

Linn, Benton, Lincoln Partners for Health (Partners for Health)
Virtual through Microsoft Teams
1:00 p.m. – 2:00 p.m.
October 11, 2022
Meeting Summary

Participants: Jeannie Davis, Ed.D., Beatriz Botello, Tina Dodge Vera, Molly Gelinas, Annie Keene, Sommer McLeish, Michelle Means, Jolynn Meza Wynkoop, JoAnn Miller, Jennifer Pettit, Cristal Solorio, Robert Thornberg, and Shelley Hazelton

Welcome:

Dr. Jeannie Davis welcomed everyone to the meeting.

Meeting Minutes:

The September 13, 2022, meeting minutes of Linn, Benton, Lincoln Partners for Health were presented. **Sommer McLeish made a motion and Jolynn Meza Wynkoop seconded to approve the September 13, 2022, meeting minutes as presented. The motion was voted upon and unanimously approved.**

Marketing for Additional Members:

Discussion followed on marketing for Committee/Coalition members.

- **Jolynn Meza Wynkoop** – Created and shared the flyer for Linn, Benton, and Lincoln Partners for Health. The flyer talks about the different topics we have covered in the past, the target audience, and what’s involved with the group. The flyer is in English and Spanish. Luis Acosta translated the flyer into Spanish. Everyone is welcome to share and email out.
 - a. **Sommer McLeish** – If we have someone who is Spanish that would like to join, should we let Luis Acosta know.
 - Yes, it was agreed to let Luis Acosta know if we have anyone interested in joining who is Spanish speaking.
 - b. **Sommer McLeish** – Would like if Samaritan Health Services (SHS) Marketing could post on Facebook or their website. We could check with Mary Jo Kerlin at Samaritan North Lincoln Hospital to provide a post or news release and possibly add in the Well Informed.
 - c. **Beatriz Botello** – Is the group open to everyone?
 - **Jolynn Meza Wynkoop** – Yes it is open to any community members. We are trying to expand our membership.
 - **Beatriz Botello** – Will oral health be discussed.
 - We do have the Regional Oral Health Coalition and can add Beatriz Botello to that group.
- We could look at marketing to the Lebanon Chamber of Commerce. *Dr. Davis noted she could distribute at the medical school.* New students came in during August and there are 15 students that are in the rural health tracts.
- *Shelley Hazelton sent out an email to those members who haven’t attended for a while to see if they want to remain as members and will be updating the members list.*

Nutrition Education with AHEC and OSU Extension:

Dr. Jeannie Davis reported on nutrition education with AHEC and OSU Extension.

- Working and partnering with AHEC and OSU Extension and Wellness Councilors and medical students on the medical campus to discuss talks on community education. Also, Looking at recreating a Culinary, Health, Education, Fitness (C.H.E.F.) type program with cooking nutrition classes.
- **Tina Dodge Vera** – Has an upcoming meeting with a Nutrition Education Program Assistant that helps her oversee the Supplemental Nutrition Assistance Program Education (SNAP-Ed). They have strict parameters on federal funding and prioritize to the Spanish population. Is happy to help with anything. The SNAP-Ed program is federally funded, for low income. Looking at Needs Assessment and food insecurity and hopes to move the dial on access to food. Working with Linn-Benton Food Share. *Will share survey and qualitative information.*
- **Dr. Jeannie Davis** – With Lifestyle Medicine students, they take Pick of the Month and look at targeting low-income housing units and do cooking demonstrations at different housing complexes. Did provide this at the Crossroads housing unit with 6 families that brought their kids. They still have a portable kitchen to help with classes.
- **Cristal Solorio** – Coordinating with Samaritan Health Services on the Regional Health Needs Assessment. When doing survey, nutrition education, diabetes – Some may go to stores, churches and some involved with Herbalife. There was one such store in Albany.
- **Tina Dodge Vera** – With nutrition classes, Herbalife did reach a lot of women, They didn't promote Herbalife, but they had great audience presence.
- **Dr. Jeannie Davis** – They did a lot with youth education and went into the community to the people. Lifestyle Medicine students are getting ready for community health education.

Grant Opportunities:

JoAnn Miller discussed grant opportunities.

- Currently, she doesn't see a lot out there for nutrition.
- Will be applying for a Health Resources and Services Administration (HRSA) Rural Network Development Grant around child abuse/neglect, violence, and human trafficking. It is a 4-year, \$1.2 million grant (\$300,0000 a year).
- Looking to include CARDV, Sarah's Place, ABC House, Lincoln County Child Advocacy Center, and Linn/Benton Anti-Trafficking Coalition and Lincoln County Human Trafficking Task Force.
- Agencies will provide outreach and education on human trafficking at a community level and provide school resources.
- The application is due in November.
- Will also reach out to CASA in our three counties (Benton, Lincoln, and Linn).
- **Somme McLeish** – Heard CASA is restructuring in Lincoln County and won't be part of Tillamook. Hears there is a regional person now. Would be CASA of Lincoln County, and they have CASA Voices for Children in Benton County and Linn County CASA and will combing Benton and Lincoln County together with Linn County standing alone.

2023 Summit:

Discussion focused on the 2022 Summit.

- Dr. Jeannie Davis provided a summary of the yearly regional summit. We look at our Needs Assessments and look at priority areas for hosting an educational summit. The summits over the last few years have usually been held in August. We've provided a variety of education on child obesity awareness, generational poverty, screenagers, nutrition, mental health/behavioral health, etc. It is usually a day long summit with a variety of workshops.
- Top priorities have been mental health/behavioral health, substance use disorder (SUD). We've looked at results of social media, looked at topics around well-being, and have had discussion on youth mental health and resources and juvenile care.
- **Molly Gelin**as – What about recovering from COVID – In workplace, personal life, mental, physical, emotional, and recovery.
 - a. **Dr. Jeannie Davis** – This year's summit was, "Building Resilience Wellbeing & Mental Health Resources for a Post-Pandemic Environment." There was discussion on COVID, isolation and loneliness with the elder population so we did have some COVID recovery discussions. Received feedback there has been a lot of discussion regarding COVID, Maybe we could think about recovery type topics.
- **Molly Gelin**as – Have two adolescent kids that struggle to get back into the rhythm of things since COVID. They experience fear and there is so much virtual now.
- **Dr. Jeannie Davis** – They talk at the campus about how it is and discuss how they feel in crowds and feeling uncomfortable since things have been virtual for so long.
- **Sommer McLeish** – Likes the youth topic conversation. There are a lot of funding directed toward early childhood. Need more things for older kids.
- **Dr. Jeannie Davis** – Agrees with this. There aren't many middle and high school youth programs.
- **Tina Dodge Vera** – There is a new Dean at OSU that is researching mental health and social media in youth.
- **Jolynn Meza Wynkoop** – It would be a good opportunity to hear from student groups like from mental health groups or student led groups and clubs. It would be good to hear from youth on their needs.
- **Dr. Jeannie Davis** – In the Lebanon schools they have one mental health person with 9 elementary schools, 1 High School and 1 Middle School. There is need for additional help in schools. *Can follow up with the mental health person that works for the schools and see if she has suggested topics that would be good to cover.*
- **Molly Gelin**as – Likes the idea to have youth share. Shared a personal story involving a family member and suicide attempt. In her family member's case, they did a lot of treatment, now have resource tools, and have done a lot of work on themselves and are looking for opportunities to be of service to others who struggle with mental health. They live in Lane County. We may want to look at youth such as this and bringing in youth to discuss these types of topics. Maybe look at youth that are outside our communities to come in and share. Molly Gelin also noted that she has talked to a therapist and the rate of suicide has increased in adolescents.
- **Dr. Jeannie Davis** – There is Mental Health First Aid. This might be an option and they could discuss what to be aware of and what to look for.
- **Jolynn Meza Wynkoop** – There are different things we can look at such as suicide prevention as mentioned and human trafficking.

The medical school has a Harm Reduction Program and OSU has a Master's in Public Health and has research and different topics we may want to look at.

- **JoAnn Miller** – In March we did a summit, “Let’s Talk About Stigma Associated with Substance Use Disorder.”
 - a. We need to decide if we want an uplifting event. We have included different discussions around 5210, Pick of the Month, and Planting Seeds of Change. Do we want to look at more uplifting topics and more positive things as well?
 - b. Linn Together does work with youth along with Casa Latinos Unidos.
- **Tina Dodge Vera** – Attended a conference that looked at five activities people do everyday that struggle with mental health such as move every day, social connection, etc. Maybe we can look at tying in some of these things.
- **Sommer McLeish** – Have seen different mapping of stores, looking at environment, especially youth – Western Oregon University has done some of this. Where are the activities to get youth connected with? In Lincoln County they have the Community Center and youth nights for example We could incorporate exercise and physical activities. Look at third places not just home and work, but community centers and activity centers.
- **Dr. Jeannie Davis** – Have taught class with staff and students on mental health awareness with higher education and technology pieces.
- **Molly Gelinas** – There is so much research on the health benefits of gratitude in life. Maybe we could look at getting a psychologist or someone to speak on holistic with research to back it up.

Announcements/Additional Business:

Additional business and announcements were provided.

- **Dr. Jeannie Davis** – The medical students are helping at the free East Linn Clinic on two Tuesdays a month from 6:00 p.m. – 8:00 p.m. They are also doing diabetes screenings at St. Martin’s Church and working with Faith Based Nurses at a diabetes screening clinic once a month. They are also help at Community Outreach, Inc.

Next Meeting:

The next general meeting of Linn, Benton, Lincoln Partners for Health is scheduled for November 8, 2022, at 1:00 p.m.

Adjourn:

With no further business to discuss, the meeting was adjourned at 2:00 p.m.

Respectfully Submitted
Shelley Hazelton
Community Health Promotion