

## Meeting Minutes

February 12, 2019

### Members Present:

Sonia Acosta	Centro Multicultural La Familia
Lisa Braddix	Greater Detroit Area Health Council
Joe Considine	Oakland Mediation Center
Dvon Dowell	Diversity Insurance
Rosana Hull	General Motors Pontiac
Floyd Kopietz	D for Detroit
Nicole Lazzara	Meridian Health Plan
Jennifer Lucarelli	Oakland University
Kelli Marshall	Blue Cross Complete
Evan Martin	Gleaners Community Food Bank
Shanna McNair	Oakland University
James McQueen	Lighthouse at Oakland
Kristina Ottenwess	Oakland County Health Division
Teresa Rodges	Oakland University
Benjamin Williams	United Way of SE Michigan
Jake Williams	Gleaners Community Food Bank
Kermit Williams	Oakland Integrated Healthcare Network
Kristen Wiltfang	OC Economic Development & Community Affairs
Debbie Wisser	Oakland Community Health Network

### Guests Present:

Elizabeth Gray	Oakland County Health Division
Jasmine Jackson	United Way of SE Michigan
Shona MacKenzie	Oakland County Health Division
Annie Petranovic	United Way of SE Michigan
Joshua Watton	Benedictine University
Trisha Zizumbo	Oakland Community Health Network

### Staff Present:

Signa Metivier	Oakland County Health Division
Jessica Williams	Oakland County Health Division

### 1. Introductions

The meeting of Healthy Pontiac, We Can! was called to order by J. Lucarelli at 1:09 p.m. on February 12, 2019 at the Lighthouse of Oakland County, 46156 Woodward Ave, Pontiac, 48342

### 3. Partnership Updates

S. MacKenzie told partners the SNAP Ed Grant will provide three programs this summer, Cooking with Kids, Eat Smart Live Strong, and Rapid Farmer Market Assessments. Eat Smart Live Strong is a program for seniors ages 60 – 74 and focuses on nutrition education and physical activity and will be held at four community locations. The Rapid Farmer Market Assessments will help pop up markets communicate and connect and provide some PSE changes.

D. Wisser told partners the Abilities Awareness Rally will be held on Tuesday, March 12<sup>th</sup> from 1 pm – 3 pm at 5505 Corporate Dr., Troy. The event is free.

S. McNair told members she is co-chair of the Oakland University Pontiac Initiative Early Childhood Education Group and invited members to attend their meetings. She said they are currently scheduling some Resilience screenings at a local church and will be doing focus group interviews for people to share their stories of trauma. If they get funding they would like to do a documentary on Pontiac's story of trauma and resilience.

J. McQueen informed members that pantry clients are eligible to see them twice in the month of February due to the government shutdown. He also told members that Lighthouse and the South Oakland Shelter located in Lathrup Village merged in January.

K. Wiltfang informed members OC Economic Development & Community Affairs is partnering with the MI Association of Planning's and the Oakland County Health Division to present "Master Planning for Your Community's Long-Term Health" on February 27<sup>th</sup> from 6:00 pm – 9 pm at the Oakland County Conference Center, 2100 Pontiac Lake Rd., Waterford.

K. Williams informed members the Mobile Dental Unit is available to partners at their locations or events. Contact K. Williams if you would like to schedule a date as they are filling up quickly.

L. Braddix told members the Greater Detroit Area Health Council's Population for Health and Health Equity is currently working on a project to redo materials related to Safe Sleep for the State of Michigan. In the spring they will be hosting focus groups to review the new material and would like to be invited to attend any partner events catering to families with young children or community baby showers so they can get community feedback on the new material.

L. Braddix informed members the Alpha Kappa Alpha Sorority Inc., Theta Lambda Omega Chapter which serves Pontiac and the surrounding communities is looking for large meeting areas to host monthly Women's Wellness Meet Ups to talk about women's health topics and also provide an opportunity for attendees to be physically active. If any organizations would like to partner with them and provide their facility contact Lisa Braddix.

J. Williams informed members the Oakland County Health Division is convening a meeting on Tuesday, February 19<sup>th</sup> from 11 am – 12:30 pm at the health division offices, 1200 N. Telegraph, 34E, Pontiac to discuss proposals and collaborations for the newly released MI Health Endowment Fund's 2019 Nutrition and Health Lifestyles Initiative.

T. Rodges informed partners the Oakland University Pontiac Initiative recently awarded about 13 community impact sponsorship awards including one to Susan Harding, OLHSA, who was awarded a grant to conduct workshops on grant writing. If members are interested in the workshop contact T. Rodges after the meeting or by email so she can assist with enrollment in the classes.

J. Considine told members for organizations with parent groups the Oakland Mediation Center offers free hour or ninety-minute workshops for parents working with their special education student's IAP.

#### **4. Mental Health First Aid Training – OCHN**

T. Zizumbo informed members OCHN has multiple trainers trained to provide Mental Health First Aid Training to the community and providers. Mental Health First Aid Training is an eight-hour course that teaches how to understand and recognize when someone is in crisis and teaches the skills you need to get them into help. She said the training can be broken up into two four-hour trainings but it is more effective as an eight-hour training. The course is very interactive allowing you to test the skills you are learning. T. Zizumbo said there are multiple versions of Mental Health First Aid; youth, adult, higher education (for universities), and they just received grant funding to have staff trained in older adults and veterans. T. Zizumbo said OCHN will be hosting the free trainings in the community and are also looking to partner with agencies who work with the target groups to do staff trainings.

T. Zizumbo said OCHN also provides trainings for providers and direct support professionals, who care for people with mental health illnesses or intellectual or developmental disabilities, who work in specialized residential or other residential facilities. They also provide recipient rights trainings to inform people of their rights and how to report someone if their rights have been violated. OCHN also offers WRAP (Wellness Recovery Action Plan) trainings and Peer Support trainings which are trainings for people who have received services by people who have received services. Very soon they will be offering LEAP (Listen, Empathize, Ask, & Persuade) trainings an evidence based strategy to help guide and communicate to someone when they are not adhering to mental health treatment. She said it is specifically for people who have severe and persistent mental health issues. She said they are also working with the Oakland County Health Division on ASIST (Applied Suicide Intervention Skills Training) trainings to get their staff of people within the county trained as trainers so they can provide trainings to their providers and the community. She said ASIST is an intensive two-day, eight-hour per day training that walks you through how to intervene with someone who is in current suicidal crisis.

T. Zizumbo told members they can contact her at [zizumbot@oaklandchn.org](mailto:zizumbot@oaklandchn.org) or 248.858.5338, or go to <http://www.occmha.org> and click on the trainings tab for more information on upcoming trainings.

## **5. MiBridges – Americorps ALICE VISTA**

J. Jackson informed members in April 2018 MiBridges was remodeled to be more time efficient and to offer access to benefits to more people in Michigan. MiBridges is currently reaching out to partner with community organizations/venues such as libraries, community centers, colleges etc. where people can walk in and seek assistance or use a computer/internet available at the site. They are also working to partner with agencies that are already in the community serving clients who have or are in need of benefits. A. Petranovic told members when MiBridges redid their system last year they created three partner roles for organizations working in the community. The roles are navigation, referral, and access. Navigation is the most popular and allows an agency to send any number of staff to be trained at a four-hour navigation partner training. After the training they receive a MI Dept. of Health & Human Services MiBridges Navigator ID number. The navigator ID number allows staff to sit with and use the system to apply for food assistance, Medicaid, or whatever MiBridges offers on behalf of the client. The Navigator tracks MiBridges ID numbers so agencies can get data on how many clients they registered for benefits or served.

Referral Partner is new and allows agencies that have services that the state aid doesn't offer to be on the MiBridges site. Some items listed under this tab are food pantries, clothes closets, and legal assistance. Access lists community agencies/organizations that have access to computers, tablets and WiFi for community use. Access areas allow clients to sign up for benefits or locate services on MiBridges on their own.

## **6. Networking Break**

### **7. Strategic Plan Collaboration**

J. Lucarelli reviewed the three strategies of the HPWC! 3 Year Strategic Plan (2019– 2021). They are a) Healthy Eating, b) Physical Activity, and c) Complimentary Strategies. J. Williams asked members to review strategy one under healthy eating and see if their agency fits into the strategy, if they know of agencies HPWC should partner with on the strategy, or if they know of upcoming organizational actions pertaining to the strategy. She told members by doing this they can bring partnerships together to fill needs instead of organizations reinventing the wheel.

#### **1) Partner with local organizations to conduct and facilitate nutrition education and healthy eating events and activities.**

K. Marshall informed members Blue Cross Complete has secured Chef Paul to attend the All Saints Community Breakfast once a month until the end of the year. He is working on adding vegetables, fruit smoothies, and healthier options to the breakfast. He's available at the breakfast to educate clients on healthier choices, in season fruits and vegetables, and answers their questions.

K. Ottenwess said all the events under OCHD's Michigan Fitness Foundation SNAP Education Nutrition Grants should be included. The programs are two cooking classes at Woodside Bible Church, OLHSA's Grandparents Raising Grandchildren program, the four Eat Smart Live Strong senior nutrition education and physical activity classes in Pontiac, the market assessment at SPROUT's pop up markets and All Saints Market, and the nutrition education S. MacKenzie will be doing at both markets.

E. Martin said she will be at Lighthouse Pontiac once a month passing out educational materials and offering healthy recipe ideas to their clients.

S. McNair informed members the OU Pontiac Initiative is exploring ways to reach parents of young children (birth through age 8) to help them prepare healthy meals and ways to get young children to eat healthy foods.

K. Williams suggested HPWC use a community calendar listing healthy events partners are at or hosting.

J. Williams said, "Cooking Matters" looks for agencies to host classes but if you are interested in the program and have a small group Gleaners can help to facilitate and bring groups together for the program. The only requirement is that participants are SNAP Ed eligible.

J. Lucarelli said one of the priorities of the OU Pontiac Initiative Health & Wellness group is to get an idea of nutrition education in Pontiac so they can be aware of the gaps and mapping out the programs like they are doing today will help show where the holes are in the community.

J. Lucarelli informed partners one of the items in the third section is forming a communications group. She asked members to consider being the lead for the group and a sign up was passed around.

#### **2) Work to increase access to fresh produce in traditional and alternative food retail settings (convenience stores, pop up markets, mobile food services) and the emergency food systems.**

S. MacKenzie said the goal of the SNAP Ed rapid assessments at SPROUT and All Saints is to evaluate their markets and give them feedback on what they can do to increase and enhance their access to the community and the populations they are serving.

K. Williams asked if there is an interest in going to Pontiac convenience stores/gas stations and doing a food audit. J. Lucarelli said HPWC has had grant funding in the past they

wanted to use to support the corner stores but the stores were not receptive. Discussion ensued.

E. Martin informed members Gleaners Community Food Bank has a program called School Food Mobile that delivers food to Herrington Elementary School in Pontiac. The program currently has 72 schools that they visit once a month with a semi-truck of food. The truck provides 35 lbs. of groceries to 100 families. Groceries include dry goods, canned fruits and vegetables, and fresh produce. The program requires a champion within the school to run the distribution each month. She said through this program they also do Senior Mobile distributions and in March they will start going to the Phoenix Apartments in Pontiac. They also do a drop off at the Burnstein Clinic. Discussion ensued.

### **8. Adjournment**

Being no further business, J. Lucarelli adjourned the meeting at 3:07 p.m. The next meeting is scheduled for 1 p.m. on April 9, 2018 at the Lighthouse of Oakland County, 46156 Woodward Ave, Pontiac, 48342. Please enter the building through Door C.

### **9. Approval of Minutes**

J. Lucarelli asked for a show of hands to approve the minutes.  
Approved unanimously.

Minutes submitted by: Signa Metivier

Approved by: Jessica Williams