

**ISLAND COUNTY BOARD OF HEALTH  
MINUTES OF MEETING - AUGUST 9, 1999**

The Island County Board of Health convened in Regular Session at 11:15 a.m., on August 9, 1999, in 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 were: Marshall Bronson, CHAB; Roger Case, M.D., Health Officer; Tim McDonald, Health Services Director; Keith Higman, Environmental Health Director; Carrie McLachlan, Public Health Coordinator; Jackie Henderson, Coordinator, Developmental Disabilities; Mike Etzell, Developmental Disabilities

**CHAB UPDATE**

Mr. Bronson reported from the last CHAB meeting where discussion focused on Whidbey General's development of a patient centered program to deal with more patient activities, more interaction between the patient and the Doctor as far as making decisions, and allowing more scientifically-supported activities within the hospital. At the end of the meeting there was a unanimity in support of the idea to improve the hospital through such things as art in the rooms, music, changing the type of gowns, etc. Next week's CHAB meeting will focus on the subject of early brain development.

**SUPPORTING PEOPLE WITH DEVELOPMENTAL DISABILITIES:  
YESTERDAY - TODAY - TOMORROW**

Jackie Henderson and Mike Etzell, provided the following hand-outs used in today's presentation:

- Services and Supports in Island County
- Island County Developmental Disabilities Advisory Board
- Background
- People with Developmental Disabilities
- Quotation from *The Gift of Hospitality*, by Mary O'Connell, 1988
- Quotation from speech by Eleanor Roosevelt to the United Nations in 1958
- *The Retarding Environment* by Thomas Hopkins, Capitol People First, Sacramento, Ca., from a Presentation to the U. S. Civil Rights Commission, Quality of Life Conference 4/30/88
- *The Declaration of Interdependence*, Norman Kunc, 1995
- A thank you note r to Carrie Robinson, Member, Island County Developmental Disabilities Advisory Board and a person with DD, from a student in Western Washington University Evening Class
- Announcement for October 2<sup>nd</sup> Workshop: Working Together Successfully; Collaborative Negotiations Skills
- Combination of 3 charts [laminated place-mat size copy] "Working Together Successfully"

Ms. Henderson provided some history about services for people with DD, Island County, State-wide and Nationally. Developmental disabilities is defined as people with mental retardation, cerebral palsy, epilepsy, autism or other neurological conditions similar to mental retardation. Some identified causes of DD are related to alcohol consumed during pregnancy, chromosomal anomalies, damage to central nervous system, genetics, birth trauma, injuries and environmental factors. Approximately 1.8% of the population have a developmental disability, representing some 90,000 in Washington State. The figures in Island County are:

Under Age 3	45
3-18	165
Over 18	125
<b>Total</b>	<b>355.</b>

Some of the services offered to developmental disabled citizens in Island County include: early childhood services; employment services; community access services; and person to person services.

Additionally, residential services are offered in Island County that are contracted for directly by the State with

agencies for about 35 people. Philosophy is that knowledge is power, and the Island County DD program spends much of the millage money for training and education, for example, last year jointly sponsoring a workshop on autism for both parents and teachers.

A Robert Woods Johnson Foundation grant went to the State, and in turn awarded to two counties about two years' ago, Island County and Spokane County, to find ways that individuals with DD and their families could have more say in how the money on their behalf was actually spent. Island County applied to the Division of Developmental Disabilities once the Foundation grant ran out to continue on with the program and received \$54,000, and notified of funding approval for the next two years.

The DD program provides information and referral services, and work with the schools. Both Mrs. Henderson and Mr. Ezell sit on a number of State-wide committees, and spend a lot of time supporting individuals with DD and their families. On any given day State-wide, there are 7,000 to 9,000 people waiting for services and there is always a concern there is never enough money to go around to provide needed services. Another concern has been that "systems" tend to take over lives when in fact a system cannot meet everyone's needs, and finding through the years that although well intended there has been a disservice to people by creating a dependency on those systems.

Mike Ezell told the Board that since their last presentation February this year, he and Mrs. Henderson gave a presentation late June in Ellensburg at a State-wide conference, leading a panel discussion, including an individual with DD, a parent of an 18 year old person with DD, representatives from Island Employment, Service Alternatives, a Case Manager, and the Regional Manager from the Division of DD. It was "standing room only" and the presentation went very well. Later this month the County will be receiving a notice about giving a presentation at a national conference December in Chicago around the same types of issues. This Spring, he taught diversity training for law enforcement students and has been asked to return to do further training after students have had some ride-along experience.

This Fall, DD staff have been asked by teachers at the Oak Harbor High School to create and present a unit on self-advocacy and speaking up for yourself to students who experience disabilities. Folks with developmental disabilities who have come forward with a desire to give back to the community will be given assistance to do so, through such things as peer mentoring for others with disabilities, working closely with the Big Brothers/Big Sisters organization to make sure about including adults as well as children with disabilities as either big brothers and big sisters or little brothers and little sisters. A third negotiations workshop will be held on October 2<sup>nd</sup> "Working Together Successfully". Work is being done on designing a workshop for high school kids, disabled and non-disabled, which will probably take place this Fall.

Julie Shackleton, parent of a 4-year old with autism and mental retardation and who works at Toddler Learning Center, participated in the February mediation workshop, and attested to great benefits from what she learned in dealing with insurance and the things needed for her child.

Mrs. Henderson was pleased with Island County's history having gone from the belief that people with developmental disabilities needed to be institutionalized and segregated to now believing people with disabilities belong in the communities, schools, churches, work places, and neighborhoods. It has taken years to really learn and act on the fact that people with developmental disabilities want and need the same things we all need and want.

There were two things of importance Mrs. Henderson stressed:

1. The need to consider doing contracting perhaps a little differently in Island County, keeping in mind what it is people want and need.
2. The need to stay vigilant because there are those who still believe people with disabilities need to be somewhere else.

Mr. McDonald told the Board that Mrs. Henderson for the last twenty years used her quiet leadership using outcome

as the way to focus the programs and he thought Island County very fortunate to have her working here in this position.

Meeting adjourned at 12:10 p.m. The next regular meeting is scheduled for September 13, 1999, beginning at 11:15 a.m.

BOARD OF HEALTH  
ISLAND COUNTY, WASHINGTON  
Mike Shelton, Chairman  
Wm. L. McDowell, Member  
William F. Thorn, Member