

## Summary of Minutes March 2016 Tillamook County Community Advisory Council

The CAC approved the February minutes. With no additional agenda items, the agenda was approved.

Nancy introduced Heather White, CPCCO's Community Health Improvement Coordinator. Heather will be living and working in Tillamook County to support the work of the advisory council, meeting the goals of the community health improvement plan, and evaluation of the community wellness investment fund grants. The CAC welcomed Heather.

The nominating committee discussed the 2016 expiring member terms and provided the Slate of Officers for the committee to review.

The Nominating Committee moved the Slate of Membership be approved. The motion was seconded. The Tillamook County Community Advisory Council unanimously approved the nominations for membership.

The Nominating Committee moved the Slate of Officers be approved. The motion was seconded. The Tillamook County Community Advisory Council unanimously approved the Slate of Officers. The CAC the chair will appoint committees next month. Karen will update the member roster and provided copies at the April meeting.

Nancy distributed the Community Wellness Investment Fund applications and rating forms for the three applications received from Tillamook County and the one regional. She discussed the process and asked CAC members to review and return rating sheets by Friday, March 18<sup>th</sup>. Members of the CAC offered feedback and suggestions to improve the overall process.

The Education Sub-Committee announced the 2016 theme of Amazing Brain Learning Series. They discussed this year's theme *A Resilient Brain*. The first series will begin with a special screening of *Paper Tigers*. The film will be shown at three locations in Tillamook County in April. April 13<sup>th</sup> at Tillamook Bay Community College, April 21<sup>st</sup> at Kiawanda Community Center in Pacific City and April 27<sup>th</sup> at Pine Grove Community House in Manzanita. *Paper Tigers* is a look into the lives of selected students at an alternative high school in Walla Walla, Washington. The school adopted Trauma Informed Care and is showing great promises in healing youth struggling with Adverse Childhood Experiences (ACEs). The sub-committee asked for a vote by the CAC to move forward with this year's Amazing Brain Series, *A Resilient Brain*. A motion was made and seconded to approve the series. The CAC unanimously approved the education sub-committee's request.

Announcements and other community events:

Nancy reminded CAC members that CPCCO members are eligible for a free cell phone (one per household) through *SafeLink Wireless*. The flyers explain how to sign up.

*CareMessage* is another service for CPCCO members; it is a free self-referral, text-messaging service designed to help improve health care needs by sending appointment reminders, health and wellness tips, education information, etc., via text messages.

The meeting adjourned at 5:05pm.

Next meeting April 13, 4:00-5:00pm at Tillamook Bay Community College and will be followed by the showing of *Paper Tigers* starting at 5:30.