

Community Health Advisory Committee Meeting 11/29/11

Table 1 - Robin Waddell

A. What health issue should be a top priority for Cecil County to address? Why?

1. Drug Use/Abuse

Related to and including Mental Health issues

- Data points to the issues surrounding this
- Increase in crime is related
- Hospitalizations are numerous with these two diagnoses
- Homelessness is a large part of the problem including the shelter environments where drugs are used/sold and abused. Homeless patients state that they cannot stay clean when they continue to be in this environment.

How would you begin to address this issue?

- Early intervention such as recreational activities for kids
 - Transportation is an issue related to this and everything else
- Need community buy in to start to resolve these problems
- Question as to whether services offered to homeless in Cecil and also our Methadone Clinic attracts this population to here- Group thought was that compared to surrounding areas, Cecil offers LESS in both of these categories
- New State laws regulating Methadone use and sites

What are the Barriers?

- Shortage of expertise in the county for both mental health and sex offenders- particularly juveniles
- Lack of resources
- No employment opportunities- particularly for the homeless
- Adolescents cannot get prescription management for Suboxone in Cecil County
- Need funding for better programs/ recreational and after school- Adult and children

2. Obesity

- Just look around when you are out
- Data related to early death, heart disease
- No or few recess periods in school. Taken away as first response for punishment
- Price of fresh fruits and vegetables

How would you begin to address this issue?

- Exercise friendly neighborhoods
- Safety when walking/ exercising
- Adult programs through Parks and Rec
- Get community buy in- encourage things like community gardens
- School menus play a large part- need to buy local produce and use
- Offer scholarships for programs
- Promote community programs- Could all be coordinated through LMB

What are the Barriers?

- Price of fresh produce and healthy food
- Restaurants don't offer healthy choices
- Expense of organized programs
- Transportation to get there
- Few neighborhoods conducive to exercising

3. Cancer

Related to smoking and obesity
DATA- shows the problem

How would you begin to address this issue?

- Wellness programs at Senior Services
- Need to get the word out in the community about programs and resources
- American Cancer society has support groups and resources including transportation
 - They consistently do community assessments and respond to need
- Publicize and promote 211 line-
 - All programs should register with 211
 - Need to cross reference programs by various providers
 - Can get data and reports back from 211
- Promote local farmers markets- same suggestions as with obesity
- Stop smoking programs and assistance

What are the Barriers?

- Is air quality an issue?
- Cost of programs
- Getting the word out
- Transportation

4. Education

HS graduation rates and Ready to Learn data
A large part of the problem is truancy
This issue is related to and relates to all other health issues for Cecil County

How would you begin to address this issue?

- Workforce, industry and agency support to schools
- Forums- discuss the issue and educate the public
- Conversations on all levels
- Community buy in
- Neighborhood diversion programs

What are the Barriers?

- Funding and funding streams
- Lack of coordination of programs in county
- Intergenerational values

5. Child Maltreatment

Multiple issues and complex problem

Supported by data sets

Related to

- Educational level and dropout rate
- Drugs
- Domestic violence
- Economy/ unemployment
- Generational values or lack there of

How would you begin to address this issue?

- Education- see health issue #4
- Education to the public
 - Community cable or TV messages around these issues
- Crisis intervention

What are the Barriers?

- Funding
- Complexity of problem

- End Group 1 -

Table 2 - Kenneth Collins

A. A. What health issue should be a top priority for Cecil County to address?

- 1) Substance Abuse
- 2) Rx. Substance Abuse
- 3) Suicide
- 4) Tobacco use
- 5) Inaccessible Dental Care

B. Why?

1) Substance Abuse

- Substance abuse affects everybody, everywhere...
- Concerns for the effect on pregnancy
- Tremendous impact on somatic health
- Crime/violence
- Failure to identify mental health Sx. early in children/adolescents/young adults, (including ADHD, etc.) As a result, individuals seek substances to self-medicate.
- Individuals on methadone do not appear to get better. Sometimes over medicated or poly-substance abusing. Possible failure of methadone programs to address non-opiate substances.
- Perception that methadone treatment centers do not sufficiently test client urine.
- Lack of community confidence in methadone treatment.
- Insufficient number of residential treatment programs. Too few resources...
- Perception that it is difficult to gain access to substance abuse treatment.
- Insufficient awareness within the community on treatment resources.

2) Rx. Substance Abuse

- Drain on ER resources. For example, individuals intentionally break their teeth and go to ER to obtain pain medication.
- Lack of information sharing. Technology not currently employed for healthcare providers, pharmacies, et al, to share information on patient Dx. and Rx.
- Limited resources for adequate and competent pain management
- May be an economic issue for Physicians... Some practices appear to give out Rx. too easily. High number of non-Cecil County residents visiting Cecil County physicians for pain medications.

3) Suicide

- Insufficient efforts to prevent suicide
- Limited support for family members after suicide occurs.
- No crisis hotline... or insufficient community awareness within the community on treatment resources.
- Accessibility/availability of the mobile crisis unit?
- People don't know who to call
- Overdose on substances – Suicide?
- Social media bullying causing suicide? What are schools doing to help reduce cyber-bullying... what could schools do to help educate parents?
- Churches could help educate the community, (i.e., here are the signs of depression / for suicide risk...) Faith-based communities may be available to help support crisis hotline, (i.e., work the hotline/respond to calls.)
- Who is the lead agency for suicide prevention in Cecil County?
- Are all PCP's screening for depression?

4) Tobacco use

- Quit line as a resource.
- Inexpensive to help reduce tobacco use. It appears that we can accomplish a great deal with limited resources.

5) Inaccessible Dental Care

- Is dental care affordable for those without insurance?
- Dentists are not reimbursed sufficiently for their services to Medicaid population.
- Insufficient dental care has impact on overall health.

- End Group 2 -

Table 3 - Jenny Shields

A. What health issue should be a top priority for Cecil County to address?

1. **Substance Abuse**
 - i. tobacco use
 - ii. Pregnant women and drug abuse
 - iii. Substance abuse and connections to mental health
2. **Child Maltreatment**
3. **Dental Health/Children**
4. **Obesity**

B. Why?

1. Substance abuse
 - i. Lots of opportunities to make an impact
 - ii. It affects a lot of underlying issues
 - iii. Concurrent issues of mental health and substance abuse (you can't look at one without the other)
2. Child Maltreatment
 - i. Children are our most precious resource
 - ii. Can be a precursor to substance abuse, mental health issues and more
3. Dental Health/Children
 - i. Wide disparities in access to dental care
4. Obesity

C. How would you begin to address this issue?

1. Substance abuse
 - i. Ordinances
 - ii. Cooperation with local obstetricians
 - iii. Focus should be on prevention and treatment
 - iv. Eliminate drive through prescription pickup/require a face-to-face meeting
 - v. Eliminate out-of-state prescriptions
 - vi. More prevention/early intervention services
 - vii. Early Intervention Reach school-aged children AND their parents
 - viii. Universal screening in doctor's offices, etc. (address both genetics and environment)
 - ix. Address experimentation
 - x. "Healthy Start" programs should be everywhere
 - xi. Everyone should have a 'health mentor'
 - xii. Use social media to reach young people
2. Child Maltreatment
 - i. Education
3. Dental Health/Children
 - i. Better education
 - ii. Better food opportunities
 - iii. Transportation services
4. Obesity
 - i. Company health counseling/programs
 - ii. Get pediatricians on board
 - iii. Make 'good foods' more affordable
 - iv. Better nutrition education for children w/tangible examples of what's healthy and what's not
 - v. Goals should address oral health too

D. What may be a barrier to achieving an improved outcome for this health issue?

1. Substance Abuse
 - i. Funding
 - ii. Lack of coordinated effort to assist people with addictions
 - iii. Need a young/student presence to reach young people
 - iv. Not being able to talk about issues in a 'conservative' environment
 - v. Trend is leading away from prevention programs in schools
2. Child Maltreatment
 - i. Funding
3. Dental Health/Children
 - i. Not a lot of existing data/there's more info on adults than children
 - ii. Funding
4. Obesity
 - i. Funding
 - ii. Cultural norms
 - iii. Healthy foods tend to be more expensive, which keeps the poor from having resources to eat well.

Table 4 - Stephanie Garrity

Four Issues Identified –

1) *Substance Abuse*

2) *Mental/Behavioral Health*

3) *Obesity*

4) *Impact of Poverty*

What health issue should be a top priority for Cecil County to address?

1. Substance Abuse

Why?

Rampant

Feeder for other health problems

Easily accessible

Don't want to be criminals but choose to abuse something

How would you begin to address this issue?

Education/education of medical professionals

Don't know

Stricter consequences

Interventions

What may be a barrier to achieving an improved outcome for this health issue?

No acknowledgement of addiction by individual

No resources

No resources for uninsured

Accessibility of Rx drugs – no stigma

2. Mental/Behavioral Health

Why?

Connected to everything

Adolescent suicide prevention

Self medicating to lessen symptoms of mental illness

How would you begin to address this issue?

Education/prevention

Availability and accessibility of continuum of resources

(insurance, mobile crisis)

What may be a barrier to achieving an improved outcome for this health issue?

Accessibility

Stigma - would prefer to be an addict rather than a "crazy person"

Availability of resources

3. Obesity

Why?

Cause of heart disease and cancer

Cause of child maltreatment (Ohio case of 200# child taken away from mother)

Decreased life expectancy

Increased morbidity

Stress

Self esteem
Bullying

How would you begin to address this issue?

Better lunches in school and during summer vacation
Address family issues through primary care doctors
Encourage fitness/activity
Employers to encourage fitness activities during work day
Accessibility to healthier foods

What may be a barrier to achieving an improved outcome for this health issue?

Poverty
Lack of accessibility to healthy foods and opportunities for physical activity
Lack of education

4. Impact of Poverty

Why?

Relates to all other public health issues
Leads to addiction, child/domestic abuse
Causes stress

How would you begin to address this issue?

Get families to “buy into” doing things differently
Identify resources that currently exist
Teaching basis life skills to whole family

What may be a barrier to achieving an improved outcome for this health issue?

Behavioral health issues
Lack of employment, finances
What’s been culturally acceptable

CHAC Meeting 11/29/11
Table 5 – Rangika Fernando

What health issue should be a top priority for Cecil County to address ?

1. Drug affected newborn rate is out of control

Why?

- 95-98% of drug affected newborns are due to mothers taking prescription medications
- The underlying problem is **prescription drug abuse and illegal drug overuse** and **methadone overuse**
- Methadone control in pregnancy is not done right and after they have the baby, they don't get off of the methadone
- There are no studies on what happens 5 years later after the baby is born
- The studies that are out there are looking at 15-18 years old and going backwards to predict whether they were NAS babies based on anecdotal evidence
- **Fetal Alcohol Syndrome** also needs to be looked at
- Chronic stress because of Cortisol releasing factors may also be contributing
- Child regulating behavior – trace back to drugs and alcohol

How to address issue?

- Drug affected children – outreach program
- Child abuse treatment plan can take care of problems – identifying them early on and is much more effective – to address **child maltreatment**
- Drug test every 3 days in the methadone or other drug treatment plan
- Remove and replace one behavior with another
- Work with all community partners in a combined community approach and combine all our efforts and set up a community monitoring system

Barriers?

- Physicians themselves and the patients coming through the system is their livelihood
- NJ – they track patients and physicians, not just physicians. It's a crime in NJ for patients to go to multiple physicians.
- Connect pharmacies and physicians
- Going to different states to get Rx's
- Treatment needs to include behavioral skills, coping skills, address developmental delays for mother

2. Behavioral Health (every aspect of care that we provide, there is a potential behavioral health problem)

Why?

- o Deficiency of providers especially children
- o All issues have some relation to behavioral health

How to address Issue?

- o Solutions may be having more outpatient behavioral health providers in Cecil
- o Sub contract more care managers

3. Lack of insurance

Why?

- o Don't fit the categories – certain family members qualify and certain ones don't

Address?

- Healthy MD – kiosks – information – find services for them – maybe Cecil can be part of the pilot?
- May have to eliminate private physicians in order to achieve this but it's a federal problem and federally needs to be solved

4. Deficiency of providers, especially specialists and specialty providers

Lack of provider appointments

Why?

- o Shortage of specialist in U.S., not just in Cecil, but still a problem

- Some specialists don't take certain insurance, especially medicare and Medicaid

5. Prevention

Generating patient responsibility in prevention

Why?

Address?

- Patient and medical personnel will have to spend more TIME
- We need to educate offices and physicians that it can be done
- Get credible websites and use the correct information
- Check resources before handing out
- Make info more reliable and easier to find and use
- Have to get physicians involved
- 30% of patients that have been recommended to go to cardiac rehab actually go, which leaves 70% of the referred patients that have not gone to cardiac rehab.

Barriers?

- It's seems to be difficult for people to comply to doctors advice about prevention
- Dr. Ziccardi faxed some websites that are reliable
- Summary of problems: **Substance abuse (especially prescription drugs), Drug affected newborns/Fetal Alcohol Syndrome (which is an indication of child maltreatment and can lead to the child being abused in the future), behavioral health providers (especially for children), lack of insurance (not fitting into qualifying categories), shortage of specialists that are available and shortage of specialist appointments, patients are not claiming responsibility for their own health and complying with prevention messages and doctors have become jaded in trying to preach prevention**