

Location	Attendees
<b>Virtual Meeting</b>	Kathy Reims, Roger Chaufoinier, Connie Davis, Christina Clarke, Craig Mott, Leah Becknell, Mary Louise Jones, Molly Morris, Tess Timmons, Sara Van Horn, Shoshannah Palmanteer, Lisa Apple, Deb Miller, Samantha Krumdieck, James Wallace, Jesus Hernandez, Chenia Flint, Joe Ketterer, Kristen Stagner, Becky Corson, Melodie White, Leah Becknell, Afton May, Victoria Evans, Alejandro Gonzalez, Jan Sternberg, Paul Hadley, Caroll Opel, Dusti Rocha, Jamie Hilliard <b>NCACH Staff:</b> Wendy Brzezny, Mariah Brown, Tanya Gleason, Linda Parlette and Teresa Davis – Minutes
Agenda Item	Minutes
<b>Approval of Consent Agenda</b>	<ul style="list-style-type: none"> <li>❖ Lisa Apple moved, Jesus Hernandez seconded the motion to approve the consent agenda, motion passed</li> </ul>
<b>Announcements &amp; Updates</b>	<ul style="list-style-type: none"> <li>• <b>Quarter 3 Reporting</b> – Thank you to all that were able to get the quarterly reporting in. Those that are having issues, can still get them in. Please send Wendy and Mariah message if you need more time.</li> <li>• <b>Clinical Partner updates</b> <ul style="list-style-type: none"> <li>➤ Grant Integrated has hired BH Manager and went live with collaborative care center</li> <li>➤ Bill Snyder has resigned – will be with OBHC until November 1<sup>st</sup></li> <li>➤ Jorge Rivera has accepted a new position with Molina. Vicki Evans will be participating in WPCC, Donnie Guerrero will be attending some meetings as well.</li> </ul> </li> <li>• <b>WPCC Member presentations</b> – Wants to get back on schedule for members to present on their work, would also like to include MCO's.</li> <li>• <b>Telehealth Discussion</b> – The NCACH Governing Board is looking into funding telehealth in the NCW Region. There will be a more robust discussion during the NCACH Governing Board meeting today</li> <li>• <b>Rural Health Grant</b> – The WA Stata Rural Facilities Capital Grants Partnership Fund will be available again. If you are looking at Telehealth Wendy suggested applying for this grant.           <ul style="list-style-type: none"> <li>➤ Can funds be used to BH telehealth providers? She does not see an exclusion for them.</li> </ul> </li> </ul>
<b>SHIBA Presentation</b>	<p>Deb Miller from Action Health Partners gave a presentation on Statewide Health Insurance Benefits Advisors (SHIBA). Washington state's SHIBA provides free, unbiased and confidential help with Medicare and health care choices to people of all ages and backgrounds. The volunteer advisors can help you:</p> <ul style="list-style-type: none"> <li>• Assess health care coverage needs.</li> <li>• Determine general eligibility for health care coverage programs.</li> <li>• Evaluate and compare health insurance plans and programs.</li> <li>• Provide enrollment help with Medicare.</li> <li>• Speak with 1-800 Medicare on your behalf.</li> <li>• Make referrals to other agencies and programs.</li> <li>• Collect and report possible fraud complaints.</li> </ul> <p>Open Enrollment for Medicare starts October 13<sup>th</sup> and there are 14 SHIBA volunteers in the 4 county area.</p>

<b>Small group discussions</b>	The meeting was split into small groups to discuss the following: What have you been doing to support your staff who has been experiencing increased stress, anxiety, depression and/or burn out?  Report out on next page
Adjourn	Meeting adjourned at 12:45 PM

# WPCC October Meeting Notes

## Breakout session debrief – How are supporting the emotional/mental health needs of those that you work with?

**Leah Becknell** – acknowledging that we are in a weird time is the biggest thing – “it would be abnormal to not feel stress right now” Encouraging staff to take time for self-care throughout day; checking in frequently to show support

**Alejandra** – Children’s Home Society has implemented a “Self-care Challenge” that includes 76 different activities that individuals and teams can participate in. Goal of challenge is to make self-care a priority and express gratitude during this difficult time

### **Roger – examples from other organizations**

- Talk circles - 6-8 employees meet for 45-60 minutes to chat and connect with one another around non-work related topics
  - Sharing coping strategies and self-care ideas
- Schooling – especially helpful for working parents impacted by distance learning
  - Using employees to teach and provide a temporary day-care/learning environment
- [Goodlistening.org](https://www.goodlistening.org/) - Customized poem for employees
- Game nights or virtual happy hours via zoom
- Group exercise classes via zoom
- Mindfulness room on-site

### **Kristen Stagner – reporting out for group**

- Socially distanced events
  - Picnics
  - Walks
- Encouraging team to use PTO
- Supporting parents that are handling distance learning
- Spending time checking in an being creative

### **Lisa Apple – reporting out for group**

- Family Health Centers has set up a room with an adult supervisor for staff to bring their kids to participate in distance learning
- Confluence Health has set up a virtual social hour – checking in with coworkers on a personal level
- OBHC – set up large conference room to have meetings socially distanced and hold department lunches to give teams a chance to socialize

### **Deb Miller - AHP**

- Staff flexibility is priority – supporting staff working from home
- Motivational email sent to AHP staff daily
- Organized “Wind Down” during last 30 minutes of work day
- Using google teams to stay connected with team

### **Connie Davis – reporting out for group**

- Spreading work evenly is important
- Leadership supporting staff is crucial
  - Vacation and time off with family encouraged
  - Flexibility
- Change in mindset
  - In it for the “long haul” has required a shift

Jan Sternberg and Lisa Apple – discussion regarding mental health advance directive