

Healthy Nashville Leadership Council

November 4, 2015
Lentz Public Health Center Board Room
1:00 – 1:45 pm
Minutes

Attendees

<u>Attendees</u>	<u>Absent</u>
Xyzeidria D. Ensley	Ted Cornelius
Carol Etherington	Laurel Creech (Mayor's Office)
Elisa Friedman (Vice-Chair)	Arthur Lee
John Harkey	Brenda Morrow
Nancy Lim (Cindy Garland / Proxy)	Diane Neighbors
Erica Mitchell	Marybeth Shinn
Sandra Moore	Susanne Tropez-Sims
Freida Outlaw (Chair)	Sheri Weiner
Janie Parmley	
Bill Paul	
Adam Will	
Renee Pratt (EO)	Laura Hansen (EO)
Anita McCaig (EO)	Tommy Lynch (EO)
	Keith Stephens – Proxy for Mike Hagar (EO)

Guests Present

Judi Knecht, Public Health Student

Staff Present

Amanda Ables, MPHD
Tracy Buck, MPHD
Carol Cowart, MPHD

Fonda Harris, MPHD
Paxton Montgomery, MPHD
Tom Sharp, MPHD

Welcome

Freida called the meeting to order and read the Vision statement aloud. She also asked everyone to go around the table and introduce themselves, in case there were individuals there that the other Council members didn't know. Cindy Garland from Saint Thomas was present and representing Nancy Lim.

Freida read a quote from Marian Wright Edelman's book *Guide My Feet: Prayers and Meditations on Loving and Working for Children*.

After achieving a quorum, the Council voted to approve September's minutes.

Vice Chair Election

The motion was made and seconded to accept Elisa Friedman as Vice-Chair. After the Council's vote, she graciously accepted.

Healthy Nashville Leadership Council

CHIP

An update on the CHIP Workgroups was provided.

**Active Transportation Working Group – submitted by John
See Attachment A**

**Advance Health Equity Workgroup – submitted by Elisa
See Attachment B**

**Mental and Emotional Health Workgroup – submitted by Freida
See Attachment C**

**Mental and Emotional Health Workgroup – submitted by Angie
See Attachment D**

**Safety Net Consortium - presented by Fonda
See Attachment E**

**Amanda spoke regarding the two objectives she is responsible for.
See Attachment F**

Notes

- Ted is the new HEAL chair.
- John stated that, while he was in New York last week, he noticed that about 10% of the traffic consisted of bicycles and about one-third of those were from their Bike Share program.
- Freida mentioned two economists from Princeton stated that deaths for middle-aged US white people were on the way up while other deaths were decreasing.
- Planning 2016 Summit
 - Sandra is the HNLC representative. Her group will meet every other week, beginning on Monday, November 16 from 1:00 – 2:30 pm in Centennial Room A.
- Tobacco Initiatives
 - Breathe Easy Nashville -The Health Department was funded with Tobacco Settlement money to work toward smoke-free multi-unit housing.
 - Baby and Me Tobacco-Free– Pregnancy related
 - TATU – working with middle grade students asking them to be Tobacco-Free mentors for other
 - CEASE – working with pediatricians and children regarding second-hand smoke

After a group discussion, it was decided that the HNLC would require a meeting in December to discuss the time line for the Position Statement.

Our next meeting will be December 2, 2015.

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Attachment A

Active Transportation Working Group – submitted by John

“Active transportation” is commuting (to work and other destinations) by means of public transit, cycling or walking. Individuals engaged in active transportation are often able to meet most of their daily minimum exercise needs (CDC standards) as part of commuting to and from work.

The active transportation working group was established to address two objectives in the Health Improvement Action Plan developed by the Healthy Nashville Leadership Council:

1. Assess and improve upon active transportation policies for Nashville
2. Encourage large employers in Nashville to assess and improve the active transportation opportunities available to their work force and clients.

To date the working group has held two meetings and is beginning to develop briefs and a slide presentation on the health and environmental effects of active transportation. At the second meeting Lightning 100 (radio station) discussed its successful application to become a bicycle friendly business. Between 15 and 20 Nashville businesses have received bicycle friendly designations from the League of American Cyclists. An application form can be seen at this site:

http://bikeleague.org/sites/default/files/BFB_Application_Preview.pdf

Next steps: Several participants in the working group are exploring whether their Department or Company is willing to apply for bicycle friendly status and we will be developing strategies on how to appeal to Nashville area employers to step (or bike) up on this issue.

In addition, the working group is developing plans to add several questions to the “health in all policies” survey to specifically address active transportation, and will be developing surveys to assess the active transportation opportunities at large employers.

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Attachment B

Advance Health Equity Workgroup – submitted by Elisa

This workgroup has been focusing on inclusionary affordable housing and zoning. Inclusionary zoning mandates that a percentage of new buildings be turned into affordable housing. Tom Sharp has been undertaking the research regarding the health benefits of affordable housing and affordable zoning. To obtain more information, they invited members from Affordable Housing Solutions to a meeting and asked them to explain the Inclusionary Zoning Ordinance. It was decided that the Healthy Nashville Leadership Council should prepare a position statement and the next meeting focused on what it should say. Elisa believes that we need to develop it before December 1. Therefore, she talked to Tracy about scheduling a HNLC meeting in December, even though the Council is not scheduled to meet until January. The Ordinance itself will be presented to the Planning Commission in January. Elisa would like to develop and forward our position statement to the Mayor's office, then it could be presented to the Planning Commission, and finally to the Council.

Currently, there is a housing consultant working on a report that will be turned over to both the Planning Commission and Council. On November 10, there is stakeholder meeting where the consultant will present his findings. November 11 at 5:30, there will be a public input meeting at Howard School and Elisa is encouraging the HNLC members to attend and discuss the relationship between housing and health. Talking points to consider might be mentioning that concentrated poverty and long commutes are not good for health. Paxton will send out a notice to the Council regarding the date and time of the meetings on November 10 and 11, as well as a portion of the inclusionary housing information Tom has been working on.

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Attachment C

Mental and Emotional Health Workgroup – submitted by Freida

The Mental and Emotional workgroup includes the following members:

Chair: Freida Outlaw. Co-Chair: Sandra Moore, Members: Xyzeidria Ensley, Janie Parmley, Renee Pratt, Support: Paxton Montgomery and Foster Williams

The workgroup has met 5 times to date. Our priority of focus identified from the CHIP is: Support Mental and Emotional Health. This priority has two goals. Goal 5: Provide individuals and families with the support necessary to maintain positive well-being. Goal 6 of the work plan is: Promote positive parenting and violence free homes. The workgroup selected to focus on Goal 6 initially as there are a number of reports that already exist to inform the group about the issue. To date the workgroup has reviewed the Mayors Domestic Violence Report/Nashville-Davidson County Domestic Violence Safety and Accountability Assessment, September 2013 and the YWCA Document/Domestic Violence 101. We also had a very informative session with Dianne Lance, Department Head, Metro Office of Family Safety, and Jean Crowe Advocacy Center on October 13, 2015. From our discussion with Ms. Lance we have generated a list of people to invite to our workgroup including selected judges and experts from the mental health and substance abuse community. One factor that we were excited to learn from this discussion was that there are plans to open a center on Murfreesboro Road for people who have experience some form of domestic violence but have not become a part of the court system. We have identified other informants to be invited to the group as we determined that preventing domestic violence is one important factor in promoting violent free homes and promoting positive parenting is an essential component.

Steps for future meetings:

1. Invite Judge Calloway, Juvenile Court Judge and Judge Blackburn, Mental Health Court
2. Invite informants from evidenced based parenting programs in Nashville/Davidson County.
3. Outcome: Formed an alignment with All Children Excel Nashville Organization (Adverse Childhood Experiences in Tennessee)-Members of Mental and Emotional Health Workshop group will participate in one of the ACE workgroups as part of the ACE roadmap to the HNLC.

**HEALTHY NASHVILLE LEADERSHIP COUNCIL
CHIP PROGRESS REPORT
November 4, 2015**

Priority Area: Supporting Social and Emotional Health

Goal 5: Provide individuals and families with the support necessary to maintain positive mental well-being

Objective 5.3: By 2019, a minimum of five educational activities supporting positive parenting and positive mental well-being will be delivered to Local Public Health System partners and the community.

Sub-Objective 5.3.1: Starting in 2015, coalesce Alignment Nashville wellness committees to expand Alignment Nashville Behavioral Health resource guide to support mental well-being, including the connection between good nutrition and physical activity and improved mental well-being.

- The Alignment Nashville [Healthy Eating and Active Living](#) and [Behavioral Health](#) Teams are collaborating to expand the existing [Behavioral Health Resource Guide](#), creating the Nashville Wellness Resource Guide to support mental wellbeing, including the connection between good nutrition and physical activity and improved mental wellbeing. An ITP was issued Apr 13, 2015 Additional information can be found at: <http://portal.alignmentnashville.org/nashville-wellness-collaborative-resource-guide-sel-mental-health>

Sub-Objective 5.3.2: By 2016, include wellness activities in student and adult tracks of annual Social Emotional Learning Conference.

The 2015 Social Emotional Learning Conference targets teachers, administrators, counselors, behavioral Health advocates and parents. Workshops address either the needs of students or needs of adults. Each workshop identifies competencies that the session addresses. These competencies included: (1) Self-awareness, (2) Responsible decision-making, (3) Relationship skills, (4) Social awareness, and (5) Self-management. Workshops this year included wellness activities focused on the needs of students and needs of teachers. Examples of workshops are as follows:

Student needs:

- GoNoodle Brain Breaks, Kelly Hill,

- GoNoodle Plus is an online suite of brain breaks for classroom teachers to use in order to help children focus, re-energize, and get the wiggles out. It's FREE for all TN public school teachers grades
- Social Agency for Kids: An Emerging Mode Scottish Washington & Michael Wright, TSU
 - Creative arts and physical play are key elements of successful child development. They can also be utilized to foster resilience in children. The presenters expand the SEL conversation surrounding art and play therapies to suggest that self-management and other SEL competencies require Art and Physical Education in the schools. In this innovation, children are better able to integrate the lessons being taught to them. They create relationships and gain social awareness that can be leveraged for classroom management. The final result is students as social agents, capable of inspiring, influencing, and helping other students to raise their level of performance.
- Mindfulness in Schools 101: How to Get Started in Creating a Mindfulness Program in Your School Mary Entekin Agee & Shelly Sowell, University School of Nashville
 - There are many effective ways to bring mindfulness into a school community. Whether you have 1 minute before a class or visions of a comprehensive program for teachers, students and parents, we can help you figure out your next steps.

Adult needs:

- Self-Care for Educators Darla Caughey & Angela Bailey, Austin ISD SEL Specialists
 - Adults working with young people must remain aware of their own need for care and balance in life. In this interactive workshop, form a plan for caring for yourself so you can continue to care for students.
- Inner Engineering - to bring self-management, self-awareness, social awareness, responsible decision-making, and relationship skills Mr. Senthilkumar, Isha Foundation
 - Isha Institute of Inner-sciences offers all aspects of yoga under one roof. In this workshop, technologies for wellbeing will be offered through yoga and meditation techniques for balance, clarity, peace, health, and joy.
- Know your Truth -- Act with Purpose Dr. Doug Granier, MNPS
 - This session focuses on Adult Social and Emotional Learning as a way to connect with your life mission and thus find balance and harmony in the hectic world in which we live. Participants will engage in activities that promote mindful reflection and goal setting.

Long term strategies for meeting physical, social, emotional, and spiritual needs will be shared.

A complete list of Workshop Sessions is available online at:
<http://portal.alignmentnashville.org/2015-social-emotional-learning-conference>

Goal 6: Promote positive parenting & violence free homes

Objective 6.1: Starting in 2015, increase delivery of Adverse Childhood Experiences training to MPHD public health staff and local public health system partners.

There have been numerous opportunities for increasing the delivery of ACE training in 2015. Selected activities are detailed below.

MPHD Behavioral Health Services and Centerstone partnered in February 2015 to provide training for Centerstone staff and MHPD staff on ACE’s and Trauma Informed Care. Patti van Eys, Ph.D. conducted this training which was held at MPHD. Approximately 75 individuals attended the training.

ACE Nashville was established in spring of 2015 as a collective impact initiative using a public health approach that will empower all Davidson County residents to prevent Adverse Childhood Experiences (ACEs) and promote individual, family and community health. Examples of trainings for public health staff and local public health system partners that were conducted by ACE partners are listed below.

April 17, 2015	ACE Consensus Workshop 44 Community Leaders participated in a Consensus Workshop. They were educated in ACE’s and identified of Priority Areas in response to question: <i>What strategies can we use to implement a comprehensive public health initiative which will prevent childhood adversity, promote family resilience and improve lifelong health?</i>
April 30, 2015	ACE Forum for local Foundations and selected non-profit agencies Education of funders and non-profits re: ACEs, Primary Prevention, relationship of ACEs to Community Health Improvement Plan (CHIP), and opportunities to integrate ACEs into foundation/agency planning.
August 26, 2015	ACE Presentation to American Association of Service Coordinators, Nashville, TN
August 26, 2015	Meeting with St. Thomas Leadership re: ACE’s to educate additional key clinical staff
August 27, 2015	ACE Forum/Presentation hosted by Jackson National Life. Audience included business leaders, non-profit leaders and staff.

Objective 6.2: Starting in 2015, convene partners to begin planning the 2016 Healthy Nashville Summit to advance positive parenting and violence free homes in Nashville.

The 2016 Healthy Nashville Summit planning group has convened and planning is underway. Currently the content/agenda is being developed, potential locations researched, and speakers vetted.

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Attachment E

Safety Net Consortium - presented by Fonda

Fonda discussed the Safety Net Consortium regarding the objective regarding obtaining their optional level of wellness. They meet the third Thursday of each month, focusing on the services and coordination of those services that provide more accessibility to the community. A working group has been formed to develop a proposal for a collective impact project focusing on shared outreach and marketing of the Safety Net services. There are still many Nashvillians that are unaware of Safety Net in Davidson County. They have established several partnerships to engage employers to assist with navigational support. My Healthcare Home is a project of the Collaboration College, which is an opportunity for nonprofit organizations, as well as public and private partners, to benefit by combining their respective strengths to create greater community good. They work with small businesses, reaching those within the insurance gap.

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Attachment F

Amanda Hoover spoke regarding the two objectives she is responsible for.

- Regarding the 2015 HNLC Health Summit, on June 5, 2015 at the Downtown Public Library, there were 133 attendees. Multiple partners assisted with the Summit including but not limited to the Meharry Vanderbilt Alliance, State of TN Minority Affairs, and the Robert Wood Johnson Foundation. They released the Health Equity Report on May 30, 2015, which served as a back-drop for the summit. On September 30, they had a small follow up report on the determinants that were found at the Summit. This objective is completed.
- The next objective is two-pronged.
 - One was to increase by 2017 the employee understanding and use of the employee assistance program from baseline and continue to increase every two years. The goal was to integrate mental wellness and promotion of the EAP into our Metro Employee Wellness Program and to include content on our metro-wide Intranet server. In August 2015, we launched a wellness portal that can only be accessed through a metro computer listing anything to do with health and wellness.
 - By 2015, integrate employee wellness activity into the annual National Public Health Week. In 2015, it was April 6-10 and, at the Health Department, we were able to achieve a number of activities, fulfilling this objective.