

**Linn, Benton, Lincoln Partners for Health (Partners for Health)**  
**Virtual through Microsoft Teams**  
**1:00 p.m. – 2:30 p.m.**  
**March 14, 2023**  
**Meeting Summary**

**Participants:** Jeannie Davis, Ed.D., Luis Acosta, Deb Fell-Carlson, Iris Carrera, Mac Gillespie, Kimea Hemmati, Sommer McLeish, Michelle Means, Jolynn Meza Wynkoop, JoAnn Miller, Shannon Rose, Allison Lenore Studnick, and Shelley Hazelton

**Welcome:**

Dr. Jeannie Davis welcomed everyone to the meeting and led introductions.

**Meeting Minutes:**

The January 10, 2023, and the February 14, 2023, Linn, Benton, Lincoln Partners for Health meeting minutes were presented. **Sommer McLeish made a motion and Jolynn Meza Wynkoop seconded the motion to approve the January 10, 2023, and February 14, 2023, meeting minutes as presented. The motion was voted upon and unanimously approved.**

**Healthcare and Parenting Education Partnership Project:**

Sommer McLeish gave a presentation on the healthcare and parenting education partnership project.

- Oregon Community Foundation (OCF) Parenting Education Healthcare Partnership – Is a partnership between Samaritan Health Services (SHS), Parenting Success Network, and Pollywog Family.
- Parenting Success Network - Linn, Benton, and Lincoln Counties. She primarily coordinates parent education in Lincoln County.
- Vision: A world in which all families enjoy the ability to raise healthy children in caring homes.
- The website was noted – Was under construction and is new since January 2023 – <https://www.parentsuccessnetwork.org/>
- What is Parenting Success Network:
  - a. Linn-Benton Community College (LBCC) has been the backbone agency for Parent Success Network for 13 years. Julie Manning, now retired, was instrumental in making this happen. She and Oregon Community Foundation (OCF), Pollywog, Patient Success Network (PSN), LBCC, Oregon Parenting Education Collaborative (OPEC), SHS, and InterCommunity Health Network (IHN) came together to support one of the last counties in the state of Oregon to have a parenting Education Hub supporting them. This is how the Healthcare - Parenting Education Partnership pilot project was formed.
  - b. Parenting Success Network is a coalition of organizations and individuals that serve Linn, Benton, and Lincoln Counties that aims to build and sustain an infrastructure of parenting education while increasing access, quality, and quantity of Parenting Education opportunities.
  - c. **What Parenting Success Network offers:**
    - **Parenting Series** - Evidence-based classes (6-15 weeks) that includes child development, parenting strategies, and connections with other parents.
    - **One-time Workshops** - Presenter provides parenting topics of interest.
    - **Parent Coaching** - One-on-one parenting support.

- **Parenting Activities** - Parent-child activities to foster bonding and child development using Squishtivities and Creative Art. This is curriculum out of Eugene.
- Parenting Success Network – Meeting parents where they are. This is the middle of the fourth year of the project that was originally slated for three years.
  - a. **Implementation Options** - Offering hybrid model - less disruption and meets the needs of families unable to attend in-person.
  - b. **Supports in Spanish** - Expanded due to interest among Latino/Hispanic families.
  - c. **Determining Programming** - Listening to CBOs, healthcare providers, facilitators, and family input.
  - d. **Programming** - Completed 13 parenting series, 26 workshops, 18 online, and 31 parent coaching sessions and 7 parenting activities.
  - e. **Healthcare Partnership** - Support healthcare systems to develop the health and wellbeing of patients and their families. Pilot project for two sites.
- Sommer McLeish noted that she has built up programming the past three years to meet the diverse needs of the families in our three-county region. We have one of the most diverse menu offerings in the state. There are two ongoing supports available for families to sign up for at any time. We support families with disabilities, health challenges, those with Spanish, etc.
  - a. Special Needs/Health Challenges – Nurturing Parenting Series; Triple P Primary Care.
  - b. Families with Teens – Active Parenting of Teens Series; Triple P Online
  - c. Supports in Spanish – Abriendo Puertas Series; Active Parenting of Teen Series; Workshops; Triple P Online.
  - d. Triple P Online – English and En Español
  - e. Parent Coaching – Coach4Parents; Triple P Primary Care; En Español; Effective Black Parenting Program; LGBTQIAS2+
  - f. Effective Black Parenting Program – Effective Black Parenting Series; Parent Coaching, Workshops.
- Shared what families are saying (2020-2021). Oregon Parent Collaborative compiles information from evaluation on skills before and after participation in classes. Parent satisfaction – Parenting education series and parenting workshops:
  - a. 96% of parents reported that the class series was somewhat or very helpful.
  - b. 100% of parents reported they would recommend the class series to others.
  - c. 100% of parents reported that the workshops was somewhat or very helpful.
  - d. 97% of parents reported that they would use the information from the workshop.
- What are the goals of Healthcare partnership:
  - a. Increase access to parenting education programs.
  - b. Normalize parenting education and remove negative stigma.
  - c. Strengthen family relationships and parenting skills.
  - d. Improve social, emotional, mental, and physical health outcomes
  - e. Enhance partnerships with healthcare systems to create strong systems of care.
- How to get families connected:
  - a. **Getting Info to Providers** - Monthly newsletter to 25 SHS providers/staff, Coast to Cascades Community Wellness Network (CCCWN) newsletter, weekly resource emails, and CHE monthly events/classes.
  - b. **Bookmarks, Postcards, and Brochures** - In waiting rooms, intake packets, and Reach Out and Read program.

- c. **Positive Messaging Images** - Designing images regarding Positive Childhood Experiences, Resiliency, and Building Family Support Systems as a reminder that **ALL** families can benefit from learning new skills and connecting with other parents.
- d. **Referrals** - SHS staff and providers can refer families to parenting supports to Pollywog or Unite Us through Epic.
- e. **Technology Support** - iPads and hotspots are available for loan to families.
- f. **Programming Availability** - Ensuring ongoing programming for families (parent coaching and online).
- **Dr. Jeannie Davis** – What is the number of families that are served at a time?
  - a. **Sommer McLeish** – Last year, with the coach with parents had 40 families signed up and 30 attended. When Luis Acosta has classes he can have 25-50 people in attendance.
- **Michelle Means** – Is there an age range with the classes?
  - a. **Sommer McLeish** – Two years ago only served early childhood families. Now serve elementary and teens as well.
- **Shannon Rose** – Can she get supplies to hand out?
  - a. **Sommer McLeish** – Yes.
- **JoAnn Miller** – What efforts are we doing to remove stigma toward parent education and people’s perception that parent education is only for bad parents? How do we change this stigma? Often the perception can be that parent education is for rich people or people at risk of losing their kids, or parent education is court ordered.
  - a. **Sommer McLeish** – Previously, did a statewide campaign. Was a pilot project. The next attempt is to meet with healthcare providers. That is a good question. Where is the research?
  - b. **Jolynn Meza Wynkoop** – One way to remove the stigma could be to meet in different new and fun settings. A group in Portland is meeting in a greenhouse and does activities around plants and art. This is for parents and kids/babies. It is more of a focus with new parents and has an educational focus as well. Maybe doing more things such as this could help.
  - c. **Sommer McLeish** – There is creative art night at Family Promise and they will be doing Squishtivities. Hearing from families they need basics – Offering information when there at events.
  - d. **JoAnn Miller** – Served on the Federal Advisory Committee a long time ago and reviewed parenting education and curriculum and rated them. Was a trainer and took parent education classes. Stigma was a major discussion in the community. Effective Black Parenting is a great curriculum. Do not know how to change the stigma. Sommer McLeish does a fantastic job and gets people involved and had gotten providers involved as well.
  - e. **Sommer McLeish** – Is happy that Luis Acosta is involved and do classes in Spanish as well.
- **Sommer McLeish** - They have parent coaching one-on-one at Phoenix Rising.
- Will start advertising summer programs for Linn and Benton Counties.
- **Dr. Jeannie Davis** – Where are most workshops held?
  - a. **Sommer McLeish** – In Lincoln County – Looking at partners to help support childcare. Provide classes via Zoom and have had classes at distinct locations. In Linn and Benton County having parent series at Linn-Benton Community College (LBCC) or partner sites.

- b. **Dr. Jeannie Davis** – Might be interested with parent education and involving the medical students.
- c. **Sommer McLeish** – *Can reach out to Coordinator at LBCC to connect with Dr. Jeannie Davis.*

### **Community Cooking Classes:**

Dr. Jeannie Davis led discussions around community cooking classes.

- We have discussed the old C.H.E.F. (Culinary, Health, Education, Fitness) program. Has Lifestyle Medicine students looking at community partnership projects.
- Have reached out to Crossroads Communities, which is part of and helped with the low-income housing unit in Lebanon. Trying to coordinate cooking classes each month.
- COMP-NW has a portable teaching kitchen.
- Around April 1, 2023, there is a Day of Service for osteopathic medical students. The students receive accreditation hours for participating in community projects. Looking at having cooking classes throughout the community such as housing units, Soup Kitchen, or other locations.
- **JoAnn Miller** – Dr. Christiana Corso with Samaritan Health Services (SHS) was working with Linn-Benton Community College (LBCC) to do cooking classes pre-COVID. She had submitted a proposal to do a pilot with initially targeting diabetic patients. She would be a good one to connect with.
- **Dr. Jeannie Davis** - There are different curriculums such as “Food Matters” and others.
- **JoAnn Miller** – Food Share of Lincoln County and OSU Extension Services are looking at expanding cooking classes with the Mam and Spanish community and cooking classes at the Farmer’s Markets. Pati D’Eliseo and Beatriz Botello would be good contacts as well. There are the different Farmer’s Markets in our communities that utilize SNAP benefits such as the Sweet Home and Lebanon Downtown Farmer’s Market.
- **Dr. Jeannie Davis** – Working with Tina Dodge Vera with OSU Extension Services as well.

### **2023 Summit:**

Discussion focused on the 2023 Summit.

- The date for the event – August 25, 2023.
- Location – Tentatively scheduled for the Center for Healthcare Education in Newport.
- **Dr. Jeannie Davis** – Reached out to Sandi Cox with the Lebanon School District and she is the Behavioral Health Specialists for the school district. She had indicated youth are experiencing the following: anxiety, Fentanyl use in teens, technology overuse, poor sleeping habits, apathy/low motivation, family conflict/discord. Sandi Cox is happy to talk with our group in April and could possibly be a summit speaker as well. *Dr. Jeannie Davis will follow up with her to confirm that she is still available to present to our group in April.*
  - a. Is on a youth services team that provides mentoring and tutoring. Have a team around youth and they see vaping in school and a lack of motivation and technology overuse.
- **Michelle Means** – Has a friend who has a daughter that was in the hospital from attempted suicide because of COVID. This might be a good topic of discussion.
- **Dr. Jeannie Davis** – Have had meetings to talk about youth and a sense of belonging. Youth lost their tribe during COVID and people they connected with. She is on the suicide awareness team in the community as well. It is a topic that needs to be discussed.

- **Deb Fell-Carlson** – Would love to know resources available for teens, adults, veterans. Where are they and what support they offer?
- **Michelle Means** – With Oregon Health Authority – Youth Suicide Prevention: Child and Family Behavioral health with State of Oregon – On right side of Oregon Health Authority page – Supporting treatment. Lists resources available.
- **Michelle Means** – There is the Linn Together group. She shared information from the website. Linn Together is a community Coalition that equips partners organizations, parents, and educators throughout Linn County with information and tools to guide positive youth choices around substance use disorder (SUD) and other behavioral health issues.
- **Jolynn Meza Wynkoop** – Oregon Coast Community College (OCCC) – Have online form to fill out and some fees to rent space. Shared details – OCCC Room Capacities:
  - a. Newport Commons – 60 at tables; 145 as audience.
  - b. General Classroom – 24 at tables; 40 in lecture hall.
  - c. Newport Community Room – 50 at tables; 80 as audience.
  - d. Newport Large Meeting Room – 30 at tables; 50 as audience.
  - e. Newport Computer Lab – 16 small lab; 24 large lab.
  - f. \$15 an hour to host event; AV at \$15; and to use kitchen \$10.
  - g. Do they allow outside catering?
  - h. **Sommer McLeish** – They have a small kitchen. It is doubtful they will provide catering.
- **Sommer McLeish** – The Newport Aquarium also has conference rooms and provides catering as well. No sure if they could cater an event off site.
  - a. **JoAnn Miller** – Side Door Café – Can be expensive.
  - b. **Shelley Hazelton** – Last year when checked with Side Door Café for catering, they indicated they were no longer doing catering and concentrating on their restaurant.
  - c. **Jolynn Meza Wynkoop** – Can request updated list from the Center for Health Education on who can use kitchen.
- **JoAnn Miller** – We do have a limited budget for the event. The coast can be expensive for catering.
- **Jolynn Meza Wynkoop** – *Can reach out to OCCC to see if they cater and the Center for Health Education to see if they have an updated catering list.*
- **Sommer McLeish** – What about Pati D’Eliseo?
- **JoAnn Miller** – We could look at doing a cooking demo and she can prepare food.
- **Sommer McLeish** – Have used a Taco Truck in Lincoln County for events.
- **Dr. Jeannie Davis** – Could do the cooking demo as discussed and can invite Dr. Christina Corso. We would need to see if we could use the kitchen at the Center for Health Education. Does the OCCC have a teaching kitchen? Could bring medical students and could have Pati D’Eliseo do the cooking demo with cooking a full lunch.
  - a. It was noted that the college just has a small kitchen, not a teaching kitchen.
  - b. **JoAnn Miller** – Received an email from Candice Russo. She might also be able to help. She is still with Oregon State University and had done a cooking demo at a previous summit. The Center for Health Education kitchen was designed as a cooking kitchen.
- **Jolynn Meza Wynkoop** – Maybe look at having a food truck on site.
- There may be issues with a food truck on site in the parking lot and different requirements to be on site, plug ins, outlets, etc. Also, the weather may not be good during that date.
- **JoAnn Miller** – We need to settle on the location and speaker.
- **Jolynn Meza Wynkoop** – Reached out to a potential speaker at the University of Washington, but never received a response back.

- **Mac Gillespie** – What is the overall theme?
- **Dr. Jeannie Davis** – We are looking at youth health and safety and looking at topics and workshops around the theme.
- **Sommer McLeish** – Discussed previously - The *theme* - **“Whole Person Approach to Health.”** Breakout topics 45 minutes to 1 hour. Workshops to include:
  - a. Parenting Support
  - b. Nutrition/Physical Health Education
  - c. Mental Wellbeing
  - d. Youth Services
  - e. One session in Spanish with simultaneous English interpretation – Luis Acosta is collaborating with parents of teens right now and will assess the needs in the Hispanic/Latino community
- **Mac Gillespie** – Can connect with staff he works with. Is there any funding for speakers?
- **JoAnn Miller** – We have in the past paid keynote speakers. We also in the past had funding from grants that helped with the budget. We do have limited funding depending on food. It is possible to set aside a little funding and to include travel. Most workshop presenters have not charged to present previously. It would depend upon who the speaker is.
- **Jolynn Meza Wynkoop** – We also decided to have the Summit in person only.
- **JoAnn Miller** – For mental health wellbeing – Kari Hart, MSW, LCSW, Clinic Wellbeing Program Manager at Samaritan Health Services, is exceptionally good and both she and Dr. Bill Barish are part of our Wellness Team. She would be a good speaker for a workshop and does mindfulness training. *JoAnn Miller noted that she would follow up with her to see if she would be available.*
- **Jolynn Meza Wynkoop** – Would be great to do something interactive such as mindfulness, walking or some type of exercise during breaks, or something such as that.
- **JoAnn Miller** – We had great feedback on Tristin Young from Jackson Street Youth Services that spoke at our Summit last year. We can also look at inviting him back.
- **Jolynn Meza Wynkoop** – She and Molly Gelinas met with a group of community members/partners to discuss youth health and wellbeing. Will be doing a Youth Needs Assessment. Should have the first initial information from that group and could report on that as well. Will also be attending a Youth Leadership Academy this week and can check on presenter there as well.
- **JoAnn Miller** – Rosio Munoz would be a good speaker for the Spanish workshop. She has done work around health equity. Luis Acosta would be a great speaker as well or he or Mac Gillespie may have suggestions for a speaker for the Spanish workshop.
- **Jolynn Meza Wynkoop** – The Confederated Tribes of Siletz Indians has youth services and maybe we could invite someone from the trip to talk to the group. They also have a youth drumming group. We could invite them to perform. We could also check with the Partnership Against Alcohol and Drug Abuse (PAADA).
- **JoAnn Miller** – We could invite a representative from the Confederated Tribe of Siletz Indians to provide a Welcome and Opening and recognize the tribe. Then at lunch time, we could look at having the youth drumming group provide a performance as well. *Will follow up with Ruby Moon. Members present, agreed with this suggestion.*
- **JoAnn Miller** – *Can check with Kathy Brier about the kitchen at the Center for Health Education for a cooking demo/workshop.*
- **Jolynn Meza Wynkoop** – Has a friend that has done “breathwork” and mindfulness. It is called Wim Hof breathing method. We could do “break moments.”
- Will there be a keynote and closing speaker?

- a. **Mac Gillespie** agreed to reach to his colleagues for a possible keynote/closing speaker.
- **JoAnn Miller** – Do we want to do a panel with mental health, suicide presenters/panelists? We could ask someone from Linn Together to discuss youth suicide prevention and we could research having another panelist talk about suicide in general and along the continuum. **Will follow up with Linn Together**. There have been more attempts with suicide and completion with youth and there is the healing afterwards.
- **Sommer McLeish** – Linn Together - Youth Mental First Aid is available and is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring adults. It is designed primarily for adults who regularly interact with young people.
  - a. **Dr. Jeannie Davis** – There is a class tonight (March 14, 2023) by Linn Together – Suicide prevention - from 6:00 p.m. – 7:30 p.m. at the Armory Building – 104 SW 4<sup>th</sup> Avenue, Albany, OR. Attendees will learn:
    - Myths and facts about suicide.
    - Suicide clues and warning signs.
    - How to ask someone if they are thinking about suicide
    - How to persuade someone to stay alive.
    - How to refer someone for additional support.
- **Michelle Means** – Can look for additional resources for suicide.
- **Sommer McLeish** – There is a 988 Suicide and Crisis Lifeline set up. They provide help through mental health and substance abuse prevention programs and crisis support services. Would be interested to see how this is going. It does depend on where your cell phone is since you are connected with services in that area.
- **Michelle Means** – Yes, this is Lines for Life.
- **Dr. Jeannie Davis** – Yes, a panel on mental health and suicide would be helpful – A whole person approach to health. Then there could be a closing speaker to wrap everything up.

**Next Meeting:**

The next general meeting of Linn, Benton, Lincoln Partners for Health is scheduled for April 11, 2023, at 1:00 p.m.

**Adjourn:**

With no further business to discuss, the meeting was adjourned at 2:30 p.m.

Respectfully Submitted,  
Shelley Hazelton  
Community Health Promotion