

# Healthy Ulster Council

## Meeting Minutes

September 12, 2019

### Attendance:

Jacquelyn Arsenuk, Pamela Baker, Susanne Callahan, Courtney Churchill, Marge Gagon, Melinda Herzog, Jaqueline Kellachan, Stacy Kraft, Susan Lennon, Vincent Martello, Christine Noble, Kathleen Nolan, Sendy O'Brien, Tasha Ortloff, Katie Sheehan-Lopez, Tonya Stokes, Julia Solow, Amy Summers, Gloria Valdez, Kelsey Vanetten, Dominique Wallace-Mills,

### Introduction:

Melinda introduced herself and shared the purpose of the Council which is to meet for professional development, networking, and collective action.

### Presentation 1:

Raising HOPE "Women Mentoring Women Program: The Impact of Mentoring"

Presentation by Amy Summer, Program Director at Raising HOPE, Tasha Ortloff-Assistant Director

<https://www.ulsterunitedway.org/raising-hope/>

**Goal**-Serve women 18-80 in Ulster County, looking to improve career, education, life in general or even a bucket list! Help women re-frame their story/whatever is holding them back and move on.

- Women mainly come to them through referrals such as from other non-profit, Family of Woodstock, DSS, word of mouth,
- The program needs our help to get the word out
- Serves all areas of Ulster County
- Most women come from poverty, incarceration, abuse, disabilities, never went to college or whatever it may be- a hiccup that took them off track from where they want to be, they do need to be 6 months free of drug abuse or abuse (this is based on the honor system).
- Goal of 30 mentees a year
- 12 Month program, can be re-occurring with same goals or new goals, can start at any time
- Mentors are 30 or older- with a sincere desire to help other women, any profession, any experience

### How to become a Mentor or Mentee

- Applications to be a mentor or a mentee are on their website
- Interviews are done for mentors or mentees
- Mentees and Mentors are provided with a 3 hour training

- Monthly requirements are 1-2 hours face to face, 2 times a month, and 2 times a month via email/text/phone
- Trainings once a month for Mentor, topics include how to provide mentees with:
  - Problem solving skills
  - Self-expression
  - Budgeting
  - Stress management
  - And more
- Group monthly dinners are held for mentors and mentees with presentations, childcare is provided
- Amy holds a monthly strategy session with each person to help them in any way.
- The program does provide financial help for mentees after 3 months in the program, schooling or interview prep
- The program keeps in touch with mentees after they complete the 12 month program
- Scholarship fund: Any women residing in the community that is looking for help with her education, apply in January on the website.
- Celebration once a year for women role models in the community that helped in the program or were in the program, also a fundraiser, happens every June.

A success story:

One woman as a mentee, then a mentor, started working for a non-profit and is now a director of a non-profit out of state.

Several women have entered the program and had low self-esteem, the program helped them get their GED's, get interview help, and get stable jobs.

**Movement Break: 5 Minute Health Boosting Walk from 3 Mile Calorie Blast**

<https://www.youtube.com/watch?v=bLRZagrneAI>

**Presentation 2:**

Ulster County's Opioid Response Plan and CHA/CHIP Update

Presented by Vincent Martello Director of Community Health Relations Ulster County Department of Health and Mental Health

<https://ulstercountyny.gov/health/health-mental-health>

- Dimensions of the crisis
  - **National** 70,237 died from opioid related causes in 2017
  - **Local** in 2018, 56 UC residents died from opioid related causes

- UC 2<sup>nd</sup> highest county opioid fatality rate
- UC 6<sup>th</sup> highest County in opioid based prescription rate
- Early 2018 task force was commissioned to re-examine every aspect of prevention in UC
  - Over 65 community partners and stakeholders were brought together
  - Task force goal: reduce opioid related fatalities in UC by 50% over 2 years
- Components of the plan:
  - **Reducing supply**

Increased support law enforcement; increased support in reducing drug trafficking; enhance patient and provider awareness and education and interacting regarding the risks and alternatives; promote and expand access to and use of take back programs; promote awareness and use of URGENT Task Force Tip line; continue to engage in the existing class-action lawsuit to hold pharmaceutical companies accountable for the harm done to our community

- **Reducing demand**

Awareness, education, programming and messaging; create and implement on going and pervasive multi-media messaging campaign focused on the youth; expand and provide greater access to evidence based primary prevention programs in schools, youth centers, and community center; work with athletic directors, coaches, parents and educators based on sport injuries; work with construction trade union based on work place injuries

- **Improving treatment and recovery services**

Reducing the stigma, it is a disorder, not a character flaw or moral failing, it is a chronic disease and deserves to be treated as such, treatment works best when they are ready to begin that journey; Improve the system that is fragmented and disconnected; Successful recovery requires strong social and family support networks; Create and implement substance-use treatment and recovering plan at UC Jail that is integrated all stages, from intake to post-discharge; Expand medication assisted recovery and transition to community care via hospital emergency departments; More community wide Narcan trainings; Work to get more healthcare providers certified and willing to offer medication assisted recovery services in low threshold access without stigma; Connect all police, fire, and emergency response to peer advocate programs organizations for referral of overdose victims and their families to appropriate treatment and recovery services; Expand UC regional drug court; Enhance awareness and promotion of the services of UC Family Advocate program; Provide support and training for more Certified Peer Recovery Advocates; Create a process to track people through the system so that no one gets lost or drops out; Increase identification of at risk people; Establish a recovery friendly business program; and Establish a crisis stabilization center.

- Several Grants are funding this project, 4.5 million dollars
- Next Steps
  - Opioid Prevent and Strategic Action coordination team to be assembled
  - Team will identify and work to remove barriers and research best and promising practices
  - Team will report to Ulster County Executive Pat Ryan

- Healthy Ulster Group Discussion: Suggestion made of getting a list of Narcan training providers
  - Most of the room had been trained in narcan
  - Only one person has administered and said it was very upsetting and it was emotional process and suggests support for administrators after they administer

**Presentation 3:**

Regional Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)

Presented by Stacy Kraft-UCDOH, packet was handed out with information

- Brief overview of data collected
- NYS mandate to collect data every 3 years to see how to improve health services in the county
- Develop strategy to improve the gaps (CHIP)
- This CHA was able to compare us to neighboring counties and compare us to the state
- New CHIP will be submitted in December
- Data was collected via:
  - Digital Phone survey- heavy amount of seniors responded
  - Provider level survey with follow up focus group sessions were used to gather data from the younger demographic
- Results
  - Survey showed the top three issues that affect UC Health were
    - Access to affordable, decent, and safe housing
    - Access to affordable and reliable transportation
    - Access to mental health providers
  - Survey showed the top three barriers to achieving better health in UC were
    - Knowledge of existing resources
    - Geographic location-living in a rural area
    - Drug and /or alcohol abuse
  - Survey showed these other areas of concern
    - Diabetes mortality and hospitalization rates are high
    - Teen pregnancy for blacks is nearly three times that of whites
    - 83% of people said it was completely or somewhat true that it is difficult to find a quality place to live due to the high cost of housing
    - Cigarette smoking is prevalent among people who report poor mental health
    - Infant mortality rate is the highest in the region and higher than the healthy people 2020 goal
    - Infant mortality rate for blacks is three times that of whites

## **Announcements/ Networking**

Christine Noble-Office of the Aging: brought information to hand out from the Office of the Department for the Aging

Marge Gagon- Rose Women's Care Service: International conference on Immigration and Mental Health Oct 11<sup>th</sup> [www.athenanetworknewyork.org](http://www.athenanetworknewyork.org), Google: Heart Age assessment, can be used to have a conversation about health lifestyle

Katie Sheehan-Lopez-CCE Ulster: SNAP Ed starting in October, in the Kingston and Ellenville school districts can be done in the classroom

Jackie Arsenuk-UCDSS Safe Harbour Program: Dec 5<sup>th</sup> Conversation with Author from Under the bridge

Julia Solo-Hand in Hand: Caring Majority Campaign Launch 9/26, fight for just long term care system increasing benefits and wages for home care workers

Kelsey Vanetten- Habitat for Humanity: almost done with 17<sup>th</sup> house and starting 18<sup>th</sup> looking for applicants

Sue Lennon-American Lung Association: Gov. Como signed in effect Tobacco 21, increasing age for purchase to 21, Pulmonary illness related to vaping is being focused on

Stacy Kraft- UCDOH: Please share Dept. of Health Facebook Post, breaking news Vaping Hotline and pulmonary illness symptoms

Tonya Stokes-Ellenville Regional Hospital: Reviewed project Rescue at Ellenville Regional Hospital, Harm Reduction Approach, Smart Recovery Meetings

Dominique Wallace-Mills- Catholic Charities: Collaborating with Census 2020, holding job fairs

Gloria Valdez-Breast and Prostate Cancer Peer Education Program: Reviewed Program services

Kathy Nolan-Catskill Mt Keeper and NYS Legislature

Legislature: passing bill UC pollinator free county this month, variety of different pledges to enhance pollinator practices

Climate Strike/Rally Kingston Sept 20<sup>th</sup> 11am at Academy Green- look for information soon

Climate Summit Sept 21<sup>st</sup> SUNY New Paltz

Susanne Callahan- IFH: Adverse Childhood Experience, showing the film *Resilience*