



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 11, 2014

1) 3:35 p.m. Call Board of Health Meeting to Order

In Attendance: Cathy Wolfe, Chair; Sandra Romero, Vice Chair; Karen Valenzuela, Commissioner; Cliff Moore, County Manager; Don Sloma, Public Health & Social Services Department Director, Dr. Rachel Wood, Health Officer and Lydia Hodgkinson, Clerk of the Board of Health

Chair Wolfe called the Board of Health meeting to order.

- a. Vice Chair Romero moved to approve the March 11, 2014 agenda. Commissioner Valenzuela seconded the motion. The motion carried.
- b. Vice Chair Romero moved to approve the meeting minutes for the December 10, 2013 regular meeting. Commissioner Valenzuela seconded the motion. The motion carried.
- c. Vice Chair Romero moved to approve the meeting minutes for the December 10, 2013 Public Hearing. Commissioner Valenzuela seconded the motion. The motion carried.
- d. Vice Chair Romero moved to approve the meeting minutes for the January 14, 2014 regular meeting. Commissioner Valenzuela seconded the motion. The motion carried.

Chair Wolfe provided dates for the remaining 2014 Board of Health and Thurston Thrives meetings:

May 13th – Board of Health/Thurston Thrives: Environmental Health Action Team

June 10th - Board of Health/Thurston Thrives: Clinical/Emergency Care Action Team

July 8th – Board of Health/Thurston Thrives: Community Resilience Action Team

August 12th – Board of Health

September 9th - Board of Health/Thurston Thrives: Food Action Team Recap and Thurston Thrives products and outcomes so far

October 14th – Board of Health

November date tbd – Board of Health/Thurston Thrives Retreat

December 9th – Board of Health

This information will be posted on the Public Health and Social Services Department website at www.co.thurston.wa.us/health.

2) Opiate Dosing and Treatment Program in Thurston County

Joe Avalos, Social Services Program Specialist III, provided a background of the Opiate Substitution Program. In 2001 the Thurston County Board of Health authorized the establishment of the Opiate Substitution Program (methadone) with funding from the Department of Social & Health Services Division of Behavioral Health and Recovery. Beginning in 2002 Evergreen Treatment Services, under contract with Thurston County, opened an Opiate Dosing and Treatment program at Evergreen Treatment Services South Sound Clinic (SSC) in Olympia. This program has met all licensure and inspection requirements, and provided treatment services successfully since opening. State law requires that authorization to exceed 350 clients be given by the County where the program is located. On September 1, 2009, the Thurston County Board of Health authorized an increase of 50 clients for a revised maximum total of 400 clients. The current Opiate Dosing and Treatment Program has now reached capacity of 400 clients. Beginning January 1, 2014, the Affordable Care Act expanded Medicaid services and health benefit exchange plans went into effect in Washington State. As of January 23, 2014, nearly 8,000 Thurston and Mason residents were newly enrolled in expanded Medicaid services alone. This has led to a demand for opiate dosing and treatment services such that there is need for additional program capacity of an additional 250 clients, for a revised maximum total of 650 clients. If the increase is not allowed, the treatment provider will have to begin turning away clients seeking treatment for addiction to opiates. Additionally, this recommended increase of 250 clients was specifically identified as one of the potential solutions to the rise in heroin use in Thurston County at the January 6, 2014 joint meeting between the Thurston County Board of County Commissioners and the Olympia City Council.

Chair Wolfe noted on March 17th Board Members and staff will meet with Tacoma City Council members to discuss techniques for battling heroin use. Olympia City Council members will also be invited. This is a follow up to the January 6th meeting regarding Olympia Downtown Issues.

Vice Chair Romero moved to authorize additional treatment program capacity of 250 clients, for a revised maximum total of 650 clients, for opiate substitution treatment beginning April 1, 2014 at the Evergreen Treatment Services South Sound Clinic and further to allow the Director of Public Health & Social Services to negotiate and execute a contract amendment with Evergreen Treatment Services to allow for this increase in client treatment capacity. Commissioner Valenzuela seconded the motion. The motion carried.

3) Thurston Thrives Advisory Council Meeting

- a) **Introductions** – Board of Health Chair Wolfe opened the Thurston Thrives Advisory Council meeting. She introduced Commissioner Sandra Romero, the Child and Youth Resilience Action Team Lead. Advisory Council members who were present introduced themselves.

Advisory Council Members in attendance: Curt Andino; Kevin Haughton, MD; Dennis Mahar; Cole Mason, MD; Lisa Smith; and Shelly Willis

Advisory Council Members Absent: Michael Cade; Barbara Clarkson; Mariella Cummings; Nicole Hill; Raj Manhas; Jay Mason, MD; Lon Wyrick

In attendance for Public Health and Social Services Department (PHSS): Don Sloma, Director; Mary Ann O'Garro, Epidemiologist and Chris Hawkins, Active Healthy Communities Coordinator.

b) Topic Area Definition and Health Implications, and Community Data/Assessment and Risks – see 3b below

c) Overview

Commissioner Sandra Romero, Action Team Lead, gave an overview of the Child and Youth Resilience Action Team. The Team adopted the motto “Is it good for the Children?” and has used the motto throughout their work in this action area. Last summer (2013) the Thurston Council for Children and Youth (TCCY) agreed to serve as the Thurston Thrives Child and Youth Resiliency Action Team. Commissioner Romero gave a background of TCCY which consists of 235 community members and leaders representing 93 Thurston County organizations committed to the well being of our children and youth. She explained the Team has since conducted an analysis of relevant data and programs of services in Thurston County and have agreed upon a common agenda and adopted a strategy map. She explained their presentation would be a sharing of their findings and recommendations. Commissioner Romero noted the Team's two Goals: an equal focus on Reducing Adverse Childhood Experiences (ACEs) and Promoting Resilience among children and families in Thurston County; and their Vision: “A community where children of all cultures are healthy, safe, valued and successful”. She then gave a brief description of ACEs explaining they are childhood traumas that cause toxic stress and change children's brain development; and impact cognitive, social and mental health. Commissioner Romero introduced Liz Davis of NW Venture Philanthropy, facilitator for the team.

d) Goals and Measures: Adverse Childhood Experiences (ACEs) and Resilience

Ms. Davis provided additional information about ACEs describing the ten (10) categories of ACEs; the long-term health and social problems associated with high ACEs scores; and Thurston County ACEs statistics. She then discussed Understanding Adverse childhood Experiences (ACEs) and Strengthening Families (handouts were referenced).

e) Recommended Strategic Map and Plan

Ms. Davis reviewed and discussed the recommended Strategy Map and Plan which included information regarding the Team's Vision, Goals, Objectives and Key Activities. Shelly Willis, of Family Education and Support Services, narrated a story, shown as a roadmap, that illustrated services available to families, parents, caregivers and children in Thurston County. Commissioner Romero described the Team's Recommendations.

(3b) Topic Area Definition and Health Implications, and Community Data/Assessment and Risks

Chair Wolfe introduced Mary Ann O'Garro, PHSS Epidemiologist. Ms. O'Garro gave a presentation reviewing the topic of resilience and its connection to children's health. She described resilience as the ability to bounce back and the capacity to withstand stress despite adversity. Ms. O'Garro also provided a Data Snapshot Report of the most current local data that supports the work of the Thurston Thrives Child and Youth Resilience Action Team. The report provided a current snapshot of community health issues associated with child and youth resilience.

f) Questions and Answers – Board and Advisors

The Board, Advisory Board and Action Team asked questions and shared information as follows:

- Cole Mason – questioned how long it takes for positive impact to make a difference. Ms. Davis responded stating the Team is looking into ways to measure resiliency.
- Shelly Willis – noted the first three years of a child's life is very important in development of their operating system.
- Commissioner Valenzuela – shared concerns with ACEs: how ACEs are measured when the experiences have already happened; how ACEs are applied to older generations when parenting techniques were different and corporal punishment was accepted. Shelly Willis noted the availability of parenting skills today can make a difference for ACEs. Ann Aubuchon commented on positive impacts that lessen the impacts of ACEs for all generations. Liz Davis commented on the different levels of ACEs.
- Paul Knox – questioned if the Team had thoughts of ways to reach more families? Ms. Davis stated the Team is still developing ideas in this area, but had discussed increasing the capacity of the community to provide collective referrals to families; acknowledged transportation to services is an issue; and discussed merging existing home visiting efforts with the Team's efforts.
- Commissioner Romero – noted there are challenges because funding sources are targeted to intervention and small amounts are directed to prevention.
- Chair Wolfe – stated awareness of ACEs scores makes a huge difference.
- Dennis Mahar – noted the power of ACEs; and expressed his appreciation for the Team's hard work.
- Cole Mason, MD – questioned what would be the Team's number one thing to change. Ms. Davis stated the number one recommendation was in regards to informing the community about not only how ACEs are related to risk but also what can we do to inform, engage and mobilize the community around a resiliency effort.
- Gail Gosney-Wrede – questioned how do we build informal networks, such as parents groups and grandparent groups, along with increasing the capacity of certain strategies like home visitation.
- Mary Pontarolo – shared that SafePlace is working with teens using a newly developing model to reduce sexual assault, which is one of the ACEs.
- Jerry Barney, NWVP – discussed drawing businesses into the strategy; noted lower ACEs scores improve absenteeism and alcoholism and in turn makes more productive employees.
- Lisa Smith – discussed how workplaces are dealing with employees who have high ACEs scores; expressed appreciation for Team's hard work and organization; discussed cost of treating ACEs.
- Kevin Haughton, MD – noted high emergency room usage is affected by people with high ACEs scores.
- Commissioner Valenzuela – noted protective factors versus risk factors regarding ACEs. Liz Davis referenced the Strengthening Families handout regarding protective factors, discussed how the team acknowledged that these were both important to consider.
- Curt Andino – commented on the idea of a longitudinal study regarding when ACEs most present.
- Ann Aubuchon – noted the Office of the Superintendent of Public Instruction (OSPI) is completing an ACEs study on kindergarten children.

- Don Sloma – referenced data on Thurston County’s children attending preschool and noted the Institute of Medicine report (reference #25) in the list of citations at the end of Mary Ann O’Garro’s Data Snapshot Report.

Commissioner Romero thanked the Team for their amazing work and expressed her gratitude for the caring and wonderful people they all are.

g) Opportunity for Public Comments from Community members - none

h) Discussion – Board, Advisors and Action Team - (see item “3e” above)

- i) Closing –** Don Sloma stated the information presented will be posted on the Thurston Thrives Child and Youth Resilience Action Team blog at www.thurstonthrives-childandyouth.blogspot.com. All Thurston Thrives Action Teams presentations and information can be found at www.ThurstonThrives.org

4) Opportunity for the Public to Address the Board of Health

A representative of the SEIU Healthcare 1199NW and Christina Roth-Anderson a Mental Health Aid with Behavioral Health Services for 10 years addressed the Board regarding a scheduled unfair labor practice strike by BHR employees and asking for the Board’s support.

Jon Tunheim, Thurston County Prosecuting Attorney, expressed appreciation of the presentation and discussed how ACEs affects public health and in turn public safety.

5) Board of Health Members’ Reports –

♦ **Vice Chair Romero reported on:**

- Attended a Bee Keepers Fair and Film Festival

♦ **Commissioner Valenzuela reported on:**

- Attended a HOME Consortium meeting
- Participated in a Home First Tour with Trudy Soucoup
- Attended a Side Walk annual fund raiser

♦ **Chair Wolfe reported on:**

- Meetings with Don Sloma, Director of Public Health & Social Services Department
- Meeting with Housing Advocate Chris Lowell
- Meeting with Regional Health Improvement Collaborative (RHIC) – provided an update on RHIC

6) Director’s Report –

Mr. Don Sloma reported on:

- ♦ Commented on housing and addiction as related to Public Health.
- ♦ Noted there are Thurston Thrives blogs for each Action Team presentation and for comments from the public.

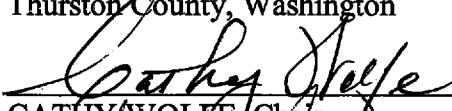
- ◆ Chemical Dependency Program –Staff and the City of Olympia Police Chief presented to the Eastside Neighborhood Association about ongoing efforts to deal with increased drug use in downtown Olympia. Citizens also learned how they can get involved in potential solutions. A clean up event will be held on March 22nd around Olympia. Garbage bags, gloves, a bio-hazardous materials container for each clean up team will be provided.
- ◆ Thurston Thrives - in support our Thurston Thrives Housing Action strategy, PHSS hosted a community symposium led by NW EcoBuilding Guild that focused on the need for energy efficiency and health improvements in Thurston County's rental housing stock. Over 80 people participated in the event.
- ◆ Burfoot Beach Closure - the beach remains closed due to a malfunctioning sewage treatment plant until mid-March before repairs are complete and testing shows the beach can re-open.
- ◆ Manure Digester Meeting - Farm Power and Puget Sound Energy presented to staff about developing anaerobic manure digesters for dairy waste in Thurston County. Dairy wastes can fertilize crops and fields and generate energy. If improperly managed, dairy wastes can cause ground and surface water pollution and foul odors.
- ◆ Community Transformation Grant – this funding, as we know it, will be going away, but prevention funding may still be available in a different form.
- ◆ Washington State Department of Health has issued its annual Transforming Washington Community report, a statewide report on CTG funding, is available.
- ◆ Mr. Sloma and Commissioner Wolfe will be attending an Olympia Editorial Board meeting on March 14th to talk about Thurston Thrives.
- ◆ Mr. Sloma and the Thurston County Commissioners will meet on Monday, March 17th with the Olympia City Council and the Tacoma City Council to discuss many issues including community corrections and drug problems in general.

7) Health Officer's Report –

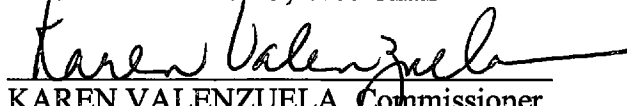
Dr. Rachel Wood provided an update on Tuberculosis cases in Thurston County.

8) Adjournment – meeting was adjourned

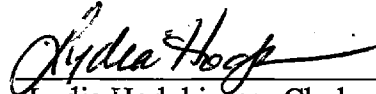
BOARD OF HEALTH
Thurston County, Washington


CATHY WOLFE, Chair


SANDRA ROMERO, Vice Chair


KAREN VALENZUELA, Commissioner

ATTEST:


Lydia Hodgkinson, Clerk of the Board

Date: April 22, 2014

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.