

ISLAND COUNTY BOARD OF HEALTH – MINUTES OF MEETING-May 10, 1999

The Regular Meeting of the Island County Board of Health convened at 11:15 a.m. on May 10, 1999, in the Basement Hearing Room of the Island County Courthouse Annex, Coupeville, Wa., with Board of Health members present: Mike Shelton, Chairman; Wm. L. McDowell, Member; and William F. Thorn, Member.

Also Present: Tim McDonald, Dr. Roger Case, Keith Higman, Jan Dahl, Jackie Henderson, Carol McNeil, Linda Lee Martens, Carrie McLauchlan, Linda Morris, De Alcantara, Oak Harbor High School, Mrs. Alcantara, Marshall Bronson, Herb McDonald, Eileen Rosman; Doreen DeLong, Page Gilbert-Baenen.

CHAB (Community Health Advisory Board) Appointments

Interviews having been completed with regard to prospective members to CHAB, the Board by unanimous motion, appointed Bill Wilson, community member from Oak Harbor, to Position #11 on CHAB, and three student members as follows: De Alcantara, Junior, Oak Harbor High School; Colin Nash, Sophomore, Stanwood High School, Anna Huntington, Freshman, Stanwood High School.

CHAB REPORT

Marshall Bronson, representing CHAB, mentioned three items that had been added to the last CHAB meeting schedule, three world events worthy of being examined in light of responsibilities for providing advice to the Board of Health:

1. Kosovo and what deployment meant for Whidbey Island. Interesting to note in discussing this matter that Kosovo deployment seemed to provide no more problems than any other series of deployments – there are problems that exist continually but nothing new or startling as of yet.
 - (2) Littleton, Colorado situation. Most issues handled at the school district level, and can be addressed through programs for youth.
 - (3) Oklahoma tornado. Recommend review of the Island County disaster plan; check with Red Cross, and wise that everyone develop a family disaster plan.

Of particular importance to CHAB was the recommendation to expand the Island County Board of Health, as outlined in CHAB's position paper dated April 21, 1999, with recommendation as follows:

[copy of complete position paper on file]

Recommendation: For these reasons, CHAB Board of Health Expansion Task Force strongly recommends that the Island County Board of Commissioners consider expanding the Island County Board of Health membership to seven. Our recommendations for expanded membership include the following:

- an elected Whidbey General Hospital District Commissioner, and three county-at-large members representing health, education, and/or social service professions.
- There is also a need for an additional advisory, non-voting status position. A representative from Naval Hospital Oak Harbor would fill this is position.

CHAT (Camano Health Advisory Team) Imperative #1

Doreen DeLong, Affiliated Health Services, one of the sponsors of CHAT, and serves on the imperative Committee of CHAT, noted that this group is charged with supporting the opening of the Camano Health Resource Center. It has been a long hard haul, over three years in process, and the Center is now almost open, looking for primary health clinic to open in August. The Imperative Group received approval for a two-year VISTA volunteer located in the Camano Health Resource

Center to work on developing a health and safety information center. This position will train volunteers so at the end of that two year time slot, the resource information center can be

maintained. A \$1500 grant has been received from Family Network to purchase a computer for this VISTA position. Also, a March of Dimes grant has been received for the four tenants of the building: Affiliated Health Services, Recovery Center, Community Mental Health, and Island County Public Health Department. The grant is for about \$6,000 to develop programs to prevent prenatal substance abuse, reduce unintended pregnancies and promote pre-conception planning.

A tremendous amount of community support has been received, helping to raise over \$50,000 as of last week, from the following:

Stanwood-Camano Foundation donated \$1,200

Skagit State Bank, Everett Mutual Bank, Frontier Bank, InterWest Bank and Whidbey Island Bank

all either gave \$500 or \$1,000

United Way of Island County, March of Dimes and Skagit Valley Hospital – provided \$5,000

Dynacare Laboratory is providing the equipment for the laboratory

Skagit Valley Hospital Foundation provided over \$7,000

GTE gave \$2,500

Private donations from the community amounted to over \$2,000

Three families on Camano, the Seegerts, Leslie Johnson Stay and the Reeps held a fund-raiser and raised over \$3,600

Other private donations: \$400

Camano Lions Club donated \$500

Stanwood-Camano Rotary Club gave \$500

Boeing Employee Community Fund donated \$10,000 towards this project

The clinic will be able to open as a Rural Health Clinic [RHC] and will apply for a \$50,000 State grant. If the federal government changes the definition of RHC it would mean not receiving the type of reimbursement from clients normally received. Affiliated is committed to leasing the clinic for a minimum of ten years and have looked at other alternatives, continuing to write grants, and is looking at other sources of reimbursement. While Affiliated is still in the process of determining open hours, it looks to be Monday through Friday at least six hours a day to start with.

Dr. Roger Case, Health Officer, learned from a Federal level spokesperson at the Northwest Rural Health Association in Spokane that states still will have an opportunity to grandfather RHC's as they feel the need exists.

Tim McDonald, Health Services Director, advised the Board that the South Whidbey Rural Health Clinic would soon be open. The Whidbey General Hospital District has now found the right physician, Dr. Hague

Fox, who will start in July and with his assistance, the Hospital District will hire a physician's assistant. Dr. Fox will be the supervisor for both the North Whidbey and South Whidbey clinics.

Mr. McDonald provided a recap of the proposed change in policy from the Bureau of Primary Health Care. Both Senators and Legislator commented on record . There were over 700 organizations that contacted the Bureau with objections, as well as many individuals. The Bureau is still reviewing those comments and the hope is that the Bureau will decide at a minimum to grandfather in current existing rural health clinics.

DISCUSSION - ISLAND County Healthy Families

At the last Board of Health meeting, a presentation was given about the currently developing results of research going on for the last 20 years about early brain development and how public health nurse programs fit in with that early brain development. For today, Mr. McDonald indicated that staff would summarize that research once again, draw some points of conclusion, discuss what Island County offers as far as age zero to three years, and what the County does not have, talk about a model as a method to look at the service area, and a proposal to fill in the gaps.

Carrie McLauchlan, Public Health Coordinator, began with a quick review of last month's presentation regarding early brain research and development *[copies of overheads used for the presentation are on file]*. She noted that the real issues for Island County are: what can we do now to prevent having to draw upon county services later on; and what can we do to develop kids as well as possible. Looking at the way children develop throughout the first three years, many things are developed including emotional control and social attachment. Research has shown that: early intervention works; there are successful early intervention programs; and early intervention pays off. Healthy Families of America is a program that has been used in 260 cities in 38 states. Hampton, Virginia, started the program in 1995 which has already resulted in fewer premature births, more stable and stimulating homes and fewer repeat teen pregnancies. The David Olds study suggested that by age 15 there would be four times the dollar amount back in savings over the initial investment.

Carol McNeil, Nursing Supervisor, reported on what exists in Island County now in terms of home visiting intervention:

- Island County Health Department Maternity support services/maternity case management. There are home visits to families prenatal to two months after the baby is born and some at-risk families receive visits until the baby is one year old. Visits are usually once a month and while helpful, not that long term kind of program felt is needed. Nurses see about 220 families a year [Camano and Whidbey] who are Medicaid eligible.
- Two Island County Child Abuse Prevention programs, which include home visits to a case load of about 20 in total for the two combined programs. Eligibility is based on referred by Child Protective Services (CPS) for an average time of 5 months to two years.
- Maternity support/case management program for Navy families operated out of Skagit County Community Action Agency and WIC Program NAS Whidbey, about 100 families with eligibility requiring they be Navy families and eligible for Medicaid.
- Navy new parent support home visit program for families 0 to 5 age, and can probably see about 50-60 Navy families.
- Early Head Start program that probably will not begin until the year 2000, with funding to see about 20 families in Oak Harbor.

Missing services are:

- universal screening or assessment of families to get them into the programs from which they might benefit from long term intensive home visits
- regular consistent non-categorical parenting classes available
- There are too few long term home visiting slots. Literature suggests that about 15 to 20% of families with newborns need intensive intervention, which would be about 200 families for Island County [out of approximate 960 to 1,000 births a year] while the County currently has only about 100 slots.

In order to conceptualize and provide a better understanding of how the County's programs work, Mr. McDonald displayed three diagrams [pyramids] as a way to look at the current service model [copies on file with the Health Department], to show: current services; gaps in intensive home visits; and where no programs exist. The unmet need in intensive home visits is proposed to be filled by a grant "Healthy Families Washington Intensive Home Visiting Program" . The grant will provide for 100 families very intensive home visiting, and along with the existing program staff feel this should handle that particular need. It is at the time of the birth of a child where there is a need to add to current abilities to do the screening and assessment. The proposal is to add 2.6 fte public health nurses to provide assessments for all 960 to 1,000 births per year in Island County. The second part would be to provide a parenting education coordinator in the community.

Ms. McLauchlan explained that the Healthy Families Washington grant would come from a private foundation, requesting a total of \$1.9 million over a four year period, to provide home visiting from a para-professional level once a week for six months, and also a once a week visit by a public health nurse, which would get scaled down as time went on. That program would follow through with home visiting and include public health nurses on-going, and it includes center based activities in which all of the parents in the program would come together and undergo a structured curriculum. It was her hope to start the program in 2000.

Dr. Case pointed out that the community had been a mobile community for the last forty years and has lost the extended family to help, and moved to a two-bread winner society, with children going to day care of all qualities. The WorkFirst program now requires new moms to go back to work at three months; it is hard to find adequate day care for toddlers and infants. More and more of the activities in the community to provide care and services for children are banding together and come together in the Healthy Families Washington project to combine activities, but missing is the big, broad-base that no one in the community is really able to provide other than public health. Dr. Case saw this as an opportunity for the Health Department and Board of Health to step forward to help other agencies in the community to promote a healthier environment for children.

Mr. McDonald will provide the Board an information packet including a request for a letter of support for the Healthy Families Washington grant proposal.

The meeting adjourned at 12:35 p.m. The next regular Board of Health meeting is scheduled for June 14th beginning at 11:15 a.m.

BOARD OF HEALTH, ISLAND COUNTY, WASHINGTON

Mike Shelton, Chairman

Wm. L. McDowell, Member

William F. Thorn, Member

