



## GENERAL MEETING MINUTES

Thursday, September 17<sup>th</sup>, 2015 1:00-3:00pm , Monarch Room, Kings County Behavioral Health

**Meeting called to order at 1:03pm by Katie Arnst**

### **Welcome and Introductions by Katie**

Those present introduced themselves with 29 people in attendance

**Quorum was met**

### **Board Voting**

- Andrew motioned to approve the Asthma Coalition MOU and was seconded by Julia – all approved
- Evi motioned to approve the minutes from the general meeting, August 20<sup>th</sup>, and Fedieson seconded the motion – all approved

### **Organization Spotlight**

- *Handout- Implementation Plan Updates*
- Regional Advocates Countering Tobacco (REACT)- *Evi Hernandez*
  - Daisy Lopez- CHC: 559-244-4526 [dlopez@healthcollorative.org](mailto:dlopez@healthcollorative.org)
  - 3 main objectives for REACT
    - Increasing youth participation in tobacco prevention by Tobacco Free coalition
    - Assisting cities in Tulare, Kings, and Fresno Counties through implementation of public policy
    - Eliminating indoor smoking in workplaces exempted by the California smoke free workplace
  - REACT is looking for youth to be a part of their program to help promote tobacco prevention

### **Strategic Plan Presentations**

- **Tobacco Free Living - Evi Hernandez**
  - Changing 1-3 policies a year in the county to promote tobacco free living
  - Implementing Smoke free areas and redefining what tobacco is by classifying E Cigarettes as tobacco
  - Smoke Free Areas – starting with downtown Hanford, expanding to “Tobacco Free Downtown” rather than just smoke free
  - Plans to meet with the mayor, city manager, and council member to gain support and start educating on tobacco free living
- **Preventing Drug and Excessive Alcohol Use – Katie Arnst**
  - Majority of Kings County seeks treatment because of drugs and alcohol prior to the age of 18
  - Peer pressure and normalization are strong factors affecting youth substance and alcohol use
  - Changing policies surrounding juvenile offenders and their parents:
    - Parents of the juvenile offenders need to be involve in their children’s rehab and require the parents to take classes along with the child
    - Create Multi-Disciplinary Board or Collaborative Court for additional support an accountability
  - To finalize implementation:
    - Meet with Kings County DA’s office and Probation Department to seek input on the strategic prevention priority and opportunities for partnership
    - Create list of agencies and organizations that offer classes parents can attend
- **Healthy Eating – Andrew Cromwell**
  - Promote healthy retail initiatives by offering business incentives to provide healthy options and opportunities
  - Develop healthy retail award which recognizes those businesses who are promoting healthy eating in any way by establishing high performance in areas such as providing healthy options for their consumers, reducing advertising for tobacco and alcohol related products, etc. Also give the retailer signage to show the store is a part of promoting healthy living.
  - Create business and government partnerships in order to elevate the value of the award

- **Active Eating - Fedieson Landicho**
  - Promote work place wellness
  - Have KPFP promote the workplace wellness initiative to businesses, schools, and government agencies and have them adopt the policy and KPFP members will check organizations as ambassadors.
  - This group chose to utilize an already existing model from KCAO SNAP-Ed
  - The Active Living program will utilize weekly challenges and incentives and will include a most active workplace award
- **Injury and Violence Free Living – Zeynep Timmester**
  - Focuses on healthy relationship education that covers topics of domestic violence and sexual assault
  - Make services more assessable in Kings County like shared facilities and funding
  - Using collaboration in schools to provide prevention services, early intervention services, and referral services
    - Start anonymous texting about violence
    - Have resource officers at every school
- **Reproductive and Sexual Health – Jessica Alvarado**
  - Provide students with the tools and information they need and include a focus on healthy relationships
  - Work with schools to implement sexual health programs and communicate with school board members, school nurses, principals, learning coordinators and directors of special services.
  - Making students aware of the services they have without needing parental consent
  - Provide school districts with toolkits which include: introduction, Kings County teen birth data, list of reproductive and sexual health educational programs, sample of session topics, and list of Kings County family PACT providers
- **Mental and Emotional Well Being – Danelle Drayton**
  - Reaching out to children at school is the most important and possibly effective way to help child and families.
  - Implement education and understand what's going on mentally and emotionally in schools at younger ages
  - The workgroup put out surveys for schools to discover what initiatives they are currently undertaking and what more they think they could do in regards to mental health and emotional well being
  - Get parents, guidance counselors, schools involved by coming up with a program based on the data from the surveys.

#### Roundtable sharing

- Julie reminded people to write down their email if they are not already on the mailing list
- First timers at the meeting:
  - Nancy from West Hill college who does events for parents
  - Jesus Sanchez from Anthem Blue Cross
  - Rebecca Goodstein from Adventist health –Health and Wellness and Diabetes Prevention education - offers health education for the community. She is putting on healthy eating sessions in October
- Cela from Behavioral Health – offered to meet with those who are interested in looking at their 3-year plan and research
  - Reminder: Recovery festival Saturday, September 19<sup>th</sup>, 10-3 at lacey park
  - Oct 9<sup>th</sup> Behavioral Health has an 8-hour mental health first aid training, open to anyone, to learn and identify mental health disorders and help in crisis.
- Van – Youth Summit Prevention update- The Summit started prevention program in Tulare County on the Reservation, which will start during the winter break. He needs presenters from Kings County for prevention programs.
- Fedieson reminded the group about Oct 7<sup>th</sup>, Julie is doing a work shop on Fundraising Fundamentals, contact Julie or Fedieson for more information
- Champions is looking for people to donate books for their new library
- Bill Munoz – Reminders:
  - Saturday, September 19<sup>th</sup>, river clean up
  - Highway clean up September 18<sup>th</sup>, meet at court house (flyer)
  - Senior scam presentation, September 24 at senior center in Lemoore (flyer)
  - Coffee with Assemblymember Rudy Salas, Oct 2<sup>nd</sup>, 9am at court house 3<sup>rd</sup> floor (pamphlet)
  - Thanksgiving community day dinner at senior center in Lemoore volunteers needed for Wednesday and Thursday
- Meeting adjourned at 2:30 pm