

## **PATH Meeting**

Minutes – 9/11/18, 11:30AM-2:00PM

Location: Carilion NRV Medical Center

### **Present:**

Michelle Brauns, co-convener  
Harvey Barker, co-convener  
Noelle Bissell  
Rebecca LeBlanc  
Marya McPherson  
Kelsey Cockram  
Cheryl Coleman  
Joanna MacQueen  
Ashley Hash  
Angie Nichols

Glenn Mathews  
Mindy Thorpe  
Katie Hundley  
Malinda Britt  
Carissa South  
Mona DiGiulian  
Andrae Hash  
Oliver Gelinias  
Cathy Callahan  
Meghan Pfleiderer

Pam Ray  
Maggie Bassett  
Rhonda Seltz  
Terri Neel-Kinder  
Beth O'Connor  
Deena Flinchum  
Kristi Hall  
Trina Porterfield-Pifer

**9<sup>th</sup> Congressional District Candidate:** Anthony Flaccavento addressed PATH members on his stance on several issues including the economy, environment, healthcare, and the opioid epidemic. He also answered many questions from the attendees.

**DMAS Update:** Rhonda Seltz gave a presentation on updates coming to Medicaid. Beginning January 1, 2019, Americans ages 19-64 whose income is between 0-138% of the federal poverty level will be eligible (including those with and without children) for coverage. Several ways to apply: Cover Virginia call center, Virginia Department of Social Services call center, as well as through Marketplace and Commonwealth websites. Trainings courses will be in the area beginning in November (more information will be provided on [www.coverva.org](http://www.coverva.org)).

Terri Neel-Kinder from the Montgomery County Department of Social Services announced that DSS's go-live date is set for November 18<sup>th</sup> which means that the determination system they currently use will be able to determine eligibility for the new plans. Those who may be eligible are encouraged to apply at that time. There are 3 electronic kiosks and 1 phone available to apply in the Montgomery DSS office to assist with application.

There are 2 dental coverage plans (CCC+ and Medallion 4.0). For Medicaid eligible patients unsure of where to go, they may be directed to Community Health Centers for services.

**Funding Update:** Glenn Mathews from New River Community Services manages substance use and jail services. He shared that they are the only CSB in the state that offer full continuum of care including prevention, outpatient, intensive outpatient, partial residential, and are currently working on a detox program. He spoke about substance use disorder and described addiction as "a compulsive behavior that continues despite negative consequences." He said they are working towards individualized care using methods such as motivational interviewing, cognitive enabled therapy, and medication assisted treatment (the use of Suboxone) with positive results in their recovery efforts.

They have received grants recently all involved in fighting the opioid crisis, but Glenn stated that there are bigger issues that also need to be addressed such as transportation and housing shortfalls. He also spoke about grant money used to open a new peer center in Radford (401 West Main St.) for those on the path to recovery as well as those suffering with mental health disorders. He also spoke about a 4 year grant they received being put towards

the partnership between NRVCS and Radford University that involve social work education, occupational therapy, criminal justice, and nursing. Each year they get a cohort of students that come through and learn about substance use and how to treat it.

**CHA/CHIP Progress Update:** Ashley Hash announced that Carilion has finished the Community Health Assessment and the results are posted online: <https://carilionclinic.org/community-health-assessments>. Eventually the hospital implementation strategy will be posted as well. She said that there will be a retreat in the fall to discuss potential action plans for a community implementation strategy as well. She shared the Top 10 priorities of the CHA:

1. Transportation
2. Alcohol and Drug Use
3. Affordable/Safe Housing
4. Lack of Knowledge of Community Resources
5. Tobacco Use
6. Poverty/Low Average Household Income
7. High Cost of Care
8. Lack of Health Literacy/Healthy Behaviors
9. Access to Mental and Behavioral Health Services
10. Coordination of Care

Members commented on the absence of obesity and dental off the Top 10 list.

**Changes to PATH:** Harvey Barker spoke about how the PATH Steering Committee has been deliberating ways to enhance PATH meetings to make them more productive and useful. He asked what members would like to see as far as meeting frequency and topics discussed. It was suggested that we use the Community Health Assessment as a reference for topics for future meetings. It was also suggested that going forward we should get more community involvement in PATH meetings such as the faith-based community, local businesses, educational institutions, and media outlets. Instituting subcommittees was also brought up as a possible solution. Michelle suggested our next PATH meeting should be during the CHA retreat.

**Workgroup updates:**

**Healthy New River Valley:** Pam Ray updated that she shared ideas with the Town of Pulaski about the Christiansburg Bikeway/Walkway to increase walkability and bikeability in the town and county. As such, Pulaski is currently doing a needs and feasibility infrastructure study for improving sidewalks, trails, bike lanes, and roadways in the Town and County.

The Virginia Tech Cooperative Extension Service is partnering with the NRHD in Radford City for a 4-6 week course on healthy eating to prevent and/or improve diabetes. Healthy cooking demonstrations are part of the course and it is open to any adult in the NRHD. Dawn Barnes is the extension agent leading the course.

The VFHY Obesity Prevention grant has ended--policy/systems/environmental changes that occurred included getting SNAP/EBT access at the Market Place in Pulaski, development of a Healthy Children, Healthy Families education program to increase healthy eating and active living, and development of a large community based garden on YMCA property. The produce from the garden is distributed throughout the. They will reapply for the grant in the next grant cycle and consider expanding the Healthy Community Action Team's work to other localities in the district.

The health department is exploring the possibility of bringing a vertical garden to the Radford City location. The garden will be used similar to the Farmacy Garden in Montgomery County and the WIC garden in Floyd to increase fresh produce access and to promote healthy eating.

Roam NRV bikeshare had a successful first 6 weeks and is being used by citizens and students who live in Blacksburg and Christiansburg. If that program has continued success in Montgomery County, expansion to other localities should be considered as a way to address transportation issues and to increase physical activity.

**Advocacy:** Rhonda Seltz updated that the advocacy subcommittee for PATH will be disbanded as there has been little to no activity. Instead, she will continue offering legislative updates via email and working to invite political figures to speak at upcoming meetings.

**PATHways Sharing:**

Ashley Hash announced that she will be on leave for the next few months, so anyone needing assistance from Carilion Community Health and Outreach will need to contact Kenya Thompson.

Malinda Britt with Planned Parenthood shared 2 programs presently being offered:

- Teen Connections: currently hosting a middle school and a high school session (ending in October) and will be starting another middle school program in Christiansburg in January. The program is offered at no cost with food provided during meetings and a \$100 stipend upon completion.
- Parents Matter: a program to help parents talk to their kids about sex, which takes place on the second Tuesdays of every month starting in October at the Blacksburg Library from 6:30-7:30PM.

Dr. Noelle Bissell talked about hurricane preparedness and noted that September is preparedness month. She also announced that the health department will be hosting its annual drive-thru flu clinic on September 28<sup>th</sup> at the Radford Fire House. She also noted that the health department's mobile unit will start getting out into the community soon; they will offer testing of HIV and STIs throughout the community. She stated that she's hopeful to use the unit to address some of the transportation issues faced throughout the community.

Meghan Pfleiderer introduced herself as the new Smart Beginnings Coordinator for the New River Valley Regional Commission. She is involved in early childhood research and offered to come to a future PATH meeting to discuss the needs in our area.

**The Next PATH meeting is TBD.  
If you need to be added to the PATH listserv for PATH updates,  
please email [rebecca.lord@vdh.virginia.gov](mailto:rebecca.lord@vdh.virginia.gov).**