

Summary of Minutes September 2018
Columbia County Community Advisory Council

The meeting opened at 3:35pm and the agenda was reviewed.

CWIF Community Wellness Investment Fund Presentation:

Representatives from the City of St. Helens discussed the Recreation Program proposal that had been submitted. They discussed the current programs being offered and provided everyone with a copy of the Fall 2018 Activity Guide. They discussed that once the center is open, there would be a variety of free and/or low-cost health education programs, recreational activities and classes, including sports, meet ups for parents, do-it-yourself classes, kombucha making, nutrition, cooking and other. They mentioned that the building needs a little more work than first expected, and the classes scheduled to be held there would be moved to other areas in the community. Jenny talked of the sustainability of the program and explained the letter of support attached to their proposal. The CAC was asked about other programs/classes they would like to see offered and it was mentioned that all community members and even those that live outside the county are welcome.

The CAC was impressed by the type of classes being offered, the inclusion of the community (both inside and outside the county), and that this is new and has not existed in Columbia County. The CAC recommended approval of this request.

Dental update/review:

Alexa Jett, from Columbia Pacific/CareOregon Dental, discussed dental health and the importance of good oral health care. Her presentation included results from latest *Oregon Smile Survey* and stated that the 2017-18 results would be available this Fall and she would review with the CAC when she returns in 2019. She discussed dental capacity for Columbia County and noted it was well below capacity. She reviewed the dental benefit for kids and adults covered under the plan. She discussed CCO Incentive Metrics for Oral Health and the strategies for meeting the 2018 sealant metric for the targeted age group of 6 -14-year-olds. Her presentation included utilization by county for 2017 and the strategic priorities for the coming year. She shared with CAC two new brochures for pregnant moms that included important information about dental care during pregnancy.

Story/survey collection:

Teresa explained that the survey/story collection work was just beginning in all three counties for the Columbia Pacific CCO Community Needs Assessment. She discussed the collection process and that Columbia County currently had 2 survey collectors (in addition to staff) and if anyone was interested to please contact her. The survey itself takes only 10-15 minutes and is done using an app on a smart-phone, I-pad or tablet, a link on the CCOs website, or paper submission. Each survey collector is asked to collect 30 surveys/stories or more. The CCO is offering \$150 plus mileage for those that collect 30 surveys/stories. She stated that the results would be shared in January and then the Community Health Improvement Plan (CHIP) would be released in June 2019.

Quarterly Theme: Trauma Informed Care/ACEs Resilience:

The CAC members discussed combining TIC/ACEs and Resilience as the final theme for the year and noting suicide prevention would continue to be part of the work. They reviewed the definition and looked over the provided hand-outs; What’s your ACE Score; What’s your Resilience Score; and What Can be Done About ACEs which included the ACE pyramid and the definitions were reviewed. The members present discussed and questioned ways to improve the community, what to do when you witness (or *hear* rather than see) behaviors contributing to trauma and what tools or tool box is available for teaching/training to become better informed. Ideas and suggestions discussed included *Culturally Responsive Teaching and The Brain* by Zaretta Hamond, showing caring behaviors, how to become and speak in a more trauma informed way and support resilience and resilience trainings. Karen mentioned an upcoming free webinar, “a pair of aces” that she would send the link to the CAC.

Rapid Feedback Results for September 2018

Objectives:

- 1) Create process to collect qualitative and quantitative data to identify effectiveness of community advisory council agendas and related activities.
- 2) Create opportunities for advisory council members to share views and experiences related to health and the health care system.
- 3) Have an average score of 4 in the four categories of evaluation (value of session, practical application, knowledge gained, enough opportunities to share my views and ask questions)
- 4) Use information gained to reflect on findings, brainstorm ways to refine advisory council best practice framework process and quickly implement changes.
- 5) Use information gained to inform the CPCCO Board of Directors of member advice and experiences of health and the healthcare system.

September 2018 Rapid Feedback

Category	Average Score
Knowledge Gained	4.5/5
Value of Session	4.75/5
Practical Application	4.25/5
Enough opportunities to share my views and ask questions	5/5
Comment Summary: The rec. prog. sounds very exciting! I believe it will bring <u>life</u> to our community!!!!	

Community Update: A couple of CAC members had questions regarding the changes to the NEMT program. Karen mentioned Sun and/or Rachael would be guests at either the October or November meeting.

The meeting adjourned at 5:30pm.