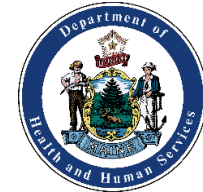




**Midcoast Public Health Council**  
**Meeting Minutes – June 11th, 2019**  
**Knox County Emergency Management Agency, Rockland, Maine**  
**DATED 07-30-2019**



**Council Members:** Cathy Cole – LincolnHealth - Chair; Kate Martin – Healthy Lincoln County (HLC) - Vice Chair; Sue Campbell-Out Maine, Susan Dupler-Belfast Public Health; Melissa Fochesato- Mid Coast Hospital; Chris Hall – Town of Bristol; Caer Hallundbaek – University of Maine; Adam Lacher – Alzheimer’s Association – Maine; Chris Lyman – Brunswick – Public Health Consultant; Rachael McCormick – Penobscot Bay/Waldo Hospitals; Marianne Pinkham – ME Assoc. of Family & Consumer Sciences; Connie Putnam – Knox County Community Health Coalition (KCCHC); Katie Tarbox -Making Communities Happen/Meals on Wheels; Drexell White – Maine Center for Disease Control & Prevention (Maine CDC)

**Stakeholders/Guests:** Michelle Athearn – Penobscot Bay/Waldo County Hospitals; Wanda Gamage-Wyman – KCCHC; Carol Melquis – Rockland District Nursing Association; Heather Washburn – Crisis Counseling; Erin Kaye – Mid Coast Hospital; Donna Kelley – Waldo Community Action Partners (CAP); Karyn Butts – Maine CDC; Ruth Johnson – Crisis & Counseling; Molly Stone – KCCHC; Jess Breithaupt – HLC; Kristina Verney – LincolnHealth; Chris Wolff – Elder Abuse Institute of Maine; Lieutenant, Maine State Police; James Markiewicz – Maine CDC

**Council Staff:** Emilee Winn

AGENDA	DISCUSSION	ACTION(S)
Welcome/Introductions	- Everyone introduced themselves by name and organization	
Consent Agenda	- April MPHIC meeting minutes approved	
Elder Abuse Panel: Lt. Patrick Hood, Maine State Police and Chris Wolff, Elder Abuse Institute of Maine	- Chris Wolff started with an overview, sharing that Maine is an aging state which leads to a higher chance of financial exploitation. Her goal is to make contacts, spread awareness, and act as resource. She and Lt. Patrick Hood, both of whom participate with the Maine Council on Elder Abuse Prevention, shared what elder abuse looks like, local stories, a few videos around legal services for the elderly, and resources.  - Maine Council on Elder Abuse Prevention helps support efforts to combat	Elder Abuse Roundtable discussion in October. Please contact Chris Wolff for more information or with questions at:  or call 207-805-3708 or

	<p>elder abuse, introducing their “Senior Safe” program with bank tellers who can act as a line of defense if they are aware of a change in banking patterns.</p> <ul style="list-style-type: none"> <li>- Lt. Hood shared a few local stories, including a family member who borrowed money and took advantage of the opportunity. He also discussed police involvement including wellness checks for individuals and their ability to make referrals to community partners.</li> <li>- Discussed the common misconceptions around Power of Attorney laws, an individual’s rights and capacity, and how MainELSE.org can help.</li> <li>- Discussion arose around making relationships with the idea that it’s not one person’s job to combat elder abuse; it’s a community effort. Many victims of elder abuse do not report due to dependence, betrayal, denial, fear retaliation or social isolation (transportation being an issue in rural Maine), fear of the State’s involvement etc. Many older adults thrive on hope and experience loneliness – which predators can take advantage of.</li> <li>- <u>What can you do?</u> Check on your neighbors; Recognize red flags; call 911; provide support and build trust with neighbors and community members; learn about Adult Protective Services and the laws that support older adults; recognize mental capacity; learn about the State/enforcement perspective and their goal to determine a social service need; learn how to define abuse and neglect; share information on services available.</li> <li>- Discussion arose around the idea that older adults may feel threatened by strangers as they trusted a loved one and was victimized. Conversation continued to highlight the need to make relationships. Case workers can help address capacity and can arrange for a physiologist if there is an issue of cognitive capacity. Also discussed the role of mandated reporters. In addition, it was shared that it is better to report and be wrong, than to not report.</li> <li>- Elder Abuse Institute of Maine has a unique design, supporting older adults</li> </ul>	<p><a href="https://www.eaime.org/">https://www.eaime.org/</a></p> <p>For more information on free legal support for elders: <a href="https://mainelse.org/">https://mainelse.org/</a></p> <p>More information on the Maine Council on Elder Abuse Prevention: <a href="https://elderabuseprevention.info/">https://elderabuseprevention.info/</a></p> <p>National Center on Elder Abuse: <a href="https://ncea.acl.gov/">https://ncea.acl.gov/</a></p>
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	<p>with housing, referral services, and outreach.</p> <p>- Participant discussion arose around meeting with local Triads, the “Friendly Caller” program, creating healthy communities and partnerships, elder advocates, find trusting experts to address legal issues with power of attorneys and lawyer fees, resources available to find a trusted, licensed caregiver.</p>	
<p>Administrative Reports</p> <ol style="list-style-type: none"> <li>1. State Coordinating Council Report</li> <li>2. Funding Update</li> </ol>	<p>Drexell White shared updates:</p> <ol style="list-style-type: none"> <li>1. DPHIP Funding Update: Youth mental health trainings were conducted in each county. Will be following up with a survey to the participants on their experiences with that training.</li> <li>2. Prevention Services Update: Shared his experience at the Electronic Nicotine Delivery Systems, ENDS, Focus Group in Bath. An engaging training discussing issues surrounding the use of ENDS, including the challenges schools experience with addicted youth.</li> <li>3. DPHIP Review: MeCDC and community health want to further review the upcoming DPHIP process, and have pushed implementation of new DPHIPs to June 2020.</li> <li>4. Announcement: New Maine CDC Director, Dr. Shah, has started. Looking forward to learning more about him, and his vision.</li> <li>5. New Council Coordinator: Phoebe Downer left in May to go to Columbia for a Master of Public Health. Julie Daigle is starting June 24<sup>th</sup>.</li> <li>6. SCC Meeting: Next Statewide Coordinating Council meeting is June 20<sup>th</sup> in Augusta.</li> </ol>	

	<p>7. Announcement: This month, Local Health Officer (LHO) trainings in each of the four counties. In Waldo and Knox, Brown Tail Moth trainings will be conducted with LHOs and Code Enforcement. Drexell is offering Adobe Connect for those who cannot attend. In Sagadahoc County, Karyn Butts will be hosting a lead presentation for LHOs and Code Enforcement. Also discussed bills in the legislature to address the need for Brown Tail Moth funding as communities are shouldering the burden.</p>	
<p>Lead, Obesity, and Mental Health Committee Work Sessions</p>	<p>- Kate Martin invited priority work groups to convene and reflect on the progress, key outcomes/accomplishments, and identify next steps, challenges and notes.</p>	
<p>Oversight Committees Report Out</p>	<p>- Lead: Parents felt like their children were screened for lead poisoning, but there is a need for quantitative data. The State will soon have data available organized by practice. Next steps include continuing to work with state to share best practices and learning opportunities to increase screening rates. Universal lead testing may be coming, legislation just passed but currently working on funding. Opportunity to partner with Belfast Pediatrics. Discussion arose around the Maine chapter of the American Academy of Pediatrics, and their work with lead. Also shared their learned experiences with Head Start requirements.</p> <p>- Mental Health: Reviewed history of securing funding to in FY 17 to hire Medical Care Development to do senior and youth assessments to gather data for developing strategies. Facilitated mental health first aid trainings through NAMI. NAMI will be back in the fall for more sessions in the coastal area – stay tuned. From this opportunity, they learned that there are a lot of people who are doing work, would like to expand partnerships, and would also like a breakdown of who is doing what, and where. In discussing future opportunities, they would be to secure more funding to implement media campaigns, and to address adult chronic disease self-management. Discussion</p>	

	<p>arose around the expanded work around age-friendly communities, the “Livable Communities Movement”, Aging-Well-in-Waldo-County, and others.</p> <p>Participants shared local opportunities supporting youth mental health: “Sources of Strength” is a peer-lead, resilience-based training around suicide reduction. Youth focus groups around substance use sees youth asking for mental health resources to combat substance use, and that targeting this issue needs to start much sooner.</p> <p>- Obesity: By exploring programs and looking at connections, they found a great deal of work around fitness, diabetes, mindfulness training, and more in the area. Spectrum is building out their Healthy Living for ME program. Will continue their obesity work as new connections are made from youth to older adults, and supporting a narrative change around aging. Possible future opportunity: Engage Healthy Living for ME, YMCA and more to do a panel presentation. Successes: Developed an RFP for mini-grants to support low – no cost physical activity resources in all four counties. Awarded grants for outdoor activity support, gardening opportunities, trails maps and signs, teaching swimming and more. Would like to look for more funding for website and mobile app that supports these low-no cost activities. Trail guide was assembled for Sagadahoc and Norther Cumberland. Would like to support a “how-to” for other communities looking at developing similar programs, develop partnerships with land trusts and others, and connect trail systems. –</p> <p>MaineTrailFinder.com is updating trails on their website for free. Please reach out to your local trail groups to update that resource</p>	
<p>Public Health Partnering/Collaboration Opportunities</p>	<p>Adam Lacher reported that the State has applied for a Healthy Brain Initiative planning lab. As Alzheimer numbers are growing, many partners including Maine CDC, see this opportunity as providing a real public health approach to address Alzheimer. This work includes risk reduction, workforce for early</p>	

	<p>diagnosis and care, healthcare systems, and will also create and provide data. Also provided a preview of work for clinical providers handout. Shared legislative update on 4 bills: LD 84, LD 511, LD 1548, and LD 455; They all on the appropriations table.</p> <ul style="list-style-type: none"> <li>- The Knox County Triad meets in the Sherriff's office here in Rockland, 3<sup>rd</sup> Wednesday of each month (not July) at 1:30pm. In August, will be at Union Fair during senior day and will not hold meeting. Starting back up in September, and they are looking forward to doing Senior Luncheons.</li> <li>- Please be aware of the upcoming Trek Across Maine!</li> </ul>	
Wrap Up & Adjourn	<ul style="list-style-type: none"> <li>- Meeting adjourned at 11:30am</li> </ul>	