

## MEETING NOTES

POW Behavioral Health Coalition  
September 19, 2011 6:30 – 8:00 pm

Participants: Don Filmore, Pete Ryan, Janice Hamrick, Jon Bolling, Sean Tomkinson, Aaron Fong, Lisa Kness, Katie Goodale, Colleen Watson, Julie McDonald, Amy McDonald, Beverlee Tyner, Esther Hammerschlag

Participants on Telephone: Diane Casto, Keturah Sadler, Dave McCandless

- At the May meeting the group discussed the mission, vision, values, roles and purpose of the coalition. The mission and vision were reviewed and discussed with the following outcomes:
  - Mission: "To Promote and Advocate for a Healthier Community"
  - Vision: "A sustainable, cohesive organization representative of the diverse cultures and communities on Prince of Wales Island, that is committed to improving access to a full spectrum of behavioral health services on POW, and facilitating the successful completion of established strategic goals and objectives."
- The group reviewed and revised a list of components that define a healthy community. The key components agreed upon following discussion were:
  - Focus on improving the health of the community as a whole
  - No violence (includes, DV, elder abuse, bullying, etc)
  - No DUIs
  - No preventable problems
  - Fewer people on pain contracts
  - Greater prevention and education in the school system
  - Services are available, and it is also culturally favorable to seek services
  - No having to leave the island to get help – support is available here at home
  - Trust
  - No negative stigma attached to receiving services
  - Community is safe and supportive
  - People are working together to achieve the behavioral health goals
  - People are aware of resources/services, understand what they are, and know how to access them
  - People are able to advocate for themselves

This will be an ongoing topic for discussion at future meetings.
- The role of the coalition was discussed. A lot of work went into developing the strategic plan over a 2 year period and the coalition needs to be careful not to throw that work out. The coalition cannot achieve all goals in the strategic plan entirely on its own. The coalition needs to keep the island, its providers and stakeholders accountable for the strategic plan, and provide guidance and advice to those that really have the authority to do something about it. One of the greatest values of the coalition is building partnerships and relationships by bringing the right people together.

- How will the coalition achieve its mission and vision?
  - By building relationships & developing partnerships
  - By monitoring progress of the 2011 strategic plan
  - By serving as a unified voice for the community
  - By advocating locally, regionally, and statewide
  - By playing an advisory role to the island's providers
  - By looking for the opportunities for positive change
  - By promoting collaboration
  
- The concept of the coalition acting as “the engine for change” was discussed, and how the coalition’s message will be conveyed.
  - Representatives from the POW Health Network attend coalition meetings.
  - There are many ways to communicate what we are doing – such as newspaper articles.
  - There is probably more change than we are seeing – it takes time to make big changes.
  - It’s the responsibility of all coalition members to broadcast the message heard in this room. We all have to be willing to take that responsibility.
  - A suggestion was made to produce a community newsletter. Volunteers would be needed to do this.
  
- HOPE recently received a 3 year grant from the State of Alaska to develop a domestic violence prevention program for POW. HOPE would not have been able to get the grant without the support of the coalition. This is what we mean by the coalition acting as “the engine for change”. The state received 46 applications asking for over 11 million dollars. They were only able to fund 25 programs with the 4 million they had available. The fact that the coalition was such a large component of the grant application means the coalition also has a responsibility to the grant.
  - The grant began July 1, and runs through June, 2014. \$138,000/year.
  - Katie Goodale has been hired as the Prevention Coordinator to manage the grant.
  - The first year of the grant will focus on capacity building, and the next 2 years will focus on implementing a prevention program.
  - The first year of capacity building includes strengthening relationships, monthly meetings of the IPV subcommittee, collecting additional data, conducting focus groups, identifying factors contributing to DV, identifying community strengths and weaknesses, defining desired short and long term outcomes for the project, selecting evidence based strategies to implement in year 2, and developing an evaluation plan.
  
- In other HOPE news, HOPE has hired Annie Maxwell as a full-time advocate. HOPE held a board development and strategic planning weekend in August with Mary Kay Chess. The Women Who Rock benefit dinner is October 15.
  
- The group reviewed each of the goals in the strategic plan and progress to date:
  - Goal 1: Improve communication and collaboration between and among service providers and stakeholders
    - Formation of this coalition, which meets every 4 months. Smaller committees may meet in between the larger meetings. It’s everyone’s responsibility to help recruit additional members to the coalition.
  - Goal 2: Increase Awareness of Existing programs, Services and Resources
    - A suggestion was made to develop refrigerator magnets that would have contact numbers for all the providers on the island.



in the strategic plan. Need to talk about coordination of all medications – not just pain meds.

- Goal 5: Prevent Interpersonal Violence and Promote Healthy Lifestyles
    - The HOPE Grant discussed earlier encompasses much of this goal.
    - The IPV committee has been meeting and needs more members – this committee will be working with the HOPE Prevention grant and providing Katie with guidance from the coalition’s perspective. The committee meets monthly. Beverlee Tyner, Lisa Kness and Aaron Fong volunteered to serve on the committee.
  - Goal 6: Expand Services
    - There is a long list of services people would like to see on this island. We need to better document the demand for services and what the waiting lists are.
    - For telemedicine services, Abbie Blackshire had suggested we do a simple inventory of videoconference equipment already on the island. The libraries on the island are getting T1 lines and new videoconferencing equipment. All of the SISD schools have equipment.
    - As a coalition we need to keep our feelers out for where are the realistic possibilities to look at adding or expanding services. Should explore whether there are groups on the island that are already looking to add services.
    - There is also an underlying question of whether existing providers have the capacity to provide additional services. That’s the bigger issue. SEARHC is a Level I treatment program and doesn’t provide intensive outpatient services and never has. However, that service was provided on the island years ago by COHO. The community needs to speak up. It’s not fair to place it on SEARHC to provide all the services.
    - SEARHC does have a detox service in Sitka with limited access to it on POW. It would be nice to have detox here, but that may not be affordable. Same with residential treatment. Intensive outpatient would probably be the most feasible service to add with the island’s limited resources. There is also a need for follow-up for teens coming back from treatment. There is need for a teen specific AA group, which shouldn’t be difficult to put together.
    - There needs to be a better connection to what to come back to when people are discharged from services. Discharge services are important to transition to an aftercare plan. Sometimes clients return to the more remote communities such as Coffman Cove or Naukati, but don’t have the money to pay for the gas to get to follow-up in Klawock.
- Next steps:
    - Connect with 211 system
    - Explore options for crisis intervention training
    - Evaluate telehealth possibilities
  - The next meeting of the coalition will be in January.