

# Meeting name

## AGENDA & MINUTES



May 12th, 2016

**Attendees:** Kristina Sheppard, Stephanie Ewing, Danielle Ludwick, Kim Lorz, Lauren Berg, Jordan Robinson, Seamus McCarthy, Emily Johnson, Ian Bergmann, Amy Egli, Peg Miller, Jim Seymour, Lindsay Manfrin, Suey Linzmeier, Kyra Donovan, Shannon Vandehey, Amber Katausky.

**Absent:**

**Guests:** Ryan Sticka, Holly Nelson, Michael Finlay, Cynthia Barthuly, Sarah Norwood, Kendra Morgan, Paul Davis, Tonya Coker.

**Scribe:** Miriam Corona

Time	Agenda Item	Detail	Motions/Approvals/ Action Item	Responsible Party
<b>Meeting Goals:</b> <ol style="list-style-type: none"> <li>1. To contribute to statewide discussion about Oregon education goals</li> <li>2. To gain a good understanding of the Community Prevention and Wellness 3-year plan</li> <li>3. To reach a community consensus for programs that will be implemented in the next 12 months</li> <li>4. To establish a team for implementing prevention and wellness initiatives</li> </ol>				
4:00	Introductions			
4:05	Announcements	OPEC grant- Polk Co. expansion was funded to include Yamhill County. Grant/ contract begins July 1, 2016.		
4:10	Oregon Rising presentation	<a href="http://oregon-rising.org/">http://oregon-rising.org/</a> Project sponsored by 3 organizations. Survey available to get input on the future of Oregon schools. <a href="http://www.oregon-rising.org">www.oregon-rising.org</a>		
4:25	Planning for the Community Prevention and Wellness Three-Year Plan	Discussion and decisions on evidence-based programs and development of implementation timeline  -Intervention and prevention opportunity to integrate health and education for all of the community in Yamhill County. -CCO funds have been set aside for upstream prevention, intervention programs. Goals: Gain a good understanding of the Community Prevention and Wellness		

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		<p>3-year plan. Reach a consensus on programs that will be implemented in the next 12 months. Establish a team for implementing prevention and wellness initiatives.</p> <p>Tony Biglan, a social scientist from U of O and the Oregon Research Institute, researched and studied our community for about 8 months. CPW asked him what recommendations he has to provide support our at-risk families. Some of the programs that the CPW and ELC members suggest the YCCO implement are prevention and wellness programs: Obesity prevention/SNACK, Dayton activities for student health, family check-up, triple p-positive parenting program, the good behavior game, growing early mindsets.</p> <p>Obesity prevention/SNACK- identify 3-4 elementary schools to support them in fitness and health. PDSA, plan do study act. Measure outcomes and potentially spread to other schools.</p> <p>Dayton activities for student health- improve healthy habits, improve access to services, cover 300 students who are uninsured and work with them and their families.</p> <p>Family checkup- light counseling, family assessment/ meet with a professional, suggestions are given to the family. Follow ups can be included for interventions. Very brief, point in time, not medically based, behavioral based. Between 1-3 sessions for kids in middle school age. Outcomes show decrease in risky behaviors as adults.</p> <p>Triple p program- positive parenting program, equips parents to manage behavioral and emotional problems in children and teens. Prevents problems before they arise and to create encouraging family environments.</p> <p>The good behavior game- an approach to the management of classroom behaviors that rewards children for displaying appropriate on-task behaviors during instructional times. Longitudinal studies show outcomes in 10-15 years later, decrease in conduct disorders and school suspension in 11th grade. 21% more of good behavior students earned college degrees.</p>		
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		<p>Growing early mindsets- targeted at pre-kindergarten to 3<sup>rd</sup> graders, growth mindset versus fixed mindset. McMinnville SD purchased the beta version and implemented the program in pre-k and in kindergarten and anecdotally have heard from kids that they can change the pathway in their brain. Children are able to mistakes and challenges, they are able to move past it. 5-year-old children come in with fixed mindsets. Anecdotally are seeing some great things. What they've seen in the research is an increase in numeracy and math reasoning.</p> <p>Question: can GEM and Good behavioral game be combined? Answer: Yes. Perhaps do GEM in pre-k and kinder, and continue that into the next years and start to introduce the Good Behavior Game. Kyra can bring some outcome data from Kendra Coates' doctorate thesis.</p> <p>Guiding principles for the Community Prevention and Wellness:</p> <ul style="list-style-type: none"> <li>• Implement practices that are most likely to have an immediate impact.</li> <li>• Engage the provider organizations in the evaluation and choice of interventions to be implemented.</li> <li>• Implement on a small, but efficient scale.</li> <li>• Build in measurement and incentives for high levels of appropriate implementation.</li> <li>• Evaluate the implementation, reach, and effectiveness of every intervention, by collecting measures of fidelity of implementation, reach, and effectiveness.             <ul style="list-style-type: none"> <li>• Annual surveys of 6<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grade students</li> </ul> </li> <li>• Roll out to other schools, communities, or service providers, once we have clear evidence of the benefits of the intervention.</li> </ul> <p>Discussion on what's not here:</p> <ul style="list-style-type: none"> <li>• Where does child care fit in? we shouldn't just look at the schools. We need to find the children where they are at. In childcare and head start, GEM and Triple P can be implemented. Triple P can be implemented in the medical clinics.</li> </ul>		
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		<ul style="list-style-type: none"> <li>• Teaching kids at an early age to think about their dreams and start thinking of their careers. We need to think about preparing children about dreaming about their futures.</li> <li>• Family eating habits are hard to change. We need to get to families at a very early age. If we wait until kids are school aged, we've lost a lot of ground. Ways to discourage media use early on. Early nutrition intervention for prenatal-3 years old.</li> <li>• Creating social family norms.</li> <li>• Universal preschool and emphasize family engagement. More home visiting services.</li> <li>• Teen parenting programs. Generational poverty.</li> <li>• Kids with special needs, addressing behavioral health.</li> <li>• Neighborhood/community-building, having a neighbor connector, "plucking a rose from concrete" video</li> <li>• Cultural competency on poverty.</li> <li>• Bilingual/bicultural support</li> <li>• Substance abuse, strengthening families</li> <li>• Affordable housing</li> <li>• Young men.</li> <li>• Child care for parents who are getting an education, to attend trainings.</li> <li>• Address the life challenges, traumas that parents experienced as children. Target parents pre-natal because this is when they are most motivated to be the best parents that they can be at this stage. Screen them for ACE's.</li> <li>• Awareness campaigns. How to communicate about these issues with the community. Creating wellness, the new norm.</li> <li>• Changing cultural norms: raising the bar that every parent will be the very best parent that they can be.</li> </ul> <p>Priorities for the next 12 months:</p> <ul style="list-style-type: none"> <li>• GEM- Newberg, McMinnville, Dayton, Willamina, Sheridan, YC, Amity, Head Start, Child Care.</li> </ul>		
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		<ul style="list-style-type: none"> <li>• Triple P- Public Health, Home Visiting Network, Medical clinics</li> <li>• Family Check-Up (At a Middle School) Newberg, Dayton, McMinnville</li> <li>• Dayton Activities for Student Health</li> <li>• Awareness and communication campaign</li> <li>• Good Behavior Game (Willamina, maybe Yamhill-Carlton)</li> </ul> <p>Priorities for next 3 years:</p> <ul style="list-style-type: none"> <li>• Universal preschool</li> <li>• Teen pregnancy/parenting</li> <li>• Young men</li> </ul> <p>The CPW will be the committee to work on the implementation process. Anybody who is interested in being part of that implementation planning, please contact Emily Johnson and express your interest.</p> <p>If the CPW needs more input, invite the Community Stakeholder group (the people/ agency representatives who are present at this meeting today). We can do quarterly updates to the ELC on the progress of implementation.</p>		
5:55	Items for the Good of the Order			
6:00	Adjourn			

**Future Agenda Items:**