

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, October 21, 2013 (County Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Gill Blonsley, David Clous, Tracy Del Rio, Anne Quinn, Jean Raymond, Mary Jean Sage, Scott Smith-Cooke

Members Absent: Ed Guarena, James Pope, Susan Warren

Staff Present: Penny Borenstein, Jean White

Speakers: Penny Borenstein, MD (ACA), Kathleen Karle & Chuck Stevenson (Healthy Communities), Beth Raub / Jennifer Adams (Domestic Violence Awareness)

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order by Chair Enns at 6:00 pm.	<i>Call to order</i>	<i>Chair Enns</i>
2. Approval of Minutes	Minutes of September 9, 2013 were approved as drafted.	<i>Sept. minutes approved.</i>	<i>Clous/Raymond/All</i>
3. Public Comment	Chair Enns opened the floor to public comment with no response.		
4. Affordable Care Act Update	<p>Dr. Borenstein, Health Officer, provided an update on the Affordable Care Act (ACA), relating to the following:</p> <p><u>CMSP transition</u>: Under the ACA, they are estimating that approximately 80% of existing clients will qualify for Medi-Cal and that the majority of the remainder will qualify for Covered CA, with only a small number of people continuing to be under the County’s obligation to provide for the care of medically indigent adults. Public Health is in development of an MOU with DSS (who does Medi-Cal enrollment) to be the venue which people will be determined eligible for CMSP. CMSP eligibility technicians will be transitioned to DSS employees in early December and they have secured temporary help to fill the one month gap until the CMSP office closes at the end of December. The CMSP office has been assisting clients with enrollment into Medi-Cal or Covered CA (with the help of one DSS worker). To date, they have enrolled 82 individuals - 75 in Medi-Cal and 7 in Covered CA, with another several hundred who have started the process. Dr. Borenstein handed out a copy of the educational brochure that is being given to CMSP clients “<i>Your Guidebook to New & Better Health care Coverage in 2014.</i>”</p> <p><u>Enrollment data</u>: DSS has received calls and assisted 400 individuals through their call center, as of last week. CHC has enrolled more than 250 of their clients. The AIDS Support Network is also a certified enrollment counselor and helping their clients with enrollment. Persons need to be fully enrolled in Covered CA by Dec15th in order to have Jan 1st coverage. The State of California issued a press release that in the first two weeks, they had over 100,000 calls to the call center and over 94,000 applications were started. The CA Exchange had some computer glitches early on, but has recovered. The federal exchange is still struggling.</p> <p><u>California Endowment</u>: The California Endowment has made some Medi-Cal grant money available to the State that counties are eligible to apply for. They haven’t indicated the amount of money, but the Health Agency is hopeful they may be able to get some additional \$\$’s for ongoing outreach & education.</p> <p><u>Commissioner Questions/Discussion</u>: Commissioner Smith-Cooke asked Dr. Borenstein to repeat the names of the entities that are helping</p>		

	<p>with enrollment. <i>(CHC, AIDS Support Network, CMSP (for their patients); and DSS (anyone)).</i></p> <p>Commissioner Quinn thanked Dr. Borenstein for the helpful interview she did on KSBY on the ACA.</p> <p>Commissioner Clous asked about the type of glitches they had initially with the Covered CA Exchange computer system. <i>(Dr. Borenstein believes these were largely related to volume, overloading the system.)</i></p>		
<p>5. Healthy Communities Update</p>	<p>Kathleen Karle, Health Promotion Division Manager, SLO County Public Health Department, provided an update on Healthy Communities. On Oct. 18th they held a forum at the Vet’s Hall on the topic of “how to get health elements into planning documents.” There were 102 people in attendance, with good representation from the Health Commission. The Healthy Communities committee has been reviewing plans that come into the Planning Department from a health perspective. The committee writes up letters with their recommendations and a copy of these letters are forwarded to the Health Commission. The Healthy Communities group would ultimately like to work toward having some type of health element or health chapter in the general plan. As a next step toward that goal, they have two Cal Poly Master’s students in City and Regional Planning, working on their master’s project with Ms. Karle, who will be doing a community health strategy process with two communities in the county. Oceano has been identified as one of the communities and the other will be a coastal community, not yet identified. The students will engage community members in each of these locations to identify what the health issues are in their communities. Ultimately, they would like to get to all of the unincorporated communities in the county. This will then be used as the basis for a health element. Ms. Karle suggested that the Health Commission’s Legislative Committee consider ways to help and get on board during these beginning steps, and later will ask the Health Commission for their help in advocating at the Board of Supervisor’s level to move this up to the policy level.</p> <p>Chuck Stevenson, HEAL SLO / Healthy Communities, encouraged the Health Commission to take a role and be a voice as a key advocate for health in community planning and policies.</p> <p><u>Commissioner Questions/Discussion:</u></p> <p>Commissioner Del Rio advised that the Health Commission’s Legislative Committee will be meeting on Wednesday, October 30th at 4:00PM and invited Ms. Karle and Mr. Stevenson to attend. She also asked if the indicator list will be used in Oceano. <i>(Ms. Karle explained they have been using the indicator list for the past 2 years to review individual plans. The indicator list includes the type of things that will be discussed through the community engagement, but the list is not all inclusive. Ms. Del Rio added that it would be nice to have a voice in regional transportation.)</i></p> <p>Commissioner Clous referred to the plans that have been forwarded to the commission and asked about the Health Commission’s responsibility in reviewing the plans. <i>(Ms. Karle explained that there is a committee of approx.10 people who review the plans from a health perspective and make suggestions. The committee includes reps from Public Health Dept., Community Foundation, STRIDE, Planning Department, and Jim Patterson. A copy of the committee’s letter of review is forwarded to the commission from Ms. Karle, as an FYI. Mr. Stevenson added that high level plans will be presented in person to the Health Commission for review.)</i></p>		
<p>6. Domestic Violence Awareness Month</p>	<p>Beth Raub, Director Volunteer & Outreach Services, Women’s Shelter Program of SLO County, introduced the topic, noting that October is Domestic Violence Awareness Month. She talked about the Women’s Shelter Program of SLO County, serving victims of intimate partner violence and child abuse. Intimate partner violence (also referred to as domestic violence) can be defined as a pattern of abusive</p>		

behavior including physical abuse, threats and intimidation. It includes emotional, verbal, economic and sexual abuse. She explained that many battering incidents follow a common pattern called the Cycle of Violence (tension building, abusive episode, remorse & calm) and how this cycle repeats itself becoming more violent, with the cycle speeding up. She provided some statistics, noting 1 in every 3 women will experience violence in their lifetime. The Women’s Center has two shelters, a safe house in a confidential location, transitional housing, and other services include: restraining orders, counseling, group therapy, art therapy, and legal assistance. They have a 24 hour crisis line at 781-6400 or persons can call 2-1-1. Website: womenshelterslo.org.

Jennifer (Jenny) Adams, Executive Director, RISE, explained that “RISE” (Respect/Inspire/Support / Empower) is the name of the newly merged organization that was previously the North County Women’s Shelter and SARP (Sexually Assault & Recovery Prevention Center). This consolidation allowed them to give more depth in services and cut back on administrative functions. RISE provides crisis intervention and treatment services to survivors of sexual and intimate partner violence. All services are confidential, free of charge, bilingual, and for anyone who needs them. They provide information, resources, and support, but will not tell a victim what to do. Through education, they are trying to “flip” the focus from “why does he/she stay” to “why does he/she abuse”? Barriers for not getting help include financial reasons, threats to kill or harm children, self-sufficiency. This issue crosses all lines of race, social economic status, education. Intimate partner violence is a mandated report for medical providers. As part the ACA, more direct screening for intimate partner violence will be included in prevention efforts.

RISE has two shelters, with the capacity to house 8 families, with stays up to 3 months. They do not have transitional housing. They have a 24-hour crisis line, counseling and restraining order services. As part of the merger, the SARP Center gets rape prevention funding through the CDC. They have two programs targeted toward 14-18 years old in the high schools with a focus on healthy relationships. They also provide self-defense classes. Website: riseslo.org.

Commissioner Questions/Discussion:

Commissioner Smith-Cooke asked what persons should do if they overhear what they believe is domestic violence or if they absolutely know that there is. *(Ms. Raub talked a bit about the “courageous bystander.” They always recommend that you approach the victim in the situation without the batterer around, if possible. They have small “palm cards” that can be given to the victim. If a situation is out of control, persons should call 9-1-1-)*

Commissioner Smith-Cooke asked if their agency will contact a person if someone has called in. *(Ms. Raub answered that they will not, explaining that their services are non-judgmental and supportive. Ms. Adams explained that they will see self-referred abusers.)*

Ms. Adams also talked about the mandated batterers treatment program through Probation for people who have gone through the criminal justice system and been convicted. It used to be rather than go to Jail for 2-3 months, they would go on Probation and attend the batterer’s treatment program, but with realignment that has changed, and now they will just go to Jail for 10 days. This has become a big issue because without the re-education, there is “no bite” – nothing holding them accountable for their actions.)

Commissioner Clous asked if there were statistics showing that abusers can be rehabilitated. *(Ms. Raub explained that there have been studies done over the effectiveness of the batterer’s treatment program, and it is more effective than just going to Jail. She referred to a conference they held last year where a*

	<i>panel of batterers talked about how the batterer's treatment program turned their lives around.)</i>		
7. Health Commissioner Updates	<p>Chair Enns: Reported that she and several other commissioners attended the Community Design Forum on October 18 – very informative.</p> <p>Commissioner Blonsley: No report.</p> <p>Commissioner Del Rio: Reported that she attended the “Community Design Forum” on October 18th and the “Ask. Listen. Act” Community Panel on October 10th – both were very informative.</p> <p>Commissioner Sage: Reported that over 100 people attended the Domestic Violence “Ask. Listen. Act” forum on October 10th. The focus this year was on Trauma & Mental Health.</p> <p>Commissioner Raymond: No report.</p> <p>Commissioner Clous: No. report.</p> <p>Commissioner Quinn: No report.</p> <p>Commissioner Smith-Cooke: Advised that it is open enrollment for Medicare (for those wanting to make changes to their insurance plans). He wanted to remind everyone that HICAP (Health Insurance Counseling and Advocacy Program) provides free services to anyone on Medicare or who is about to go on Medicare. HICAP in SLO County will also help with Part D, to find the least expensive drug plan to cover one’s current medications. He encouraged Medicare recipients to call HICAP at 800-434-0222.</p> <p>Commissioner Smith-Cooke also reminded everyone of the importance of getting a flu shot, providing statistics from the CDC that thousands of people in the United States die every year from the flu and tens of thousands are hospitalized.</p>		
8. Health Agency / Public Health Report	<p>Dr. Penny Borenstein, Health Officer, reported briefly on the following topics:</p> <ul style="list-style-type: none"> • The Public Health Department held their annual Flu POD (Point of Distribution) for County employees and first responders last Wednesday. They gave out close to 1300 doses in 4 hours at 4 locations, with help from the fire departments. • Advised that there have been 3 cases in California of yellow fever in non-travelers. There have been findings of the vector, the particular type of mosquito that carries both yellow fever and dengue fever, so everyone is keeping a close eye on that. • Reported that a new state survey just came out related to soda consumption in youth. The good news is that soda consumption is down from the last survey among children younger than age 10, but unfortunately considerably up amongst teenagers. Public Health will continue with their ReThink Your Drink and HEAL SLO efforts and use this information to “tweak” their messages. 		
9. Committee Reports	Commissioner Del Rio reported that the Legislative Committee will meet on Oct 30, 2013, 4:00 PM, at the Public Health Dept. No further committee reports.		
10. Prospective Future Items	<p><u>November 2013:</u></p> <ul style="list-style-type: none"> • Update on Affordable Care Act from Community Health Centers • Access For All (AFA) presentation <p><u>Future Agenda Topics:</u></p> <ul style="list-style-type: none"> • Electronic cigarettes / FDA regulations (proposed topic by Commissioner Quinn) • Shingles vaccine (proposed topic by Commissioner Quinn) – Dr. Borenstein will include a 5 minute update in a future report on recommendations/re-vaccinations. 		
11. Adjournment	Meeting adjourned at 7:32 pm.	<i>Adjournment</i>	<i>All</i>