

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, September 8, 2008 (Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Pam Heatherington (Vice-Chair), Jesse Arnold, Penny Chamousis, Ed Guerena, Susan Warren

Members Absent: David Odell (excused), Robert Thielscher (excused), Dawn Williams (excused)

Staff Present: Jeff Hamm, Health Agency Director; Jean White (Recorder)

Speakers: Lisa Fraser (SLO CAP), Jan Campbell (MCH Director), Nisha Abdul Cader, MD; Raymond Siddons, LMFT

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order by Chair Enns at 6:01 p.m.	<i>Call to order</i>	<i>Chair Enns</i>
2. Approval of Minutes	Minutes of August 11, 2008 were approved as written.	<i>August minutes approved</i>	<i>Chamousis/Guerena/All</i>
3. Public Comment	<p>David Broadwater shared his impressions of the first draft of the permanent <i>Ordinance for Land Application of Biosolids/Treated Sewage Sludge</i> that was released for public comment on 7/25/08. The public comment period closes 12/1/08, after which a second draft will be circulated. Mr. Broadwater emailed a copy of his comments and the draft ordinance to commissioners. His comments highlighted some of the positive elements in the ordinance, but he cautioned that the ordinance also has some deficiencies, including the paucity of regulated contaminants, the use of excessive contaminant concentration limits, and the lack of numerical limits to soil contamination. He noted that the ordinance only allows treated sewage sludge to be applied to agriculturally zoned land, which has the potential for food contamination. He encouraged the commission to review the draft.</p> <p><i>(Commissioner Heatherington asked if there had been resolution to a past lawsuit where “sludge” from Southern California was being “deposited” in the Central Valley. Mr. Broadwater provided some background and explained that there was legislation written out of Los Angeles that would have eliminated counties’ ability to regulate land application. This was successfully fought by counties, including San Luis Obispo, and counties still maintain local control. Commissioner Heatherington is concerned that the EPA, who regulates what is tested for, has not updated the list of contaminants that are monitored and only nine heavy metals and one indicator organism are regulated.)</i></p> <p>Chair Enns provided follow-up information to public comment from last month regarding Valley Fever deaths in California Valley. She reported that Ann McDowell, County Epidemiologist, reviewed the death certificates for all residents of California Valley for 2007 and 2008 and none of them had Valley Fever listed as a cause or contributing factor in their deaths. She also cross-referenced the list with all cases of communicable disease reported to the PH Department and found none of them reported as Valley Fever cases.</p>	<i>Handout: Copy of Mr. Broadwater’s comments to the draft ordinance for land application of biosolids.</i>	
4. National Fetal Alcohol Spectrum Disorder Awareness Day	Lisa Fraser, Director, SLO County Child Abuse Prevention Council (SLOCAP) , provided information on SLOCAP’s collaborative efforts in educating the community about child abuse and neglect. She talked about their new campaign to promote National Fetal Alcohol Spectrum Disorder’s Day, which is September 9 th . Annually, in proclamation, this is an activity that many states participate in to promote the awareness of fetal alcohol	<i>Handout: Brochure on the “Effects of Alcohol, Tobacco and Drugs During Pregnancy and in Newborns.”</i>	

spectrum disorder. This will be their second year to participate and they hope to continue on an annual basis. Ms. Fraser presented a 3 second DVD clip showing how children struggle with Fetal Alcohol Syndrome (FAS) and the challenges for parents that go alongside. She distributed a brochure from “*Beginnings*” on “*The Facts: Effects of Alcohol, Tobacco and Drugs During Pregnancy and in Newborns.*” She introduced the next two speakers who talked more about the work that is being done in the County to address FAS.

Jan Campbell, Maternal, Child and Adolescent Health (MCH) Director talked about the 4 P’s Plus Assessment Program that was implemented in December 2003. This program, in coordination with the OBs in the County, uses an assessment tool asking very specific questions to determine if there has been any use of alcohol, tobacco or drugs by pregnant women. Approximately 50% of all births in the County have been assessed; with a goal of 100%. Many physicians primarily target Medi-Cal clients because physicians are reimbursed for their time spent with these clients through the Comprehensive Perinatal Services Program (CPSP). There are a couple of proposed bills at the State level that would support all pregnant women being screened. Data has shown that over the past 5 years of the program, use of alcohol, tobacco and marijuana has continued to decrease in SLO County.

Nisha Abdul Cader, M.D., is a Pediatrician and Medical Director at Martha’s Place. She is also a pediatric examiner for the Suspected Abuse Response Team and supervising physician at the Juvenile Services Center. Dr. Abdul Cader talked about Martha’s Place, which opened in November 2006, as an assessment and treatment center for children at risk, focusing on the 0-5 age population. To date, they have seen nearly 170 children for assessment. Dr. Abdul Cader explained the screening and evaluation process that is used to assess the developmental, behavioral, or social/emotional at-risk issues. She explained how the pediatric part of the evaluation looks at facial features and other features that may be related to fetal alcohol exposure, and that often other syndromes are identified. The population of children they see with fetal alcohol syndrome is less than 5%. This is because one of the requirements for fetal alcohol syndrome is “documented known” exposure to alcohol, and sometimes they don’t have the “documented known.” They also see a lot of “Alcohol Related Neurodevelopmental Disorder (ARND).” These are children that may not have the facial features, but have developmental or behavioral issues that are likely a consequence of prenatal alcohol exposure. Treatment includes Mental Health therapy, attachment work, traumatic base work and school based work.

Commissioner Questions/Comments:

Commissioner Heatherington asked about identifiable factors for diagnosis in teens and adults when a person doesn’t have the facial features. *(Dr. Abdul Cader doesn’t know of an identifiable trend, but answered that many of the youths in the Juvenile Services Center may fall into the ARND category, with some type of developmental or cognitive issue, which makes them unable to have the same success in school or relationships. These problems continue on into adulthood.)*

	<p>Public Comment: Ann Brown, Retired School Nurse and past Health Commission member, asked who they refer to for treatment of children with FAS, particularly for Medi-Cal clients. <i>(Therapy is being provided by Mental Health practitioners at Martha’s Place. About 75% of their clients are Medi-Cal clients.)</i></p> <p>Commissioner Warren concerned that OBs are essentially screening Medi-Cal patients and not the rest of the population. <i>(Jan Campbell stated that two OBs in the County are screening all of their patients. Data shows that this problem is not just Medi-Cal population, but all populations. In SLO, the number one drug of choice is alcohol.)</i></p>		
<p>5. National Alcohol and Drug Addition Recovery Month</p>	<p>Raymond Siddons, L.M.F.T., Coastal Psychiatric Care in Atascadero, has worked as a therapist for 30 years and talked about alcohol, drug and addiction issues as they relate to families and treatment. Their scope of service has expanded over the years from alcohol and drug addictions to include “process addictions” i.e., gambling, sex, & spending addictions. Some of the patterns are very similar and can be integrated smoothly into a treatment program. Another area they deal with is co-occurring disorders /dual diagnosis. Mr. Siddons explained the importance of getting “co-dependents” (a term used to describe family members or those closely involved with an alcoholic or addict) involved in treatment, in order to take a “system’s approach” to treatment. He talked about the importance of family treatment either through groups or family involvement. Some children of alcoholics hold on to unresolved issues and this is considered an “untreated co-dependent.” Surveys have shown that children of alcoholics are more likely to become alcoholics or addicts. Proper assessment of children is needed to explore if there is an alcohol or drug addiction problem in their family. Another syndrome Mr. Siddons talked about is called “Adult Child of Alcoholics (ACA). There are many ACAs who struggle with issues that may not be appropriately assessed. Mr. Siddons emphasized that services need to be offered to the co-dependent regardless of whether the alcoholic/addict is receiving treatment.</p> <p>Commissioner Questions/Comments: Commissioner Heatherington asked if insurance will pay for treatment for co-dependents. <i>(Mr. Siddons answered that many co-dependents will have diagnoses of depression or anxiety disorder. There are some family group programs available in the community and these are very effective. Many private service providers will accept negotiated fees.)</i> Chair Enns asked about resources in the County for treating co-dependents / families. <i>(Mr. Siddons referred to Commissioner Warren who talked about the limited resources. There are a few sober living homes for alcoholic/addicts. There is no residential treatment in SLO County. There are some family programs and peer support programs in the community. There are also a few independent therapists, but they do not always accept Medi-Cal clients.)</i> Commissioner Guerena asked where families can go if they can’t afford services. <i>(Commissioner Warren answered that those who can’t afford or don’t have insurance have always been referred to peer support groups – groups are available 7 days per week, 365 days per year. If they truly need a therapist or other treatment option, there are some</i></p>		

	<p><i>resources available outside the County.)</i></p> <p>Commissioner Arnold asked about percentage of our population that is considered “alcoholic.” <i>(Mr. Siddons has heard statistics anywhere from 1 in 25 to 1 in 50 that have an active addiction problem. The numbers for how many people are affected by alcoholism is often quoted as 1 in 5. Alcohol affects many other areas - drunk driving accidents, medical/hospital treatment, and work-related areas.)</i></p> <p>Commissioner Warren referred to legislation at the state and federal level that would require insurers to cover substance abuse and mental health issues as they do any other chronic illness. She referred to Assembly Bill 1887 at the state level, ready for the governor to sign. She also noted that shows like the HBO series on addiction and “Intervention” are bringing more awareness to this. If there were more treatment options, intervention could begin sooner, and a lot of money would be saved in emergency rooms and law enforcement.</p> <p>Chair Enns asked if there are public information campaigns to identify and offer services to co-dependents. <i>(Commissioner Warren talked about some of the stigma and discrimination surrounding this - people still don’t feel safe to step forward. There is a national movement for advocacy by people who have seen and/or experienced the results of recovery.)</i></p> <p>Commissioner Chamousis referred to Medicare legislation that (she believes) recently passed that would provide funding for mental health on par with the physical health fund.</p> <p>Commissioner Warren thanked Mr. Siddons for his willingness to come and speak and to help bring more attention and education on this issue to the community.</p>		
<p>6. Health Agency Director Report</p>	<p>Jeff Hamm, Health Agency Director, reported on the following:</p> <ul style="list-style-type: none"> • Dr. Borenstein, Health Officer/Public Health Administrator started last week. She is in Sacramento this week at a joint CCLHO/NACCHO conference and will attend next month’s meeting. • Still no resolution on the State budget. Bad news coming out of Sacramento right now for County Health and Human Services programs. Community based organizations have been impacted by the cash flow problems in the absence of the state budget. • Items going to the Board of Supervisors on October 7th: <ul style="list-style-type: none"> -- Tobacco Retail Licensing Ordinance, adding a component to the ordinance at the Board’s request prohibiting the sale of tobacco products in bars. -- Consideration of whether Animal Services (currently a division of the Sheriff’s Office) will be a free-standing department or a division of the Health Agency. -- Presentation by Curt Batson and Jeff Hamm on the Mosquito Abatement Benefit Assessment ballot measure. A prior survey that was conducted indicated there is a 95% chance this ballot measure would pass. The value of the benefit measure would be about \$9.00 per year for a single residential unit. -- Ombudsman Services/CHC Contract negotiations: Jeff will bring back a report next month. <i>(Commissioner Heatherington noted that she has received emails about CHC closing the pharmacy in Atascadero and asked Jeff to include information on that in his report.)</i> There was discussion about best uses of space that CHC has vacated. <i>Commissioner Heatherington suggested that the Health</i> 		

	<p><i>Agency collaborate with the City of Atascadero on ideas for enhancing services in that community.</i></p> <p>Commissioner Comments / Questions:</p> <p>Commissioner Chamousis asked how Animal Services is affiliated with Woods Humane Society. <i>(They work closely together and Woods takes the adoptable animals from the shelter.)</i></p> <p>Commissioner Arnold referred to the Valley Fever concern in California Valley and asked if it was safe to assume there are Valley Fever spores in the dust cloud.. <i>(Jeff noted he is not an expert and did not want to speculate -- he will follow up on the relative risk of spores being present in that dust vs. dust created by grading activities.)</i></p> <p>Commissioner Arnold asked if there was a way to test the dust. <i>(This is not something that County does, but not certain if it is a limitation in the ability to gather a sufficient sample or if it is a limitation in the lab. Jeff will follow up.)</i></p> <p>Commissioner Arnold referred to Item A10 on the Board’s Consent Agenda tomorrow “Contract to provide sober living housing to individuals” and asked for more info on it. <i>(These are repeat contracts. Commissioner Warren explained that the only new one is “Choices,” a new sober living home in Atascadero. She explained that these are County contracts so that beds are available for Prop 36 and Drug Court folks.)</i></p> <p>Commissioner Guereña asked how the absence of the state budget will begin to affect health services in the County. <i>(Jeff noted that CenCal Health’s Medi-Cal Managed Care Plan will help to mitigate a lot of problems that would otherwise exist through direct cuts in Medi-Cal reimbursement rates under the old fee-for-service system. FQHC cost base reimbursement allocation through the State might be affected, absent of an adopted state budget.)</i></p> <p>Commissioner Chamousis asked that a representative from CHC provide an update to the commission on a quarterly basis.</p>		
<p>7. Health Commissioner Updates</p>	<p>Chair Update: Chair Enns reported that the Economic Vitality Corporation (EVC) healthcare task force has concluded their meetings and has identified “healthcare professionals in SLO County” as a major focus. They have developed a healthcare professional needs assessment survey. The EVC is interested in healthcare availability in SLO County because it relates to people moving here and businesses coming in that provide tax revenues. Chair Enns also reported on the Tobacco Control Coalition and commended the group. She reported on two underage tobacco stings that have and will be taking place. The Tobacco Control Program is continuing to meet with the Cities of Atascadero and Morro Bay on smoke free parks. They are also working on establishing policies in the cities for outdoor smoke free event areas. Commissioner Heatherington reminded everyone that Coastal Cleanup Day is on September 20th.</p> <p>Commissioner Arnold: Reported that he will try to attend the first part of the HIV Care Consortium in October, but there is a conflict with the Health Commission meeting. He distributed copies of the “Corn Survey” to commissioners, noting that this is an issue that consumers are interested in. He offered to answer any questions.</p> <p>Commissioner Chamousis: Reported that the August meeting of the Adult Service Policy Council (APCD) focused on development of their goals and work plans for FY 08/09. Commissioner Chamousis attended the September meeting where it was announced that inspection reports on restaurants are now available on the Health Agency website at</p>		

	<p>www.slocounty.ca.gov (by following the link). It was also announced that there will be a 4th Annual Suicide Prevention Program on October 7th at Laguna Middle School, open to everyone, with CEUs available. And, that the Senior Nutrition Program is offering a \$20.00 coupon book to seniors that can be redeemed at all farmers' markets in SLO County. Contact Senior Nutrition Program for more info.</p> <p>Commissioner Heatherington: Domestic Violence Task Force meets next week.</p> <p>Commissioner Guerena: No report.</p> <p>Commissioner Warren: Drug & Alcohol Advisory Board did not meet last month.</p>		
8. Committee Reports	<p><u>Legislative /Budget Committee:</u> Commissioner Chamousis reported that the committee will meet prior to the next meeting in response to Commissioner Arnold's suggestion that the Health Commission advise the Board of Supervisors to lobby for proper Medicare reimbursements for San Luis Obispo County physicians.</p> <p><u>Community Education:</u> Commissioner Heatherington suggested that the committee should meet before the Treated Sewage Sludge Ordinance comes out to discuss best ways to educate the community on the "pitfalls of land application," possibly via the webpage. She noted that the commission has never supported land application.</p> <p><u>Nominating Committee:</u> Commissioner Guerena reported that the committee met and recommended two new members to the Health Commission: Pamela Munson (Consumer) and Martin Craven (Direct Provider).</p> <p><i>Commissioner Heatherington made a motion to accept the recommendation of the Nominating Committee and recommend to the Board of Supervisors the appointments of Pamela Munson and Martin Craven to the Health Commission. Motion seconded by Commissioner Chamousis. No further discussion. All in favor.</i></p> <p>Commissioner Guerena also brought forward a recommendation from the committee to change the requirement that two letters of recommendation be submitted with the application to serve on the commission to "a letter of reference is desirable, but not required." Commissioner Arnold expressed reservation about this at the committee meeting and has since concluded that changing the requirement is not a good idea. He believes it is an honor and privilege to serve on the commission and that two letters of recommendation is a minor requirement. Commissioner Heatherington agreed and hopes the committee will have more discussion on this. No action was taken.</p>	<p><i>Motion passed to recommend appointment of Pamela Munson and Martin Craven to the Commission</i></p>	<p><i>Heatherington/Chamousis All in favor</i></p>
9. Prospective Future Items	<p><u>October 2008:</u> Domestic Violence Panel – Commissioner Heatherington</p> <p><u>November 2008:</u> Pesticides – Commissioner Heatherington <i>Commissioner Heatherington will check with speakers on time allocation for October & November meetings to see if time will allow for a report on sewage sludge.</i></p>		
10. Adjournment	Motion to adjourn at 7:55 p.m.	Meeting adjourned	