

Linn, Benton, Lincoln Partners for Health (Partners for Health)
Virtual through Microsoft Teams
1:00 p.m. – 2:30 p.m.
April 11, 2023
Meeting Summary

Participants: Jeannie Davis, Ed.D., Connie Adams, Luis Acosta, Shelagh Baird, Elizabeth Bauermeister, Iris Carrera, Mac Gillespie, Sommer McLeish, Michelle Means, Jolynn Meza Wynkoop, JoAnn Miller, Jennifer Pettit, Allison Lenore Studnick, Earlean Wilson Huey, and Shelley Hazelton

Guest: Sandi Cox

Welcome:

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

Meeting Minutes:

The March 14, 2023, Linn, Benton, Lincoln Partners for Health meeting minutes were presented. **Shelagh Baird made a motion and Sommer McLeish seconded the motion to approve the March 14, 2023, meeting minutes as presented. The motion was voted upon and unanimously approved.**

Community Youth Health Needs:

Dr. Jeannie Davis noted that his year's summit will be around youth services and the whole approach to healthcare. She introduced Sandi Cox, Mental Health Coordinator for the Lebanon Community School District. Sandi Cox shared what type of issues she is seeing with youth with the Lebanon Community School District.

- Anxiety and depression are the most prominent issues. Kids are suppressing anxiety and there is a lack of skills and understanding of patterns.
- She is seeing avoidance and escape and no coping skills to deal with things. Youth may tend to feel, "I do not have to deal with what I do not like."
- Parent do not always know what to do, which can lead to other behaviors.
- Some kids are turning to drug use – Marijuana and substance abuse, Fentanyl use.
- Seeing technology overuse and addiction – Cell phones, video games, social media.
- Seeing poor sleeping habits with youth.
- Poor eating habits and nutrition are other ones that can lead to conflict.
- Kids are struggling with social interactions – Face to face conversations and sense of belonging.
- Suicide ideation and self-harm is high – There have been attempts in our area. We have a higher percentage of attempts with youth and those that experience suicide ideation. We are above the state average and the state average is above the national average. There is a campaign initiative model to address suicide that focuses on hope, health, and strength and looks at 8 resiliency factors that include:
 - a. Family support
 - b. Positive friends
 - c. Mentors
 - d. Healthy Activities
 - e. Generosity
 - f. Spirituality

- g. Physical health
- h. Mental health
- The model is Sources of Strength and is a training curriculum for youth and adults and provides evidence-based programming and utilizes a strength-based approach to mental health and prevention of adverse outcomes such as suicide, violence, bullying, and substance misuse. There is an elementary model and middle/high school model.
 - a. Sources of Strength for middle and high school trains groups of peer leaders supported by adult advisors to run health messaging campaigns to increase wellness and decrease risk in schools.
 - b. The Elementary portion is implemented as a universal classroom based on social emotional learning curriculum. It incorporates language on mental health and a prevention lens.
- There will be an event on May 24, 2023, from 3:00 p.m. – 7:00 p.m. at the Boys and Girls Club of Greater Santiam in Lebanon. The Lebanon Community School District will partner with agencies for a Wellness type Fair and tying in Sources of Strength with 80+ vendors from all over the county and offer services and resources for families and youth. Will have a Kids Zone, food, activities, speakers, etc.
 - a. **Luis Acosta** – How was the event attended last year from the Spanish/Latino community?
 - b. **Sandi Cox** – Has a Spanish Support Liaison that works with the Welcome Center. They are bilingual and involved in the community and works with Latino families. There were some vendors that supported Spanish families at the event last year. Sources of Strength does have materials translated in Spanish as well.
 - c. **Luis Acosta** – Is Casa Latinos Unidos participating in the event?
 - d. **Sandi Cox** – “Yes,” last year they did participate and thinks they will participate again this year. They are on the list.
- **Jolynn Meza Wynkoop** – There were the 8 focus areas of Sources of Strength – Will there be vendors that are part of this such as gyms, the faith community, etc.?
 - a. **Sandi Cox** – “Yes,” they will have different vendors around those areas. Build Lebanon Trails for example focuses on youth and families and can be for anyone and additional vendors will also be present.
- **Jolynn Meza Wynkoop** – There was mention of the two different curriculums for Kindergarten to 5th grade and then the 6th grade-12 grade curriculum. In what schools is this implemented?
 - a. **Sandi Cox** – They are implementing the curriculum more in the middle school. Implemented by teachers and piloted this second year. The State implemented in schools. Is happening in Canada and Oregon. Corvallis has an elected class that is up and running and kids get credit. It looks different at each school. South Albany has a program running as well.
- Another big need is that we do not have the capacity to meet the mental health needs of the community. We need to be creative on how to provide mental health services. We also do not have the capacity in the state and lack of access. The wait list is tremendous. What can we do in the schools to help? We also want to be able to help parents as well.
- **Jolynn Meza Wynkoop** – Are there youth led campaigns in the schools around cell phone use?
 - a. **Sandi Cox** – “No,” there is not. Would love to have this. Even communication and talking to kids about marijuana use. Kids say they know. They are looking for quick fixes. It is interesting to have true conversations with students and talk about having to do things we do not like to do. Sometimes they do not understand the concept.

It is important to have the dialog and conversations.

- **Dr. Jeannie Davis** – We have discussed having information about mental health suicide awareness at the summit.
- **Sandi Cox** – In the school district they have people trained in QPR, which is the training module they use. There is a youth slide deck they use and have parent night. Staff appreciates the tools to talk to kids.
- **Jolynn Meza Wynkoop** – We could look at incorporating some of this information through our summit through a workshop or presentation or hear from teachers that lead elective classes or high school youth and share what they learn through this connection.
- **Sandi Cox** – The state has connected with a consulting firm that provides trainers. The person to contact for Sources of Strength is Liz Thorne and Kahae Rikeman through Matchstick Consulting in Portland. They oversee the implementation and provide support to all districts in the state and have the contact information who are providing the model in a classroom setting. She does commend the schools that look at the whole child. She brings in the mental health perspective, but also talking about the whole child is important.
- **Dr. Jeannie Davis** – In healthcare we talk about the team-based approach to healthcare where we look at the whole person and all pieces fit together for health.
- **Sandi Cox** – Oregon Health Teens Survey looks at mental health/behavioral health, sexual health, bullying, etc. You could get statistics from that and share and get data for trends.
- **Sandi Cox** – Here is her email – sandi.cox@lebanon.k12.or.us

2023 Summit:

Discussion focused on the 2023 Summit. A spreadsheet for the summit was noted.

- **Date for the event** – August 25, 2023. This will be an in-person event only.
- **Theme** – “Whole Person Approach to Health.”
- **Location** – Center for Healthcare Education in Newport. There had previously been discussion regarding other venues such as the Oregon Community College or the Oregon Coast Aquarium.
 - a. *Please note the Center for Health Education has a total of 4 rooms – Hall A/B is one room that can site 72 people and the room cannot be separated. Hall C is separated and if you put round table sin there it could seat 36 people. With rectangles, it would seat 20 people. There could be the possibility of squeezing in more chairs and sitting 30 people, but it is not recommended. The upstairs conference room sits 16-20 people depending on how close you want everyone. The upstairs classroom will sit 12 people.*
- **JoAnn Miller** – Talked with Kathy Brier at the Center for Health Education. They do have the kitchen that could be used for a cooking class. There was discussion about having this class in Spanish. OSU Extension Service recommended Beatriz Botello for doing this in Spanish. *Will need to follow up further on this.*
 - a. **Jennifer Pettit** – *Works with Beatriz Botello and can pass on our inquiry to her about providing a cooking demonstration in Spanish for the summit.*
- **Welcome/Opening and Lunch Entertainment** – JoAnn Miller noted that she discussed with Ruby Moon at the Confederated Tribes of Siletz Indians about having a welcome and land acknowledgement/recognition of the Tribe and then having the Tribal youth drumming group at lunch for entertainment. *JoAnn Miller will follow up again and confirm this will work.*

- **Workshops:**
 - a. **Jolynn Meza Wynkoop** – Contacted Sheila Aviles with the Confederated Tribes of Siletz Indians to see if the Community Efforts Demonstrating an Ability to Rebuild and Restore (CEDARR) Coalition would want to present around their youth activities. She has not heard back from them. She also sent messages to the Partnership Against Alcohol and Drug Abuse (PAADA) of Lincoln County and the Olalla Center as well.
 - b. **JoAnn Miller** – Kari Hart, MSW, LCSW will do a workshop around mental wellbeing.
 - c. **Sommer McLeish** – Parenting Support workshop – Luis Acosta does facilitate a parenting class in Spanish.
 - d. We need a workshop speaker for nutrition/physical health education.
 - e. Cooking demonstration in Spanish.
 - f. **Jolynn Meza Wynkoop** – Are we incorporating something around human trafficking as well?
 - g. **JoAnn Miller** – “Yes,” we can incorporate information around human trafficking and missing and exploited youth, and the betrayal of children involved in human trafficking as well.
 - h. **Mac Gillespie** – We need to think who will attend the Spanish workshop and how do we recruit and be mindful if there is a group to work with in Newport.
 - i. **JoAnn Miller** – We do encourage Spanish speaking individuals to attend. We will have a workshop in Spanish with simultaneous English interpretation.
- **Panel Discussion** – End of the summit before closing. Has anyone been identified. It was noted that no one has been identified. One suggestion previously had included Linn Together.
 - a. **Michelle Means** – Could there be a panel of teachers that might be available to speak. It was mentioned previously that some youth take the Sources of Strength class as an elective. Maybe include students as well.
 - b. **Jolynn Meza Wynkoop** – A panel with a mental health focus – Do we want to hear from youth or who do we want on the panel?
 - c. **Elizabeth Bauermeister** – Is this an awareness summit or are we trying to address prevention?
 - d. **Dr. Jeannie Davis** – The summits in the past have been more information focused.
 - e. **Mac Gillespie** – The panel could have a bunch of different folks such as a local student group, medical professionals, and someone from public health.
 - f. **Jolynn Meza Wynkoop** – Like the idea of a mixture of panelists and then having 3-4 questions to cover. Would be more though provoking and diverse.
 - g. **Dr. Jeannie Davis** – We could look at health professionals on the panel, and a teacher, and if we want to include students.
 - h. **Jolynn Meza Wynkoop** – Sandi Cox would be a good panelist.
 - i. **Sandi Cox** – Can look at her calendar and get back to Dr. Jeannie Davis.
 - j. **Dr. Jeannie Davis** – We could include a teacher from Lincoln County and possibly if there is someone that participates in the elective program spoke about earlier.
 - k. **Sandi Cox** – It does say there is someone in Lincoln County. Suggests contacting Liz Thorne or Kahae Rikeman as noted previously and they should have a contact for Lincoln County schools.
 - l. **Dr. Jeannie Davis** – Could look at public health graduates that work with youth around mental health – *Can reach out to someone to be on the panel.*
 - m. **Jolynn Meza Wynkoop** Do we have a mental health director at Samaritan Health Services (SHS).

- n. **JoAnn Miller** – “Yes,” Dr. Robert Fallows. *Will meet with him on April 25th and can see if he could recommend anyone.* Heather Jefferis from the Oregon Council of Behavioral Health would be good to invite as well.
- **Food:**
 - a. **Sommer McLeish** – The Lucky Thai Elephant Restaurant could cater and is right next to the Center for Health Education. *Will check on prices.* Also collaborates with another caterer that provides some meals for some of her parenting classes. *Will check on that as well.*
 - b. **Jennifer Pettit** – The Simple Market offers pick up catering of tamales and burritos in Newport.
- **Keynote and Closing Speaker:**
 - a. **Mac Gillespie** – Brought up speakers to their Healthy Community Team for Benton County. The Linn, Benton Health Equity Alliance is putting on a program on “Rethinking Data: A Panel Discussion on Justice, Equity, and Decolonization on April 20, 2023, from 12:30 p.m. – 2:00 p.m. *Will be attending this to see how it is. This may be an option. Will report back.*
 - b. There is also Dr. Edward Junkins that participated in a summit in the past. *It was agreed to not reach out to Dr. Edward Junkins at this time.*
 - c. Mara Sargent suggested a Nigel Wrangem from Eugene who works with substance use prevention.
 - d. **Jolynn Meza Wynkoop** – Does Nigel Wrangem speak on other topics as well more as a whole person approach to health?
 - e. **Mac Gillespie** – *He can follow up with and ask that question.*
- **JoAnn Miller** – Dr. Lesley Ogden could do an initial welcome. *She will follow up with her to check if she is available.*
- **Dr. Jeannie Davis** – It would be great to find a closing speaker. Could look at someone on the medical campus with a philosophy on patient care.
- *It was agreed to not do any break moments or mindfulness, breathwork, or anything planned during breaks. We could look at stretching or something like that if we so choose.*
- **Jolynn Meza Wynkoop** – If we wanted to do stretching, she could lead something or we could ask SamFit to lead something as well.
- **Mac Gillespie** – For the target audience for the Spanish speaking workshop – Are we looking at stipends for Spanish individuals to attend?
 - a. **JoAnn Miller** – We do not have funding to incentivize people to come. We do want to include the Latino community.
 - b. Would Centro de Ayuda be the contact for Newport?
 - c. **Sommer McLeish** – Have had difficulty connecting with them in the past. Works with Olalla Center – There is a cultural group and a couple of groups in Lincoln city. There is also Oceana Family Literacy.
 - d. **Luis Acosta** – There is a celebration on May 7, 2023, at the coast. This would be a good opportunity to get connected with the Spanish community.
 - e. **Sommer McLeish** – The May 7, 2023, event is a Cinco de Mayo event that the Olalla Center is organizing. Will also be attending this event and can bring back ideas. OSU Extension Service does a lot with the Lincoln County School District.
 - f. **Jolynn Meza Wynkoop** – Can put together a “Save the Date” flyer that Sommer McLeish could share at the May event and can include information on our Coast to Cascades Community Wellness (CCCWN) website.

- Who is our target audience?
 - a. **JoAnn Miller** – We want to include community partners and anyone who is interested in attending.
 - b. **Dr. Jeannie Davis** – The summit is open to anyone. We can look at targeting parents, professionals, health care providers, the Spanish community, and others.

Announcements:

Dr. Jeannie Davis noted that on April 1, 2023, the medical students had a cooking class at the Crossroads Community housing unit in Lebanon. They made chicken enchilada soup. People attended from the housing unit. Hope to connect and do monthly. They had 12 people attend.

Next Meeting:

The next general meeting of Linn, Benton, Lincoln Partners for Health is scheduled for May 9, 2023, at 1:00 p.m.

Adjourn:

With no further business to discuss, the meeting was adjourned at 2:35 p.m.

Respectfully Submitted,
Shelley Hazelton
Community Health Promotion