



## Partners in Healthy Living Community Leadership Team (CLT)

### MINUTES

Pine County Government Center  
315 Main St S  
Pine City, MN 55063

Thursday, March 15, 2018, 2-4pm

<b>Welcome &amp; Introductions</b>	<p><b>Welcome &amp; Introductions</b></p> <p>Melissa Carstensen – Isanti County Public Health, , Leona Dressel - Lakes and Pines CAC, Megan Kozisek (Lakes and Pines, CAC), Natalie Matthewson – Region 7E Adult Mental Health Initiative (AMHI), Darcy Rylander - Cambridge Medical Center, Emma Shepard – Central MN Council on Aging, and Lori Swanson – Kanabec County Community Health</p>
<b>Juniper – Presented by Emma Shepard from Central MN Council on Aging</b>	<p>Juniper is improving health and wellness in communities across Minnesota</p> <p>Through a network of local leaders, community organizations and health systems, Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being. If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Juniper can support your efforts to live life as fully and independently as possible.</p> <p>Juniper’s programs are evidence-based and proven to make a positive difference in quality of life measures such as feeling more in control, less stressed, and able to do more of what makes you feel well. Classes include strategies and exercises to take an active role in managing your health and well-being, and are offered in three program categories: Falls Prevention, Diabetes Prevention &amp; Self-Management, and Chronic Pain &amp; Disease Management.</p> <p>For more information go to: <a href="http://yourjuniper.org">yourjuniper.org</a></p>
<b>Health Equity Data Analysis</b>	<p>Qualitative Data collected to date – 106 surveys were collected from 6 Alternative Learning Centers (Mora, Pine City, East Central, Princeton, Isle and Cambridge- Isanti) and continue to collect data.</p>
<b>Isanti County Forums - Updates</b>	<p>Point of Sale of tobacco strategy is working on finding out what is going on in the community and education. In March, there was a forum hosted in Braham and another one in Cambridge. The forums are to educate parents of youth tobacco, including e-cigarette use. Thirty to forty people attended both forums.</p> <p>Items discussed from the Braham forum were:</p> <ul style="list-style-type: none"> <li>• Need more education regarding e-cigarettes.</li> <li>• Youth don’t realize just how dangerous e-cigarettes and tobacco use can be.</li> <li>• Need to get into the schools to update education.</li> <li>• Allina Health has been doing a great job getting into the Isanti County school districts.</li> <li>• Updated materials are available for 5-7<sup>th</sup> grade –Tobacco Wars and Tobacco 101 – middle – high school students.</li> <li>• Allina Health has a 10<sup>th</sup> grade curriculum and an adult cessation program and training available.</li> </ul> <p>Items discussed from the Cambridge forum were:</p>

	<ul style="list-style-type: none"> <li>• Need more education regarding e-cigarettes.</li> <li>• Youth don't realize just how dangerous e-cigarettes and tobacco use can be.</li> <li>• Youth that were in attendance asked what they should do if someone they knew were using e-cigarettes. Suggested to contact counselors or law enforcement.</li> <li>• Youth are mixing their own e-cigarettes juices and selling them to their friends.</li> <li>• Youth engagement was amazing with powerful discussions.</li> <li>• Discussion of fines received from schools regarding sale or use of tobacco and e-cigarettes.</li> <li>• There has been some talk regarding T-21.</li> <li>• Will be presenting at local council meetings, county board meetings, and to law enforcement.</li> </ul> <p>There will be one more forum in Isanti on April 11<sup>th</sup> at 5:30 p.m.</p>
<p style="text-align: center;"><b>CLT survey – an in-depth look</b></p>	<p>Information was shared regarding PiHL's and the State's results of the CLT survey. For a copy of the power point, please contact Lori Swanson.</p> <p>Partners were asked two questions:</p> <p>Consider differences in: power to influence decisions, experiences of social belonging or inclusion, innovative solutions to impact community health challenges, maintaining current health outcomes, community health.</p> <p>Question 1: Should we engage people from populations experiencing health inequities in addition to those who provide services to those populations? Yes.</p> <p>Suggestions:</p> <ul style="list-style-type: none"> <li>• two times yearly designated meeting to highlight a population and have a main focus</li> <li>• highlight an area and rotate topics</li> <li>• Consider an appropriate level for these activities, how efforts to improve health would benefit from discussion of challenges</li> </ul> <p>Suggested populations to invite:</p> <ul style="list-style-type: none"> <li>• teachers</li> <li>• prevention coordinators</li> <li>• senior citizens</li> <li>• students</li> <li>• reaching out to evidenced based programs</li> <li>• mental health consumer family reps</li> <li>• ACT on Alzheimer</li> <li>• Wellness in the Woods – they are expanding</li> <li>• FAIM- (Lakes &amp; Pines)</li> <li>• Members of TSA</li> </ul> <p>Question 2: How might our CLT be involved in reviewing:</p> <p>Progress on work plans?</p> <ul style="list-style-type: none"> <li>• Review at certain points yearly</li> <li>• Share data provided for the bi-monthly call with state</li> <li>• Give highlights – goals and objectives</li> <li>• Email small snips in between months</li> <li>• Visual and handouts</li> <li>• Newsletter – success stories</li> </ul> <p>Putting meaning to program evaluation data?</p> <ul style="list-style-type: none"> <li>• More info and sharing, how to communicate success stories</li> </ul>

	<ul style="list-style-type: none"> <li>• Find out what type of evaluation data the CLT would be interested in.</li> <li>• Quarterly Report (data)</li> <li>• Who wants the information and who needs to know</li> <li>• Flyer for community partners to share so we as partners could utilize</li> </ul> <p>Discussing implementation challenges and possible improvements?</p> <ul style="list-style-type: none"> <li>• Some challenges naturally seem to come up. Work together to address</li> <li>• Webinars to show what other SHIP CLT's are doing throughout the state</li> <li>• Access for CLT members to receive the Making it Better Log. What is everyone else doing?</li> <li>• Subcommittee "ad hoc" per subject – universal topics and subjects as needed</li> </ul>
<p style="text-align: center;"><b>Sharing/Updates</b></p>	<p>Allina Health – Cambridge Medical Center</p> <ul style="list-style-type: none"> <li>• Allina Health -CMC has a tobacco committee with champion doctor who is doing referrals for cessation.</li> <li>• Applications for Change to Chill grant were received from Cambridge, Princeton and Rush City Schools.</li> <li>• A new diabetes group was started a few weeks ago. Of those attending 48% met their goals. Retention of members was good.</li> </ul> <p>Region 7E Adult Mental Health Initiative (AMHI)</p> <ul style="list-style-type: none"> <li>• Implemented a request for information for a drop in center in the region for mental health. Ideas for a drop in center or mobile site have been requested from the five regions. A tour of a Fridley center was conducted.</li> <li>• SHIP can provide healthy living information to the drop-in centers.</li> <li>• There is a great need for crisis centers in the region and Natalie has been talking with providers. One thought was to use the old METO (Minnesota Extended Treatment Offices) facilities for a crisis center which has townhouses and located at the old State Hospital in Cambridge.</li> <li>• The new Crisis Text Line will be available April 1<sup>st</sup> text: MN to 741741. An RFP was issued to find regional agencies within the state to provide trainings. Trying to develop a state-wide phone number for texting and phone calling. Members asked for new literature for the new Crisis Text Line.</li> <li>• Provider Round Table meetings every other month on the 4<sup>th</sup> Monday of the month. Providers would like to participate. In April, transportation providers from the region will be attending. Discussion will include updates and conversations regarding what can be done to better work with the various transportation options and individuals within the region.</li> </ul> <p>Central MN Council on Aging</p> <ul style="list-style-type: none"> <li>• Two traveling health fairs are taking place along with a partnership with the Anoka Ramsey Community College. Nurses are engaged with seniors screening for blood pressure, memory, diabetes, stroke, nutrition and mental health. It is important to engage with seniors to enable them to stay independent and out of senior assisted living. The fairs were featured on KBEK.</li> <li>• On April 26<sup>th</sup> Cambridge will be hosting a health and wellness fair with screenings. It will be held at the City Center Mall.</li> <li>• Pine City will be having two education events and meeting quarterly. The next education will be proactive and preventative. On April 9<sup>th</sup>, Alzheimer's Association will be holding a healthy aging for brain and body presentation. It will be held at the library from 7:00 – 8:00 pm. If interested in having a free presentation in your community, please contact Emma. The training is one hour training and participants will become a "Dementia Friend".</li> <li>• On April 10<sup>th</sup> there will be a one hour session for dementia training.</li> <li>• The movie "Every Minute Counts" will be shown in Cambridge on May 5<sup>th</sup> open to the community. There will be a panel of speakers – caregiver consultant, education coordinator for Alzheimer's Association and others.</li> <li>• If members know anyone that would like to schedule a presentation on dementia, please contact Emma.</li> </ul>

	<p>Kanabec County Community Health</p> <ul style="list-style-type: none"> <li>• In May, American Lung Association (ALA) will be providing tobacco education that will include training on how to utilize a CO monitor. The monitors are provided free (limited supply available) with a training from ALA. The training may be available to other organizations besides Public Health. Lori will check to see if Lakes and Pines would be eligible for training.</li> <li>• The 2016 Minnesota East Central Community Health Survey will be sent out the first week of April. A reminder post card, followed by another survey will be sent out if the first one wasn't filled out. 1,600 households per county (Kanabec, Pine, Mille Lacs and Isanti will be randomly selected to participate in the survey. Results will be presented at a forum in the Fall.</li> </ul> <p>Lakes and Pines, CAC</p> <ul style="list-style-type: none"> <li>• The Health and Wellness Committee has started up again. A weight challenge will be held from April – June. Employees will be reminded of the resources available to them – healthy snack station, trails, water station etc. Recipes and stretching exercises will also be emailed to employees.</li> <li>• The Chores Services Program utilizes volunteers to help individuals stay in their homes by helping with chores; i.e., snow removal, etc.</li> <li>• Started grocery delivery program to home bound seniors.</li> <li>• A respite training program for caregivers of seniors or other individuals will be held on April 11<sup>th</sup> at the Our Redeemer Lutheran Church, Pine City and on April 12 at the Lakes and Pines Office in Mora.</li> <li>• Adult Day is held at Our Redeemer Lutheran Church in Pine City and in North Branch.</li> <li>• On Mondays, the Head Start Program provides two mental health independent contractors for families and staff.</li> </ul> <p>Isanti County</p> <ul style="list-style-type: none"> <li>• The milk bank has opened. Now accepting donations with a vetting process. If you know of any mother that would like to donate breast milk, they can contact Isanti County Public Health.</li> </ul>
<p><b>Meeting Evaluation &amp; Adjournment</b></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, May 17<sup>th</sup>, 2017, at Lakes and Pines CAC in Mora, from 2:00 – 4:00 pm.</p> <p>Meeting adjourned at 4:00 pm.</p>