

## .Summary of Minutes October 2015

### Tillamook County Community Advisory Council

The CAC Chair opened the meeting at 4:08pm and welcomed everyone.

The committee approved the agenda. The September minutes were approved with correction to the spelling of Marlene's last name.

The education sub-committee presented an overview and summary of Amazing Brain series. Handouts of the themes that emerged and the Graphic Recordings were available. The sub-committee reviewed all five themes and recommended there be another series focusing on what we can do about the "root causes" that affect health, poverty, housing, healthy places, nutrition, and violence, which was the number one theme that emerged. The next learning series would be the same period and end with participating at the Huckleberry Health Fair. The series would be promoted and tie into the Year of Wellness as well. The sub-committee discussed the focus on ACES as the over-arching factors and learning about trauma informed care what creates resiliency. The sub-committee discussed health education classes, credits through TBCC, and other benefits that may be available for the classes that they would look into. In addition, the sub-committee would seek grant funding to support the series and possible bring back Shari Black. The sub-committee is looking for space to display the graphic recording artwork. The CAC approved the education sub-committee to move forward with the next series on "root causes."

The Chair and Nancy reviewed the CPCCO Board Strategic Plan and reviewed some of the opportunities that would be available to the CAC. The development of a timeline for the areas that would affect the CAC was requested.

Nancy mentioned that the Community Health Assessment update is due in March of 2016.

Nomination: The CAC approved two new members to join the Tillamook County CAC. Nancy will follow up with them.

#### Announcements and other community events:

- October is Domestic Violence Awareness Month – Tillamook County Women's Resource Center is offering many free events – check out their web-site for details
- Tillamook County Pain Clinic opened this month
- County Commissioners established a Housing Task Force
- Flu Shot Reminder – OHP members are free
- Shout Out to GOBHI – appreciation for getting people out of the hospital and into the community, their work continues.

Next meeting: December 11, 2015 4-5pm at Tillamook Bay Community College, Room 204