

Okanogan County Coalition for Health Improvement
Meeting Notes
March 26, 2020, 12:00 PM to 2:00 PM

Attendance- SEE SIGN IN SHEET

Introductions-All

Okanogan County Coalition for Health Improvement Update:

April 1, 2020 Michelle Sandoval and Elana Mainer will be the new coordinators of the Okanogan County CHI.

Public Health Update- **Okanogan County CHI health sectors**

AeroMethow Update:

- There is one COVID-19 positive case in Okanogan County. Social media in the Methow Valley has had some harsh responses towards those who are COVID-19. There are elevated concerns.
- For those who are positive with COVID-19, please use compassion and not be biased.
- Key service is to protect the first responders, there is a need for homemade gowns.
- RoomOne is coordinating and helping to get volunteers. There are multiple layers to the COVID-19 response.

Okanogan County Public Health:

- Yakima County has numerous COVID-19 cases. Okanogan County is surrounded by counties that have positive cases. Residents may have gotten a call from the Sheriff's Office. Currently, most of the deaths from the virus are 70 years old and older. With new outbreaks, we are down the list for supplies since we only have one case. At the federal level, they are not getting what the supplies that were expected. Stay home, stay healthy. Christal Eshelman is now the regional epidemiologist. She has moved to the Public Health office and is working from Okanogan County.

Family Health Centers:

- There are concerns around changes of operation. Changes: Call ahead so the providers know what is happening with the patient and the provider will assess if it is appropriate for them to come in. Started mailing prescriptions so patients do not have to go in to increase social distancing. Outreach and crisis departments are keeping engaged with patients to assess stress and if there is a need for more behavioral support. General public can do more to do the curve and keep from feeling overwhelmed. This is the perfect time to come together.

Mid-Valley Hospital:

- Mid-Valley Hospital is adjusting as needed and keeping specialty providers. The hospital locked down visitations for patients with barriers if they have respiratory symptoms. We are working hard to keep the public and staff feeling comfortable and knowing what we are able to do.

Confluence Health:

- At Confluence Health, there are Triage Nurses available to screen patients. Providing skills of providers for off site visits. There is a letter crafted for employees to employers if needed to stay home from work. There is COVID-19 testing done through the Emergency Room.

North Valley Hospital:

- At North Valley Hospital there are decisions being made if it is an in person visit versus outpatient treatment. The goal is for everyone to stay as safe as they can. Patients have been wanting to do virtual appointments.

Okanogan Behavioral Healthcare:

- There are numerous community members that have increased stress and anxiety. OBHC has a teleplatform for patients. The business hours are the same. Stress and anxiety is increasing and community members are not wanting to do telecalls because they are not comfortable talking on the calls for a long time. We want the appointments to be meaningful.

North Valley Hospital:

- Transitioned from preparation to treatment for COVID-19. There is no visitation for patients. All hospitals are looking for more gowns and masks.
- Volunteer coordinator is working on having volunteers make masks and gowns.
- We will be stabilizing the patient and then transport the patient to Confluence. The transport will be done by EMS.
- The hospitals have been pushed out of our comfort zone. We are grateful for Mid-Valley Hospital's leadership.

Three Rivers Hospital:

- The hospital is currently struggling. The administration has been open to the public through the media. From the social distancing the hospital has been in a bind financially. Three Rivers will be reaching out to the Federal and State levels for funds because it is needed quickly.
- The hospital is preparing and using screening tools. They are low on PPE materials and staff. The hospital may need to rely on gowns that are made if PPE is run out. Prep phase and policies.

Mid-Valley Hospital:

Mid-Valley Hospital is in a bad financial position. There is about 10 days of funding left. Looking for State and Federal level help when the funds are released. The 3 local hospitals are working together.

The Maternal Coalition:

- In Seattle, pregnancy is a scary time. There are virtual meetings for those who are pregnant. Recommendations for moms to make this time less scary. The meetings can be with mental health providers, group therapy, doulas and midwives.
- In the Seattle area, some hospitals will not let those in labor have any other visitors. Some moms cannot even have their partner with them during labor. To know if their partner is allowed or not it is best to call the hospital ahead of time.
- Srilata is connected with Family Health Centers, working with pregnant and new families. Continue with plans. Making sure that they have all of the resources.

Colville Tribes:

COVID-19 assessment and testing from 9:00 to 2:00 until April 8, 2020.

Question: Where should I direct people if they need to get tested?

- In the parking lot in Nespelem.

There is SurveyMonkey county wide. <http://www.surveymonkey.com/r/FMVS5Z8>

Homeless Youth and Young Adult Services-Okanogan County Community Action Council

- See PowerPoint presentation

Workgroup Update: How is COVID-19 affecting our work and the people we serve?-Okanogan County CHI sectors

Reproductive Health:

- There are limited sources.
- Peer educators and most effective at this time. Stay home are students who are facing isolation.
- Focus is on food, hygiene and birth control. Youth essential needs. How are other clients working on this?

ACEs Update:

- During these times, self care is important. We need to practice what we preach. How do ACEs look in the classrooms? The children know the impact of the Pandemic. With school out it has changed what is going on. There are care packages going out to school staff, while they are out of school. Provide tips on how they will move forward. Tools and tips for students to come back to school.
- The coalition provides tools and resources to parents. Such as, webinars with psychologists. If you are going to homeschool pick one and stick with it. Helping parents know how they deal with stress and children. Help them feel like they have power and resources. To post to get it out to parents. Aces connection at 12. Open discussion. COVID-19 connection. Healthychildren.com
- Working to coordinate mask making for essential workers.

Substance Use Disorder Update:

- Identified running groups and telehealth for SUD. Engaged group of members. Groups are crucial for that group. Telehealth or over the phone. Mostly on phone but they are engaged and better than nothing.
- System of recovery and providing services over the phone.

Family Health Centers:

- Providers are providing medication via telephone or telehealth. It is agreed that treatment maintenance is important. In the midst of a crisis, sometimes increase in opioid and substance use. Harm reduction and relapse could become more common. It is suggested to have Narcan on hand.
- There are online peer to peer support groups.
- Major economic impact: Some people are unable to pay for suboxone from loss of insurance. Increases in diseases of despair happen. Relapse is part of the path of recovery. There may be

more relapses. Still there are ways to keep them alive and to get back to their lives. We potentially could see an increase in suicide rates.

What can we do?

- Increase focus on Substance Use Disorder
- Increase focus on ACEs
- Increase collaboration across sectors to intervene for patients.
- Use the crisis for us to come together for those hardest hit by the crisis.
- Continuing harm reduction for clients. We do not want to see an increase of disease and overdoses. Harm reduction is still going.

Discussion:

- Are clinics having in clinic reproductive health procedures?
- Still able to do so, some contraceptive forms are higher risk of COVID-19
- Telephone call and pills instead of coming into the clinic.
- We have the ability to educate and have a cohesive approach for the community. There is an increased fear and appreciation of collaboration. It will make us a stronger county.
- Farm worker communities in packing sheds are not able to social distance. We need to develop a plan for packing sheds to prevent that population from getting infected. Develop a plan with growers and WorkSource.
- Biggest grower has been preparing and has a strategy. Our agricultural workers are part of the food chain.
- There is a training for community health workers and they would possibly be able to help.

Next Steps:

- Kelsey Gust will send out a survey for feedback for the CHI meeting .
- Contact information for Elana Mainer and Michelle Sandoval will be sent out to the CHI listserv.

Thank you for attending the Okanogan County CHI.

Meeting Adjourned