

Western District Coordinating Council for Public Health Minutes

Friday, September 13th, 2019

Franklin Memorial Hospital, Crosby Room

Present: Jamie Paul, Mike Hatch, James Markiewicz, Holly Lasagna, Corrie Brown, Andrea Richards, Kat Lemieux, Nick Beverage, Michelle Couillard, Steven Johndro, Nathan Miller, Mike Burke

Phone: Shawn Yardley, Stephanie Leblanc, Allie Burke

Introductions/Updates/Deepening Connections: Attached are upcoming events of interest as well as the following upcoming conferences:

Maine Affordable Housing Conference 10/01/2019

Maine Public Health Association Annual Conference 10/08/2019

SCC Update: Please see attached update from Erin Guay, SCC Representative

Western DCC Vision Statement: the new vision statement was voted in. It is: *The Western District Coordinating Council envisions a district in which population health needs are met quickly and efficiently through a coordinated network of healthcare organizations, social service agencies, community stakeholders and other entities invested in a healthy Western Maine.*

Vice Chair/ Statewide Coordinating Council Nominations: Michael Hatch was voted in as the vice chair and Erin Guay was voted in to serve as the Statewide Coordinating Council.

Community Health Needs Assessment Implementation Plans:

St Mary's Hospital will be focusing on substance use and mental health, food insecurity (efforts through the Nutrition Center for emergency food pantry, community gardens, and mobile farmer's market). They will also be partnering with Central Maine Medical Center to address youth vaping, and partnering with the Androscoggin Community Stakeholder Coalition to work on Adverse Childhood Experiences (ACEs).

Central Maine Medical Center will be focusing on social determinants of health, specifically transportation. CMMC will be working on researching the extent of the transportation problem in Androscoggin county, building capacity, advocating for an improved statewide non-emergency transportation system, and will create a pilot program. CMMC will also be working on building capacity.

Franklin Memorial Hospital will be focusing on social determinants of health, specifically poverty and food insecurity, mental health (expanding services), substance use, obesity (targeting high school students) and access to care (transportation).

Rumford Hospital will be focusing on behavioral health to improve ACEs education, provide education on Mental Health First Aid, and suicide prevention. They will also be focusing specifically on ACEs, to train hospital staff & patients, as well as, embed ACEs screenings in the HER and ER screenings.

Maine Prevention Services Presentation by Nicholas Beverage, see attached document.

Maine CDC STD Update was cancelled.

Next DCC Meeting is 12/13/2019 from 9-11am at River Valley Healthy Community Coalition.

Statewide Coordinating Council (SCC) Update
Submitted by Erin Guay, Western DCC Representative to the SCC
9/6/19

On 3/12/19, the SCC met with special guest DHHS Commissioner Jeanne Lambrew. Major topics covered included:

1. Maine CDC Capacity Building:
 - a. Maine CDC staff declined 25% as compared to 8 years ago, so there is a major push to re-staff vacant positions, particularly in Public Health Nursing. The Director of Public Health Nursing is now also a Director-level position.
 - b. The search was on for a CDC Director. Since that time, Dr. Nirav Shah was named.
 - c. Maine CDC and DHHS did not apply for many federal grant opportunities and is now taking a hard look at what funding Maine might be able to draw down to support public health.
 - d. The Office of Multicultural Affairs was eliminated years ago and Commissioner Lambrew is looking at ways to reinstate a similar office to address health disparities and program access.

2. Role of Statewide Coordinating Council
 - a. The SCC is an Advisory Body of Maine CDC and is Commissioner Lambrew invited the SCC to help identify areas of improvement for Maine CDC, including identifying new partnership opportunities, emerging health issues and what public health infrastructure changes might improve our public health system.
 - b. Maine CDC is working on re-Accreditation and will look to the SCC to help with that process.
 - c. The SCC is the Advisory Group for the Preventative Health and Health Services Block Grant so approves how that grant is spent and administered. There was discussion about how the SCC could be better informed about that grant to make better recommendations moving forward.
 - d. Help advise on the Statewide Health Improvement Plan. Currently the SHIP needs updating and there is a recognition that the current SHIP is a list of current public health efforts, rather than a visionary document of how we could make a bigger impact on public health, strategically. Work on the SHIP will be paused until the Maine CDC Director is on board.

The June 2019 meeting was cancelled and the next meeting is 9/19/19.

For full details about the SCC, including agendas, minutes and supporting documents, visit:

<https://www.maine.gov/dhhs/mecdc/public-health-systems/scc/>

Substance Use Prevention Services

Western Public Health District DCC Meeting September 13, 2019

Statewide Initiatives

UNE Projects

- Media campaigns (Realtors, Pet Rx, Safe Teen Gatherings, Etc.): Reducing access and opening dialogue
- Social Norms Marketing training: Telling positive stories in our communities
- Responsible Beverage Seller/Server Training curricula revision: Reducing underage access to alcohol
- Drug Impairment Detection guide: Partnering with schools and law enforcement
- School-Based Substance Use Prevention Education Alternatives – Matching training with needs

A Sample of Statewide Media Campaigns from Rinck Advertising and UNE



EYES OPEN
DON'T TURN A BLIND EYE

MEDICATION SAFETY FOR PET OWNERS
Tips to help keep pets and family members safe

Just like prescriptions for people, take steps to help ensure that your pet's prescriptions are safe, secure, and only being used as prescribed by a veterinarian.

- Securely store all pet prescriptions where they cannot be easily reached.
- Store prescriptions in their original containers.
- Always secure the safety cap.
- Store pet and human prescriptions separately and check the label EVERY TIME to avoid mixing up pet and human prescriptions.
- Give pets their medication without children in the room and make sure pets finish it.
- Monitor pet prescriptions to make sure they are not being misused by people.
- Safely dispose of unused pet medications.

**USE IN PRIVATE
NOT IN PUBLIC**

ENDS: Electronic Nicotine Delivery Systems

What are ENDS?
Electronic Nicotine Delivery Systems, or ENDS, are battery operated devices that heat a liquid, almost always containing nicotine, into an aerosol that the user inhales into their lungs, simulating smoking.

ENDS are known as:

- E-cigarettes
- Vaporizers
- Vape Pens
- E-hookahs
- E-cigs
- Tank Systems
- Mods

Some people may also reference their ENDS use by the brand, such as JUUL or JUUL-ing or refer to their use as vaping.

TALK EARLY
TALK OFTEN
KEEP TALKING

PARENTS ARE THE #1 INFLUENCE IN A CHILD'S LIFE

WHEN TO TALK?
Movies, television, news, and social media messages can provide a chance to talk to your child.

WHAT TO SAY?
Clarify information and explain the risks of using alcohol, marijuana, and other substances.

Harmless Water Vapor

ENDS are defined as a tobacco product in Maine therefore included in tobacco policies.

SUPS Western District Successes

HEALTHY OXFORD HILLS PARTICIPATED IN THE



AND COLLECTED 1,100 POUNDS OF RX

Success Story

Supporting updates to smoke-free policies to include Electronic Nicotine Delivery Systems (ENDS) and Marijuana

The Summary

Maine Substance Use Prevention Services' local prevention specialists at Healthy Androscoggin (HA) have partnered with three organizations to help strengthen community smoke-free laws by providing technical assistance for enhancing tobacco policies. The HA staff provided sample policies/language to assist in updating their policies to include Electronic Nicotine Delivery Systems (ENDS). These organizations were also encouraged to include marijuana due to recent legalization and the ability to use marijuana in ENDS.

The Need

All three partners recognize that there is no risk-free level of exposure to secondhand smoke, and that smoking is detrimental to the health and safety of everyone. Preventable chronic disease is a significant contributor to early mortality in behavioral health populations. People with serious mental illness are dying 25 years younger than average, often from preventable physical conditions such as obesity, diabetes and heart disease.



HEALTHY COMMUNITY COALITION
HELD A RESPONSIBLE BEVERAGE
SELLER TRAINING FOR THE ROOST IN
FARMINGTON