

Carroll County Roundtable/C3PH Public Health Advisory Council
Meeting Notes 6/13/2017
10:00-12:00 Runnells Hall in Chocorua, NH

Welcome and “Once Around the Table” (Name, Org, CHIP Priority Interest Area)

- Mary Cronin, Director, Cook Library: Early Childhood/Family Support, Aging; encourages community to remember libraries as safe, stigma-free spaces, info resources for all CHIP areas
- Lisa Zack, NH Employment: EC/Family Support and Substance Use Disorders(SUD)
- Nanci Carney, Resource Development, Northern/North Country regions, Granite United Way
- Jenn Mashiak, WMCHC, health navigator, and case mgmt.: all CHIP
- Janet Williamson, Huggins Hospital EMS/Public Health Emergency Preparedness Coodr: PHEP
- Catalina Kirsch, Continuum of Care Facilitator, C3PH: SUD, Beh Health, Chronic Disease
- Marianne Jackson: Aging (Gibson Senior Center Board member involved with Strategic Planning process, Community Health Collaborative, partnering with VNHCH promoting advanced care directives), Chronic Disease.
- Mandy McDonald, SAU9 Conway EI Family Liaison, EC/Fam Support (End 68 Hours of Hunger)
- BJ Parker, General Assistance, Town on Conway: all CHIP
- Mary Reed, GUW Senior Public Health
- Yvonne Meisner, Whitehorse Addiction Ctr: SUD
- Eric Moran, Mgr, “The Shed”, Whitehorse Addiction Center: SUD/prevention
- Ryan Fowler, RAPS Carroll Co: Regional Access Point Services, SUD services referral: <http://www.granitepathwaysnh.org/rap/>
- Carissa Ephick, ServiceLink: Aging
- Chuck Henderson, office of Sen Shaheen: SUD Recovery/connection to employment
- Danielle Koffenberger, Memorial Hospital: all CHIP

Aging with Connection and Purpose: *Emily*

- Next meeting of Aging workgroup is June 14th
 - Special guests Kelly LaFlamme/Endowment for Health (<http://www.endowmentforhealth.org/what-we-fund/ensuring-the-health-and-dignity-of-elders>) and Jennifer Rabalais/NH Alliance for Healthy Aging (<http://chhs.unh.edu/cacl/alliance-healthy-aging>) Will start conversation to connect Carroll County work to their efforts as well as Tri State Learning Collaborative on Aging: <http://agefriendly.community/>
 - Emily will be reviewing Strategic Approaches to integrate into a work/eval plan with help of CHI (<http://nhchi.org/>), coordinating with other organization workplans, with many approaches addressing social determinants of health:
 - Transportation: FAST Taxi provides Medicaid/Medicare transport through CTS: <https://www.ctstransit.com/>. New transport staff with TCCAP being

hired: www.tccap.org . Emily and Catalina stay informed on Carroll County Transportation through CCRCC: <http://www.carrollcountyrcc.com/>

- Housing: Victoria Laracy , Director, MWV Housing Coalition: NH Senate approved \$3 million recapitalization of the Affordable Housing Fund. Marianne Jackson shared each town now must have rules & regs re Accessory Dwelling Units (ADU's). Increases housing possibilities for elderly and young people. Every town must allow ADU now by law. Potential for increasing ability for elderly to stay at home. Info for homeowners available to create income stream by ADUs.
- AARP Community Challenge Grant becoming available: <http://www.aarp.org/livable-communities/about/info-2017/aarp-community-challenge.html> Effort to raise awareness and showcase tiny house and other opportunities.
- Aging workgroup also addressing home healthcare workforce and Community Engagement Programs. White Mountain Community College in Conway has LNA program. Another one being offered this summer. TANF recipients are given scholarships to access LNA training. Health Phillips from MWV Regional Collaborative shared that she is working on connecting this program to the healthcare program at Kennett's Career Tech Center.
- Wed 6/14, 6pm at Flatbread, film screening *Ain't No Way to Die*. Intergenerational decision making around end of life planning. Danielle K has flyers at Mem Hospital

Public Health Emergency Preparedness:

- Jeff Jones, C3PH PHEP is at Strategic Stockpile Training in Atlanta
- Up to 60 CERT volunteers trained in Carroll County.
- Upcoming events:
 - Jun 23-25, Fri 6-9pm, Sat, Sun 8-4, Tufonboro Fire Dept, Middle Rd, Tufonboro is CERT (Community Emergency Response Team) training, fmi volunteer@c3ph.org.
 - Narcan events last week: The Shed, Ossipee, 16 participants. IOP participants present.
 - Janet Williamson shared that Huggins Hospitals hosting a Safety Week next week: off site training, active shooter. Training happening in all hospital departments. Huggins is getting inquiries from law enforcement for Narcan training. Law Enforcement needs different level of training & cert. Stacy Elliot, United Way, is a certified level trainer. GUW is already planning to support that training locally and will be in touch with Janet in order to save travel time to Concord and have in person training option in addition to on-line resources. Concern is for reducing risk to responders and police dogs, especially from Carfentanil.
 - PHEP in schools: Mandy McD. Shared drilling and plans all in place across the SAUs. Mental Health First Aid is being planned for educators through DOE Office

of Student Wellness to educators serving adolescents age 12-18. Local CERT volunteers could help fill a class if short of min 16 participants.

Chronic Disease: Emily

- Working on work/eval plans to coordinate all efforts
- Meeting with Huggins in Strategic Planning Process next week, will work to embed their plans. Partners sending info to Emily about strategic approaches
- Community Health Collaborative (CHC) 6/8, next meeting in Sept.– meets monthly. Sandy Ruka, Home Health & Hospice. CHC group helps inform health initiatives.
- Goal: reduce chronic disease. For complete details go to: <http://www.c3ph.org/chronic-disease> .
- *Partners in Health Program* supports families with children with Chronic Disease through WMCHC. Open to community, not just WMCHC patients. PIH can help with IEP/504 plans for kids with chronic illness. Can help with in home support. A number of WMCHC staff are retiring this summer, but new staff is already coming on board.
- Danielle K, Mem Hosp; Outpatient Smoking Cessation program being offered in NH & ME. Free “Quit Now” program with patches, gum, meds, counseling is underutilized (also at WMCHC), in partnership with Breathe NH. Also has a behavioral component required for participants, 1:1 with counselor. Compliance tied to resources received. Hospital exploring means of increasing participation, outreach to at risk populations including pregnant, COPD, ER patients. No Dr referral needed. Libraries can help spread info (Mary Cronin). Lance Zack asked if smoking cessation programs are available for adolescents. Hospital program is for age 17+. Juvenile Justice is seeing cases of law enforcement for underage tobacco use, should continue education programs at younger ages.
- *Let’s Go* Childhood Obesity Prevention: All SAU 9 schools enrolled and child care centers too. Minimizing sugary drinks. SAU 13, Madison only. Seeking Tamworth & Freedom participation. Bartlett doing a salad bar, now. Hospital has some funds to help bring in nutrition related activities. Can enroll family home day cares. FMI contact: Danielle Koffenberger at dkoffenber@memorialhospitalnh.org . Seeking opportunities to do *Let’s Go* for adults and elderly to address obesity. Slow cooker classes through Joy Gagnon, UNH Coop Extension have also been helpful in teaching community members about healthy food choices.
- Huggins Hospital is exploring community based para-medicine using hospital EMS. Just starting to look at models for following up with patients discharged from ER. A way to do outreach but need to get past transportation barriers. Keeping old intercept vehicle for use to get people to appointments. Many won’t come in for care due to transportation. Emily encouraged Janet to contact FAST Taxi regarding their transportation services through CTS, see contact info listed at beginning of minutes.
- Catalina asked about prevalence in Carroll Co of Autoimmune diseases and their local impact. Catalina will follow up with Danielle.

Early Childhood and Parenting Support: Emily

- Carroll County Early Childhood Coalition meets at Children Unlimited. Objectives: increase dev screenings, increase home visits, increase health insurance coverage.

- Home-visiting: numbers increased this year, though decreased for Head Start Program as children were able to access center-based programs.
 - 2015 Total: 182-192
 - 2016 Total: 181
 - 2017 Total: 240
- Develop Screen updates (392 Watch Me Grow screenings through Children Unlimited, 4 EC sites on board)
- KReady Program reached 420 kids.
- VROOM has been very successful. Final report to be submitted June 30th.
- Family Resource Ctr at Ch Unlimited providing support to New Life Program and making connections with TRUST program at Carroll County House of Corrections, to help transition inmates coming back into community. Takes 3 months to complete the curriculum. Curriculum for life skills, MLADC, connections to services, and follow up for a year. 17 children at Conway Elementary who have incarcerated parents, being raised by grandparents. Substance use issues often intertwined. Resources and support to help children of incarcerated parents are being considered in Crossings Program at VNHCH: <http://www.vnhch.org/news/j2kp0nu580/When-Children-are-Coping-with-Loss>.
- Service Link has help for grandparents raising grandchildren. i.e. Tuition for summer camp. Grant monies to support various needs. See attached program flyer FMI.
- There was discussion about the importance of reaching out to childcare providers, as they see impact of children being raised by grandparents, impact of substance use disorder, impact to workers of working in low wage/ high risk / high stress work. A Childhood Adverse Experiences (ACEs) & Trauma Informed Response training is being presented in partnership with Starting Point at Tin Mountain Conservation Center from 3:30-5pm on Thursday 6/22 which will address this concern. There are also additional trainings being planned through ChildcareAwareNH this fall.
- SPARK NH's *Children: The Bedrock of the Granite State* presentation available by Emily and other trainers will also inform people about the impact of Adverse Childhood Experiences on child development and community. Spark NH Bedrock Presentation 6/13 at Conway Public Library, 6/29 in Jackson Community Church. Please contact Emily if you would like to have a Bedrock presentation shown in your community.

Access to Comprehensive Behavioral Health Services: Catalina

- Eireann Aspell, Outreach Coordinator, New Hampshire Insurance Department: Eireann.Aspell@ins.nh.gov . Provides a presentation to organizations related to Accessing Behavioral Health Care Using Private Insurance. It includes information about mental health parity law, the appeals process, what providers and advocates can do to help patients in crisis, and more information about NH Insurance Dept and its role. Representative Butler is a member of the Insurance Department's Advisory Committee on Insurance Coverage for Behavioral Health and Addiction Services. You can find more information about the committee and the Department's focus on behavioral health and substance use disorder services here. Eireann will be presenting at Memorial Hospital's Care Transition Team Meeting in July and the September meeting of the Carroll County Roundtable.

- IDN update – Catalina will be participating in the Community Engagement Workgroup of the IDN7 (Integrated Delivery Network, Region 7 of Medicaid Waiver expansion effort)
- Calling for Continuum of Care Workgroup members! Seeking Individuals who do work or have passion for issues related to Substance Use Prevention, Early Identification & Intervention, Treatment and Recovery, to form a workgroup to coordinate efforts across Carroll County, NH. To join the workgroup or refer someone to this effort, please contact Catalina Kirsch, continuum@c3ph.org, 603-301-1252 x303. First meeting will happen this summer.
- CCHOC – TRUST Program – Carroll Co House of Corrections has a transition program for inmates getting ready to return to community. Includes life skills curriculum and follow up case management. C3PH, WM Restorative Justice, Whitehorse, Shaheen's Office, Northern Human Services were all at recent meeting to offer partner input/support to the program.
- NH Citizen Health Initiative – Catalina has been invited to join the NH CHI Leadership Advisory Board to represent Carroll County and needs of the north country to this group which is working to promote integration of primary care and behavioral healthcare in NH
- RAPS (Regional Access Point Services) – Ryan Fowler provided intro to info and referral through Granite Pathways, NH Statewide Addiction Crisis Line for substance use related services referral. Ryan will be focused on Carroll County. Distribution of materials to Carroll County. FMI: RFowler@granitepathways.org . Instead of reprinting C3PH's Treatment Guide to Substance Misuse Treatment Program, which so quickly is out of date, the RAP services and contact info will be shared widely, as their staff is the most knowledgeable about the options available based on the screening they provide to those seeking treatment.
- Whitehorse is looking for a 12-passenger van. Seeking to meet \$5K down payment and then they have funding to cover monthly payment. Please contact Yvonne at Yvonne@whitehorseac.com . Yvonne and Eric also shared that the Whitehorse Grand Opening is taking place 3-7pm on Friday, July 28th: <http://www.whitehorseac.com/events.html> .

Substance Misuse and Addiction

- Prevention Team Meeting took place on Tuesday, June 8th.
- Discussion took place about an idea for a youth summit to be designed by youth, possible Spring 2018.
- Pathways from Silence to Solutions Community Forum Review.
 - Follow up info and resources are posted on the C3PH website: <http://www.c3ph.org/pathways-from-silence-to-solutions>
 - Idea for future events:
 - Take place in the evening and provide food and childcare
 - Subject matter key note speaker could be incorporated into Roundtable Annual Meeting in December
 - Youth or Community Forum and Provider Forum alternating years. Need to see more than year's worth of results for "Pathways" type of forum

- C3PH is committed to addressing action items compiled in break-out discussion groups through the Prevention and Continuum of Care workgroups as well as other resource networks to ensure follow up action.
- Kingswood Youth Center youth went to a youth summit in Concord. These youth could help in planning of Spring 2018 Youth Forum.
- WMCHC – Jenn Mashiak. Dr Freedman, has been doing MAT (Medication Assisted Treatment). New Psych. NPs starting at WMCHC. Jenn transitioning into case management at WMCHC. Working with IDN and UNH Law to help write health policy to help protect individuals' health information to prevent discrimination in hiring and housing. Draft due Dec 13
- Lance Zack shared that Governor Sununu has signed off on decriminalization of marijuana, beginning Sept 2017 with minimal consequences. Projected Sept 1 date to open drug court in Carroll County. Now have a part time staff. County Attorney is trying to get people to jail based programs. Opium crisis is, according to law enforcement, likely to be followed by methamphetamine trend, synthesized, more potent than what was out there in previous generations. Lance seeing reduced perception of risk for trying opiates or meth among young people served.

Upcoming Events:

- Sept 13th: Next PHAC meeting from 10-noon at Runnell's Hall
- Dec. 12th: Annual Meeting from 9-11am at Camp Calumet