

Summary of Minutes February 2017
Columbia County Community Advisory Council

The meeting was opened at 3:00pm and everyone was welcomed. The minutes from the November meeting were approved. A draft of the Columbia County CAC Charter was provided to everyone. Members were asked to please review it and come to the March meeting prepared to discuss, update with changes if necessary, and approve it. The new charter creates a Nominating Committee of three, including a Nominating Chair. If anyone is interested, please let Karen know. A couple of committee members have indicated interest in the Chair, Co-chair, and Nominating Chair positions and voting will be part of the March Annual Meeting.

Joell quickly reviewed the update she provided as a handout.

Regional CAC update, CWIF and Board Communication: Nancy provided the updates. The Regional CAC meets quarterly; the next meeting is February 15. The chair and co-chair of each CAC will attend these meetings. The updates to the CWIF process are complete and applications are now available. Nancy discussed that at the last Board of Directors meeting, the Board approved the recommended changes, which included the Regional CAC to oversee and approve CWIF proposals. Hard copies were available and Karen will email the new packet to the group. Nancy also discussed the Boards approval of the communication recommendations between the Board and the CAC, which will greatly improve the communication between the two.

Board Update: Nancy provided the update. The Summary of the last three Board Meetings was part of the handouts. The above information was also part of the update, if anyone had any questions please feel free to ask.

Monthly Presentation:

- **Alternative Care Coverage** – Keva Wickliff, Provider Relations Specialist
Keva discussed the role of a Provider Relations Specialist. She gave an overview of benefits available to members that include acupuncture, chiropractic, naturopathic, and non-emergent medical transportation. She explained these benefits are sometimes confusing and some members are not aware of this benefit. She emphasized to contact customer services (855-722-8206) **prior** to paying any portion of a bill. Attached is a copy of her presentation. Keva will return in the Fall with additional updates.
- **Tobacco Prevention**– Ashley Baggett, Coordinator for Tobacco Prevention and Self-Management. Ashley presented an overview of Columbia County’s tobacco statics and use. She stated the cost to Columbia County in 2014 was \$34.8 million for health care and lost productivity, more than any other health issue. She reported that 6500 adults regularly smoke cigarettes, and that does not include other forms of tobacco use (chew, pipe tobacco, e-cigarettes, vaping, hooka, etc.). Cigarette smoking among pregnant women in Columbia County is 60% higher than Oregon overall and twice as high as the rest of the US. She presented similar startling statistics that 24% of 11th graders use non-cigarette tobacco products, which is 50% higher than cigarette smoking. She touched on

the retail environment and that it is largely unregulated allowing tobacco industry to spend billions of dollars to influence behavior and solicit new and younger users. Ashley then discussed the efforts to support prevention and education. The Indoor Clear Air Act was updated in 2015 to include e-cigarettes, tobacco free parks and others policies have been adopted. Rainier and St. Helens adopted ordinances to be tobacco free, as have many businesses in the Columbia County as well. Ashley then discussed the smoking cessation resources available and that 70% of Oregonians who smoke say they want to quit. The Oregon Quit Line is available to all Oregonians, and the teen program is open to teens 13-17. She also mentioned that Columbia Pacific CCO's offers a text message program that gives support, information and other tools to quit and is free. Attached is a copy of Ashley presentation.

Incentive Metrics Projects:

PowerCLEAN: The updates the CAC requested were reviewed. They included additional funding to provide transportation (if needed) and gift cards for food. Shaunee reported additional support from the food bank to provide weekly food boxes to participants and a grant from Nike to provide gear so participants are gym ready was secured. Onsite childcare is not available; however, reimbursement for childcare is. The program will be available to 30 participant's total, broken into three cohorts. The sub-committee recommended to the CAC approval of the project. The CAC unanimously approved the project.

Motivation Interviewing: Shaunee presented the project *Community Partner Motivational Interviewing* for Smoking Cessation. This project will address Cigarette Smoking Prevalence and Tobacco Cessation, a CCO Incentive Metric and Performance Improvement Project. The committee reviewed the proposal and asked that Correction Officers and those who work with juvenile/youth probation/correction be included on the list of potential partners. The CAC unanimously approved the project.

Paper Tigers: This project addresses Adverse Childhood Experiences, a CCO Performance Improvement Project. The committee reviewed the proposal and asked if additional screenings would be possible in other places within the county. Shaunee mentioned that Chief Greisen is considering the DVD as a training tool for fire fighters, EMT, paramedics, and volunteers in both St. Helens and Scappoose fire departments. CAC members discussed ideas for places to hold screenings and others to include as community partners, such as the Crisis Intervention Team. CAC members volunteered to supports at the screenings. A budget sheet was not available but Shaunee estimated an amount of roughly 2K for the all screenings. Cindy mentioned that NWRESA has a grant for ACEs and perhaps they could meet prior to the next meeting. Given that not all CAC members have seen Paper Tigers, Shaunee asked if the CAC would like to have a separate screening prior to approval of this this project. The consensus was yes. Karen will email the committee a few dates to see what will work and she will try to reserve the auditorium at the St. Helens library.

Wrap-up: The next Year of Wellness/Columbia Health Coalition meeting is scheduled for Thursday February 16th, 9 -11am at the OSU Extension Office. There will be a guest speaker from the OHSU Knight Cancer Institute. All are welcome. Columbia and Clatsop County school districts were awarded grants by CareOregon for ACEs. Representatives from both counties will participate in a small leadership workgroups to learn the model that Gladstone School District has implemented. Karen mentioned the agenda now offers upcoming meeting dates for the year **and** scheduled presentations. She asked if receiving monthly calendar invites was helpful. Yes!

Meeting adjourned at 4:50pm.

Next Meeting: March 6th is the Annual Meeting and the primary focus, however, an invitation to CAT to give an update on Healthy Homes has been extended.

Location: Sunset Park Community Church.