

Healthy Ulster Council Meeting Minutes

Thursday, March 8, 2018

Present:

Carol Sutcliffe (Family Services); Carrie Doyle (CCEUC); Christina Carranceja (Institute for Family Health) Emily Flynn (City of Kingston); Katie Sheehan-Lopez (CCEUC); Laurie Deutsch-Mozian (HAHV); Lynda Brady (MISN); Maria Cecilia Deferrari (CCEUC); Megan Conroy (UPC); Melinda Herzog (CCEUC); Stacy Kraft (Health Dept.); Vincent Martello (UC Dept. of Health); Amy Weiss (Family of Woodstock); Kathryn Lucia (Mental Health Assoc. of U.C.); Marge Gagnon (Rose Women's Care Services); Alexandra Julson (Planned Parenthood); Jesse Sarabbi (ERH); Amy Weiss (Family House); Kiera Huppert (Planned Parenthood); Zachary Lynn (Planned Parenthood), Kelly Warringer (Family of Woodstock)

Change in Schedule

- Melinda Herzog announced change to schedule: First presenter, Nicole Martin of Family of Woodstock was unable to attend due to weather related circumstances. Her Supervisor, Kelly Warringer is presenting on her behalf, but needs to leave at 2:30pm so that presentation will be first on the Agenda, followed by Introductions.

Presentation: Youth Programs - Kelly Warringer, Family of Woodstock, Team Leader

- Refer to brochure on Family of Woodstock's Youth Services.
- Key thing: there's no wrong door - although we provide a list of programs and staff, you can call any of our phone numbers and we'll get you to the right place.
- Access to us: Phone, Instagram acct. – we find youth tend to think Facebook is for “old people”. Text line.
- Kelly thinks the programs are being underutilized. We have many programs - see brochure, i.e.:
 - Family House in Rosendale. Helps youth that are runaway – make sure they have access to education, roof over their head, and food.
 - Important-they still have access to home school district. We get them to school.
 - We work with parents/guardians and try to mediate-we have a case manager.
 - Average stay a few weeks. A majority of the time youth go home. Some are chronically homeless; we act as in between to help find a more permanent home.
 - Children's Health Home Program. Origin: response to Medicaid expenses in NYS sky high. Helps youth coordinate w/health systems, support families.
 - Qualifications: Medicaid or managed Medicaid. Other qualifications: two chronic conditions. They may meet the definition of trauma.
 - See specific details on qualifications BUT do not worry about trying to make sure they meet that criteria. Please still refer them – we will figure it out.
 - Transitions Program (age 18-24) and Getting Ahead Program (GAP) (age 16-21). We work with youth with chronic mental health issues.
 - Similar but service slightly different age ranges
- Kelly spoke on a few other programs – many services for Youth. See brochure (summary there).
- Contact us with any questions, let us know of any outreach opportunities.

Introductions: Attendees shared their name and position/organization

Community Health Improvement Plan *Vin Martello, Department of Health*

- Priority areas can change – things change quickly now but we have to make choices about what program.
 - Priority #1: Preventing Chronic Diseases.
 - Many facets to this including Strengthening Access to Physical activity
 - For example Rail Trail system-one of the most extensive in the country.
 - Upgrading infrastructures like expanding a roadway to allow for more bike travel.
 - Interactive map you can pick different places to go with your family, outdoor activities. See full list of programs.
 - Another facet is strengthening access to healthy food.
 - Priority Area #2: Promote Mental Health and Prevent substance Abuse Action Plan.
 - Website ulsterhelps.org Many helpful resources
 - NYS Prevention Agenda Dashboard – comparisons of local versus regional data
 - Vin discussed promotion of smoke-free multi-unit housing and ways they're helped to minimize marketing to youth on cigarettes.
- We continue to help promote the County Executive's goal of making Ulster County the healthiest county in NYS.
- Vin highlighted Healthy Ulster Radio - really helps raise awareness.
- Link to Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)- Next update in 2020 (Assessment in 2019):
 - <http://ulstercountyny.gov/health/research-and-reports>
- Social media links:
 - <https://www.facebook.com/UCDeptHealth>
 - <https://twitter.com/HealthyUlster>
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Exercise Break

- Video on yoga you can do in your chair/at work:
Yoga at Your Desk; Eckhart Yoga
<https://www.youtube.com/watch?v=Fx16LSYoQv4>

Survey Responses - *Melinda Herzog, CCEUC*

- 67 responses – brief review of results/general trends.
- Report will be finalized and posted on healthyulstercounty.net.
- We may reach out to you to tweak info. on your program

Networking and sharing - *Council Discussion*

- Katie Sheehan-Lopez – If you have a SNAP eligible group I can provide nutrition education.
- Carol – U.C. Family Advocate (substance use). Anyone in Ulster County can call me. New – grief group family/friends lost to addiction.
- Several Planned Parenthood educators talked about what they do; outreach; tell people to share what they learn from us.
- Alexandra Julson with Planned Parenthood – recent event very successful, thank you.
- Megan - Ulster Prev. Council – Currently doing an e-cigarettes and vaping campaign. We can tailor our training specific to you agency/need.
- Laurie Mozian – If you have ideas contact me about health problem/prevention

- Christina Carranceja - Diabetes self mgmt. care - ongoing, no cost to participant – open to community members. We get shares from Phillie's Bridge Farm-give to community; give produce along with education.
- Kathryn Lucia-MHA offers support groups; see recent flyer for drop-in groups. Added new class co-ed yoga. Mindful eating-free, starting March 19.
- Jessie Sarabbi-Ellenville reg. Hosp. I see opportunities to connect. Suicide Prevention May 5 event: 13 Reasons why not? Looking for youth to participate.
- Maria Cecilia Deferrari – Relatives as Parents Program. Went over the program and also shared saches with outreach information. New: Sober Parenting Education – parents sober at least 30 days/in recovery. 14-week course.
- Lynda Brady – Navigator Program.
- Marge Gagnon –Shared that Wawarsing Council of Agencies asked would it be possible for Healthy Ulster Council to meet down in Ellenville? Chronic Disease Self-Management March 15.
- Melinda Herzog: CCEUC has a nutritional education series for families raising youth. If you have a program we can piggyback on to. Can also go to client's homes.