



Carroll County Coalition for Public Health(C3PH)

Public Health Advisory Council

Meeting Minutes

Tuesday, March 20th, 2018

TCCAP in Tamworth

10:00 am – 12:00 pm

Welcome and “Once Around the Table”:

- Emily Benson, Public Health Advisor Council Coordinator, noted that this group has been referred to as the Carroll County Roundtable in past years, but will transition to being referred to as the Public Health Advisory Council(PHAC).
- The date and location change of today’s meeting was due to a snowstorm on March 13th. Thank you to everyone for their flexibility and to Tri-County Community Action Program for meeting space.
- Attendees introduced themselves and their programs. Julie Lanoie from Visiting Nurse Home Care and Hospice announced their Crossings Program is looking for connections in Ossipee region. Emily will connect Julie with Joy Gagnon, UNH Cooperative Extension staff and Ossipee resident, to help with Ossipee outreach.
- Special guests from outside of Carroll County included Julie Day from NH Children’s Trust, Kelly Paquette from Families in Transition and Kristin Smith, family demographer from UNH’s Carsey School of Public Policy.

Update on funding for Continuum of Care (CoC) work through NH’s regional public health networks(RPHN):

- Mary Reed, Granite United Way’s Senior Director of Public Health, announced that all NH RPHN’s received notice that their CoC funds were being cut by 50% for this current state fiscal year as well as next year. (State fiscal year ends on June 30th).
- C3PH’s CoC Facilitator Catalina Kirsch will be continuing in her role as CoC, but is also able to assume work in Carroll County that is addressing strategies to support Young Adults (see attachment highlighting C3PH’s Scope of Services for more info).
- Unfortunately we had to cut our Program Assistant Michelle Ward. However, we are happy to report that she has recently been hired at White Mountain Community Health Center as well remaining active with MWV Supports Recovery.

Review of Hope House in Wolfeboro: Kelly Paquette, *Director of Housing Programs & Services, Families in Transition(FIT)*: <https://www.housingbenefitsnh.org/wolfeboro>

- Kelly provided an update on progress on Hope House, a transitional housing project with an anticipated opening date of May 1st. It is designed to serve up to 7 families who live within the

Governor Wentworth School District and is being created at no cost to the town. A comment was made that it will probably save the town money.

- It will be a substance-free environment based on a harm-reduction model, featuring private rooms with communal living and kitchen space.
- A typical length of stay is anticipated to be 60 days with family support services provided on site. Support includes working with families to identify more permanent housing opportunities, as well as any other connections to services for the next 6 months after families leave Hope House.
- For more info please contact Kelly directly at kpaquette@fitnh.org .

Public Health Emergency Preparedness(PHEP):

- Several people asked about emergency trainings that are available for church and school settings. Jeff Jones, C3PH PHEP Coordinator, would be happy to connect organizations to appropriate trainings and can be contacted at preparedness@c3ph.org . There are multiple opportunities to help empower people with the knowledge of actions they can take in the event of an emergency. A training has been requested by a number of organizations includes “Until Help Arrives”. This training is available to communities and partners who are interested: <https://community.fema.gov/until-help-arrives>
- Jeff has been reaching out to early childhood program providers and local businesses to help them with their emergency planning needs.
- Narcan Community Trainings are offered the first Wednesdays of each month at TCCAP in Tamworth: http://www.c3ph.org/assets/pdf/Tamworth_Narcan_First_Wed_Posters.pdf . Feel free to make hard copies of the poster and share and post far and wide!
- The next Citizen Emergency Response Team training begins March 28th in Tuftonboro: <http://www.c3ph.org/newsevents/events/carroll-county-citizen-corps-cert-training>
- For more information about PHEP go to: <http://www.c3ph.org/emergency-preparednes>

Aging with Connection and Purpose

- Emily presented Carroll County work to State Committee on Aging in Concord on March 5th. Highlights included new Adult Day Program facility to be built in Conway: <https://mainehealth.org/news/2018/02/conway-planning-board-approves-mwv-adult-day-center>
- Funding will not be continued to be sought for a feasibility study for an Assisted Living Facility in northern Carroll County.
- The Aging with Connection and Purpose Workgroup meets quarterly at TCCAP from 9am-11am the 3rd Wednesday of Sept, Dec, Mar and June. For more info go to: <http://www.c3ph.org/aging-with-connection-and-purpose>

Chronic Disease:

- The Community Health Collaborative, which meets the 2nd Thursday of every other month, is working on many chronic disease issues along with Huggins Hospital. These include obesity and diabetes, cancer, respiratory ailments and heart disease and hypertension.
- Jennifer Selfridge, C3PH Prevention Resource Coordinator, is looking for help to distribute state-wide tobacco cessation initiative’s educational materials to local stores who sell tobacco

products: <https://www.dhhs.nh.gov/dphs/tobacco/> . Please contact her at prevention@c3ph.org .

- Members briefly discussed the growing interest in e-cigarettes, “vaping” . For more info: <https://www.cdc.gov/features/ecigarettes-young-people/index.html>
- Another recent trend that was shared is a type of e-cigarette called “Juul”: <https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discreet-enough-to-vape-in-class>
- Memorial Hospital will be hosting a celebration of their “Let’s Go” program on April 2nd: <https://mainehealth.org/memorial-hospital/healthy-communities/community-health-initiatives>
For more info contact Program Coordinator Heather Phillips at hphillips@memorialhospitalnh.org .
- For more info about the work being done on Chronic Disease go to: <http://www.c3ph.org/chronic-disease> .

Early Childhood and Early Parenting Support:

- Carroll County Early Childhood Coalition (CCECC) is working on the Community Health Improvement Priority of Early Childhood and Early Parenting Support. The CCECC meets the last Tuesdays of each month except July, August and December. Upcoming activity this spring includes the KReady Program, which provides books, courtesy of the Believe in Books Literacy Foundation, to every child entering kindergarten in the fall. Books are distributed by C3PH to all area schools for distribution at their kindergarten registration days. For more info about the work of CCECC go to: <http://www.c3ph.org/early-childhood-parenting-support> .
- CCCECC, Conway Head Start, and Conway Public Library are partnering to present their 4th Annual Kindergarten Transition Evening at the Library on March 21st. **Nearly 20 parents/caregivers and 10 children attended the evening, which featured a light dinner from Subway, fruit salad prepared by Head Start and childcare provided by members of Kennett High School’s Key Club. Thank you to the SAU9 Kindergarten Teachers for their support of this event!**
- Cathy Livingston from the Family Connections Family Resource Center at Children Unlimited shared that their staff is doing a lot of community outreach and bringing parenting classes out into the community at locations such as Carroll County House of Corrections, Head Start in Ossipee and Conway, and the Endeavor House at MWV Supports Recovery. New locations may include Starting Point as well.

Continuum of Care/Access to Comprehensive Behavioral Health Services:

- Catalina Kirsch, C3PH’s Continuum of Care Coordinator, shared that in response to budget cuts at the state level eliminating funding for statewide CoC work through June 2018, her work will be sustained through a state initiative to promote substance misuse prevention among young adults ages 18-25 . A priority of this work will be conducting an scan of the services available to 18-25 year olds in Carroll County related to Substance Use Disorder prevention, early identification, intervention, treatment and recovery. The next fiscal year, a reduced level of CoC funding(50%) will be available and C3PH will mitigate this loss with other available resources.
- More to come soon about a state awareness campaign called Binge-Free 603, a multi-media prevention campaign developed by young adults for young adults to promote reduction in binge-drinking among 21-25 year olds. She will be connecting with Crystal Sawyer at the Carroll County Adult Education Center: <http://www.carrollacademy.net/> and other service providers who work with 18-25 year old clients.

- Catalina and Jeff Jones are working together to reach out to the ski industry(www.skinh.com) and other businesses to learn ways to support the needs of their young adult employees.
- Catalina recently presented C3PH's public health work to the current Leadership MWV Class(<https://goo.gl/f3nGnz>), an initiative of the MWV Chamber of Commerce.
- Catalina and Jennifer Selfridge are working to bring RAND Corporation(www.rand.org) to Carroll County. Two researchers from California and Washington, DC are flying in to conduct focus groups with populations of active users, of clinicians, and of individuals in treatment to collect information about access to services and to collect opinions about harm reduction and the feasibility of other innovative intervention or treatment strategies. Researchers are visiting Carroll and Hillsborough Counties in NH, as well as two counties in Ohio, areas hard hit by the opioid crisis. A report and summary of findings will be sent to us by the end of the year. This is an opportunity for the story of Carroll County to be told on a national platform.
- Catalina also participates on the Carroll County Regional Coordinating Council for Transportation: <http://www.carrollcountyrcc.com/> and is willing to share transportation challenges that need to be addressed at their meetings.
- Beth Dyson, Community Health Navigator at White Mountain Community Health Center, shared that we need to continue to find ways to have more doctors as in-network providers of needed services under Ambetter and Anthem insurance plans.
- For more info about Continuum of Care work and to contact Catalina go to: <http://www.c3ph.org/continuum-of-ca>
- Mary Reed shared that a new state-wide initiative entitled Recovery Friendly Workplace Initiative is just getting underway: <https://www.governor.nh.gov/news-media/press-2018/20180301-workplace-initiative.htm>

Substance Misuse and Addiction

- Jennifer Selfridge, C3PH Prevention Resource Coordinator, shared that there is an increase focus on harm reduction initiatives such as the Narcan Community Trainings (see info under Emergency Preparedness) taking place the first Wednesdays of each month from 4-5:30pm at TCCAP in Tamworth.
- Jennifer is looking for funding to support another group of high school students from Carroll County to attend the 2018 Summer Leadership Program of the NH Teen Institute: <http://www.nhteeninstitute.org/summer-leadership-program-slp> . Kingswood High School students who attended last year have been very active leading support programs at Kingswood over the past year and are participating in other community events.
- A Legislative Breakfast in partnership with New Futures to help inform legislators and community members about Medicaid Expansion is being planned for Monday, Sept. 26 in Ossipee. **This event has been postponed, but please see attached documents regarding the number of Carroll County residents now being covered under Medicaid expansion.**
- For more info about **Substance Misuse/Prevention** work and to contact Jennifer go to: <http://www.c3ph.org/initiatives/substance-misuse-prevention>

My Voice Matters Training: Julie Day from NH Children's Trust:

<https://www.nhchildrenstrust.org/MyVoiceMatters>

- Julie Day explained the My Voice Matters Training that is geared to help educate parents on ways they can learn and improve their advocacy skills to help support their children and family needs.

- She is looking for a site in northern Carroll County to hold a training before the end of April. They already held a training in Wolfeboro in the early fall of 2016.
- Julie Lanoie mentioned the MWV Children's Museum would be a good location to consider and will work to help connect Julie with museum staff to identify a suitable date.
- People who should be contacted to help spread the word about the training is our local legislators, family liaison/school support staff, Children Unlimited/Family Connections Resource Center and MWV Leadership Class participants.
- Raetha Stoddard mentioned that a vote on Marsy's Law is coming to final discussion in coming weeks. The vote passed in the Senate so it is on to the House and then there will be a lot of discussion leading up to final vote November. For more info: <https://marsyslaw.us/about-marsys-law/>.

Other News, Upcoming Events and Wrap-up:

- Events
 - **March 14th:** The 2018 County Health Rankings were released: <http://www.countyhealthrankings.org/>. To learn more about the rankings and other ways they can be a resource for your work, feel free to take part in one of their upcoming webinars: <http://www.countyhealthrankings.org/learn-from-others/webinars/upcoming>.
 - **March 21st:** 5:30-7:00pm: Kindergarten Transition Evening at Conway Public Library
 - **March 27th:** 10am -noon: Carroll County Coalition to End Homelessness Meeting: TCCAP in Tamworth
 - **March 29th:** 6-7:45pm: Child Support Forum at Conway Public Library, see attachment
- Wrap-up
 - Please contact Emily Benson (Emily.Benson@graniteuw.org)with ideas for trainings to be brought to Carroll County in any Community Health Improvement Priority area as listed above.
 - To learn more about work underway related to Integrated Delivery Network Region 7 as part of the 1115 Medicaid Transformation Waiver Program, go to: <http://www.nchcnh.org/region7IDN.php>
 - For data resources to help inform programs, please go to the C3PH website at: <http://www.c3ph.org/resources>
 - A full report of 211 calls from Carroll County is attached at end of Meeting Minutes, see below. Please make sure your organization updates their information with 211 : <http://www.211nh.org/Contact.aspx?GL>

2018 Meeting Dates: Quarterly on the 2nd Tuesdays: June 12th, September 11th at TCCAP in Tamworth.

Annual Meeting will take place on Thursday, Nov. 29th from 9-2pm at Camp Calumet, sponsored by Huggins Hospital and Memorial Hospital.