with this issue and address it.

- Molina Healthcare is updating incentives for Molina Members. Just a reminder we cover immunizations, cervical cancer, mammograms and there are incentives for preventative care. Amazon Prime is a new incentive for members.
- NCACH and is working on capacity building. Tanya Gleason can help organizations with grants. We are working on building education and capacity for the region.
- A focus for the Colville Tribes needs to be disaster management.
- Please reach out to Wenatchee Valley College if your organization would benefit on having the help from a nursing student.
- Confluence Health had a meeting with the North Valley Hospital Board. The OB program at North Valley Hospital could potentially end. It has been a difficult task to have specialist come to this county. The possibility is to combine the 2 OB Doctors at North Valley Hospital with Confluence Health, so there would be 4 Doctors in total.
- Whooping cough has been prevalent in Okanogan County. Public Health is watching the measles outbreak closely.
- Please email [Kelsey Gust](#) any events or information happening in Okanogan County that the Coalition should know about.

Meeting Adjourned