

Douglas Special Action Group Minutes
26 July 2004
First Presbyterian Church
760 10th Street
Douglas, AZ

Introduction

Jenny Hunter began the meeting by having everyone introduce themselves (Name & Organization). Jenny asked everyone to take a moment and look over the minutes from the meeting in April to see if anything was missing or was misrepresented. Rhea Morales pointed out that on page 2 Sara Marley is misspelled and should be Sarah Marley. Lourdes Fernandez pointed out that on page 3 under School Tax Credits the school principal is Gloria Arzate not Rebecca Cornejo. Rosie Stewart will make the appropriate corrections to the minutes.

Updates

Southwest Center for Community Health Promotion (SWCCHP) – Renewal

Mike Lebowitz explained that the SWCCHP had been refunded by the Centers for Disease Control and Prevention (CDC) for another 5 years. He gave a brief overview of the grant that was submitted. This new grant will begin October 1, 2004. This new funding will entail 4 components: Special Action Groups, Community, Patient, and Family. The SWCCHP plans to continue working in a participatory fashion.

Jenny mentioned that due to Sally Holcomb from the Southeastern Arizona Behavioral Health Services, Inc. (SEABHS) having to leave early, the group would hold off on the rest of the updates and move on to the mental health/depression topic.

Mental Health/Depression

Kerstin Reinschmidt from the SWCCHP passed out a copy of a poster she created for the 31st Annual Arizona Rural Health Conference that was just held on July 19-21, 2004 in Phoenix, AZ. She has received funding from the ADHS/U.S.-Mexico Border Health Commission to develop a mental health/depression curriculum for diabetic patients, their families, and their communities that will serve to train promotoras to use along the U.S.-Mexico Border. Kerstin went on to explain that disparities in depression exist by ethnicity in that the rates are higher for Hispanics than non-Hispanic whites and Mexican immigrants. In addition, disparities in depression exist by gender in that women have higher rates than men. She then explained the research plan. The first phase is to develop a mental health and depression curriculum for promotoras, entitled *SONRISA*, based on what is already available and on focus groups conducted in the Douglas area. Kerstin will be reviewing existing mental health/depression curricula developed for Hispanics; will obtain input from providers, promotoras, patients, patients' families, and the community through focus groups; will obtain feedback from promotoras about the curriculum developed through pilot testing; and will disseminate and provide training on the curriculum along the border communities.

Kerstin is currently collecting existing curricula and organizing the focus groups. She asked for help from the group in identifying individuals who should participate in these focus groups. She will thus be contacting the group via email to find out who should participate in the focus groups. Through this endeavor she hopes to understand what is important in the local communities in dealing with this issue of mental health/depression. Karen Redwine suggested collaborating with the STEPS diabetes coordinator, Jaymie Hooper. Mike confirmed that we are trying to collaborate as much as possible.

Rhea asked if socioeconomic status was controlled for in the depression studies Kerstin mentioned? Mike answered that it was. She suggested having a model that reaches both the permanent and migrant populations of Douglas.

Mary Robinson asked why there is less depression in new immigrants and are we going to answer this with our research? SWCCHP staff answered that the research they are doing will not answer this question, but there is a need for more research in this area.

Sally Holcomb asked who was diagnosing depression, the primary care physicians or mental health specialists? Mike responded that it would be the primary care physicians who would be diagnosing depression. Sally mentioned that SEABHS should know who is screening for depression in the community and what tools are being used. She suggested taking a look at what is already being done in the community. Mike explained that participants who are believed to be depressed and/or are possibly depressed could be referred to SEABHS. Sally mentioned that before referring individuals to SEABHS, you need to make sure SEABHS has the capacity to serve those new individuals. Jill Guernsey de Zapien mentioned that the objective of the SWCCHP is to train promotoras to help prevent diabetes/depression. Sally stated that she would like to be included in the discussions surrounding mental health/depression. Mike confirmed that we do want to collaborate together. Cross referral information is much needed and wanted. Sally added that SEABHS serves about 1,500 clients a month from Douglas and Nogales and about 80-90% are eligible for Title 19. Sally and Melinda Haun had a brief discussion about patients referred from Chiricahua Community Health Centers, Inc. to SEABHS. Sally mentioned that only AHCCCS patients could get their medications from SEABHS. She also mentioned that mental health month is October and screening will be taking place during this month. SEABHS will also be represented at the CARE Fair on August 4, 2004. Juvenile Probation Services (JPS), Juvenile Probation Officers (JPO) and SEABHS will be making presentations at different schools in regards to how to refer children into the system. She offered doing a PTSO presentation on depression as long as she has ample notice, specifically if it needs to be in Spanish.

A mental health/depression module for community members that community health workers (promotoras) will deliver will be incorporated into the Pasos Adelante curriculum.

School Activities

PTSO Presentations

The subcommittee reported that they still needed to do PTSO presentations at a couple of schools (Douglas High School, Center for Academic Success (CAS), and the middle school). The subcommittee really wants to push the school tax credits and is working on having the English

brochure translated into Spanish. Maureen Calderon will check with Mrs. Hebert regarding the translation of the school tax credit brochure by the School District and whether it has been done yet. Need to do more research on how to get onto the School Board's agenda in order to make a presentation to them. Maureen will ask the Assistant Superintendent how to go about presenting to the School Board. She will let Evelyn Markee-Whitmer know what she finds out.

Mary Kirkhoff suggested that the subcommittee meet with the school district financial person to make sure the wording on the tax credit form is correct.

The subcommittee wants to update and confirm the diabetes information currently in the presentations that they are giving to the PTSOs. Rhea suggested making sure the presentations are in line with the Arizona Education Standards.

The subcommittee is working with the PTSOs and teachers on changing their attitudes toward health. Rhea suggested having a list of websites available to teachers where they could go to get free rewards that are not candy (i.e. stickers, pencils, etc...).

Fundraising Alternatives

The subcommittee wants to make some policy changes advocating for healthy fundraisers. It was suggested that a letter should be written to the editor of the newspaper saying that schools are getting healthier so the community needs to support their healthy alternatives for fundraising (i.e. magazine sales, etc...).

School Health Index (SHI)

Mike sent a letter to the Douglas Unified School District offering \$1,000 to schools who completed the SHI. The money must be used by September 30, 2004 or the money will be returned to CDC. The schools need to send an invoice to Susan Hanson describing what specifically they want and how much it costs. One school has requested playground equipment. Rhea has a list of things she wants and will speak to her school principal.

Mike also sent information on some additional funding opportunities for schools via email to the group. Specifically, he sent out information on the Nickelodeon Let's Just Play Grants Program. The application deadline is November 1, 2004. For more information and application guidelines, please visit http://www.nick.com/all_nick/everything_nick/public_ljprgrants2.jhtml. For questions please call or email: Nickelodeon Public Affairs Department at Public.Affairs@nick.com or (212) 846-4333.

Miscellaneous

The subcommittee also discussed organizing an awards ceremony/banquet to honor schools that have gotten rid of candy as a fundraiser and to create community awareness about the SAG. The subcommittee would also like to develop an emblem representing the SAG to include on the awards. They would like to write a letter to the editor of the newspaper describing to whom the award is being presented and why. The subcommittee asked for help in deciding who needs to be at the awards ceremony/banquet and how to put it together.

It was mentioned that one school board member had recently passed away. Cecilia Rosales suggested that someone from the SAG or subcommittee run for the position to support policy change. The SAG will be looking into possible candidates for the open school board position.

Updates (continued)

Southeastern Arizona Medical Center Physicians

It was mentioned that the 2 new physicians from the Southeastern Arizona Medical Center had a board meeting that conflicted with this SAG meeting and so were unable to attend this meeting. The hospital is also remodeling their Long-term Care Center for incoming internists. Patients would no longer have to be shipped to other facilities/cities.

CARE (Children's Assistance and Resource Event) Fair

The CARE Fair is scheduled for August 4, 2004. Evelyn explained that it is looking really good. She also mentioned that they are short 18 tables. If anyone has any resources, they'd be most appreciative. Immunizations will be done at the fair. An ophthalmologist will be there and anyone eligible for AHCCCS can get a free eye exam. Height, weight, blood pressure will be taken. A dentist will be available. Finger sticks will be done. Schools are also going to be there, as will Border Patrol, and Child and Family Resources. Lourdes, Cecilia Valdez, and Christine Vieira will be making an announcement about the CARE Fair on the KDAP radio station.

Border Binational Health Week

The Health Resources and Service Administration (HRSA) working with the U.S. Department of Health and Human Services (HHS), The Mexico Secretariat of Health, and the U.S.-Mexico Border Health Commission have developed a region-wide border Binational Health Week during the 2nd week in October 2004 (October 11-17). The theme for the Border Binational Health Week is "Families in Action for Health." This event will take place in Douglas on October 13th. Lourdes explained that there are a lot of people interested. The theme of the event in Douglas is "Healthy Families on the Move." The event will take place in Douglas at the 8th Street Park. The Pasos Adelante promotoras will be leading walking groups. There will also be volleyball and softball tournaments.

Pasos Adelante – Community Nutrition/Walking Groups Program

Lourdes explained that the summer group has started. Currently have 22 people in this group. Throughout the whole year beginning in October 2003 have had 97 participants in the program. Lourdes and Blanca Robles will be starting a new group in October 2004.

Other

Angel Foundation

Mary Robinson explained that the principle newspaper in Sonora wrote an article on the Angel Foundation and what it has done for the children of Agua Prieta who are ill. The Angel Foundation is located in Phoenix and was founded by Dorothy Packard Walkins, the granddaughter of BJ Packard, one of the founders of Douglas. The clinic serves 50-182 children who have epilepsy, diabetes, depression, and/or a combination of these. All clinicians who help with this clinic offer their services and time for free. Specialists and the therapists come from

Sierra Vista on a voluntary basis. Mary said that it is amazing what the Angel Foundation has been doing in Agua Prieta. Jenny suggested we try to have Dorothy come and talk to the SAG members during a future meeting about the Angel Foundation activities in Agua Prieta.

Interviews with SAG Members and Community Leaders

Jill explained that the SWCCHP wants to understand what kind of impact the SAG is having on the community. To this end, during the week of August 23rd, SWCCHP staff will be doing interviews with members of the SAG and key community leaders. The SWCCHP wants to see if this group is impacting the broader community environment. The SWCCHP would like to interview “the movers and the shakers” of the Douglas community. The interviews will focus on what the interviewee thinks is going on in the community in regards to health. The interviews will last around 45 minutes. The information gathered from these interviews will be good for the group and will help the group gain a sense of what it’s impact is on the community. The SWCCHP would be very appreciative for people’s time, however, anyone can say no to participating in the interview. The Mayor and City Council members are the hardest to contact, but if someone who knows them contacts them that would be extremely helpful. SWCCHP staff will be very flexible in setting up these interviews. Jill asked if people could think of anyone who should be contacted to participate in these interviews? People mentioned the following:

Yolanda Caruso

Paul Newman

Pastor John Fortune

Danny Martinez from the Food Bank—Lea volunteered to contact him to let him know the SWCCHP would be contacting him to participate in these interviews

David Cota

Gloria Arzate

Mike Ortega

Jill mentioned that if the group thought of anyone else that should be contacted to participate in these interviews, please give those names to Jenny, JHunter@coph.arizona.edu, or Rosie, Rsbeamer@earthlink.net.

Miscellaneous

Mike Ortega is leaving his position of City Manager as of September 1, 2004 to take a job in Phoenix with the Arizona Department of Transportation (ADOT).

Lea Dodge mentioned that people interested in becoming promotoras are being recruited to participate in the Promotora/Community Health Worker Certified Training through Cochise Community College. The application deadline is July 31, 2004. Tuition will be paid for by the STEPS grant. They are hoping for a group of 16 and have about half of that at this time.

Jenny mentioned that at the next SAG meeting in October 2004 the group would be doing the critical reflection once again as they had done back in September 2003. This will be an open discussion about the accomplishments/achievements of the SAG. We will celebrate and document these accomplishments/achievements. This discussion will help the SAG to

understand as a group what has been accomplished and how, as well as where the group wants to go in the future.

The next SAG meeting will be held:

Monday, October 18th, 2004
First Presbyterian Church
760 10th Street
Douglas, AZ
6:00-7:30 pm

There will be a subcommittee meeting held before the SAG meeting:

Monday, October 18th, 2004
First Presbyterian Church
760 10th Street
Douglas, AZ
4:30-5:30 pm