

PATH Meeting

Minutes - 1/10/17

Location: Lewis Gale Montgomery Hospital

Present:

Harvey Barker, co-convener

Rosemary Sullivan

Mike Wade

Margo Walter

Barbara Taylor

Beth O'Connor

Mindy Thorpe

Andrae Hash

Malinda Britt

Pam Ray

Rebecca Marshall

Maggie Bassett

Carlin Rafie

Stephanie Spencer

Jenny Schwanke

Nicholas Bilbro

Ken Schor

Marya McPherson

Mona DiGiullian

Deena Flinchum

Vicky Collins

Holly Lesko

Rhonda Seltz

Sophie Wenzel

Introductions: Harvey welcomed the group and thanked Rebecca Marshall for arranging the meeting. He asked members to think about ideas they might have for making our meetings more useful in order to discuss at the end of the meeting, and then introduced the first speaker.

Diabetes Prevention Program: Nicholas Bilbro, Health & Wellness Coordinator at the YMCA at Virginia Tech briefed members on the new Diabetes Prevention Program that the Y has been working on for the past year and is ready to start enrollment. The first session will start mid-February. There needs to be 8-15 people enrolled at the start of the class. The program is similar to other programs (CDC program is the model), noting the main difference is that this program is led by a lifestyle coach and has more of a group dynamic instead of a one-on-one set up. Also, compared to Weight Watchers, this program focuses more on fat intake.

The program consists of 22 sessions: first 6 months, participants will meet on a weekly basis, next three months, they will meet bi-weekly, then the final three months, they will meet once a month. Two major goals that this program focuses on are weight loss and increase in physical activity.

The YMCA at Virginia Tech needs help recruiting participants. Recruitment is done through primary physicians (1/3 of recruitment efforts). Requirements for participation in this program include: at least 18 years old, have a BMI of 25 or over, and need to obtain blood test. The blood tests are required at the beginning of the program. This class is offered in 47 other states across the country and has been very successful. This will be the first class offered in our area.

The class will be held at The Lancaster House and it will cost \$420 per person for one year. Pre-payment is not required; payment plans can be set up. Some may be eligible for financial assistance through the YMCA as well as private insurance. This program is open for anyone within the NRV. The YMCA at Virginia Tech also offers programs such

as functional fitness classes for older adults, body weight introduction courses, and personal training opportunities.

VA 211: Carissa South from SWVA Regional Outreach Specialist was unable to attend.

Public Health Emergency: Opioid Crisis & Hospital Policy Change: Beth O'Connor announced that this past November, the State Health Commissioner, Dr. Levine declared opioid use a public health emergency in the state of Virginia. In response, she has issued a standing order for all Virginians to have access to naloxone nasal spray; a recovery drug that can be administered to someone experiencing an overdose from opioids. Things to know about naloxone:

- you do **not** need a doctor's note to obtain
- all pharmacies should have them available to the public at request (cost is \$46)
- giving naloxone when not involved with opioids is **not harmful**
- for discounts and coupons, you can go to <https://www.goodrx.com/> and type in 'naloxone' into the search bar

Beth is pushing for the REVIVE! program to come to the NRV. She needs suggestions for available space to host that will be free of charge, able to accommodate 100-200 people on a Saturday morning, and has an AV set up. This class will address how to use naloxone, as well as how to react after the drug has been administered (sends person into instant withdrawal). A question was raised as to whether naloxone will be accessible in public spaces like CPAP machines; though that has not occurred yet, the idea will be presented to another board.

On behalf of David Nutter, Beth also presented a handout with information about the Virginia Hospital Association's decision to release a behavior health legislative package. It is expected to move forward shortly in order to address these issues.

Livability Initiative Update: The annual Livability Initiative meeting is on March 2nd from 2:30-5pm will be held at the Event Centre in Christiansburg. Beth will possibly be presenting on opioid crisis, workforce, economic, environment, and housing developments in the area. Plans for the old Prices Fork Elementary school will be discussed. Some possible uses include senior housing and a community kitchen which should be up and running by 2018. Financial support may come from a restaurant or microbrewery on site.

Workgroup updates:

Perinatal Substance Abuse: Rosemary Sullivan, CSB Exec. Director, spoke about a treatment plan for pregnant women. Carilion is in the process of creating its own program as well as CSB's program. They are currently looking for more funding beyond the \$13 million they have already received from the state to better serve the community.

Healthy Citizens New River Valley: Pam Ray shared information on Healthy Citizens NRV. She acknowledged that they received the grant for the Virginia

Foundation for Healthy Youth Obesity Prevention Grant in Pulaski. Currently, they are half way through first year in the 2 year initiative.

Other NRV health news: Pam and Sophie Wenzel were notified that a grant for reducing and preventing tobacco and nicotine use in pregnant women to prevent babies born with nicotine addiction was awarded. The SCRIPT Grant from the Community Foundation will be implemented by NRVCS and NRHD through primary care physicians and agency patients.

In April, Pam and Sophie will be co-presenters of the VFHY Weight of the State conference in Richmond to highlight the 2 year CDC/VDH Obesity Prevention Grant success in the Building a Healthier Christiansburg campaign.

Harvey inquired about news on a new Health Director. Pam informed members that the interview process has begun, but no decision has been made.

Advocacy: Rhonda Seltz reported Griffith has agreed to come and talk to the PATH committee at an upcoming meeting. The Virginia Poverty Law Center announced that the Affordable Care Act/Patient Protection will take 2-3 years in order to dismantle entirely, though pieces of it could be removed right away. It's hard to predict what exactly will happen with president elect coming into office. Rhonda will write an op-ed to show support to Virginia Organizing on this issue and will sign under PATH's name.

Andrae Hash from Virginia Organizing talked about ways PATH can get involved here in the NRV in fighting against the repeal of the Affordable Care Act. In the state of Virginia, there are 14 chapters of VA Organizing. They host public action rallies and town hall events. In the NRV, they are in the planning stages and invite people interested to reach out to him with ideas and/or desire to get involved in future events.

PATHways Sharing: Rebecca Marshall encouraged PATH members to contact her with more information on upcoming events in the NRV to showcase as well as stories of best practices relating to the aims on <http://livewellnrv.org/>.

Marya McPherson, a Parent Engagement Specialist with Depaul Community Resources, talked about its treatment and foster care services and wanted to share that they are expanding into community based and clinical services in the NRV. They have a licensed counselor who specializes in trauma care. They have parent engagement services that are community based and offer in-home services. Funding for their services include Medicaid, private insurance, as well as a grant directed towards post-adoption families who are dealing with relevant issues, who can receive services for free. They provide family partnership facilitation, supervised visitation, psychiatry services, and accept outside referrals. Because they partner with Centra Health, the initial visit has to occur in the Lynchburg office, and then may continue services locally.

Pam Ray announced that Agency on Aging received a DARS grant that will be continuing the Chronic Disease Self-Management Program the Health Department initially began. Tina King and the Agency on Aging have a 2 year grant and NRHD will support their efforts in the NRV.

Margo Walter and Barbara Taylor asked for help in getting the word out for 2 mental health support groups. These groups meet at the [Unitarian Universalist Congregation](#)

on the third Monday of every month, from 6 to 7:30 p.m. One group is for persons living with mental illness, the other for family, friends and caretakers of persons living with mental illness. This is part of the congregation's effort thru their Mental Health Justice Ministry to improve mental health access in the New River Valley. Inquiries can be directed to Margo at 540-230-0641.

Malinda requested help with Planned Parenthood from PATH. She announced that the Blacksburg location closed its doors and merged with the Roanoke location. As a result there are no Planned Parenthood locations in the NRV. The closure of the Blacksburg location was a result of better health services for VT and Radford University students. Planned Parenthood is increasing its education services in the NRV and they need support. They are offering a new program, Teen Connections, which is peer education training geared towards high school students ages 14-18. The program is a series of 5, 2 hour sessions plus a graduation night. It will be held at the Blacksburg Rec Center (click [here](#) for registration). Program incentives include free dinner each night and a \$100 incentive for participation.

Malinda also invited the community to [Inaugurate Resistance](#) on January 20 at The Lyric in Blacksburg. This is a public workshop event hosted by Coalition for Justice, Blacksburg and it begins at 10am.

Harvey shared news about Amy Forsyth-Stephens and Michelle Brauns receiving a grant in order to expand the Community Health Clinic into Pulaski. They were one of two recipients of this grant in Virginia.

Harvey urged PATH members to share ideas on how to best utilize each PATH meeting to its fullest. Some suggestions included: inviting more people to become involved; each PATH member describe what their organization does at next meeting; since we are well informed in advocacy, members become more active in the community; discuss whether workgroup/strategic planning is needed; committees vs. time limited workgroups; next meeting to talk about process to enhance meeting time.

The Next PATH meeting is April 11, 2017 at Carilion Giles Community Hospital in The Cascades Room.