



Community Advisory Council Minutes

December 15, 2015 at Noon

FamilyCare Offices

Multnomah County

Members Present: Jessica Coshatt, Jan Tesch, Martha Spiers, Nicholas Ocon, Royal Harris.

Members Absent: Chom Sou

Staff Present: Cindy Becker, Brett Hamilton, Meg Pitman, Michelle Soles, Laura Recko, Mary Zodrow.

Guests/Other: Dustin Zimmerman, Oregon Health Authority (OHA); Tia Henderson, Upstream Public Health; Kasandra Griffin, Upstream Public Health; Rowan Everard, Basic Rights Oregon; Jan Johnson, The Lund Report, Colin Sanders; Sarah Keefe, Oregon Coalition Against Domestic and Sexual Violence; Celia Higuera, Oregon Community Health Workers Association.

Welcome/ Introduction: Chair Jan Tesch welcomed the Council members and guests. Tesch called the meeting to order at 12:05pm.

Approval of minutes: Motion to approve meeting minutes from November 17th, 2015 by Royal Harris, seconded by Martha Spiers. **Motion carried.**

FamilyCare Health Update: Cindy Becker, VP of Community and Government Relations at FamilyCare Health said the CCO remains committed to improving the health of individuals and families. Becker reminded council members that FamilyCare Health serves over 130,000 people, and added that FamilyCare has a contract with the Oregon Health Authority (OHA) and intends to be around in 2016.

Becker also explained that FamilyCare's addictions and behavioral health providers will receive a retroactive 125 percent increase starting November 1st. Jan Tesch thanked Becker for the business update.

FamilyCare Community Giving: Brett Hamilton introduced FamilyCare Health Grants Administrator Mary Zodrow. Zodrow provided an update on FamilyCare community giving. Zodrow stated that FamilyCare supports a number of schools and community organizations. Zodrow stated that Benson Polytechnic High School was awarded a grant for their school based health clinic. Zodrow also explained that FamilyCare is also supporting projects connected to nutrition, job training and mental health. The Unity Center for Behavioral Health received 2 million from FamilyCare Health to help people having a mental health crisis; \$500,000 was awarded to Cascadia Behavioral Healthcare for housing and FamilyCare also contributed \$100,000 to school aged children in Oregon to purchase musical instruments.

New Website: Laura Recko revealed the new web site. The FamilyCare Health web site has a sleeker design. Recko explained that the site will be easier for members to navigate. There is a benefits page where members can access information about their health plan benefits. Laura stated there's also an events box that highlights our community outreach efforts. The site also has a feature that supports video, as a result, exciting news (like the release of FamilyCare's mobile app) can be shared via video.

Transition age Youth (TAY): Brett introduced Meg Pitman, Director of Community Partners & TAY at FamilyCare. Pitman provided an update on her work with children who are/were part of the foster care system. Pitman reminded council members that there's little support for children exiting out of the foster care system. Pitman said FamilyCare is focused on easing the transition from foster care, she explained that the youth she works with are age 15-25. Pitman added that some doctors don't know how to deal with people in that age bracket. FamilyCare employees, including Pitman, recently met with 45 adolescents and listened to their concerns.

Many of the young people who attended the listening session reported that they struggle with addiction- yet providers are prescribing them more medication/pills. Council member Royal Harris asked if the group of people were diverse. Pitman said there was a diverse group, she explained the group included young men, women and African-Americans.

The Grocery Gap: Brett Hamilton introduced Kasandra Griffin to the Council. Griffin is a Policy Manager with Upstream Public Health. Hamilton explained that Griffin is working with local businesses and community members to help ensure more people have access to healthy foods. Griffin shared that she is part of a committee called the Grocery Gap.

Griffin explained that there are significant barriers; some are geographic and that in some regions in Oregon there simply aren't enough stores that offer healthy foods. Griffin noted that often the nearest store to a resident is a convenience stores and these don't typically carry nutritious foods. Griffin said that because so many of our residents have difficulty getting healthy foods, they suffer from poor nutrition, resulting in a number of health issues including diabetes and obesity.

Council member Royal Harris suggested Griffin meet with those who manage some of the larger grocery stores, including Fred Meyer and Winco Foods. Harris said both of these businesses could help by offering discounts to customers and that stores could offer more cooking demonstrations so customers learn how to prepare healthy foods at home.

Next Meeting: January 19th, 2016 - council meeting at FamilyCare Noon to 2pm.

Meeting Adjourned at 2:10pm