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FIRST 5 LAKE COMMISSION - REGULAR MEETING

Wednesday, June 13, 2018

Lake County Office of Education – Kesey Room
1152 S. Main Street, Lakeport, California 95453

MINUTES

Commissioners present: P.Klier, D.Pomeroy, B.Falkenberg, C.Markytan, S.Jen, C.Swatosh, L.Daly, T.Scott Commissioners absent: A.Panella F5 staff: V.Hays and C.Ritz Members of the Public: C.Ferron-F5 evaluator, M.Dibble-DSS, G.Griffin-DHS, J.Chappel-RCS, T.Jordan-Scotts Valley Band of Pomo

I. Meeting was called to order at 2:03 p.m.

II. Introductions were made and Children's Champions for June were announced: David & Denice Solgat (long time foster parents) and Barbara Green (story time leader at LC Library). They will each be sent an announcement of the honor with a card signed by the commissioners and staff. ED to prepare a 2nd quarter press release for the local paper to include April, May and June Champions.

III. Approve 5.9.18 regular meeting minutes – DPomeroy had a correction to desk purchases statement, yes she did make the recommendation to increase the amount spent, but, APanella gave the suggestion we have an ergonomic evaluation done, and DPomeroy said as county employees this can be done in-house rather than bringing in an outside consultant. SJen had a correction at the bottom of pg. 4 her statement was we needed more education on the impacts of Marijuana, strike out the words "on the brain". ED made a correction at the top of Pg. 4, where it says "anyone can grow six or more plants indoors without a permit", strike out the words "or more". SJen made the motion to approve the minutes, as corrected, TScott 2nd, motion passed with LDaly and BFalkenberg abstaining.

IV. Approve April 2018 financial reports –ED noted that the Commission's income and expenses are on budget and asked for any questions. DPomeroy thanked ED for the report formats she uses which are easy to understand. BFalkenberg asked what "Household Expense" meant and ED said it includes items that are used to run the office but are not strictly office supplies, such as cleaning products, kitchen supplies, etc. DPomeroy made the motion to approve April financials as presented, SJen 2nd, motion passed.

V. Executive Director's Report & Discussion – ED reviewed her written report with Commissioners expanding on sections as needed.

- The reason for the research into the cost of billboards was due to a recent trip to Ukiah where ED noticed a prevalence of marijuana industry billboards and became concerned that this leads to normalization. ED was interested instead in normalizing the prioritization of children’s healthy development. DPomeroy noted her appreciation of the potential effectiveness of the Before the Movie ads, sponsorship of the Free Family Movie, radio PSA’s and First 5 Lake Facebook page at reaching people all around the Lake. GGriffin said the Dept. of Health is also running Before the Movie ads providing information on tobacco/vaping in both English and Spanish and intend to run them for the next four years. SJen shared that during past county ad campaigns, they looked into using billboards and the research showed that unless you can blanket an entire area they don’t have much of an impact. CSwatosh inquired if there are any regulations on cannabis advertising (such as with tobacco products) and no one knew for certain. CFerron suggested “moving billboards” on public transit buses as another option and noted that they offer both inside and outside advertising. An organization like People Services, which has a fleet of vehicles, may be another option for mobile advertising. PKlier stated the commission will keep advertising as part of the Strategic Plan discussion.
- ED recently attended Part I of a webinar entitled “The Opioid Crisis” through our membership with Zero-to-Three (link to webinar is included in her report). The question arose, “Is it better to focus on the potential negative impacts of marijuana on children, or to try to broaden the scope to the potential harm from all substance use?” CSwatosh stated that fetal alcohol effects are far more common than autism spectrum disorders, but that they are underdiagnosed. She asked if there is a doctor in the county that will diagnose Fetal Alcohol Syndrome (FAS). CFerron said there is a center near Chico, but locally, Tribal Health would be the best possibility. SJen said there isn’t an agreement among local physicians on how much alcohol usage is acceptable during pregnancy, but Dr. Chasnoff recommends a “zero use” policy. When he did his research in Lake County in years prior, 30% of those tested were using some sort of substance, and frequently more than one. CFerron shared that using alcohol and marijuana together are common. JChappel said the Tule House (residential treatment service) has been licensed and RCS is now waiting for the state to make one final visit before they can open.
- At the Trauma Informed Guide Team (TIGT) meeting this week, Christina Drukala, from the Dept. of Behavioral Health, reported that she is receiving 5-10 new intakes for children/youth each week, an unprecedented number, and that more and more of these are demonstrating moderate to severe mental health issues. ED asked her to put together some data on this and she is currently working on what she can share and discuss with others. CMarkytan commented that her experience in Del Norte county was that the severity of children’s needs has increased over time and that much of it is related to parental substance abuse with alcohol as the major contributor. Now that we’re moving towards full legalization of marijuana, she wonders if substance abuse impacts will increase with marijuana usage.

VI. Update on Term Expirations & Designees – L.Daly, P.Klier and S.Jen’s two-year term of service will expire in August. Chair Klier explained that a formal letter of resignation would be required for those who did not wish to seek another term. L.Daly shared her intent to step down in order to focus more time and attention on other projects in the ECE field. P.Klier stated she would like to continue for another term, and S.Jen shared that she had not yet made a decision. ED reminded Directors that they had the option of appointing a designee to stand in for them as needed on the Commission. DPomeroy shared she is not planning to designate anyone at this time, as most of her leadership team members are new in their roles. C.Markytan

stated her intention to appoint an official designee soon, and B.Falkenberg stated he does not intend to appoint, but could appoint someone for quorum purposes, if needed.

- VII. Review and approve 3-year evaluation contract with Social Entrepreneurs, Inc. (SEI) – ED reported the three-year draft contract for evaluation services was sent to SEI and came back with only one change, which was noted in the revised contract sent to Commissioners for review. ED stated that the year-one expenses detailed in the contract have already been approved in the First 5 Lake 2018-19 budget, and that the contract amounts for years two and three were included in the approved First 5 Lake Long Range Financial Plan minus expenses, which will be corrected in the next iteration for the LRFP. B.Falkenberg inquired if the contract had already been approved by County Counsel, and ED responded that she used the standard contract language. D.Pomeroy said under Article C, 3.1 Termination Without Cause normally requires 30 days' notice, not 10 days. Commissioners agreed 30 days' notice for both parties was preferable. D.Pomeroy motioned to approve three-year contract with SEI, as amended, and authorize Chair to sign; LDaly 2nd, motion passed.
- VIII. Strategic Planning Process & Timeline Discussion – ED shared a draft planning calendar and noted that there are many things that have to happen in a particular order and on a specific timeline so that the Commission will be able to approve new three-year grants before the end of FY 2018-19: a new Strategic Plan for 2019-2024 has to be created before an RFP can be posted for new grants, the RFP needs to be posted by November so that potential grantees will have time to submit proposals, proposals will need to be approved by February so that an evaluation plan can be created to finalize the Strategic Plan. All of these things need to be accomplished prior to May when a new budget has to be approved for 2019-20. ED requested that the Commission plan to spend most of their August meeting solely focused on the creation of the 2019-2024 Strategic Plan. ED is compiling examples from other counties and will be giving the commissioners “homework”, over the month of July, including a survey, to make the August meeting a productive one. ED noted that Crystal Duarte from SEI will be attending the August 8 commission meeting and has introductory meetings scheduled with all current grantees Aug. 9 and 10.
- IX. Tobacco/Marijuana Updates & Discussion – ED gave a summarizing presentation of the conversation the Commission has had to date on the topic of mitigating the potential harm to children due to the legalization of adult recreational use of cannabis. She stated that her natural instinct is to spend a lot of time gathering information and if the goal is “Ready, Aim, Fire,” she tends to dwell on “aiming” but that action is required in order to move forward. “It is time to decide how to Fire.” The Commissioners agreed that the goal is to mitigate harm to children, but the Commissioners shared varying perspectives on the role First 5 Lake should play in achieving that goal. ED shared that there are several possible roles that the Commission could take: Convener, Community Educator, Advocate, or Funder, and that there are multiple examples of other First 5 Commissions taking on each (or a combination) of these roles in other counties. She also noted that it is important for the Commission to decide whether to capitalize on the momentum and public awareness surrounding cannabis right now or to broaden their scope to include other frequently misused/abused substances (which have been shown to cause greater harm to children than cannabis). C.Markytan said that alcohol is devastating to families, and the #1 substance abuse problem of those in the welfare system but also shared that she is afraid it would dilute the conversation on marijuana to include it as alcohol is already widely accepted and marijuana is not to that stage yet. S.Jen said it would be interesting to know the “synergistic effects” of these substances. G.Griffin said she believes she can provide information on that and will look into it. C.Ferron noted that self-medicating with different substances in an area with high levels of trauma is common and it would be important to get to the root cause of this rather than addressing the symptoms alone. S.Jen stated that she would like to participate in thoughtful conversation about this issue. B.Falkenberg reported that all the district superintendents convened and have written a proposal they intend to submit to the BoS to request funding for the creation of a marijuana educator position. The question was posed whether or not the County had designated how the funds received from local marijuana taxes would be spent. T.Scott noted that it was not yet designated

but that they are still working on the ordinance. ED stated that the roles of Convener and Advocate were key to the mission of First 5 Lake when it comes to this issue. L.Daly said she sees First 5 Lake as Community Educators and noted that everything comes back to ACES. C.Swatosh agreed and shared a book suggestion (Parenting with PTSD) that may be helpful in our community. B.Falkenberg said LCOE has already taken some initiative around the education piece, and asked whether First 5 Lake could just be a “participant.” CMarkytan asked, “Well then, who is the lead? Who is the Convener?” D.Pomeroy stated that she felt the Educator role falls under the Dept. of Public Health, as well as the schools, and that she agreed that First 5 Lake could be valuable as a Convener and Advocate. T.Scott stated that she sees First 5’s role as Educator. C.Swatosh noted that First 5 is a neutral entity with positive connotations in the minds of community members and that could lend itself well to the roles of Educator and Convener. S.Jen stated that our role needs to be a part of the Strategic Plan and noted that First 5 Lake has played all these roles in the past but with different topics. ED stated that before Sherilyn Taylor left the Dept. of Public Health she was trying to organize a 0-to-Five Network Forum and that Carolyn Holladay organized and facilitated the first one last fall. She noted that First 5 Lake staff are supposed to organize the next one and perhaps that gathering could be a first step as Convener. D.Pomeroy said the Maternal, Child & Adolescent Health Advisory Board might also be involved in that role. The Chair opened the discussion to the public. G.Griffin said that First 5 is respected statewide and locally, that parents do listen to us and many years have been spent building this relationship. If the Commission could develop a clear message or statement it could make a difference. S.Jen said a statement could also be a platform for advocacy. C.Ferron said it would be a good idea to try and engage youth in this process as educators and advocates. G.Griffin shared that there are Youth Coalitions in existence and others being built but, she noted, this age group is beyond First 5’s scope. ED noted that she had a better understanding of where the Commissioners stand on this topic and she stated that it would be important to clarify our role in our strategic planning process.

X. Commissioner’s Reports

- C.Swatosh announced First 5 will be facilitating The Brain Architecture Game at Lake County’s Teacher Institute which will be held July 25-27 in the Kesey Room at LCOE. Kelly Rizi from Shasta County Office of Education will there on Friday to provide training on trauma-informed classrooms and techniques (she was here for the training in February and was asked to come back). The invitation can be found on Eventbrite.
- C.Markytan said DSS is applying for the CalWorks Home Visitation Grant and that they intended to partner with DPH and use the same evidence-based model that MCAH has approved.
- D.Pomeroy said they are interviewing for Dental Health Program Coordinator position again as their last candidate backed out.
- C.Swatosh announced the final CCR Stakeholders meeting is July 13 in the Kesey Room. Also, this year’s Innovation Summit, sponsored by Hope Rising at Adventist Health, is this Friday, June 22.

XI. Public Comment & Announcements – open forum where any member of the public may speak on items within our scope but not appearing on the agenda (*5 min limit please*) None given.

XII. Meeting was adjourned at 4:00 p.m. **Next meeting to be held on August 8 in Clearlake as July is a dark month.**