

San Miguel County Health Council  
Planning Retreat Notes  
February 24, 2009

- I. Discussion Summary
  - A. How do we feel about strategic planning (health council)
    - 1. resentment that providers may lose direct funding dollars and that funds allocated for non-delivery (planning, etc) may detract from accessibility/availability of funds
    - 2. As good as building community is, it takes people time away from organizations
  
- II. Strengths:
  - 1. Good reports from coordinator
  - 2. Communication of the work of the Health Council in the community
  
- III. Expectations / Items to Address:
  - 1. Input into DOH Contracts
  - 2. Encourage regional interaction
  - 3. Want to be productive & have concrete action steps
  - 4. Would like to address Transportation Barriers
    - Transportation to services
    - Outreach: Taking services to people
  - 5. MCH Issues
    - 20% of mothers have postpartum depression
  - 6. Clarification of Roles of Health Council
    - Communication
    - Connections
    - Sharing Information
  - 7. Revisit Priorities – stuck in a rut on priority issues
  - 8. Engagement of Council members:
    - Have more interactive discussion on actual priorities (topic areas), who is doing what, what is working & not working and how can we support agencies
  - 9. Get information out:
    - use newsletter instead of council reports, post on web & advertise website in newspaper
  - 10. More effort to address priority areas with more comprehensive committee reports
  - 11. Would like more input in DOH contract
  - 12. Possibility of quarterly health council regional meetings
  
- IV. Suggestions:
  - 1. More interactive discussions
  - 2. Email updates for discussion

3. More active involvement by council presenters regarding priorities
4. Presentations by agencies (on the council & others)
5. More work on the priorities – regular meetings of committees
6. How can we support agencies?
7. Discussions on issues and how they interact => Creativity
8. Concrete activities

- V. What Health Councils Do:
- A. Planning & Assessment
  - B. Access Funds
  - C. Policy/Advocacy
  - D. Education/Awareness
  - E. Program Development

## Council Development

System Capacity Outcomes	Health Council Objectives	Health Council Action Steps	Indicators
<p><b>1. Planning:</b> The Health Council is recognized as a community health planning and information body or hub</p>	<ul style="list-style-type: none"> <li>• Increase visibility of Health Council outside of Las Vegas</li> <li>• Improve relationship with County Commission &amp; City</li> </ul>	<ul style="list-style-type: none"> <li>• Minutes and agendas &amp; coordinator report on website</li> <li>• Notification of website in newspaper</li> <li>• Invite Commissioner to attend Health Council meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Number of hits on website</li> <li>• Stronger membership</li> </ul>
<p><b>2. Membership:</b> The Health Council has a stable, diverse, and growing membership</p>	<ul style="list-style-type: none"> <li>• Recruit more members from outlying areas</li> <li>• Recruit More community members</li> <li>• Recruit more men</li> </ul>	<ul style="list-style-type: none"> <li>• Invite university students</li> <li>• Personal invitation (state reasons why involvement is important)</li> </ul>	
<p><b>3. Internal structures:</b> The health council is sustained and institutionalized with effective structures &amp; practices:</p> <ul style="list-style-type: none"> <li>• Leadership team</li> <li>• Committee structure</li> <li>• Effective meetings</li> <li>• Member participation</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on priority areas in meetings</li> <li>• Beef up participation in committees</li> <li>• More member involvement in 4 yr grant, reports, contracts, etc</li> </ul>	<ul style="list-style-type: none"> <li>• look at issues and agency presentations and support</li> <li>• Opportunities for health council members to be actively involved</li> <li>• Ensure committees meet</li> <li>• Dedicated discussions</li> <li>• Invite agency representation to report on their activities</li> </ul>	
<p><b>4. Internal processes:</b> The health council uses productive group processes</p>			

### Community Assessment & Prioritization

System Capacity Outcomes	Health Council Objectives	Health Council Action Steps	Indicators
<p><b>1. Community Assessment:</b> The health council is able to assess community health strengths, needs, problems, and resources.</p>	<ul style="list-style-type: none"> <li>• Update statistical data</li> <li>• Community Voting on issues</li> <li>• Review &amp; reassess priorities</li> <li>• Conduct assessment and mapping of needs and available resources</li> </ul>	<ul style="list-style-type: none"> <li>• Explore other ways of getting community input</li> <li>• Tweak survey and re-implement</li> </ul>	<ul style="list-style-type: none"> <li>• Community health profile</li> <li>• Requests for directory</li> <li>• Requests for profile &amp; plan</li> </ul>
<p><b>2. Monitoring Progress:</b> The health council is able to monitor progress in achieving outcomes:</p> <ul style="list-style-type: none"> <li>• Improving health</li> <li>• Improving community systems</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor what's going on in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Invite agency representatives (ask what they are seeing in the community) and attend meetings at various agencies.</li> </ul>	<ul style="list-style-type: none"> <li>• Documentation of the meetings and discussion notes</li> </ul>
<p><b>3. Emerging issues:</b> The health council has the capacity to respond to emerging issues</p>	<ul style="list-style-type: none"> <li>• Invite agency representatives (ask what they are seeing in the community)</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Documentation of the meetings and discussion notes</li> </ul>

**Community Action  
Interpersonal Violence**

<b>System Capacity Outcomes</b>	<b>Health Council Objectives</b>	<b>Health Council Action Steps</b>	<b>Indicators</b>
<p><b>1. Networks &amp; Partnerships</b> are built and/or enhanced</p>	<ul style="list-style-type: none"> <li>• Advocate for the re-implementation of multidisciplinary team to discuss cases/strategies/etc</li> <li>• Work with 3 school districts to assess what programs are in place</li> <li>• Assess what is going on in community about what awareness programs are in place</li> </ul>		
<p><b>2. Community programs</b> are jointly developed or strengthened</p>	<ul style="list-style-type: none"> <li>• Implement program similar to Santa Fe's Safe Haven</li> <li>• Support efforts to shelter for victims of domestic violence</li> </ul>		
<p><b>3. Policies</b> are changed and/or constituencies are built for policy changes</p>	<ul style="list-style-type: none"> <li>• Keep awareness of existing policies &amp; agreements in place</li> </ul>		
<p><b>4. Funds</b> are received or leveraged in the community</p>	<ul style="list-style-type: none"> <li>• Aware &amp; supportive of funding applications in community</li> <li>• Awareness of legislative issues</li> <li>• Aware of &amp; share info on funding opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Take positions on issues</li> </ul>	

**Community Action  
Teen Pregnancy**

<b>System Capacity Outcomes</b>	<b>Health Council Objectives</b>	<b>Health Council Action Steps</b>	<b>Indicators</b>
<b>1. Networks &amp; Partnerships</b> are built and/or enhanced	<ul style="list-style-type: none"> <li>Expand Teen Pregnancy Committee</li> <li>increase awareness to ?</li> </ul>	<ul style="list-style-type: none"> <li>Town Hall Meetings</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>2. Community programs</b> are jointly developed or strengthened	<ul style="list-style-type: none"> <li>work with schools to increase utilization (access/staffing) of health facilities</li> <li>Pilot wise-guy curriculum</li> <li>investigate envision your future/other programs</li> <li>Make sure someone is available to continue STD presentations</li> <li>Collaborate with Farmers' Market to increase fresh produce availability</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate programs and support implementation</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>3. Policies</b> are changed and/or constituencies are built for policy changes	<ul style="list-style-type: none"> <li>increase awareness to address policies</li> <li>Advocate for prevention services in school based health centers</li> <li>Advocate for comprehensive sex education in all health classes 8-12</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>4. Funds</b> are received or leveraged in the community	<ul style="list-style-type: none"> <li>Aware &amp; support funding applications in community</li> <li>Awareness of legislative issues</li> <li>Aware of &amp; share info on funding opportunities</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>

**Community Action  
Diabetes/Obesity**

System Capacity Outcomes	Health Council Objectives	Health Council Action Steps	Indicators
<p><b>1. Networks &amp; Partnerships</b> are built and/or enhanced</p>	<ul style="list-style-type: none"> <li>• invite people who do screenings (health fairs, etc) to present to Health Council (what follow up is there)</li> <li>• Collaborate with HEROS &amp; AHEC to achieve their goals</li> <li>• Increase committee (schools, dr's, health orgs)</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<p><b>2. Community programs</b> are jointly developed or strengthened</p>	<ul style="list-style-type: none"> <li>• Work with Riverwalk group to support completion</li> <li>• Explore and support implementation /expansion of low cost programs /activities for youth / families (walking groups, exercise programs, etc)</li> <li>• Advocate for home economist in County Extension Office</li> <li>• Awareness of symptoms of diabetes</li> <li>• Increase education of how diabetes &amp; obesity affect one another</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<p><b>3. Policies</b> are changed and/or constituencies are built for policy changes</p>	<ul style="list-style-type: none"> <li>• Partner with schools to assist in implementation of existing wellness policies</li> <li>• Assess what type of treatment is being used with youth (Type II Diabetes)</li> <li>• Support efforts to standardize CHW certification</li> </ul>	<ul style="list-style-type: none"> <li>• environmental scan of state and district policies</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<p><b>4. Funds</b> are received or leveraged in the community</p>	<ul style="list-style-type: none"> <li>• Aware of &amp; share info on funding opportunities</li> <li>• Aware &amp; support funding applications in community</li> <li>• Awareness of legislative issues</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

Next Steps:  
Clean up and put into objectives/activities  
Break them down and prioritize for 1 year work plan