



Partners in Healthy Living Community Leadership Team (CLT)

MINUTES

Mille Lacs County Courthouse
Conference Room D-lower level
635 2nd Street SE
Milaca, MN 56353

Thursday, January 19, 2018, 2-4pm

<p>Welcome & Introductions</p>	<p>Welcome & Introductions</p> <p>Melissa Carstensen – Isanti County Public Health, Hailey Freedlund – Pine County Public Health, Alisha Fussy – Mille Lacs County, Jimmie Johnson - University of Minnesota Extension, Natalie Matthewson – Region 7E Adult Mental Health Initiative (AMHI), Darcy Rylander - Cambridge Medical Center, Emma Shepard – CMCOA and Lori Swanson – Kanabec County Community Health, Deb Wright – FirstLight Health System</p>
<p>Qualitative Data Collection for the Health Equity Data Analysis (HEDA)</p>	<p><u>Final review of questions for youth survey on e-cigarette use</u></p> <ul style="list-style-type: none"> • A list of the questions for youth survey on e-cigarette use was passed out to CLT members for their review. • Questions 1, 2, 3 and 4 should have consistent language of “Why do you think....” Instead of “Why do young people...” • Question 1 and 2 say “<i>young people like yourself</i>” – should “like yourself” be removed? <ul style="list-style-type: none"> ○ Should “young people” be defined? ○ – Change to “Why do you think youth”. ○ Define “youth” in first question – “under 18 years of age”. Then use “youth” after that. • <i>Question 4: Why do young people continue to use e-cigarettes instead of quitting?</i> <ul style="list-style-type: none"> ○ Does this mean quitting other tobacco? ○ Suggestion: “Why do you think young people continue to use e-cigarettes instead of quitting conventional tobacco product?” ○ Suggestion: “Do you think e-cigarettes are addictive?” ○ Suggestion: “Why do think youth continue to use e-cigarettes?” • <i>Question 5: Do you ever use e-cigarettes?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No →If NO, skip to Question 9 <ul style="list-style-type: none"> ○ Suggestion: Change to: <input type="checkbox"/> No →If NO, skip to Question 8 • <i>Question 6: Why did you start using e-cigarettes? What was appealing about them?</i> <ul style="list-style-type: none"> ○ Add “friends” to Question 6. • <i>Question 8: Do any of your friends use e-cigarettes? Would you say that most of your friends use them? Is this an important reason why you use them?</i> <ul style="list-style-type: none"> ○ Change to: “Is your friend’s usage an important reason why you use e-cigarettes?” ○ How many of your friends use e-cigarettes? None Most or All • <i>Question 9: Do you think different types of people have different reasons for using e-cigarettes – for example, higher income compared to lower income people?</i> <ul style="list-style-type: none"> ○ Maybe list out reasons for use. Add: Do others in family use tobacco products (including e-cigarettes)? • <i>Question 10: Where do you see or hear advertising for e-cigarettes?</i> <p>Partners were asked what kind of incentive should be offered for the survey. Coffee gift cards, gas cards, Subway, iTunes, Google Play, etc. (\$25). There is \$3,000 allocated for the HEDA project. A</p>

	<p>suggestion of \$10 cards so that more surveys can be done.</p> <p>Partners were asked if they wanted to include any demographic questions, such as age, gender or grade in school. i.e., <input type="checkbox"/> Female <input type="checkbox"/> Male or <input type="checkbox"/> Other</p> <p>We will need final approval from the State (MDH) on the survey before it is implemented. The goal is to have the survey completed by the end of February, early March. The final HEDA project is due April 30, 2018.</p> <p><u>Finalize a parental consent</u> A Parental Consent to Participate was handed out to the Partners to review. Following are suggested changes to the form:</p> <ul style="list-style-type: none"> • It should be mentioned that students will receive an incentive for filling out the survey. • First paragraph, last sentence should read "... learn more about perceptions of our youth, <i>regarding</i> tobacco and e-cigarette use in the community." • Include contact information if they have further questions. • Include website. • First paragraph, second sentence "In an effort to <i>improve community health and safety....</i>" <p><u>Share process for reaching youth in our four counties</u></p> <ul style="list-style-type: none"> • It will be a small sample. Such as probation, ten to twenty youth per county. Other suggestions to reach youth might be school youth groups, church groups or honors class, FHA, etc.
<p>Develop a process for Mini-grant funds for year 3</p>	<p>The partners were asked how the grant monies should be administered.</p> <ul style="list-style-type: none"> • There are eight new partners this year and the approximately \$6,200 - \$7,000 for mini grants. • Should the mini grants be offered to the new partners first and opened up to current partners? • New partners are: East Central (Elementary and High School), Isanti Coborns, GracePointe, Ogilvie School District, Cambridge Chiropractic, Recovering Hope and Cambridge-Isanti Schools (workplace wellness). • Amount of mini grant should be \$1,000. • Any carry forward amounts (approximately \$5,000) needs to be spent by June 30, 2018. An April 30th deadline would be beneficial in order to meet deadlines. In order to meet the June 30th deadline, the earlier the conversations with partners, the better. • Putting together success stories for new partners might be a helpful tool to generate and inspire projects. There is a tab on the website that will show partner success stories. Pictures added to the stories would be an interesting visual aid for potential partners. • Partnership assessment should be completed at time of application.
<p>Share results of the CLT survey</p>	<ul style="list-style-type: none"> • For a copy of the survey, please contact Lori Swanson. • Feedback was requested from members regarding what additional things they would like to see at the CLT meetings. • Also feedback on what the members can help with; review of the work plans, which strategy interests them, evaluation, assessment etc.
<p>Sharing/Updates</p>	<p>Deb Wright / FirstLight Health System – Work is still in progress on the Wellness Center. Working with marketing director, rehab director and collaborating with the school on streamlining membership process. Membership information has been sent out and now accepting applications to the Wellness Center. Access to walking track and wellness services and scheduling those services. Looking to open center in mid-March. It is available to Mora residents and FirstLight clients. The membership is only \$25 annually with a criminal background check required for adult members. Will offer on the spot wellness prevention (free blood pressure checks, flexibility assessments, body composition, classes for stress management, resiliency, healthy eating, and tobacco cessation). Persons 18 and over need to purchase an annual membership. Under 18 can use the walking track with a paid member. Will also be offering a fitness class called Well Beats which includes a large T.V.</p>

and kiosk which houses various fitness workouts and wellness programs. Modified exercises for persons in wheelchairs and senior programs.

Darcy Rylander (Allina) – Neighborhood Health Connection is open until February 23rd. Change to Chill is starting a partnership. Applications will be going out Monday, January 22nd. It is geared to the high schools who can apply to be partners. School staff will be trained in the Change to Chill curriculum. Allina will lead a focus group with their teams on stress and the program. Engage with parents. Each school will receive \$1,000 to create chill zone in the school. There are currently seven schools that will be invited to apply. Guidance counselors, health teachers, school nurses and superintendent and/or principals will be contacted. High schoolers will be encouraged to work with younger students to help with stress reduction. All counties are welcome to participate if interested with or without a grant.

Emma Shepard (Central MN Council on Aging) - Eastwood Life Enrichment Center in Mora is working on expanding their programming to incorporate Senior Fitness and Wellness programming.

The Central Minnesota Council on Aging Quarterly Caregiver Professional Network Meeting will occur on 1/23. They will be having a Special Guest Speaker Ona Lawrence, Program Director of the Conflict Resolution Center in St. Cloud. Specifically focusing on caregivers and family conflict. They have recently received a federal grant focused on rural communities that allows them to do conflict training in schools, for caregivers and workplace. They have the capabilities to do tele-mediation and in-person. <http://crcminnesota.org/>

Natalie Matthewson - Programs funded through the mental health initiative: Peer Support Warmline through Wellness in the Woods. With the funds from Region 7E they will be expanding their hours (5 p.m. – 9 a.m., seven days a week). Wellness in the Woods staff have connected with Canvas Health in order to collaborate. The Warmline is staffed by Peer Specialist-mental health consumers who provide support to peers by telephone. All phone calls received are kept confidential and callers remain anonymous. Its Telephone Support Specialists are trained to actively listen to their peers, empathize with their concerns and empower individuals to choose their path to wellness and recovery. Support number: 844-739-6369

Area law enforcement is hearing more about the Blue Earth County-Yellow Line Project. The Yellow Line Project is designed to provide an early response to individuals with acute or chronic mental or chemical health problems who have become involved with law enforcement and are not a risk to the community. The Yellow Line Project enhances the resources and tools available to law enforcement so that residents of Blue Earth County get the right services at the right time and have strong incentives to participate in those services. The county has a community coordinator at the jail. Before the person is booked, they are screened to determine if they are appropriate for the Jail Diversion program. If so, Law enforcement work with the Community Coordinator to triage the situation and work with them so that they do not have to spend the night in jail. Chisago County is looking at the diversion project. We have heard from several other County Sheriff's office in the region who have heard about the project and are discussing similar projects.

Also talking with East Central Crisis Center regarding ways to improve that collaboration with health systems by connecting patients that are in the emergency department East Central Crisis Center. The Mobile Crisis Response staff work with those patients for thirty days in getting them connected with services. The state is looking for another option other than Text 4Life. Text 4 Life will be active until the end of March and then it will be outsourcing to an out of state provider. Looking at having just one number to call statewide.

Funding through Minnesota Housing Finance Association for the support housing project. Ground breaking and building will start this year. The project will be completed in 2019.

Jimmie Johnson (U of M Extension) – Hailey and Jimmie are working on Smarter Lunchrooms at Pine City Elementary School. There will be some reevaluation of menu items. There was a survey sent to first through six graders for revising the menu items. Results will be in by the end of the month and the new menu items will be named. The school did submit an equipment grant. Jimmie attended the

	<p>Smarter Lunch Rooms training. Cornell University is working on providing training as a Technical Assistant Provider "TAP" for Smarter Lunchrooms. Hospitals could benefit from using some of those techniques. The training will be available online. Gardening season will be starting soon, so there have been ideas with regard to it. MN Extension has been really promoting Policy, Systems, and Environmental (PSE) projects.</p> <p>Melissa Carstensen, Isanti County Public Health – Isanti County is going to be the first county in MN to implement a milk depot, a collection point for breast milk. Donators will go through a screening process prior to the donation. Donations will then be sent to Chicago for processing and will be distributed to hospitals in the Neonatal Intensive Care Unit (NICU) throughout the Midwest. As soon as Minneapolis opens a processing site the donations will be sent there instead of Chicago.</p>
<p>Meeting Evaluation & Adjournment</p>	<p>Attendees were asked to post a like and a wish from the meeting on the Bike Rack.</p> <p>Next PiHL meeting is Thursday, March 16th, 2017, in Pine City at Pine County Government Center from 2:00 – 4:00 pm.</p> <p>Meeting adjourned at 4:00 pm.</p>