



BOARD OF HEALTH

**The Thurston County Board of Health has responsibility
and authority for public health in both incorporated
and unincorporated areas of the County.**

Minutes for May 14, 2019

1) Call Meeting to Order

Chair John Hutchings called the meeting to order.

In Attendance:

John Hutchings, Chair; Tye Menser, Vice Chair; Gary Edwards, Commissioner; Ramiro Chavez, County Manager; Schelli Slaughter, Public Health and Social Services Department Director; Dr. Rachel Wood, Health Officer; and Lydia Hodgkinson, Clerk of the Board of Health.

Excused Absence:

Commissioner Gary Edwards

Approval of the Board of Health Agenda:

Commissioner Menser moved to approve the meeting agenda. Chair Hutchings seconded the motion. The Board voted unanimously. The motion carried.

Approval of the Meeting Minutes:

Commissioner Menser moved to approve the April 9, 2019 meeting minutes. Chair Hutchings seconded the motion. The Board voted unanimously. The motion carried.

2) Proclamations and Presentations

Proclamation – Nurses Week May 6 – 12, 2019

John Abplanalp, Senior Epidemiologist for the Disease, Control and Prevention Division of the Public Health & Social Services Department (PHSS), introduced the Proclamation recognizing May 6 – 12, 2019 as Nurses Week. He thanked the Board for acknowledging nurses and the important work they do, noting he works with many nurses every day benefiting from their knowledge and insight. National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. The following nurses introduced themselves to the Board:

- Gretchen Thaller - PHSS Nurse Manager, Thurston and Mason County Nurse Family Partnership (NFP) and Maternal Child Health Program (MCH).
- Beth Cumberland - PHSS Communicable Disease Nurse
- Sandy Coopridier - PHSS NFP Nurse
- Diane Hamilton – Providence St. Peters Hospital Nurse, Nursing Teacher at St. Martin's University
- Kay Smith – retired nurse, Camp Leo Diabetes Program participant, Medical Reserve Corps (MRC) volunteer, member of the Volunteer and Retired Providers (VRP) Program

- Lori Montoya - PHSS NFP Nurse
- Cathy Sherman – PHSS NFP Nurse
- Amelia Grube – PHSS NFP Nurse

Vice Chair Menser read a proclamation proclaiming May 6 – 12, 2019 as Nurses Week in Thurston calling upon all citizens, communities, government agencies, faith groups, medical facilities, elected leaders, organizations, and businesses to celebrate nurses' accomplishments and efforts to improve the health of our residents and show our appreciation for Thurston County's nurses not just during this week, but at every opportunity throughout the year. The Board thanked the nurses and everyone for their attendance in support of this Proclamation. At Liz Davis's, Director of PHSS Child, Family and Community Wellness Division, request the following nurses shared their background and thanked the Board: Beth Cumberland, Diane Hamilton, Kathy Smith, Gretchen Thaller. Ms. Hamilton provided each Board Member with a book - "Being Mortal" by Atul Gawande. Ms. Davis then distributed small tokens of appreciation – stars and glow sticks. Dr. Rachel Wood noted Florence Nightingale is portrayed as "The Lady with the Lamp" doing the night nursing rounds amongst the injured during the Crimean War. A photo was taken of the Board members and all present in support of the Proclamation.

Proclamation and Presentation – Drinking Water Week May 6 – 12, 2019

Erik Iverson, PHSS Biologist, provided a presentation on the Thurston County PHSS, Environmental Health Division, Drinking Water Program explaining the program regulates water supplies located in Thurston County and requires water systems to be designed and operated to deliver safe and reliable drinking water to every place of business where people congregate, reside or are employed. He discussed the program's primary functions which include:

- administering a Group B Program which enforces Chapter 246-291 WAC
- a Group A program
- shares responsibility with the State of Washington Department of Health (DOH) to conduct sanitary surveys, provide technical assistance and participate in epidemiological investigations in accordance with Chapter 246-290 WAC
- well sealing, decommissioning and tagging which is a delegated authority from State of Washington Department of Ecology (DOE) through an Interagency Agreement
- well site inspections

Mr. Iverson noted these programs align with the County Strategic Plan Initiatives: #1 – Improve community health, wellness, and safety; and #8 – Support robust and well-maintained infrastructure systems for a thriving community. He then provided additional Group B program information:

- Group B systems are defined as:
 - Serving fewer than 15 connections
 - Serving fewer than 25 people per day; or
 - 25 or more people per day for fewer than 60 days per year provided the system does not serve 1,000 or more people
 - for 2 or more consecutive days.
- There are 526 Group B Public Water Systems who are under county permitting authority.
- EH provides technical assistance, approves new or expanding systems and oversees water quality monitoring.
- There are 90 Group B Exempt systems which are 1 and 2 nonresidential connection systems that meet populations of a Group B system and have multiple employees but low risk operations; such as hotels, etc.

Mr. Iverson then provided additional Group A Program information:

- This program is in partnership with DOH
- Group A is a system that regularly serves:
 - 15 or more service connections
 - 25 or more people per day for 60 or more days per year; such as businesses.
- Accompanied by Satellite Management Agencies (SMAs) we conduct ~50 Sanitary Surveys of water systems annually
 - Operational and Managerial capacity, sources, disinfection and treatment systems, booster pumping facilities and control systems, pressure tanks, finished water storage, distribution systems, cross connection control programs, operator certifications
- There are 303 active Group A water systems in Thurston County

Mr. Iverson explained there are 9 approved SMAs operating in Thurston County which are responsible for understanding and abiding by the rules and regulations pertaining to both Group A and B water systems; ensuring drinking water is safe and reliable; and enhance the technical, managerial, and financial capacity of water systems. He then explained there are over 20,000 private wells drilled within the County but unless property is being developed and need a Certificate of Water Availability review, private wells are unregulated. EH recommends private wells be tested annually and nitrates be tested every three years. The EH water laboratory tests water for private well owners and works with the PHSS Drinking Water program to provide information and guidance for these private water systems. At Vice Chair Menser's request, Mr. Iverson explained the process to have water tested. Dr. Wood expressed her appreciation of the Drinking Water Program's work to keep our drinking water safe and noted we should not take our clean drinking water for granted. At Chair Hutchings' request, Mr. Iverson provided additional information about the 20,000 private wells in the county noting there are more new wells being drilled than are being decommissioned. He then introduced Shawn O'Dell of Washington Water and Drew Noble of H2O Management Services both of which addressed the Board thanking them for the recognition. Vice Chair Menser read a proclamation proclaiming May 5 – 11, 2019 Drinking Water Week in Thurston County encouraging all citizens to recognize this precious resource and to help protect our waters from pollution, to practice water conservation, to actively support the upkeep of our drinking water infrastructure, to become involved in local water issues, and plan for its efficient use. A photo was taken of the Board members and all present in support of the Proclamation. The Board expressed their appreciation of everyone's efforts to keep our drinking water safe.

Proclamation – Mental Health Awareness Month

Carrie Hennen, Program Manager for the PHSS Treatment Sales Tax program, introduced the Proclamation explaining she works with many county offices and departments; Thurston Mason Behavioral Health Organization; and many community partners building a system in our community to better meet the needs of individuals with mental health disorders. She introduced Mark Moffett, Community Program Manager for the PHSS Veteran Assistance Program; and Marilyn Roberts, Operations Director for NAMI: National Alliance on Mental Illness for Thurston and Mason counties. Mr. Moffett thanked the Board for their leadership in veteran matters making our community a great place for veterans to retire, live and thrive. He noted the top three mental health concerns for veterans are Traumatic Brain Injury (TBI), Post Traumatic Stress Disorder (PTSD), and depression. He then explained many veterans struggle with recognizing if they have a mental health issue but noted it is never too late to seek help. Ms. Roberts addressed the Board explaining she is the Operations Director for NAMI but also on the TST Advisory Board. She shared NAMI's campaign of "Why care?" and distributed a form to the audience to share their comments on "Why care?" to be posted on their Social Media. Ms. Roberts shared "Why Care?" comments received at a NAMI gathering the previous night, which was attended by Vice Chair Menser. Vice Chair Menser commented on his previous experiences working with veterans in

Alaska as a defense attorney and expressed appreciation for Mr. Moffett's comments on helping veterans. He noted the "Why care?" comments shared were mostly motivated by compassion which he promotes when speaking about mental health issues to the public. Chair Hutchings shared his personal story of the effects of a TBI on his family. On May 22nd at the county wide Veterans Employee Resource Group (VERG) quarterly meeting, Chair Hutchings will discuss the effects of TBI and PTSD as it relates to Veterans and their families, sharing his personal perspective providing insight on how these injuries can debilitate not only the Veteran but also their loved ones. The meeting will be at 2:00 PM at the Thurston County Courthouse, Building 1, Room 152. Vice Chair Menser read the Proclamation proclaiming May 2019 as Mental Health Awareness Month in Thurston County to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses and substance use disorders. The Board thanked all present for their support of bringing awareness to Mental Health in our community. A photo was taken of the Board members and all present in support of the Proclamation.

3) Opportunity for the Public to Address the Board – none

DEPARTMENT ITEMS

4) Thurston-Mason Behavioral Health Organization – Trueblood Program

Mark Freedman, Administrator for the Thurston-Mason Behavioral Health Organization (TMBHO), introduced the topic, explaining the TMBHO Trueblood Recovery Services are a nexus between mental illness and the jail. The Program focuses on individuals who are charged with a crime, have been ordered by a court to receive a competency evaluation or restoration services through the State of Washington Department of Social & Health Services (DSHS); and who have waited in the Thurston County Corrections Facility (TCCF) for those services. Morgan Black, a TMBHO Mental Health Professional (MHP), discussed the diversion process. Martha Reid, a TMBHO MHP, explained she along with two other MHPs work at the Thurston County Jail 7 days a week. She then explained the services they provide which include assessing incompetents for referral to the Trueblood Program and education. Debbie Kirby, a TMBHO Peer Support Specialist, explained available funding for services. Mr. Morgan explained the intended benefits of the program which include: reduce the number of individuals with a severe behavioral health concern booked into jail; shorten the average length of stay in jails for individuals with a severe behavioral health concern; increase the percentage of connection to care before, during and after jail; and lower rates of recidivism (reoffending). At Vice Chair Menser's request, Mr. Morgan and Laura Toney, TMBHO Program Manager, provided additional information regarding identifying classes, diversion and re-entry work flow, and identifying behavioral health/competency concerns. Chair Hutchings noted in support of Mental Health Awareness month he recently interviewed staff from TMBHO - Kenna Brooks, Trueblood Peer Counselor, and Bradley Perry a TMBHO Program Graduate. The video is available at <https://www.youtube.com/channel/UCuANWax0cRG6l05UWvYkZ5g>.

5) Treatment Sales Tax Annual Report

Carrie Hennen, PHSS Treatment Sales Tax (TST) Program Manager, explained the TST program funds a wide range of treatment, support services, and court programs for individuals with mental health and substance use disorder needs in Thurston County. She then gave a presentation providing an overview of the recently-completed 2018 TST Annual Report. Ms. Hennen provided a summary of revenue and spending including which programs were funded in 2018, and number of clients served. She then provided percentages of client demographics by category which include male, female, age, and transient or

homeless individuals; and expenditures by categories. Pam Gant, TST Data Analyst, provided information on clients serviced from 2016 – 2018 for Treatment Courts, Youth & Family, and Adult programs. Ms. Hennen discussed 2018 accomplishments which included the transfer of the TST program to Public Health & Social Services Department; hiring of a new Data Analyst – Pam Gant; and completion of an Opportunity Analysis. She then discussed the 2019 Goals which include an Interactive Data Dashboard; recruit and onboard new Advisory Committee members; and support the launch of new programs. She then briefly discussed changes happening in 2020 that will affect TST funding. At Vice Chair Menser's request, Ms. Hennen explained how TST funds may be spent. The Board thanked Ms. Hennen and Ms. Gant for the presentation. The TST Advisory Committee meets the 3rd Friday of every month from 8:30am - 11:30am held at the Public Health & Social Services Office located at 412 Lilly Road NE, Olympia.

6) Homelessness a Public Health Crisis Update

Keylee Marineau, PHSS Homeless and Affordable Housing Coordinator, addressed the Board to provide an update on the actions taken on the Homelessness Public Health Crisis in Thurston County. She commented on the connection between mental health and how it affects the unsheltered/homeless in our community. Ms. Marineau explained next month is the 1-year anniversary of the Board declaring homelessness a public health crisis in Thurston County (Resolution H-2-2018 adopted June 14, 2018). She then shared quotes from the Resolution: "... homelessness has devastating effects on human lives..."; and "... physical health was the most commonly reported disability among those in our community experiencing homelessness, and people without housing have high rates of chronic physical and mental health conditions and are three times more likely to die early." She shared that according to the Substance Abuse Mental Health Services Administration 20-25% of the population experiencing homelessness have severe mental health issues compared to 6% of the general population. She then discussed and gave examples of three reasons mental health issues can impact homelessness such as a pre-existing mental health issues; and 2) institutional racism and other social issues. Ms. Marineau then discussed the affects of being homeless on an individual's already existing mental health issues and physical health. She noted and discussed according to recent studies the #1 impediment of ending homelessness is "Stigma" with "political process" being #2. She explained the close connection of mental health issues and substance abuse is also recognized as a serious problem in our community. Ms. Marineau then discussed the third reason mental health issues can impact homelessness: 3) once a person with mental health issues and substance abuse is experiencing homelessness, along with stigma and stereotyping, they can experience many complications with seeking and accessing recovery services. She then explained even though our County has a robust and diverse system to address mental health issues for the homeless in our community it is still not enough, the need is nearing the need for housing. Ms. Marineau stated she recently attended the American Planning Association conference on Planning for Temporary Encampments and shared information from the conference stating the need for housing has outgrown our resources across the State. She shared a quote "When the most vulnerable of us thrive, we all thrive". She then explained we, as a county and state, need to reframe our conversation around homelessness and the accompanying health issues - behavioral health and emergency response to houselessness and homelessness is imperative. She discussed the services offered by the City of Olympia and the relationships being built with houseless and homeless individuals to provide services. Ms. Marineau explained when she met with law enforcement from the Cities of Olympia, Lacey, Tumwater and the Thurston County Sheriff the most identified need for the 5 year plan was the need for a regional crisis response unit to respond to individuals with mental health issues and substance abuse on the street to assist law enforcement. Vice Chair Menser explained at a recent public hearing a member of the Olympia Planning Commission referenced study results regarding how to deal with an individual with a sex offense

conviction in a residence situation of any kind which resulted in no need for restrictions regarding safety or recidivism. Ms. Marineau had not read the report, but in her past experience there were not any issues with sex offenders seeking services. At Chair Hutchings request, Ms. Marineau stated most homeless individuals do know where and how to access available services and resources but it is dependent on who they are, where they are regionally; and their age group. The Board thanked Keylee information.

7) Board of Health Members' Health Related Activities

Vice Chair Menser:

- Opioid Task Force is creating a web presence to provide the public with information on the Task Force work.
- Spoke with a citizen who works with the homeless in regards to a gap in our system for medical respite for individuals released from hospitals – a topic for future discussion.
- Recommended a book - Dreamland: The True Tale of America's Opiate Epidemic by Sam Quinones.

Chair Hutchings:

- Commented on an article in The Olympian regarding a chicken pox outbreak in Western State Hospital. Health Officer Dr. Rachel Wood was not aware of this, but she will look into it.

8) Health Officer's Report

Dr. Rachel Wood provided a report on:

- Attended an Emergency Response exercise at the South Puget Sound Community College on Point of Distribution (POD) – the exercise entailed administering necessary antibiotics within 48 hours for anthrax; processing people through the POD within 1 hour.
- Communicable disease - Staff investigated and followed up 100 confirmed and suspect cases of Campylobacter, Chlamydia, Gonorrhea, Hepatitis B, and C, Herpes, Influenza, suspect measles and Zika virus, Mumps, Pertussis, Salmonellosis, Shiga toxin producing E.coli., Syphilis, and Tuberculosis (TB).
- Measles – no cases have been identified in Thurston County to date; a case has been confirmed in Pierce County.
- House Bill 1638 was signed by Governor Inslee on May 10th which removes the philosophical or personal objection exemption for the measles, mumps, and rubella vaccine; this will go into effect July 28, 2019.
- Hepatitis A - a preventable disease with vaccination is being addressed in partnership with Providence Care Center to provide the homeless with vaccinations.
- Influenza – case activity is low; in 2018 – 2019 there were 218 deaths: 216 adults and 2 children. At Vice Chair Menser's request, Dr. Wood explained notifiable conditions. She further explained a positive lab result for the Zika virus prompted an investigation.

9) Director's Report

Schelli Slaughter reported on the following:

- Thanked all present for their presentations, hard work and commitment to keeping our community healthy.

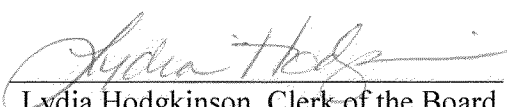
- Acknowledged Environmental Specialist Day – May 7th proclaimed by Governor Inslee last week. She spoke on behalf of the important work they do and commended them.
- On May 23rd she will participate, along with Jennifer Walker, Public Works; and Josh Cummings, Community Planning and Economic Development, in a panel discussion facilitated by Chair Hutchings on water quality, quantity, and how stormwater is managed in Thurston County at the Evergreen State College.

10) **Adjournment** – The meeting was adjourned.

BOARD OF HEALTH
Thurston County, Washington

ATTEST:


JOHN HUTCHINGS, Chair


Lydia Hodgkinson, Clerk of the Board


TYE MENSER, Vice Chair

Date: June 11, 2019


GARY EDWARDS, Commissioner

Thurston Community Television (TCTV) - The Board of Health meetings are aired on TCTV each week on Sundays at 3:30 p.m., Mondays at 8:00 p.m., Tuesdays at 12:30 p.m., Wednesdays at 10:00 a.m., and Fridays at 6:30 a.m. and at 5:00 p.m.