



PHT Meeting Minutes June 6, 2024, 8:30-10:30 am Skagit Station Meeting Room

Members: Claudia Avendaño-Ibarra, Dan Berard, Thomas Boucher, Patty Codd, Sonia Garza, Bill Henkel, J Linden Jordan, Maddy Mackenzie, Lilia Ortiz, Maureen Pettitt, Margaret Rojas, Lyndie Simmonds, Dean Snider, Annaliese Vance-Sherman

Community Stakeholders: Kristen Ekstran, Keith Higman, Jennifer Sass-Walton

Ex-Officio: Howard Leibrand

Guests: Kelli Baker, Addelle Diedesch

Welcome and Agenda Review:

Kristen welcomed members and invited Mo to review the agenda for the day. Mo also shared updates from the last Steering Committee meeting.

Remarks on Pride Month:

Kristen welcomed Trust member Linden Jordan, PFLAG of Skagit, to share some thoughts in celebration of Pride Month. Linden expressed joy that Pride Month has helped to bring recognition to the LGBTQ population, but also expressed concern regarding recent legislation. Several states have established bans on gender affirming care for young people, creating barriers to accessing care. Linden urged PHT members to show their support by joining PFLAG.

ARPA Update: Perinatal Behavioral Health and Parent Resilience

Kristen invited Jennifer-Sass to share about current ARPA funded work related to perinatal behavioral health and parent resilience. Jennifer provided context for the current work, linking it to the First 1,000 Days. She then introduced Addelle Diedesch, Program Manager for the Parent Resilience Program (PERC), to share more about their work in Skagit.

Addelle provided the Trust with information about perinatal mood and anxiety disorders (PMADs) in addition to providing an overview of the work of PERC in the community. Below are highlights from her presentation.

Data

- PMADs affect 15-50% of women and 10-20% of men
- Rates are higher among women living in poverty and women of color

Impacts on children

PMADs among parents can negatively impact a child's development

- Babies may not develop secure attachment, the ability to self-regulate, and can be more irritable

- Toddlers may be less independent, have trouble accepting discipline and can be more aggressive
- School-aged kids have a higher risk for attention deficit disorder and hyperactivity disorder and do not do as well in school

PERC's work in Skagit

- Parent Resilience Specialist (PRS) meet with parents to help move them along on their wellness journey
- Provide culturally matched peer mental health support services in English and Spanish
- PRS receive specialize training and work with parents to develop strategies to meet their individual needs

Comment from a participant

"Being in the PERC Program has changed my life. Having just that person to go to when you are pregnant and have no idea who to ask for help or just have someone to talk to is hard and mostly when you are Hispanic and have no English knowledge. Amy has helped me emotionally, economically by having a roof over my head and my children's head. Going through anxiety and depression while pregnant is very hard and am more than thankful to Perinatal of Washington for existing."

Powerful Partnerships: Informational Station Brainstorm

Kristen invited members to help brainstorm what the information stations could look like during the Powerful Partnerships event in October. Members shared their thoughts on the following collective impact topics: Opioid Workgroup Leadership Team (OWLT), First 1,000 Days, and Food Security. Kristen and Kas will review member contributions as they plan next steps for the event.

Changemaker and Community Champion Awards

Kristen shared an updated description for the Community Champion Award and reminded members of the qualifications for both it and the Changemaker Award. She invited members to share their thoughts about how to do outreach to community members to get nominations for the awards, especially the Community Champion Award.

Updates

To wrap the meeting, Kristen provided members with some updates of ongoing projects.

Skagit Trends: A list of finalized changes was sent to EWU. The team will talk to EWU about some potential climate indicators.

Continuation funding for ARPA projects:

- 1) C-RECC has called together a larger group of potential partners to consider alternative funding methods.
- 2) The North Sound BH-ASO has funded the Parent Resilience Program for another year. Public Health and the ASO are looking for potential local partners to host the program.
- 3) Program directors for LatinX Mental Health Matters are seeking a fiscal sponsor to be able to continue services.

4) ECHO Tours are a single day event coordinated by Career Connect NW that brings area students to explore careers in health care. Several Trust members met to brainstorm what it could look like in Skagit. Conversations are on-going.

Meeting Adjourned:

Kristen thanked everyone for their time and reminded them that there was no meeting in July. The group will meet again on August 1st. Members are also invited to join the Board of Health meeting on July 22nd where the Trust will provide an update on the COVID Recovery Plan.