



HEALTH Working Group Session

Meeting Notes – 07.11.17

Participants: (see attached sign in sheets)

1. Welcome and Introductions

Co-chair, Vernon McQueen of Goldsboro Front Porch Council, opened the meeting and everyone introduced themselves.

2. Review of Meeting Minutes from June 13, 2017

The minutes from the last meeting were provided for participants to review; any comments or clarifications to these minutes are welcomed.

Comments included:

- Need to explore informal childcare supports and engagement in developmental screening and early literacy activities
- Suggestion to include a licensed mental health professional in the group. In particular, there was a question about what years are most critical for development. Jennifer Grant from Seminole County Early Learning Coalition noted that 85% of brain development occurs before age three.
- Suggestion to host an early childhood town hall to engage parents and find out what they need directly.
- Request to be sure to engage Academy Manor residents and be explicit about strategies for this part of the neighborhood. Most of the conversation simply refers to Goldsboro generically and it is not always clear that Academy Manor is also included.

3. Debrief from Steering Committee Meeting

At the Steering Committee meeting on June 20, 2017, a representative from each of the seven Working Groups presented the key priorities and strategies emerging from the groups. All presenters were very enthusiastic about the process and the proposed strategies. The PowerPoint presentation highlighting the priorities and planning status is available at www.choosegoldsboro.com.

4. Feedback from Community Information Fair

The second Community Information Fair was held on June 24th, from 11am – 2pm at the Westside Community Center. Although there were slightly fewer participants at this event, most of them were new to the process and eager to hear about the progress being made and the community's priorities for transforming Goldsboro.

The feedback exercise at the Health Working Group table asked, “Which health services are most important to offer directly in the Goldsboro neighborhood?” The priorities are in rank order below:

1. Mental Health Assessment and Counseling
2. Residential Addiction Treatment Center
3. Dental Services

5. Discussion: Access to Quality Medical Services

- Mental Health and Substance Abuse Services:
 - The feedback exercise from the CNI Info Fair clearly shows that community members feel the impact of addiction and mental health day to day.
 - It was noted that there is a need for comprehensive recovery services including nutrition, exercise, etc.
 - True Health has applied for HERSA funding to expand mental health services
 - Suggestion to engage The Grove and Aspire- two key mental health providers who are also working to address homeless issues
- Dental Services: Health insurance does not include dental; based upon the resident survey and the CNI Info Fair feedback there is a clear need for affordable options. Tamara noted that Seminole County Community Assistance reimburses up to \$1000 each year to eligible residents for dental care. It was also noted that Harvest Time and the Department of Health offer emergency detail care services.
- Health Insurance:
 - There is concern about access to health insurance going forward given the current political climate
 - Even with health insurance, low-income residents have deductibles and co-pays that they have trouble paying. Other household expenses like rent and food are a higher priority. As a result, many forego treatment.
- Medical Services in the neighborhood:
 - Transportation is a major issue in the community and the key reason the working group is looking to see more medical services offered directly in Goldsboro.
 - Currently the Department of Health offers mobile health services at the Rescue Outreach Mission. However, these medical services are limited.
 - True Health, a federally qualified health center, that offers services on a sliding scale based upon income is located a few miles from Goldsboro on bus route 46. They do offer some transportation assistance to patients and attempt to provide a comprehensive array of services at their facility so that patients can get all their needs met in one location.
 - The Community Facilities working group has been exploring the concept of a One Stop/Resource Center which might include some health clinic spaces. Noted that it might be challenging to secure a full FQHC in the neighborhood given the proximity of True Health. However, it might be possible to engage partners in providing some limited health services on a set schedule if the space was made available.
- Health Navigators:
 - Health Navigators could serve as a bridge to services outside the community.
 - True Health offers Health Navigators at their facility. Pursuing funding from United Way to expand these services. Might they consider offering such services in a community-based setting?
 - Some FQHCs and other health organizations support community health ambassadors who are certified to work with their neighbors to share information and help navigate

the local health care network. Is this something that might be made available in Goldsboro? Perhaps in conjunction with the churches?

- Seminole County was recently awarded funding for a community paramedic and is looking for the community hospital to expand its funding to three positions. The goal is to help patients manage chronic disease and stay out of the hospital which is a costly intervention. This position offers both medical and social skill sets. A community paramedic makes home visits and is equipped to take blood pressure, vital signs, etc.

6. Presentation from University of Florida EFAS Extension

The Extension Center offers an Expanded Food Nutrition Program. This program is available for free to anyone who is responsible for feeding children under age 19. The 8-session program provides cooking demonstrations as well as discussion of the importance of physical activity. Spanish interpretation is offered. A certificate of completion is provided at the end. These sessions are offered in the community so long as there are at least 10-15 participants. No special equipment is needed. For more information, contact UF/IFAS Extension at (407) 665-5560.

Next Meeting – Tuesday, August 15 at 6pm at Goldsboro Front Porch Council

Topic: High rates of chronic disease (asthma, diabetes, hypertension, obesity) and supports to maintain a healthy diet and regular physical activity

For more information about the CNI Planning Process and/or other working groups, visit

Website: www.ChooseGoldsboro.com

Facebook: www.facebook.com/choosegoldsboro

CNI office at 120 Lexington Green Lane

HEALTH

Which of the following health services do you think are most important to offer directly in the Goldsboro neighborhood? **(Choose 3)**

Residential Addiction Treatment Center	21
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Mental Health Assessment and Counseling	25
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Screening/Services for Developmental Delays in Children	7
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Nutrition Classes and Demonstrations	7
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Health Insurance Navigator(s)	11
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Chronic Disease Management Program	10
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Dental Services	17
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Eye Care Services	11
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Stress Management Program/Classes	6
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Primary Care	10
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Prenatal Care, WIC and other Supports for New Moms	8
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Smoking Cessation Program	7
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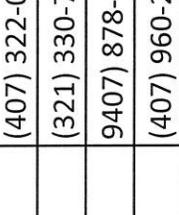
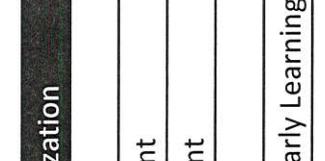
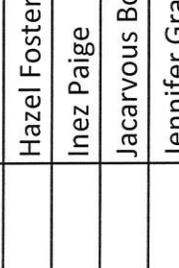
Other (list):



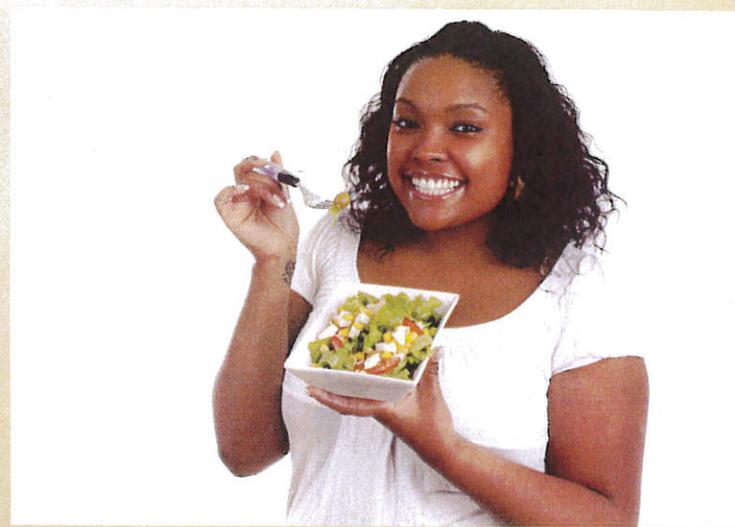
Goldsboro
A Choice Neighborhood

HEALTH NOTE: Signing of this document gives permission to have photo taken during work group activities
JULY 11, 2017 @ 6pm @ GFPC

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PARTNER WITH EFNEP

What is EFNEP?

A research-based program that works with **your organization** to:

- Assist limited-resource families in acquiring knowledge, skills, attitudes and changed-behavior necessary for nutritionally sound diets.
- Contribute to personal development and improvement of the total family diet and nutritional well-being.

Who can attend?

Individuals with children who are eligible for assistance programs, such as Supplemental Nutrition Assistance Program (food stamps), WIC, Head Start, or have children who get free and reduced lunch.

For more information, contact:

UF/IFAS Extension Seminole County Office

250 W. County Home Rd.
Sanford, FL 32773
seminolecountyfl.gov/extensionservices
(407) 665-5560

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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.



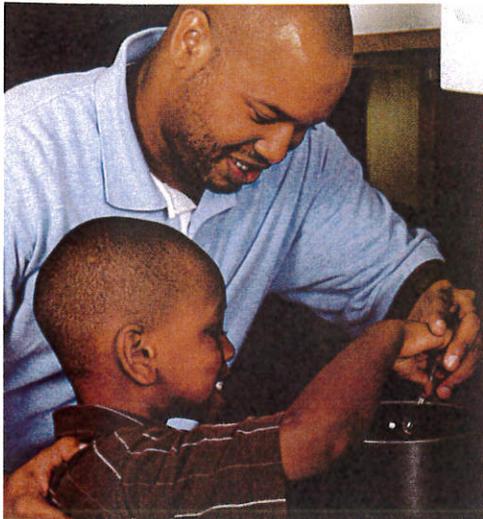
EFNEP

**Expanded Food & Nutrition
Education Program**

Buy better. Eat better.

*EFNEP is a **FREE** program offered to qualifying families.*

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“My kids and husband are eating more fruits and vegetables every day.”

“Spending smart for my food items can save on my monthly food costs. I also make sure to always look at the nutrition facts and serving sizes.”

“I lost ten pounds through EFNEP and exercise. I am so thankful for this class, it was a life saver!!”

EFNEP participants learn about healthy eating and being active. Each lesson is taught in a group setting and lasts about 60 to 90 minutes. Participants prepare and taste new recipes at each lesson. Participants will learn about:

- *Healthy Eating and Cooking For Less*
- *Saving Money at the Grocery Store*
- *Keeping Food Safe*
- *Being Active*
- *Cooking and Planning Meals*

EFNEP also offers three optional lessons. You can attend one or all of these lessons:

- *Eating Smart and Being Active During Pregnancy*
- *Feeding Your New Baby*
- *Feeding Your Baby Solid Foods*

Participants receive:

- *Water bottle*
- *Grocery bag*
- *Grocery shopping list*
- *Vegetable brush*
- *Measuring cups and spoons*
- *Exercise band*
- *Food thermometer*
- *Graduation certificate*

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