

Nassau County Health Improvement Coalition (NCHIC) Minutes

October 27, 2014 – 1:00 pm at YFSS



Attendees: Brad Austin, Kim Clemons, Lauren Jones, Med McAlpine, Angie McClellan, S. McCloskey, Eugenia Ngo-Seidel, Melanie Oberkrom, Maureen Paschke, Lisa Rozier, Mary Snyder, Katy Carignan, Carrie Mays

Chair K. Clemons called the meeting to order and self-introductions were made. S. McCloskey motioned for minute approval, M. Paschke seconded the motion and minutes were unanimously approved.

Partnership for a Healthier Nassau CHIP Updates: Walk with Me – M. McAlpine reviewed the history of the initiative, highlighting the benefits of walking. Forms have been updated and kits are available. The Extension Office has supported two groups – one in Fernandina and one in Yulee, both comprised primarily of retirees. A. Sobolewski attended the Worksite Wellness Breakfast to promote Walk with Me and one kit was given away.

NCHIC Subcommittee Updates: Worksite Wellness – K. Clemons summarized the recent Worksite Wellness Breakfast co-sponsored by the subcommittee and AIFBY Chamber of Commerce held on October 15th. Approximately 45 people attended representing 9-10 employee groups. A three speaker panel provided key information on the benefits, challenges (time/resources) and best practices. The subcommittee has now selected a Wellness Coach who will subcontract with First Coast Worksite Wellness Coalition to provide consulting services to businesses interested in starting or expanding their worksite wellness program. The coach is a nurse with past experience working for Health Design. Kim thanked the subcommittee members for their hard work to implement the breakfast and subsequent coaching phase.

Mental Health First Aid presentation by Carrie Mays from Starting Point Behavioral Health. The power point presentation described the evidence based educational programs that are effective in early intervention of common mental health issues. Current SPBH have certification to teach various groups including Adults, Teens, Veterans, First Responders. Classes are eight hours in length and held once a month. Contact SPBH for more information.

K. Carignan requested time for a brief update. As a new attendee, she had not been informed of the standard practice of sending in written updates or requesting agenda time. Representing Women's Center of Jacksonville, she reviewed the changes in Rape Crisis Services for the region. The Women's Center has assumed responsibility and now is providing forensic examinations at their 10th Street facility. Key points to raise awareness are that a survivor can request an exam within 5 days and no law enforcement report is required. Outreach materials including pamphlets, cards and magnets were distributed.

Other program updates – see agenda. Materials distributed included Community Hospice 2015 Pet Therapy Calendars, Women's Center Rape Crisis Hotline cards, flyers promoting SPBH Mental Health First Aid Veterans Class on November 17th.

Future Meeting Dates – the group chose the 4th Tuesday in January – January 26, 2015 from 1-2 pm. Additional 2015 meeting dates will be determined at the January meeting.

Submitted by Dr. Seidel on 10/31/14