

Council – Minutes

November 14, 2019 • 7:30 am-9:00 am • Room G034, Eau Claire County Courthouse

Attendees: Marlene Arntson (Historic Randall Park Neighborhood), TJ Atkins (Anthem), Laura Baalrud (HSHS Sacred Heart), Emily Carlson (Community Member), Marquita Davis (Mayo Clinic), Cortney Draxler (Health Dept), Mark, Gideonsen (Prevea), Lieske Giese (Health Dept), Pam Guthman (UW-EC), Abby Hinz (Health Dept), Jamie Hoover (YMCA), Michael Jaeb (Health Dept), Mel Kantor (UW-EC), Jan Porath (United Way), Katie Pospishil (Marshfield Clinic), Gina Schemenauer (Health Dept), Karen Weld (ECASD), Tom Wirth (DHS), Kaying Xiong (ECASD), Family Medicine Resident (Prevea), 4 Nursing Students (UW-EC)

Meeting called to order at 7:31 AM by co-chair, Gideonsen

Agenda Item	Discussion	Action/Follow up
Welcome & Announcements		
	<p>Welcome and introductions of all present.</p> <p>Brief announcements:</p> <p>Today is World Diabetes Day – get yourself tested if you think you have Diabetes.</p>	<p>Take a short diabetes risk quiz here:</p> <p>https://www.diabetes.org/risk-test</p>
Healthy Communities Designation Sign	<p>Healthy Communities Designation Sign is located in Owen Park. Feel free to take a selfie by the sign and post it on Facebook. Draxler reviewed the Healthy Communities Designation history/application process.</p> <p>HC is working on a Facebook page – hoping to launch this in January. Currently posting on the Health Dept. web page using the hashtag #healthyec– will be nice to have our own page. Will vote in January to approve social media guidelines/page.</p>	
Approval of minutes		
	September minutes reviewed.	KANTOR/ARNTSON MOTIONED TO APPROVE THE SEPTEMBER MINUTES AS DISTRIBUTED. MOTION CARRIED.
Review agenda		
	Davis reviewed today's agenda.	
Presentation – Life Without Limits		
UW-EC Students Presenting	Hinz introduced the program. The Health Dept. has been able to partner with UW-EC nursing students and Life without Limits (LWL). LWL works with students with disabilities and help them transition into everyday life. As the students present the program, think about the services that you provide and how to continue to help people access your services.	



	<p>Interdisciplinary partnerships were listed. Without these partners this project wouldn't be possible. History of LWL shared. The program started 4 years ago. It has been at CVTC for 2 years. This program helps adults 18-21 with varying disabilities. There is increasing interest in the program. Currently are working with 11 students.</p> <p>The program focuses on preparing young adults with disabilities for life after graduation. Program eligibility and criteria was shared.</p> <p>LWL is about transition to life after school by focusing on life skills. There are objectives related to employment, health, daily living, recreation, transportation, and communication. Students were surveyed to find out what sort of guidance/teaching would help them make the transition from school to adult life. The population served is young adults/risk takers that may not have access to education resources that other populations may have. 31.6% of all students are living in poverty with a disability.</p> <p>The following came out of small group discussion sessions: Why is it important to support this population?</p> <ul style="list-style-type: none"> • Statistics on poverty and employment were surprising and are very important as we think of the social factors and impact on health. We need to continue to support this population to seek employment and medical care, etc. • These are skills that all young adults could utilize as they transition from high school. • As a proactive approach, it is an opportunity to collaborate with all systems: school/foster care. This is a good approach to give people a structure on making good life decisions. • Define the term disability – there are a lot of kids that could use this program that don't have a disability. This program would be beneficial for anyone to go through to help make the bridge. • There are approximately 3,000 students in the school system who have some sort of disability (speech, language, etc). • There is increased interest in this program for next year. <p>It would be interesting to see how cost-effective this program is and measure the effects of it. Research should be done for mid-term and long-term goals.</p>	
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	<p>GOAL of program: to provide health education and resources in order to best improve well-being.</p> <p>The health promotion study found this program beneficial because it:</p> <ul style="list-style-type: none"> • Supports a healthy lifestyle • Provides health education • Involves supporters • Is person-centered <p>Barriers include:</p> <ul style="list-style-type: none"> • Transportation • Information access • Awareness of opportunities <p>Outcomes:</p> <ul style="list-style-type: none"> • Improved health • Empowerment • Enhanced quality of life • Reduced health disparities <p>Handout: Health Promotion Sessions was distributed and reviewed.</p> <p>PATCH training was done to increase communication between participating providers. A pharmacy tour was done to help students navigate medication fills and over the counter medication questions. The last step of the program was a PREVEA clinic tour where providers answered questions. Students were very engaged.</p> <p>Along with the tours, QPR training was also done. Role playing was done, and students were shown how to pick our various suicide warning signs.</p> <p>Students that went through the LWL Program had their questions answered and were feeling more confident in the life transition.</p> <p>After the tour had the students complete a post-survey to see what they learned from the program.</p> <p>Growth achieved:</p> <ul style="list-style-type: none"> • Improved knowledge of health concerns • Health management • Health resources <p>How to interact with this population:</p> <ul style="list-style-type: none"> • Limit environmental distractions 	
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	<ul style="list-style-type: none"> • Take time to ask questions and encourage discussion • Ask for thoughts and experiences • Don't assume that they understand everything • Remember that the individual has health literacy – use understandable language • Talk to them directly rather than an accompanied person • Talk about the person first “person with a disability” not “disabled person” (shows respect and show them that their disability does not define them) <p>Main takeaways:</p> <ul style="list-style-type: none"> • There is a big population with invisible needs • It would be challenging for any youth moving into adult hood to do many of these things. To have it be this successful was very impressive <p>How can you support LWL population:</p> <ul style="list-style-type: none"> • Reach out to other rural schools to see if there is a similar identified population (Osseo/Fall Creek/Augusta) • Build a relationship with this population. Because some people have invisible disabilities and you never know what that may be. • Making sure as a provider of direct services to make sure that the person knows what you are talking about (everyone learns differently) so do a check in to ensure they are understanding. <p>How can you incorporate what you are already doing to help support LWL students?</p> <ul style="list-style-type: none"> • Go the extra mile 	
Action Team Focus Areas		
Oral Health Promotion	<p>Pospishil – This Team has a new co-chair (Beth Rowan). She is a dental hygienist in the Chippewa office.</p> <p>Currently we are in the middle of Ditch Vaping Campaign. Went to all area high schools to get word out on the multi-media campaign: #ditch the vap. Currently have one submission. Will be judging all entries. There are great prizes such as Chamber Bucks and a cordless toothbrush.</p> <p>Working with the Community Table where there was a pop-up pantry where everyone received a goodie bag and a toothbrush along with other materials.</p> <p>Looking at what they will be doing for Children’s Dental Health month</p>	



<p>Chronic Disease Prevention</p>	<p>Hoover – This Team is wrapping up Rx for Parks. Will be shooting intro and core videos soon. There is a social media plan. Program will be rolled out in 2020.</p> <p>Currently evaluating doing a screen time project. Always looking for new projects to work on.</p>	<p>You might be asked in the future to help facilitate Rx for Parks and getting the word out.</p> <p>ASK: Let us know if you have any creative ideas on increasing community access to healthy fruits and vegetables.</p>
<p>Healthy Relationship</p>	<p>Carlson – Toolkit is done and has been released into the community. Starting to distribute to other organizations. Business cards are available that includes Toolkit information.</p> <p>The grant for Safe Dates program is wrapping up. Safe Dates facilitation will continue. Seeking funding for materials and facilitators. Trying to expand into more schools and organizations. Books are about \$2.50 each. Some of the funding could come out of budget from new grant. Over 200 students have been reached.</p> <p>Planning on applying for a new grant which looks a community level sexual violence prevention. Will know in February if we are awarded this grant. Will partner with other organizations to work together. Part of this would be to analyze community policies around sexual violence prevention.</p>	<p>ASK: If you know anyone who would benefit from the Toolkit, please share some of the business cards (email Abby Hinz to get copies).</p> <p>ASK: Share the Healthy Relationships Toolkit with parents, youth and youth-serving organizations. Link: bit.ly/ECRelationshipToolkit</p>
<p>Alliance</p>	<p>T. Wirth – This Team has been operating under a 10-year grant which is coming to an end. Reaching out to partners to work on a sustainability plan. This is a community mission. Have been working with schools and health care providers to piece meal a budget and program. Working with school SADD chapters. On October 30th about 30 students were trained to talk about things like mental health, cyber safety, vaping, and substance abuse. Trying to invigorate them to go back to their peers and promote activism.</p> <p>Will continue to work with ECASD, Sheriff’s Dept, and Police Dept to get information out on the dangers of vaping.</p>	
<p>High Risk Drinking Prevention</p>	<p>Draxler – This Team is continuing to look at the Sober Server Policy and working with stakeholders to see if this is a policy that would be of interest to Eau Claire community.</p>	<p>ASK: Let Draxler know if you are interested in more information on binge drinking and how it affects the entire community.</p>



	Looking at doing outreach with the Burden of Binge Drinking Report which has information on the cost of binge drinking in Eau Claire County.	ASK: Read/share 2019 Burden of Binge Drinking Report (Eau Claire County level data is available).
Mental Health	<p>Atkins –This Team has worked out a social media blast for November and December.</p> <ul style="list-style-type: none"> November: Survivor and Gratitude. <p>Got a request from an Augusta School student who is interested in doing a mental health event in that area. Would like to do one and if it is successful would do more.</p> <p>Finalizing background work on Flash Mob. This will be an open competition to the entire County. Working through the fine details and how to disseminate the information to the community.</p> <p>Flash Mob launch will begin in January and run through March. Winner will be at the Flash Mob.</p>	
Build next Council agenda		
	Next Council meeting a group picture will be taken. Hoping to have the picture be on the Healthy Communities Facebook page.	If you have any ideas for the January agenda, email Healthy Communities .
Wrap-up & adjourn		
	Meeting adjourned at 9:53 AM	
Next meeting: January 9, 2020		

Respectfully Submitted:

Joanie Klimek