



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 January 9, 2018

1) Call Meeting to Order

Chair Bud Blake called the meeting to order.

In Attendance:

Bud Blake, Chair; John Hutchings, 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.

Approval of the Board of Health Agenda:

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

Approval of Board of Health Meeting Minutes:

Vice Chair Hutchings moved to approve the meeting minutes from the November 14, 2017 regular meeting and the December 6, 2017 special meeting minutes. Commissioner Edwards seconded the motion. The Board unanimously voted. The motion carried.

2) Proclamations

Proclamation Description: January National Blood Donor Month

Chair Blake introduced the proclamation explaining blood donations are critical not only during times of catastrophic accidents such as the recent train derailment in the Nisqually area, but also for the daily demand from accidents and other unforeseen medical events. He introduced James Moore, Center Supervisor for the Thurston County branch of Bloodworks NW, formerly Puget Sound Blood Center, present to accept the Proclamation. In conjunction with the Proclamation the Board arranged for NW Bloodworks to bring a donation center mobile unit to the courthouse this day from 10:00 am to 4:00 pm to screen and receive blood donations from volunteers. Schelli Slaughter, the Public Health and Social Services Department (PHSS) Director, requested the Board proclaim January National Blood Donor Month to increase public understanding of the importance of blood donation and urge citizens of our community to donate towards this lifesaving cause. She then shared facts regarding blood donation needs in Thurston County and shared a recent personal experience of a family member being in a car accident who survived with the help of donated blood. Ms. Slaughter thanked all Bloodworks NW staff for the work they do for Thurston County and our region. Mr. Moore thanked the Board for recognition of Bloodworks NW and National Blood Donor Month. He also thanked the community at large, all blood donors and all volunteers for their support over the years. He acknowledged several dedicated long time donors in the audience. He then provided a background of Bloodworks NW, and discussed the work done by the Bloodworks NW Team. Brandi Green, Volunteer Services Coordinator, and Lynett Manning, Donor Resources Representative, both with Bloodworks NW, addressed the Board and shared their role in response to the recent train derailment and the number of volunteers that donated blood. They also

provided information about donations of platelets and plasma. Vice Chair Hutchings read the Proclamation proclaiming January as National Blood Donor Month to increase public understanding of the importance of blood donation and urge, citizens of our community to donate towards this lifesaving cause. A picture was taken of the Board members and all present in support of National Blood Donor Month. The Board thanked everyone for their attendance and commitment to our community.

3) **Opportunity for the Public to Address the Board** – no public comment

DEPARTMENT ITEMS

4) **Election of Board of Health Officers for 2018**

Commissioner Edwards moved to nominate Commissioner Bud Blake as Chair and Commissioner John Hutchings as Vice Chair for the 2018 Board of Health. Commissioner Hutchings seconded the motion. The Board unanimously voted. The motion carried.

5) **Appoint Board of Health Administrative Officer**

Chair Blake explained the purpose of appointing an Administrative Officer for the Board of Health. **Vice Chair Hutchings moved to appoint Schelli Slaughter, the Director of the Thurston County Public Health and Social Services Department, as the Administrative Officer for the Thurston County Board of Health pursuant to RCW 70.05.040. As the Administrative Officer, Ms. Slaughter shall administer the operations of the Board of Health, except for duties assigned to the Health Officer as enumerated in RCW 70.05.070. In addition, Ms. Slaughter will supervise and direct the local Health Officer in the performance of her duties. Ms. Slaughter however will have no authority to hire or remove the Health Officer. Commissioner Edwards seconded the motion. The Board unanimously voted. The motion carried.**

6) **Eating Disorders**

Lesley Price, the Public Health Nutritionist with the PHSS Community Engagement, Evidence and Partnerships (CEEP) Program, introduced Laurie Schaetzel-Hill a registered dietitian with The Emily Program Foundation, a nonprofit organization on a mission to save lives, change minds, and work to eliminate eating disorders. Ms. Schaetzel-Hill addressed the Board providing her background of working with eating disorders over the last 20 years. She has been with The Emily Program for the last three and a half years. She explained eating disorders are a mental health issue, with the highest rate of mortality. She then discussed various types and symptoms of eating disorders which include Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Avoidant/Restrictive Food Intake Disorder, other specified feeding or eating disorder, unspecified feeding or eating disorder, Pica and Rumination Disorder. Ms. Schaetzel-Hill then discussed eating disorder statistics for 8th and 12th grade students. She expressed the importance of increasing awareness and understanding of the potentially severe and life threatening consequences of untreated eating disorders. Ms. Schaetzel-Hill, at Vice Chair Hutchings' request, commented on the possibility of the encouragement of exercise in high school leading to eating disorders; the comparison between teens and adults with eating disorders; and the possibility of mental health medication triggering eating disorders. She then responded to Dr. Rachel Wood's question of how eating disorders effect a woman being able to get pregnant and its effect on the new born baby. Chair Blake requested recommendations on to help someone with an eating disorder. Ms. Schaetzel-Hill stated there is

a list of resources on The Emily Program Foundation website at www.emilyprogram.com/resources/links. The Board thanked Ms. Schaetzel-Hill for the presentation.

7) Seasonal Affective Disorder

Mark Freedman, Chief Executive Officer of the Thurston Mason Behavioral Health Organization (TMBHO), provided information on Seasonal Affective Disorder (SAD). He explained clinical SAD is an inability to function, which is often coupled with feelings of depression during the fall and winter, and feeling more cheerful and energetic during the spring and summer. He noted in addition the holidays can trigger feelings of grief and loss around past issues and trauma; and recommended those who experience SAD should avoid excessive alcohol intake. Mr. Freedman recommended if someone has an individual they are concerned about to encourage them to schedule an intake appointment with a mental health provider. He shared the following local resources:

- 24-Hour Crisis Support and Referrals for Substance Use and Mental Health Services
 - Recovery Help Line- 866-789-1511
 - Crisis Clinic of Thurston and Mason Counties- 360-586-2800
- Thurston-Mason Behavioral Health Organization
 - Customer Service- 360-763-5828 or 800-658-4105
- Call 911

In response to Vice Chair Hutchings' comment, Mr. Freedman discussed full spectrum lighting as a treatment for SAD. The Board thanked Mr. Freedman for his presentation.

8) Thurston Thrives Coordinating Council Update

Liz Davis, Thurston Thrives Community Coordinator, addressed the Board providing a background of the Thurston Thrives Coordinating Council. She explained Thurston Thrives initiative was founded by the Thurston County Board of Health in 2013; in 2015 the Thurston County Chamber Foundation became the Thurston Thrives fiscal agent. Thurston Thrives has since been overseen by a 24-member public-private Coordinating Council made up of representatives from non-governmental funders, businesses, Thurston Thrives Action Teams, local government, education and two members at large. Ms. Davis named and briefly discussed the Action Teams – Climate and Clean Energy; Clinical Care; Community Design; Economy; Education and Resilience; Environment; Food; Housing; and Public Safety and Justice. She noted the Council and all of the Action Teams had a year-end meeting in December 2017 and shared their 2017 accomplishments. She then shared upcoming projects and events for the Council in 2018 which includes: membership transitions; launching of the Community Health Initiative funded with money received from the Community Foundation; an Action Team Nexus Summit will be held on March 22nd at the TC fairgrounds hosted by Commissioner Blake; and an Active Community Design Forum will be held on March 7th. Ms. Davis expressed gratitude to the Board of Health and the Public Health and Social Services Department for launching Thurston Thrives five years ago. She gave special thanks and acknowledgment to Chris Hawkins, the PHSS Community Engagement, Evidence and Partnerships Program Manager, for his leadership in the Thurston Thrives initiative from the beginning and also gave thanks to the many community partners responsible for its success. The Board thanked Ms. Davis for the update and her work.

9) Approval of Lewis County Contract for 2018 Health Officer Services

Schelli Slaughter gave a background of the Lewis County Contract explaining at a special Board of Health meeting, held on December 6, 2017, the Board approved a Health Officer Services Contract with Lewis County which would appoint Dr. Rachel Wood as their Local Health Officer and provide Health Officer Services for the duration of January 1, 2018 through December 31, 2018 for a total compensation of \$41,615. She then explained the Lewis County Board of Health did not approve the contract as written and requested revisions. Ms. Slaughter requested the Board approve a revised contract with Lewis County to provide Health Officer Services for 2018 for a revised total compensation of \$45,464. She further explained this contract requires 8 hours per week of Dr. Wood's time and each year these services and hours are evaluated before considering continuation of the contract. **Vice Chair Hutchings moved to approve and sign the revised Lewis County Health Officer Services contract for the duration of January 1, 2018 through December 31, 2018 for a total compensation of \$45,464; and authorize the Public Health and Social Services Director to sign amendments to this contract that do not revise the compensation or duration of the contract by more than 25%. Commissioner Edwards seconded the motion. The Board unanimously voted. The motion carried.**

10) 2018 Public Health and Social Services Legislative Priorities

Art Starry, PHSS Environmental Health Division Director, introduced the topic explaining each year the state legislature considers many public health and social services bills and budget matters. He and other PHSS staff participate in groups like the Washington State Association of Local Public Health Officials (WSALPHO), the Association of County Human Services (ACHS), the Washington State Association of Counties (WSAC) and others that track state legislative and budget issues. Each year legislative staff and our partners ask PHSS staff for the county's position on legislative issues and for assistance preparing for and responding to legislative requests. Mr. Starry noted over the course of the 2018 legislative session it is likely staff will be asked to comment or provide information regarding these issues. While staff provide county information and data upon request from the legislature and state agencies they require Board authorization before they testify or prepare materials that represent the position of the County or the Board and will notify the Chair of the Board of County Commissioners or Board of Health and the County Manager to obtain permission before representing on legislative issues. He noted any testimony or comments will be consistent with direction from either Board. Mr. Starry shared several 2018 legislative priorities for WSALPHO, WSAC, ACHS and housing such as Foundational Public Health Services; Capital Budget; Opioid Epidemic; Local Public Health Authority; On-Site Septic Systems; Food Code and Safety; Tobacco 21; Rural Water Solutions; and 2018 Housing Program Legislative Priorities – House Bill 1570 and Support the Housing Trust Fund. The Board thanked Mr. Starry for the update.

11) Board of Health Members' Health Related Activities – none

12) Director's Report

Ms. Slaughter thanked the PHSS staff and those community partners in attendance for their presentations and the outstanding work they all do for our community. She then reported on:

- She acknowledged and gave special kudos to Art Starry, who is the Legislative Committee Co-Chair for WSALPHO. She noted many people look to our Department, and specifically Mr. Starry, for leadership around legislative issues.

- Foundational Public Health Services – a \$153,000 grant was awarded to PHSS last year for Foundational Public Health Services funding; work continues to complete the Foundational Public Health Services Statewide Assessment sponsored by WASALPHO and the Washington State Department of Health to work toward finding sustainable funding to support foundational public health programs and services for the public; the current funding pilot project is targeting Sexually Transmitted Disease (STDs) investigation and follow-up; funding also supports Emergency Preparedness work around responding to infectious diseases.
- Emergency Preparedness – responded to the train derailment disaster last month (December, 2017) by activating along with Thurston County Emergency Management, the Emergency Operations Center and Incident Command, working together with Pierce County, and our Federal and State partners, around coordinating patient transfers to local hospitals; she thanked everyone that worked together to support the victims of the disaster and their families; gave a special thank you to the PHSS Emergency Preparedness Team and other PHSS staff for their work.
- Transformation Project Update – CHOICE Regional Health Network, the fiscal agent for Cascade Pacific Action Alliance (CPAA), was successful in their submittal of an application to the State for up to 85 million dollars in new Medicaid funding that will come to our community and our seven county region; project areas to be funded by these dollars include Opioid response, chronic disease prevention, access to care, maternal child health, along with other programs; it is projected funding will be available in early June.
- Tobacco and Vaping Prevention project – PHSS is the lead for our seven county region; agreements have been finalized with four counties; staff is working on entering into agreements with the remaining counties.
- Bat season update – bat season is winding down; staff responded to 64 bat bite reports over the summer and fall of 2017; 30 samples were sent to the lab for testing with none testing positive for rabies.
- Water quality monitoring during rainy season – several creeks tested positive for high fecal coliform levels, these included Indian Creek, Beaver Creek, Skookumchuck River and Scattercreek; monitoring and investigation continues.
- Wet season dye testing – testing has begun for high risk septic systems in the Henderson and Nisqually Shellfish Protection Districts.
- Environmental Health Financial Assistance Program for the septic system riser rebate program and the low income maintenance/repair grants – the program has stopped; the program assisted the public with upgrading their septic tanks with risers for easier access for maintenance; the grant program aided the public in maintaining and inspecting their septic systems in order to renew their required operational certificates in the Marine Recovery Areas; the funds for these programs come through the Thurston Conservation District who have not finalized their 2018 budget.
- Toxic Algae Update - no lakes were under a toxic algae advisory at the end of December; an advisory was lifted from Summit Lake on December 15th; an algae bloom was cleared from Offut Lake in time for the New Year's Polar Bear Plunge.
- Developmental Disabilities Program:
 - Veterans' Assistance Program Update - interviews have been conducted for the Social Services Specialist One position to work at the HUB and the position has been filled; acknowledged the Veterans' Advisory Board for their support with the interviews.
 - Special Recreation Program Update – acknowledged Margaret Huff, the Special Recreation Supervisor; an annual trip to Zoolights at Pt. Defiance Zoo was attended by 20 participants among other trips; the Winter Brochure is out with new trips planned; always looking for additional clients to participate.

- Nurse Family Partnership (NFP) Program Update –
 - NFP contracts with Lewis County and the Department of Early Learning (DEL) have been fully executed to launch a regional partnerships; the contracts begin January 1, 2018; four additional Community Health Nurse II positions have been filled all of which will serve both Lewis County and Mason County; she thanked Lewis and Mason Counties for this regional partnership and leadership.
 - The NFP Program was fortunate to have the opportunity to take Congressman Denny Heck on a home visit.
- Vital Records Update – birth and death certificates are issued at the Lilly Road office; last month (December, 2017) 254 birth certificates and 229 death certificates were issued.
- Housing Program:
 - The Fiscal Year 2016 Consolidated Annual Performance and Evaluation Report (CAPER) has been completed and submitted to United States Department of Housing and Urban Development (HUD); the Fair Housing Plan was also submitted but due to presidential decision HUD will not evaluate these plans for two years.
 - Work continues to identify local funding partners to implement the Cold Weather Shelter Program in the county; Chair Blake leads the Cold Weather Task Force developing the Cold Weather Response Plan to provide adequate cold weather shelter in our community.
- Point in Time Count (PIT) – the count will be conducted on January 25, 2018; PIT is the annual homeless census; volunteers are always needed to help with the count by walking around and meeting those in our community that do not have permanent housing to collect an accurate count of the homeless in our community; the information will be provided to our funding partners, State and Federal, to help with homelessness in our community.
- Infection Disease Program – continues to monitor and investigate reported suspected and confirmed cases of mumps and pertussis in our community.
- Department of Health (DOH) has requested to use space at the Lilly Road Building to conduct investigation with county residents specifically around HIV; the Thurston Mason Behavioral Health Organization (TMBHO) vacated the Lilly Road Building in December which has made space available.
- Syringe Exchange Program (SEP):
 - SEP continues to see an alarming number of used syringes brought in for exchange; the Department continues to struggle to sustain this program; it is felt this increase of syringe exchanges is directly related to the Opioid epidemic in our County;
 - The Mobile Exchange will begin operation in the Steamboat Island area in about two weeks; staff continues to look for places to site a mobile exchange in Rochester and Yelm to provide services to residents in rural areas and neighboring county borders.
- PHSS, in partnership with the Medical Reserve Corps (MRC) volunteers, provided two off-site immunization clinics for the homeless, uninsured and underinsured populations.

Commissioner Edwards requested clarification regarding investigation of the high levels of fecal coliform in Indian Creek and its possible relation to the homeless camp in the Indian Creek area. Mr. Starry explained investigation encompasses all possible contaminants in the area, initially focusing on the most obvious contaminants. Commissioner Edwards also requested additional information on the Skookumchuck River and Summit Lake conditions as related to fertilization around the area, for which Mr. Starry stated he would check with staff and provide Commissioner Edwards with the information.

13) Health Officer's Report –

Dr. Rachel Wood reported on:

- Influenza (flu) update – noted influenza is present in our community; acknowledged the many amazing medical partnerships in our community and surrounding counties; discussions with these partners resulted in the determination to recommend non-vaccinated medical staff wear a mask when dealing with confirmed or suspected flu symptoms in patients; discussed this year's influenza virus and the effectiveness of the current vaccine which is felt to be a good preventive measure to prevent illness, hospitalization and death.
- Tuberculosis (TB) – two new individuals in our community have been diagnosed with TB; staff is working with partners to manage and investigate contacts for these individuals to determine if infection has spread.
- Opioid crisis – she has partnered with the Washington Academy of Family Practice and the Washington State Association of Local Public Health Officials (WSALPHO) over the last couple of years to look at common interests and eliminate duplicate efforts; which includes Opioids as one of those areas to coordinate intervention efforts.

Commissioner Edwards questioned where an uninsured individual who cannot afford a flu vaccine may obtain a free vaccination. Dr. Wood stated local schools were provided with information for families to obtain insurance and also recommended contacting *WithinReach* an organization that helps families connect with resources they need to be healthy and safe. She also recommended the Olympia Free Clinic for free vaccinations. Commissioner Edwards requested information regarding the status of work to be done about the Opioid situation in our community. Ms. Slaughter stated a Board briefing is being scheduled to provide the Board with information. For information on flu vaccinations and obtaining medical insurance go to:

- WithinReach: (206) 284-2465, 1-800-322-2588, www.withinreach.org
- Olympia Free Clinic: (360)890-4074, www.theolympiafreeclinic.org

14) Adjournment – Vice Chair Hutchings moved to adjourn the meeting of January 9, 2018.

Commissioner Edwards seconded the motion. The motion carried.

BOARD OF HEALTH

Thurston County, Washington


BUD BLAKE, Chair


JOHN HUTCHINGS, Vice Chair


GARY EDWARDS, Commissioner

ATTEST:


Lydia Hodgkinson, Clerk of the Board

Date: February 13, 2018

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.