

Winnepesaukee Public Health Council (WPHC)

Franklin Savings Bank Welcome Center

December 1st, 2016 3-4:30 PM

In Attendance: Susan Laverack (Interim Exec. Director, PPH), Marian Gill (ServiceLink Director, PPH), Susan Smith (Citizen Representative), Robert Lucas (Citizen Representative), Linda Ferruolo (Coordinator, Human Services Program, LRCC), Jim Wells (City Councilman, Franklin), Rich Crocker (Elder Rights Coalition), Marge Kerns (LRGHealthcare), Susan Wnuk (Community Action Program for Merrimack-Belknap Counties), Alida Millham (Citizen Representative), Barbara Normandin (Exec. Director, Franklin VNA & Hospice) Rick Silverberg (CEO/President, HealthFirst) Kelley Gaspa (Genesis Behavioral Health), Margaret LaBrecque (Commandant, NHVH)

Agenda: Facilitator: Susan Wnuk

1. **Review Minutes:** The Council reviewed last months meeting minutes. There are no adjustments to be made. Motion made by Rick Silverberg, seconded by Rich Crocker to accept minutes as written M/C
2. **Update: IDN / 1115 Waiver**
 - **Community Health Services Network, LLC (1115 Waiver)** – PPH as Administrative Lead.

Purpose: Increase access to behavioral health services (substance use disorder (SUD) and mental health).

- Statewide and community driven projects were finalized for Region 5 (Winnepesaukee and Central NH) in mid-September
- CHSN network workgroups were formed for each project and met heavily from mid-September through mid-October to develop plans for regional and statewide initiatives, which include:

Statewide Projects

A1 – Behavioral Health Workforce Capacity Development

A2 – Health Information Technology

B1 - Integrated Health Care

Community Driven Project

C2 – Community Re-Entry for Justice Involved Adults & Youth

D3 – Expansion in Intensive SUD Treatment Options

E5- Enhanced Care Coordination for High-Need Populations

- CHSN contracted with Community Health Institute to assist in project plan development which was submitted on October 31st.
- The “write back” process then took place between the independent assessors, Myers & Stauffer and the IDN’s in mid-November. Our Region received very few questions on our plan and the feedback received was very favorable.
- Next steps now include review by an Independent Review Panel in mid-December with hopes of approval being received by Dec. 31st and implementation can begin by the first of the year.

Discussion occurred about the above information that Susan L. was able to answer with additional information given by Rick in regards to funding already received and when the next installment of funds should be received around February 2017.

3. Kelley (PPH) Director of SUD – is developing the role of her position and integrating it with common work of the Care Coordination – “What will this look like?” “Where does it overlap?” These questions and more will be answered as she goes through this process.
4. Presentation: Priority Area (5) Aging & Disability Carissa Elphick, Long Term Support and Care Transitions Counselor, ServiceLink Resource Center and Marion Gill, ServiceLink Director.
 - Support Aging in Place – caregivers: Spring Social Event and Master Training, Powerful Tools
 - Preventing Falls in our Elderly Community – (see attached informational page).

Discussion around falls and the times that 911 is called. Great regional support for our elderly.

5. Presentation: Carissa Elphick, Long Term Support and Care Transition
 - Carissa has been working with Genesis, Horizon, HealthFirst, LRGH, police and fireman to get a release signed by members, which can be a release for all services to be able to communicate the care and treatment of the member for better outcomes. (See attached release).
 - Four individuals are using the program currently and she has seen a positive result.
 - What can we do to help family/individual better help themselves?

Bringing all supports together has been wonderful!

Kelley brought up concerns around HIPAA. Susan remembers wrap around meetings in the 90's. Individuals actually got invited to the meeting. Rick S. back around 1999 – 2005 discussed more in detail of how wrap around meetings were held and the positive outcomes from them. Discussion around:

1. Clients
2. System issues and / or barriers
3. Larger things in system – gaps or needs in overall system.

Marion – Care Transitions – combining data so that we can track with is being done. Data has really shown great outcomes. For example: Average age of 55 – mostly male – mental health or substance abuse history. Care transitions will evolve as data comes in.

Marge – seamless – flourished – this really is working! Goal is supported! Drill down on data. “What other synergizes can we have?”

6. Other ServiceLink Updates-
 - End of Open Enrollment of Medicare – ends 12/7/16
 - VA – veteran care received at their home.
 - Kelley Gaspa – NH Educators Substance Abuse Summit – NH Charitable Foundation – presented at meeting. Public Health Network = Educators are not knowledgeable about what is out there for help with substance abuse.
7. Next Meeting-The next meeting will be held at the Franklin Savings Bank Welcome Center in Tilton NH (behind the Tilton Diner) on January 5th, 2016 at 3pm. Presentation: Kelley Gaspa



CAPBMCI Master Trainer and Coach Trainer Schedule from April 2015- March 2017 for WPHC grant

- ◆ Wednesday: April 8th-May 27th 2015, CAPBMCI taught at the TRIP Center, 12 Rowell Drive, Franklin
- ◆ Tuesday: August 4th- September 22nd, 2015 9:30-11:30am Lakes Region VNA taught at its facility at 186 Waukegan Street, Meredith,
- ◆ Thursday: August 13th- October 1st, 2015 9:15-11:15am CAPBMCI taught at the Gilman Library, 100 Main Street, Alton,
- ◆ Wednesday: August 26th- October 14th, 2015, 9:00-11:00am LRGHealthcare taught at The Pines Community Center, 61 Summer Street in Northfield.
- ◆ Wednesday: March 9th- April 27th 2016, 10:00am-12:00pm CAPBMCI taught at Wesley Woods Community Center, 18 Wesley Way in Gilford.
- ◆ Wednesday: March 30th – May 18th, 2016 LRGH taught at The Pines Community Center, 61 Summer Street in Northfield.
- ◆ Wednesday: April 6 -May 25, 2016, 9:30-11:30am Lakes Region VNA taught at the Meredith Community Center, One Circle Drive, Meredith.
- ◆ Monday: May 2nd-June 27th, 2016, 1:00-3:00pm CAPBMCI taught at the Tilton Senior Center, 11 Grange Road, Tilton NH
- ◆ Wednesday: September 14th- November 2nd, 2016– LRGH taught at The Pines Community Center in Northfield.
- ◆ Wednesday: October 5th- November 23, 2016 Lakes Region VNA taught at the Meredith community Center, One Circle Drive, Meredith
- ◆ Thursday: January 12- March 9th, 2017 9:00-11:00am CAPBMCI will teach at the Alton Senior Center, 7 Pearson Road, Alton NH

Notes:

All classes were taught under the CAPBMCI license and coach classes were supervised by a CAPBMCI Master Trainer.

The last three classes are beyond the grant dates but the coaches that are continuing the classes were taught initially under the grant and the participant manuals were provided using grant funds, so it still relates to the original grant.

Classes are limited to twelve participants—I don't have exact attendance numbers compiled yet but some had a couple more and some, a couple less, so by March 9th, I would anticipate that approximately 132 seniors would have participated.

Attached are some preliminary numbers that I put together for the WPHC grant progress report – that would have been as of January of last year – I haven't had access to the rest of the data in order to update it but I imagine it won't be too different than this, once compiled.

Some preliminary data suggest the following, after completion of a Matter of Balance (MOB) class:

- **95 % reported an overall reduced fear of falling.**
- **94% reported after the class that they were sure or very sure they could get up after a fall (62% before class)**
- **90% reported after the class that they were sure or very sure they could protect themselves if they fell (as opposed to 33% before class)**
- **95% reported they were more satisfied with their life.**
- **62% reported they were more comfortable talking to a health care provider**
- **62% reported they were more comfortable increasing activity and planned to continue exercising**
- **The steps taken most frequently to reduce the chance of a fall were: Exercise at home (40%); Changes to the home (33%); Talked to a family member or friend (22%)**

CONCERNS IN THE HOME

Please complete both sides of this form and fax or call to

LRGH OR FRH CARE MANAGEMENT-FAX 527-7049 OR PHONE 527-2988 OR 737-6718

An LRGHealthcare care manager will assess the information and follow up with the patient

CONCERNS

- Trip or fall hazards (throw rugs, cords, oxygen tubing, clutter)
- Stairways without railings
- Poor lighting
- Lack of heat or cooling in the home
- Food concerns- rotting food or a food shortage
- Does the patient need a primary care physician to manage their medical needs?
- Do they need assistance obtaining their medications?
- Do they have transportation needs?
- Do they need assistance obtaining health insurance?

If suspect abuse or neglect, report all concerns to BEAS- 1-800-351-1888

Please turn over and complete

REPORTING FORM:

Patient Name: _____

Patient Address: _____

Patient or Contact Phone Number: _____

Concern Noted: _____

Completed by: _____