



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 March 13, 2018

1) Call Meeting to Order

Chair Bud Blake called the meeting to order.

In Attendance:

Bud Blake, Chair; Gary Edwards, Commissioner; Ramiro Chavez, County Manager; Dr. Rachel Wood, Health Officer; and Lydia Hodgkinson, Clerk of the Board of Health.

Excused Absence:

John Hutchings, Vice Chair; Schelli Slaughter, Public Health and Social Services Department Director

Approval of the Board of Health Agenda:

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

Approval of Board of Health Meeting Minutes:

Commissioner Edwards moved to approve the meeting minutes from the February 13, 2018 regular meeting and accept the Work Session Summaries from January 31, 2018, February 13, 2018 and February 28, 2018. Chair Blake seconded the motion. The Board unanimously voted. The motion carried.

2) Presentation

Description: Code Blue Review

Chair Blake introduced Meg Martin the Interfaith Works Homeless Services Director. Ms. Martin gave a presentation on Code Blue - a report on the First Christian Church and Interfaith Works Overflow Shelter open from February 17, 2018 through February 23, 2018. She reported on the number volunteers per night at the shelter, and the number of beds provided per night which was a total of 952 beds. She thanked Chair Blake for his service as an overnight volunteer. Ms. Martin provided a breakdown of the cost to run the seven night shelter which included managerial oversight/volunteer coordination; support staff costs and supply costs for a total cost of \$4,117.98. She noted this dollar amount did not include a large Costco run by the City of Olympia. Ms. Martin then shared and explained recommendations for future shelter events to include: Code blue supply "kits" to include a blanket, etc.; code blue "pop-up" how-to manual; the need to choose buildings with or that provide adequate sanitation facilities and buildings with adequate space to accommodate people and belongings safely; consider a coordinated pool of staff who could respond at all overflow sites; create and maintain a volunteer call list to supplement staffing; coordinate

potential volunteers to attend existing trainings throughout the year; organize a hazardous weather transportation plan - train potential drivers through intercity transit; and provide a clear funding pathway for organizations to get reimbursed for services provided. The Board thanked Ms. Martin and all of the many other advocates helping our community. Ms. Martin discussed the inadequacies of the number of beds available to the homeless in our community versus lack of beds needed. She thanked all of the volunteers and the Board for their support.

3) Opportunity for the Public to Address the Board

Citizen: Selena Kilmoyer

Issue: Spoke on the physically disempowered homeless in our community and gave a vocation regarding homelessness; shared her experience volunteering during the cold weather shelter the week of February 17th through February 23, 2018; and expressed her appreciation of Chair Blake's participation.

Citizen: Reverend Mark Dowdy

Issue: Spoke in support of the physically disempowered homeless

Citizen: Tony Colt

Issue: Spoke in support of the homeless and shared his story of volunteering during the week of February 17th through February 23, 2018.

Chair Blake expressed his appreciation and commended each citizen for their hard work and commitment.

DEPARTMENT ITEMS

4) Suicide Prevention and Awareness

Erin Riffe, Director of Behavioral Health and Student Support with the Capital Region Educational Service District (ESD) 113, addressed the Board explaining the Suicide Prevention and Awareness presentation would be presented by a panel of speakers who would each provide information on ESD 113's student support programs and services regarding suicide prevention and awareness. She explained ESD 113 serves school districts in Thurston, Mason, Lewis, Pacific and Grays Harbor counties; noting their Behavioral Health and Student Support services provides mental health and substance abuse treatment including suicide prevention, intervention and education.

Ms. Riffe then introduced Jackie Yee, Clinical Supervisor with ESD 113, True North Student Assistance & Treatment Services, in Thurston and Mason Counties. Ms. Yee addressed the Board providing her background of working at ESD for 14 years and working with children in our communities. She shared her observation, while working in this field over the last 10 years, there has been an increase of our children getting sick and self-medicating the best they know how. Ms. Yee stated staff are weekly referring children to local hospitals and doing crisis management to keep our children safe. She shared local and state data which show children served by ESD 113 in our region are doing worse than those across the state; they are using drug and alcohol at higher levels, at younger ages and are having more and more issues with substance abuse and mental health issues. Ms. Yee explained their program works closely with many partners such as mental health professionals, Designated Mental Health Professionals

(DMHP) at local hospitals, the local police, and school administrations to help children that are struggling and keep them safe. She stated statistics show between the ages of 15 to 35 suicide is the second leading cause of death. Ms. Yee shared there have been instances when a student had attempted suicide, the parent was not able to be notified and a staff person has driven the student to the hospital and waited with them until they can be handed over to a medical professional or the parent arrives. Ms. Yee noted our state is ranked 22nd for suicide and a lot of those are our youth. She expressed her appreciation of the level of school based resource services that are available to our children regionally and expressed concern for those that do not have these support services. At Commissioner Blake's request, Ms. Yee spoke on access to services in regards to helping students who need chemical dependency or mental health services based on disciplinary, self or parent referrals, to work through the complicated system to obtain referrals or direct services in the school.

Ms. Riffe explained every two years a Healthy Youth Survey is conducted and referenced the 2016 result of 1 in 5 high school students has seriously contemplated suicide. She then introduced Kathy B. present to share a parent's perspective on the issue of suicide. Kathy addressed the Board explaining she is a mother that almost lost her child who attempted suicide three times three years ago during her junior year in high school. She hopes by speaking about their experience it will help others understand the struggles families face as they attempt to obtain help for their children. Kathy expressed the value of having medical insurance, and support from her employer, when providing treatment for her daughter and acknowledged the frustration individuals less fortunate that do not have these supports. She then shared her and her daughter's story describing the challenges and struggles she encountered with the services provided for adolescents in our state when seeking support and treatment for her daughter before her first suicide attempt and between the following attempts. She explained she worked closely with her daughter's school to educate them on how to help her daughter when she needed it. Kathy expressed the need of understanding for parents with little or no resources that have children needing mental health treatment and their struggles. She thanked the Board for their support and encouraged any actions they are able to take to improve these systems. Kathy also noted her daughter is doing very well and approved of her sharing their story. The Board thanked Kathy for attending and sharing.

Ms. Riffe introduced Jessica Shook, a Designated Mental Health Professional and Clinical Manager with Olympic Health & Recovery Services ran by the Thurston Mason Behavioral Health Organization (TMBHO). Ms. Shook explained in Washington State a DMHP has the authority and ability to do an assessment and make a determination about involuntary mental health treatment for adults and youth, which is the hospitalization of someone against their will. She stated the goal of the newly formed DMHP team, which started February 1st, is to provide outreach in the community, to intervene and provide crisis assessment and involuntary mental health treatment assessment to keep individuals out of the emergency room. Ms. Shook stated this is in line with Trauma Informed Practice, particularly for youth, which provides trauma-informed care to effectively minimize its effects without causing additional trauma. She explained providing crisis intervention and outreach in the community allows assessments to be focused on the youth's environmental stressors; their family and peer dynamics; and allows development of less restrictive plans. She described options available for kids that are less restrictive such as parents admitting their child into the hospital; the child voluntarily admitting themselves; connecting them with wrap around services at Catholic Community Services that provides follow up crisis for those that qualify; and serve as a bridge to connect kids with other school and community resources. Dr. Rachel Wood, Health Officer, expressed her sincere appreciation of the work and commitment of the panel members. She explained

while she was a physician with the Evergreen State College she called upon their services many times. At Chair Blake's request, Ms. Shook described what a typical day for a DMHP would be which typically involves several of the DMHPs working with youth by telephone, possibly a face to face visit at a hospital, and following up on a potential referral from the jail. The Board thanked Ms. Shook for the presentation and her team's work.

Ms. Riffe then introduced Sara Ellsworth, the Behavioral Health Clinical Services Manager at ESD 113, present to discuss the multi-tiered system of support used in the School-Based Mental Health Care Programs. Ms. Ellsworth addressed the Board stating she has been with ESD 113 for 10 years and noted last year was emotionally hard for their Team members as they watched many children in our region die. She expressed her hope that with all the hard work going on by ESD and their partners this will change. Ms. Ellsworth noted across Washington State there are many inconsistencies in the support services that are available to students depending on if they have insurance or not. ESD 113's goal is provide the same support services to all students. Ms. Ellsworth explained and discussed the Multi-Tiered System of Support (MTSS) School-Based Mental Health System of Care: Tier I - universal school-wide practices that can prevent mental health issues from escalating and interfering with school success, led by school staff for the whole student population; Tier II – targeted interventions provided as soon as problems manifest themselves, led by teachers, counselors and administrators for children with lesser needs; and Tier III – mental health treatment, led by a Mental Health Professional (MHP) for children with intensive social-emotional needs. She noted only 10-15% of students are in need of the Tier III level of support, but stressed the importance of their needs. The Board thanked Ms. Ellsworth for the presentation and her work.

Ms. Riffe, shared a pilot a project launched in the Rochester School District focused on mental health early intervention to identify with students earlier and get them the help they need. She thanked the TMBHO and the Board for their support of these types of pilot projects. Ms. Riffe then stated, in light of the increased time of crisis in our community, the following two events have been planned:

- A film and movement for hope and healing – “Suicide the Ripple Effect” being shown that night, Tuesday, March 13, 2018 at 7:30 pm at the Martin Village Stadium 16 & IMAX in Olympia. The film chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then Kevin has been on a mission to use his story to help others stay alive and find recovery. Ms. Riffe had tickets available at the meeting for those interested in attending and noted tickets would be available at the theater door.
- “Unmasking Suicide” featuring Kevin Hines, March 29, 2018, 6:00-8:00 pm, at the Capital Region ESD 113 in Tumwater. Ms. Riffe explained this is kickoff event for a series of action planning and community mobilization efforts throughout the spring. She acknowledged the TMBHO for their support.

Ms. Riffe thanked the Board for their time and the opportunity for the panel to present. The Board thanked Ms. Riffe and all panel speakers.

5) Emergency Preparedness and Response

Sue Poyner, Manager of the Public Health Emergency Preparedness and Response Program, addressed the Board noting although the Thurston County Medical Reserve Corps (MRC) was not activated as an Incident Command, several MRC members volunteered at the Code Blue Emergency Shelter held in February. Ms. Poyner noted after assisting at the event, the MRC volunteers reached out to Emergency Preparedness staff to discuss ways to be proactive which resulted in the idea of pre-training a MRC

wellness team to provide services at emergency shelters to connect people with medical and mental health services. Ms. Poyner explained her presentation would consist of sharing three current projects the program is working, noting there is a lot of behind the scenes work PHSS staff is engaged in to better protect the people of Thurston County during a Public Health emergency. The 1st project Ms. Poyner discussed was the Emergency Support Function #8 (ESF #8), a chapter in the Comprehensive Emergency Operations Plan. She explained its purpose, outcomes, and partners' roles which includes mobilization and coordination of resource requests for health, medical and mortuary services in an emergency. She noted over the last year their Team has been working on rewriting this Plan for which Ms. Poyner acknowledged Erika Katt, Emergency Preparedness and Response Coordinator, for her work and coordination regarding the rewrite of the Plan. She then acknowledge other key partners – the Coroner's office, Providence St. Peter Hospital, Capital Medical Center, Mark Freedman with TMBHO, Emergency Management and critical health care. Ms. Poyner explained her Team has been building relationships by meeting with critical health care partners every quarter which includes hospitals, long term care, skilled nursing, dialysis, and blood. Ms. Poyner shared the ESF #8 activation and the operations that took place in response to the recent Amtrak Train Derailment on Interstate 5. She explained a new ESF #8 plan went into effect on December 7, 2017 and the derailment took place on December 18th. PHSS acted as the liaison and gathered situational awareness of key components for the two local hospitals regarding patient tracking. She acknowledged Thurston County's efforts in this disaster which she feels were above and beyond. Ms. Poyner noted after the event the Team created a situation report which was shared with key partners. She stressed an essential part of partnerships is good communication. She then discussed a 2nd project – the Medical Counter Measures (MCM) Plan, essentially another chapter in the Comprehensive Emergency Operations Plan. Ms. Poyner explained a MCM Plan, which every health department across the state is required to have, is about our ability to support any kind of health threat such as mass dispensing or vaccinating for emergencies such as a pandemic flu outbreak; a potential terrorist attack involving chemical, radiological, nuclear; or emerging diseases treating with prophylactics such as antibiotics. She discussed the challenges faced by PHSS of completing the task of dispensing vaccinations to our county population within the required by Federal law time frames and stressed the importance of building community partnerships such as with local pharmacies to step up and provide services; developing employer based Points of Dispensing (POD); and the continued partnership with MRC volunteers who already provide several immunization clinics throughout the year. Ms. Poyner then discussed the Strategic National Stockpile (SNS) which is the national resource of the largest supply of potentially life-saving pharmaceuticals and medical supplies for use in a public health emergency severe enough to cause local supplies to run out. She then discussed the MRC emergency workforce which is relied on heavily to support the MCM plan and who are very skilled and dedicated. Ms. Poyner then explained she and Dr. Wood have been working with the American Indian Health Commission for Washington State and stated they are close to bringing to the Board a request to approve and sign a mutual aid agreement with our tribal nations to support each other during public health threats. Dr. Wood and Ms. Poyner recently met with the Chehalis Tribe and visited their wellness center. They both expressed their appreciation of the Tribe's willingness, in an emergency for example, to supply vaccinations to everyone in the community not just tribal members. Ms. Poyner noted they have plans to visit the Nisqually Tribe next to expand the partnership. She then described the 3rd project which involves the MRC that PHSS relies heavily on for support in emergency situations and vaccination dispensing. PHSS continues to provide training in POD capabilities, first aid triage capability, psychological first aid and community education and outreach. She explained future plans include developing wellness teams for emergency shelters operations and potentially disease investigation teams. She shared pictures of MRC

volunteer events held over the last year. Ms. Poyner invited the Board to the MRC Volunteer Appreciation Event on May 2, 2018 from 6:30-8:30 at Public Health and Social Services located at 412 Lilly Rd NE, Olympia. She noted at the event there will be a service-based activity of putting together personal care kits for those in need in our community. Ms. Poyner acknowledged Jennifer Dixon, the Emergency Preparedness and Response Program Assistant, for her work on this event. At Commissioner Edward's request, Ms. Poyner and Dr. Wood provided additional information the SNS which is run by the Center for Disease and Control. The Board thanked Ms. Poyner and the Emergency Preparedness and Response Team for their hard work.

6) **Thurston Thrives Update – Action Team Summit**

Liz Davis, Thurston Thrives Coordinator, addressed the Board noting all of the work and services discussed during the Suicide Prevention and Awareness presentation touched on a mixture of the work being done by the Thurston Thrives Action Teams and expressed her appreciation. She then provided information regarding the Thurston Thrives Action Team Summit held on March 22nd from 1:00 to 5:00 at the Thurston County Fairgrounds. Ms. Davis stated participants included members of the Thurston Thrives Coordinating Council and three people from each Action Team. She explained Linda Kleingartners facilitated the Summit. Ms. Davis shared the Summit Objectives: sharing of 2017 accomplishments; sharing top priorities for 2018; providing feedback/input on the upcoming Hope Thurston survey; and identifying possible Action Team collaboration/nexus points. Ms. Davis then shared preparatory questions the Teams were asked: 1) what were your team's top three accomplishments in 2017? 2) What are your team's priorities for 2018? 3) What do you see as gaps or unmet needs related to your action area? and 4) What do you see as potential nexus points/areas for collaboration between your action team and others? Ms. Davis provided the following contact information on Thurston Thrives:

Go to www.ThurstonThrives.org

Follow us on social media:

www.Twitter.com/ThurstonThrives

www.Facebook.com/ThurstonThrives

Contact Us:

Liz Davis, Community Coordinator - Thurston Thrives
(360) 561-2984 or Liz@NWVP.org

Chris Hawkins, Community Engagement, Evidence and Partnerships Manager
Thurston County Public Health and Social Services
(360) 867-2513 or hawkinsc@co.thurston.wa.us

At Chair Blake's request, Ms. Davis provided a brief description of each Action Team: Clinical and Emergency Care; Community Design; Economy; Education and Resilience; Environment; Food; Housing Public Safety & Justice; and the Climate and Clean Energy Shared Work Group and Hope Thurston. The Board thanked Ms. Davis for the update.

7) **Board of Health Members' Health Related Activities** – none

8) Director's Report

In Schelli Slaughters absence, Dr. Rachel Wood reported on:

- Thurston County now ranks the 6th healthiest among Washington State counties in the nationwide County Health Rankings released that day. In 2012, Thurston County ranked 14th healthiest in the state, and just last year, the County measured as the 7th healthiest. The County Health Rankings grade counties across the state, as well as at a national level, based on how healthy people are today. PHSS staff will share additional information with the Board at an upcoming meeting. The public can view the ranking details by visiting www.countyhealthrankings.org.
- Tobacco and Vaping Prevention regional implementation is underway, several counties are moving forward together on a social media campaign to increase awareness of impacts of use on young people throughout their lifespan, along with distributing of smoking/vaping in public places signs and working on policy development.
- The Cascade Pacific Action Alliance (CPAA) was notified it received 100% in the review of Medicaid Transformation project portfolios by the state's Health Care Authority. PHSS contributed to the development of the portfolio that was rated as one of the top two highest in the state. The successful effort will bring millions in Medicaid funds for a set of projects that includes opioid response and chronic disease prevention.
- Our Maternal Child Health (MCH) Program Team completed a one year training in Infant Mental Health that was funded by a scholarship through the Department of Early Learning. The program has been awarded an additional scholarship that will cover the cost of each nurse's endorsement through the Washington Association of Infant Mental Health. The process of becoming endorsed is lengthy but signifies the high level of training, knowledge and skills that our MCH team brings to their work. In 2017 our Thurston County Nurse Family Partnership (NFP) Program served 225 families and will serve even more with the expansion of services in Lewis and Mason counties.
- Thurston County's 2018 Consolidated Request for Proposals (RFP) opened February 28, 2018. The 2018 Consolidated RFP encompasses funding for the following four (4) programs: Community Investment Partnership (CIP); Homeless and Affordable Housing, including federal HOME program funds as well as SHB 2060 and ESHB 2163 funds; Community Development Block Grant (CDBG) for City of Tumwater projects; and Veterans Emergency Shelter Bed Program. The RFP is posted to the County's website at <http://www.co.thurston.wa.us/health/sscp/index.html>. Proposals are due April 6, 2018 by 12:00pm (noon).
- This month PHSS Vital Records issued 297 birth certificates and 797 death certificates


9) Health Officer's Report –

Dr. Rachel Wood reported on:

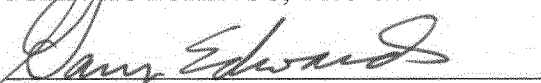
- Influenza update: activity continues to fluctuate in Thurston County, with positive cases increasing in patients over the last week at Providence St. Peter Hospital and Capital Medical Center.
- Pertussis update: in one area of the County there have been five new cases of whooping cough, four suspect and one confirmed in elementary and middle school age children. Dr. Wood continues to recommend vaccination.
- Tuberculosis (TB) update: Management and administering Directly Observed Therapy (DOT) continues for three active TB cases.

- 10) **Adjournment** – Commissioner Edwards moved to adjourn the meeting of March 13, 2018. Chair Blake seconded the motion. The motion carried.

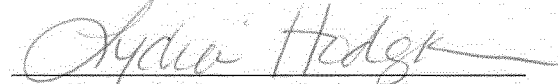
BOARD OF HEALTH
Thurston County, Washington


BUD BLAKE, Chair

excused absence
JOHN HUTCHINGS, Vice Chair


GARY EDWARDS, Commissioner

ATTEST:


Lydia Hodgkinson, Clerk of the Board

Date: April 10, 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.