



Clark County Commission on Aging  
1300 Franklin Street, 6<sup>th</sup> Floor  
Vancouver, Washington

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## Meeting Notes

Tuesday, January 21, 2014

4:30 p.m. – 6:00 p.m.

Members Present: Gary Beagle, Chuck Frayer, Patti Gray, Bob Holdridge, Kathy McLaughlin, Lisa Rasmussen, Randy Scheel, Kiersten Ware, Karin Woll

Community Partners: Klaus Micheel, Walt Gordon

Staff: Oliver Orjiako, Colete Anderson, Jacqui Kamp, Chris Cook, Mary Beth O'Donnell

### Welcome and Call to Order

- A motion to approve the meeting agenda passed by all commission members. Meeting notes from December 17, 2013 were unanimously approved as submitted.
- Chair report:
  - Colete and Gary met with Bob Holdridge on developing the commission's work plan. Bob's experience will be beneficial in this effort. Colete to bring for discussion at February's work session.
  - Gary to meet with Dave Kelly regarding partnering with AAADSW to talk about common legislative goals and objectives.
  - Karin and Gary to meet with Commissioners Mielke and Stuart throughout 2014 to keep communication open and maintain BOCC support.
  - Community Engagement: Diane Sawyer/ABC News did a story on "Timebanking" in Kentucky. It can be viewed on their website. Kathy and Colete still working on Vista volunteer application and will meet end of this month with Coleen Kuhn, coordinator of the program, for her assistance.
  - Supportive Services: Randy developing next steps for Telehealth.
  - Healthy Communities: Weatherization program has received funding.
  - Communication: Speaker's Bureau available for events; schedule online or talk to Lisa or Patti.
    - Upcoming events: 50+ Expo, Clark County Home and Garden Show, Recycled Arts Fair
  - Housing: Let's Share Housing will launch in Clark County in March. Presentation at February 18<sup>th</sup> work session. Warren Neth from the Food Systems Council will present at the general meeting on that same date.
    - UGD task force met today. Chuck will continue to update on that.

### Presentation: Peggy McCarthy, National Alliance on Mental Illness (NAMI)

- Peggy started with the local chapter of NAMI in September 2013. NAMI covers the three counties of Clark, Cowlitz and Skamania. One of their main goals is to reduce the stigma of mental illness.
- They work with people of all ages and all types of mental illnesses from brain disorders and injuries, to small children with ADHD, to elders with dementia and Alzheimer's. Services are at no cost and they work directly with the consumers, their families and friends. Various classes and support groups for consumers are offered that are educational for them and others in the community.
- One in four people will have a mental health diagnosis in their lifetime. Most are recoverable or treatable. There are thousands in need in this community. Many end up in the criminal justice system. 50–60% of people in the local jail have mental illness. NAMI has been meeting with corrections to begin support groups for men and women in jail. A class for families is offered to teach them skills to help their loved ones. Once that is completed, NAMI will go into court to try for reduced sentences and better treatment for those in jail.
- PeaceHealth offers both inpatient and outpatient programs for adults at their 39<sup>th</sup> and Main location. After diagnosis, people go there to get their medications and behavior stabilized for 3 – 10 days. From there they are referred to ADAPT where they receive the tools and skills to help with recovery. They can also go to NAMI to volunteer and work in their programs. There are many volunteer opportunities in their office.
- NAMI offers a program for parents with school children to teach them about services and treatments available that help the child have a healthy and successful life and stay in school.
- 60% of their funding comes from the SW WA Regional Support Network (RSN). They'll be adding two more counties to this RSN next year.
- A newly appointed Vista volunteer is working on setting up a "Parent Center". The first year they will help parents that have a mental health diagnosis. In the second year, they'll add parents who have children with mental illness diagnosis. They'll also add a support group for teenage boys with schizophrenia, who are a much underserved group at this time. Catholic Services has a program only for girls.
- NAMI needs more members locally to help influence legislation in the state and to fund current and new programs. Cost is \$35. Peggy encouraged everyone to join.
- Fundraiser walk in Portland in May. Peggy invited the Commission on Aging to form a team. It's a 5k, over two of Portland's bridges. Goal is to raise \$20–30k this year.

### Q and A:

- There's a scarcity of mental health resources for geriatrics in SW Washington. Is anyone working on that?
  - No, but Peggy would love to partner with the Commission on Aging in a grant application to help that situation. There is a lack of data on this subject in Clark County. Without the numbers you can't do much; maybe we can work to gather data, do some surveys.
- Why isn't there any data?

- Nationwide there is a real stigma; it's been separated from physical health for many years. Secondly, treatments are slow in coming. Most of the drugs have serious side effects and people don't want to continue to take them. This causes failures and doctors don't want failures. Research is being done on medication and different ways they could be taken.
- RSN used to have a very active role in the mental health court. With what's happening with the jails, how will that affect that? HIPPA is also a problem with providing information.
- NAMI is working closely with RSN and corrections and they also sponsor crisis intervention training with the police force. If you've committed a felony, you can't go to mental health court. Those that can are selected very carefully. A judge will be joining their board by next week and hopefully this will help get closer to the system. They've told the jail they will offer advocates to go to court for support.

### New Business

- Kiersten reviewed budget items.
  - 50+ Expo expense estimated at \$1,050. (\$650 for registration). The Commission recommended approval of the budget as written but Oliver will have final say if there are additional items or a change to an amount. This budget would be coming out of the county funds. Lisa added there has been a donation from the Arts Commission for a give-away to the community and the CoA can partner with them on this. Motion to approve budget was seconded and unanimously approved.
  - Volunteer Timebanking project budget totals \$11,500. We have \$2400. estimated for in-kind donations partially coming out of a small kick-off event. Hope to raise \$5000, then need to come up with \$4100. in donations to offset this budget. Out of that \$4100., there is a commitment of \$2000., which leaves only \$2100. to raise. Motion to approve this budget was seconded and unanimously approved.

### Public Comment

- None

### Adjournment

- Meeting adjourned at 5:40 pm.