

PATH Meeting

Minutes – 10/10/17, Noon

Location: Carilion NRV Medical Center

Present:

Harvey Barker, co-convener
Michelle Brauns, co-convener
Tony Smith
Melissa Stockwell-Gregson
Kelly Johnson
Cheryl Coleman
Mike Wade
Katie Hundley

Tina King
Juli Dellorso
Rhonda Seltz
Flo Ketner
Trina Porterfield
Mindy Thorpe
Amy Michals
Rebecca Marshall

Introductions: Harvey and Michelle introduced themselves and thanked Carilion New River Valley Medical Center for providing the space and lunch for the day's meeting.

Suicide Awareness/Prevention: Tony Smith was a guest speaker. He has been with the New River Valley Community Services for two years and serves in the Army National Guard. He spoke about his passion in life: suicide awareness and prevention. He defined suicide but said that people have different backgrounds and hail from different cultures, so a definition can have different meanings. Recently, in the mental health environment, there has been a change to soften the language associated with suicide such as changing 'committed suicide' to 'died by suicide.' Beginning in the 60s, the U.S. started decriminalizing suicide, but Virginia has not done so and it is still considered a criminal act. In the most recent Diagnostic and Statistical Manual (DSM), a new category was added: Suicidal Behavior Disorder, which is diagnosed based on symptoms.

Tony stated that there has never been a national campaign for suicide awareness like the popular Click It or Ticket and Friends Don't Let Friends Drive Drunk national public service campaigns. Rates keep rising for suicide. In 2015, there were 44,000 reported suicides in the U.S. (pop. 321,000,000) with an estimated 5-25% unreported. Also in 2015, it was estimated that 9,000,000 people had suicidal thoughts. We need to engage.

Workshops NRVCS offers include Applied Suicide Intervention Skills Training (ASIST), SafeTalk, and Mental Health First Aid (MHFA). In Sept., #AskingSaves, a social media campaign circulated to spread awareness. Participants wrote #AskingSaves on their hand and posted a photo on social media to symbolically pledge to check-on friends/family who may show signs of suicide. Tony shared how social media platforms provide options for those in need such as friend/family notification when activity tendencies change and options are provided to intervene and report.

Tony shared the story of Kevin Hines who survived an attempted suicide by jumping off the Golden Gate Bridge. Kevin travels and tells his story about suffering from bipolar disorder and educates those on how to live successfully with mental illness. NRVCS hopes to secure Kevin as a speaker next year. Tony shared the Out of the Darkness walks which give the opportunity to walk in memory of those they have lost and to network with others who have lost loved ones.

Tony shared his personal campaign: Run Hope Live. After suffering from depression and contemplating suicide when he was younger, he found that running was his coping mechanism. He now runs in memory of those who died by suicide as a way to honor them in a positive way. Family members message him on social media about their loved one who passed, he then creates a piece of art with the loved one's name, frames it, and posts a picture of it to social media for friends and family to share and comment.

Two audience questions posed: *This area has had a large elderly suicide rate. Why?* Tony feels due to the demographic in this area, lethality (using a firearm) is the most important factor in middle aged-elder men (Virginia's rates are on par with the national average), whereas women tend to turn to medication overdose which can be more ineffective. *How is suicide considered a criminal charge?* People are charged criminally if they survive and required to pay court costs, hospital costs, ambulance costs, etc.

Flo Ketner: Rhonda introduced Flo Ketner: 'Flo is running for the Virginia's 7th District House of Delegate (currently held by Nick Rush). She is a stay-at-home mother of 3. She graduated from Floyd County High School and Radford University with a degree in English. Flo wants to provide a more unified voice for our community and offer a comprehensive understanding of the issues that affect everyone in our district.' She joined Indivisible where her focus was on state legislation.

She focuses on healthcare issues due to her own healthcare problems and she understands that people work hard in life but can retire broken and in need of good affordable healthcare. She believes we don't have enough clinicians and we aren't benefitting from the new hospital technology. It is evident that we need funding because there is a demand for it, and Flo is committed to getting the access to healthcare that we need. Even if she does not get elected, she will continue to fight for our community.

Carilion Pilot Program: Patient Drug Education: Mindy with the VA Rural Health Association shared that the VRHA was awarded a grant to implement a high-risk patient ed. program. It is designed to identify patients considered high-risk for substance abuse and/or overdose and educate them about opioids as well as train patients and family members of patients on how to use overdose medications like Narcan and Naloxone. Carilion employee, Charlie Tarasidis, learned that patients did not know that their prescriptions were opioids and that they were 'considered risky.' Mindy explained they want to expand the program to other Virginia healthcare facilities. She said they received grant funds to provide REVIVE training and kits and a second grant to create an application (app) to provide clinicians a way to streamline ed./inf. to patients on opioids.

Carilion CHAT Series: Amy Michals spoke about the Carilion Clinic Community Health Needs Assessment (CHAT), which is conducted every 3 years. CHAT is a 5-step process: conduct CHNA, strategic planning, implementation strategy, program implementation, and on-going evaluations. In FY2015, Carilion's Community Outreach total was \$8.8 million and included community health education, screenings, support groups, grants, and other initiatives. CHAT results are used for strategic planning and development. In 2018, NRV's CHAT process will satisfy both Carilion and New River Health District regs. requirements. PATH will help the CHAT Team oversee the process.

Workgroup updates:

Healthy New River Valley: Rebecca shared on behalf of Pam Ray.

Dr. Damon Thompson and his Real Life Dental staff are offering free dental care for low-income individuals on Sat., Oct. 14th at their South Main St., Blacksburg location.

The Virginia Foundation for Healthy Youth obesity reduction/prevention program is in its 2nd year. The Community Garden at the YMCA in Pulaski is almost complete but still need fencing and compost bins (great projects for civic groups or Scouts); beds are finished and planning for spring planting is ongoing. The Healthy Children, Healthy Families program has begun with 7 families enrolled in the 11-week program. It will be offered again in the spring. Families learn healthy eating, active living, and family-centered values during the weekly sessions. They receive a free 6-month membership to the YMCA to encourage physical activity. Collaboration is with the YMCA, the NRHD, the VT Center for Public Health Practice and Research, and the First Presbyterian Church in Pulaski.

Community Education Outreach continues through the health district at health fairs, events, and the SipSmarter program (reduce sugary beverage) to promote better health for all citizens.

Red Ribbon Week (Oct. 23-30) is Substance Abuse Prevention Week and all district schools will participate. Consider supporting the effort by placing red ribbons in businesses to bring attention to an important initiative.

Advocacy: Rhonda Seltz reminded all to vote on November 7th. She reminded all that Joseph Yost and Massey Whorley spoke to us earlier this year. She invited Nick Rush to attend and speak, but his schedule is booked. She provided invites to Congressman Griffith with no response. Rhonda shared that she would like to encourage new members to join PATH Advocacy and asked for assistance in a co-chair or chair role. Contact her if interested. She will send an email out to PATH.

PATHways Sharing:

Rhonda stated that we are facing Affordable Care Act changes. Reauthorization for CHIP was supposed to be September 30, which was not completed. If changes are to be made, she stated that clients must be given a 30-day notice.

Melissa Stockwell-Gregson spoke about 2018 open enrollment. She stated that the ACA is still federal law and people are required to have health insurance. Open enrollment is Nov. 1- Dec. 15 (shorter at 45 days). Anthem Health Keepers is only health insurance provider available in the Marketplace in Virginia. Anyone enrolled with a different insurer will lose their plan; people must re-enroll with a new plan through Anthem for 2018. With the new year, there will be several network changes and Anthem has proposed a 68% price increase (not yet approved).

Tina King spoke about SHIP and shared that locally she fields many questions annually, especially with Medicare enrollment coming up. She warned that if the program zeros out, there will not be any local help. She stated that over \$500,000 was saved last year through people who worked with SHIP. The number for PATH members for those with questions: 540-980-7720. Tina also announced the Agency's free self-management workshop for all ages of adults. For more information, call 980-7720.

The Next PATH meeting is January 9, 2018 at Lewis Gale Hospital Montgomery Birthing Center Classroom