



HEALTH Working Group

Meeting Notes – 06.13.17

Participants: (see attached sign in sheet)

1. Welcome and Introductions

Co-chair, Vernon McQueen of the Goldsboro Front Porch Council, opened the meeting and facilitated a round of introductions. Dr. Zeenat Rahman from the Florida Department of Health in Seminole County helped to facilitate the meeting in lieu of Venise White.

2. Review of Meeting Minutes from May 23, 2017

Mr. McQueen gave participants some time to review the minutes from the last meeting and offer any comments or clarifications.

3. Review start of draft matrix for strategies

Kathy Carton from EJP Consulting Group reviewed with updated draft matrix. The items highlighted in yellow reflect things that were added since the last meeting to reflect the working group conversation about Objective 1: *Residents have access to a full continuum of care to improve mental health and reduce substance abuse including prevention, intervention, treatment and after care.*

Kathy noted that this is very much a work in progress. Working group members are welcome to offer comments and suggestions to continually refine the language as we move forward. Suggestions are welcome in the working group sessions or via phone call or email. Kathy can be contacted by phone at (617) 512-8275 or via email at carton@ejpconsultinggroup.com.

Tonight's meeting will focus on the second objective: *Expectant and new mothers have access to a comprehensive set of services that support healthy child development from pre-natal to VPK.* As new strategies emerge, they will be added to matrix. In addition, to maximize the likelihood of implementation, we will also work on identifying lead partners for each strategy and timeframes for implementation.

4. Discussion: *Healthy Moms and Babies*

Brief 5 minute presentations were provided by several local programs. A summary of the presentations follows:

Great Start (Tenesha Wells)

This SCPS program is for children ages birth to 3. Delivers baby bags to local hospitals that include first book, milestone calendar, bib with graduation year. The bags are an attempt to engage parents from the start in their child's education. In addition, Great Start operates programs at six sites including the Department of Health offices (which is likely to be the closest to Goldsboro). They also offer a teen mom group at Seminole High School as well as a pre-K disability clinic that does assessments and makes referrals to services as needed if a developmental delay is detected. At these sites, they offer play groups focused on vocabulary and oral language development via rhymes and songs and other activities. The playgroups teach parents how to enrich baby brains and intentionally get babies ready to enter school. Participants get a new book at every visit so they can develop home libraries. Great Start has served 110 families to date in 2017.

VPK (Dr. AnaLynn Jones)

SCPS offers a free early learning program (VPK) at every elementary school for at least 3 hours per weekday. Children age four by 9/1 are eligible. Title 1 funds some sites for a full -day program, including Region 3 which covers a portion of the Goldsboro neighborhood.

Early Learning Coalition (Jennifer Grant)

Jennifer noted that originally early learning was conceived to help parents of young children engage in the workforce. However, as brain research now shows that 80% of brain connections are developed by age 3 and 90% by age 5. So, we now know how critical it is to expose children to high quality learning experiences at an early age. It is no longer sufficient to keep kids clean, safe and dry. Instead, early learning must focus on improving interaction with children including making eye contact and exposing them to language to promote literacy development. Research shows that children who enter kindergarten behind, do not necessarily catch up but instead can fall further behind. So, early detection of developmental delays and referral to services and supports is also critical to give children the best chance for success in school.

To this end, the Early Learning Coalition handles the county early learning funds and operates two primary programs:

- 1) School readiness- which provides childcare subsidies for working, low-income families; offers 120 hours of child care/week for those earning up to 85% of AMI if they are working, in training, etc. This program also funds an inclusion specialist who provides screening using the Ages & Stages Questionnaire with a goal to catch early on and potential developmental delays and to make referrals for service; under 3 years referred to Early Steps, more than 3 years refer to SCPS.
- 2) VPK: Only 25% of the available VPK slots are operated by SCPS; the balance are operated by private providers, churches, etc. Early Learning Coalition helps to enroll children in these programs, sometimes pays for care if income eligible and provides teacher training

Jennifer noted two other key offerings:

- Vroom- free app for parents (caregivers) of young children that provides daily reminders about activities to build their child's brain in bite size snippets of information; the app also provides great videos that model interactions for parents
- United Way pilot program to provide wraparound services with a focus on financial education and budgeting along with the childcare subsidy; 20 families will be served in the next year

Healthy Start Coalition (Carmen Guzman)

Founded in 1991 to address infant mortality, much of which was due to preventable issues. Provides care to mothers from pregnancy to six months after birth and to children from infancy to 3 years. The program partners with many agencies to serve moms. By law, medical providers must provide a pre-screen and make a referral to the Healthy Start program if a mom is at-risk. One of their signature activities is a community baby shower that offers fun activities to engage moms. Recognized that working with the whole family is critical to child development, so expanding the programming to all family members. Recently started working with fathers around responsible fatherhood and now invites fathers to the baby shower too. Also pairs nutrition classes for fathers with football games to engage them in learning in a fun atmosphere. Shared statistics that show of the 742 births in area code 32771 (where Goldsboro is located), 367 mothers are unwed and 56% of pregnancies were deemed high risk.

Healthy Babies (Alfredo Maldonado)

Seminole County is the smallest county in the state but has the highest rate of infant mortality as well as low birth weight and pre-term birth. Through awareness, empowerment and prevention, Healthy Babies- a program of the Florida Department of Health- seeks to change this and works to create a community of partners to address impediments to care for moms and babies. The program will convene the next community focus group on June 26. This program is co-located with WIC at the Department of Health offices. New moms are encouraged to apply for WIC because it provides nutrition that is crucial to healthy development and also offers certified lactation consultants, if needed.

Help Me Grow (Natalie Joseph)

This program promotes early identification of developmental delays and behavioral issues and attempts to fill in gaps with kids that are not in institutional care. The program serves children up to 8 years old. Screenings are recommended at 9, 18, 24 and 30-month well visits; but they often do not take place. So Help Me Grow advocates for this. They do not want to duplicate services but rather to enhance existing services.

True Health

True Health is a non-profit, federally-qualified community health center located at 4930 East Lake Mary Blvd in Sanford. It is about four miles from Goldsboro and accessible by bus. It serves uninsured and under-insured. They offer OB, adult care, pediatric, podiatry, a pharmacy (with discounted meds for low-income patients), labs and a certified eligibility specialist all under one roof.

Group Discussion:

- **How is True Health different from the Department of Health?** True Health is a medical home. While DOH offers some wraparound services, it does not provide primary care. The two organizations have a partnership where True Health now provides services in the DOH offices. Community Health Interventions offers help in understanding and navigating insurance.
- **Do any of the programs help participants build relationships with health providers?** Help Me to Grow provides parents with worksheets about what questions to ask your

doctor. Early Learning Coalition also offers coaching with families so that they can successfully navigate the health care system.

- **How can the providers help us to reach Goldsboro residents and successfully engage Goldsboro children and their families in the available services?** All of the providers offered to attend community events to promote their services. This potentially includes the CNI Information Fair on 6/24 as well as the monthly Westside Community Meetings. The Department of Health also markets services like Healthy Babies and WIC at its mobile health clinic which has regular stops in Goldsboro. Great Start also offered to provide a playgroup twice per month if space is made available. Commissioner Williams noted that GFPC could make space available.
- **What is the Ages and Stages Questionnaire?** It is a standard screening tool that parents, teachers, and providers can use to assess how a child is progressing through developmental milestones up to age 5.5 years. It cannot be used for diagnosis but can help to identify when intervention is needed if a child is not meeting milestones. Help Me Grow also uses the Pediatric Symptom Checklist (PSC) for children up to 8 years old. There was some discussion about whether we might be able to train Goldsboro parents to help other parents use of Ages and Stages Questionnaire.

Next Meeting – Tuesday, July 11 at 6:00pm at the Goldsboro Front Porch Council

The 7/11 discussion will focus on the third Objective: *Residents have access to quality medical services*. If you know anyone who is interested in this topic, please invite them to join us for the conversation.

For more information about the CNI Planning Process and/or other working groups, go to:

Website: www.ChooseGoldsboro.com

Facebook: www.facebook.com/choosegoldsboro

CNI Office: 120 Lexington Green Lane

HEALTH Working Draft

Goal: Residents of all ages have access to services, supports and amenities to improve physical and mental health outcomes and foster wellness.

<i>Strategies</i>	<i>Potential Partners</i>	<i>Timeframe</i>
1. Objective: Residents have access to a full continuum of care to improve mental health and reduce substance abuse including prevention, intervention, treatment and after care.		
1.1. Build a neighborhood residential treatment center with supportive services that not only serves men but also addresses the needs of women and children; such a facility would include medical professionals and addiction specialists (who are qualified both via school credentials as well as experience/service). The facility would provide a full continuum of services starting with emergency services through treatment and after care, outpatient groups, urine and HIV testing, and counseling. Consider re-use of existing sites in the community for this purpose- Old Bridge Building at 6 th and Holly, The Grove at 3 rd and Pecan or the old RCA Cola Building.		
1.2. Identify a partner/licensed provider to offer mental health assessments and services directly in the Goldsboro neighborhood. Ensure these health professionals that are relatable to the community; where possible consider utilizing former addicts in service delivery. Department of Health to explore whether Shepard's Hope might be able to provide volunteer physicians for this purpose.		
1.3. Provide community education about mental health and substance abuse so that issues are identified early; such community education can also help to reduce the stigma that can be a barrier to people seeking treatment and getting care. Engage churches in this effort. Consider utilizing special education teachers to serve as potential community education providers at community forums in the evenings.		
1.4. Provide screening for the early detection of learning disabilities so that children get the care they need for academic success. Explore use of the Ages & Stages Questionnaire that helps educate parents about health child development and, where appropriate, identify need and connect to early intervention. Engage parents and teachers in the identification process.		
1.5. Engage with the police as a partner in addressing substance abuse and mental health rather than simply as an enforcer.		
1.6. Support existing community based organizations that have made long-term commitments to residents in Goldsboro to grow and expand their offerings.		
1.7. Department of Health to explore providing sovereign immunity to Brother's Keepers and Recovery House for the work they do.		
1.8. Brother's Keeper and Recovery House to join the Opioid Task Force which currently includes law enforcement, public health and rehab providers.		
1.9. Offer recreational activities for adults that can help with stress and build community; a healthy body leads to a healthy mind		

2. Objective: Expectant and new mothers have access to a comprehensive set of services that support healthy child development from pre-natal to VPK.		
2.1. Provide expectant moms with pre-natal care to reduce infant mortality, low-birth weight and pre-term births.	DOH/Healthy Babies, Healthy Start Coalition, True Health	
2.2. Ensure moms have access to good nutrition for themselves and their babies as well as supports to encourage breast feeding.	DOH/Healthy Babies/WIC	
2.3. Connect parents and children to early education opportunities (i.e. community based playgroups, VPK, VROOM, etc.) that enrich their brains and promote literacy development [see Education group for more]	SCPS/Great Start, Early Learning Coalition of Seminole	
2.4. Employ screening tools like the Ages & Stages Questionnaire for early detection of developmental delays and refer children/families for early intervention services and supports, as needed, to give them the best chance for success in school.	SCPS, Early Steps, Help Me Grow, Early Learning Coalition of Seminole	
2.5. Educate parents on developmental milestones and coach them on what to ask their doctor during well visits so they can be advocates for themselves and their children.	Help Me Grow	
3. Objective: Residents have access to quality medical services.		
3.1. Establish a satellite health clinic and/or One-stop health facility in Goldsboro.		
3.2. Increase access to health insurance through utilization of health insurance navigators so that residents better understand and successfully take advantage of their options.		
3.3.		
3.4.		
4. Objective: Residents have access to medical care and other supports to effectively address the high rates of chronic disease including information, resources, amenities and programs to maintain a healthy diet and regular physical activity.		
4.1. Increase utilization of and expand the healthy, affordable food offerings available at the Goldsboro Farmers Market		
4.2. Provide education and supports on chronic disease management.		
4.3.		
4.4.		
5. Objective: Residents, including youth, have access to health information and services to make appropriate health decisions.		
5.1.		
5.2.		
5.3.		
5.4.		



Goldsboro
A Choice Neighborhood

**Health Working Group
JUNE 13, 2017 @ 6pm GFPC**

Note: Signing of this document gives permission to have photo taken during work group activities

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