



## Allegany County Health Planning Coalition

Meeting Summary

January 9, 2024

This meeting was held via MS Teams.

### **INDIVIDUALS PRESENT**

Melissa Nething, ACHD

Carey Moffatt, UPMC

Susan Stewart, AHEC West

Kathy Condor, ACM

Melissa Clark, AHEC West

Michelle Walker, CUW

Paula McKenzie, ACHD

Jennifer Smith, ACHD

Corey Edmonds, Mtn. Laurel

Brittany Young, MPC

Becki Clark, ACHD

Jen Thomas, WellSky

Amanda Peterson, MPC

Margaret Paul, OCA

Lorena de Leon, MPC

Laurie Deckers

Marion Leonard, CMBM

Mindy Bradshaw, MPC

Christine Collins-Smith

Cherie Snyder, CMBM

Dr. Jennifer Corder, ACHD

Carrie Duckworth, ACHD

Jim Raley, Archway

Julie Teter, AHEC West

Susan Walter, TSCHC

Rhonda Pick, FCRC

Lisa Beardsley, MedTrans, ACHD

Juli McCoy, Chamber of Commerce

Deanna Clark, Associated Charities

Gail Kenner, ACHD

Sarah Bush, Aetna

Pam Jan, UPMC

Haley Guillot, ACHD

Addy Dayton, PPM

Raghu Reddy, Surgery Center, Western Maryland

Theresa Stahl, ACHD

Lisa McCoy, University of Maryland

Terri Foote, Horizon Goodwill

Kristin Thomas, MPC

### **I. INTRODUCTIONS AND WELCOME**

Melissa welcomed everyone to the meeting.

### **II. ADOPT MINUTES of November 14, 2023**

Melissa asked if there were any changes or additions to the November 14, 2023 minutes, hearing none; Carey Moffatt made a motion to approve the minutes and Paula McKenzie seconded. Minutes were accepted as submitted.

### **III. PRESENTATIONS: Mind/Body Medicine: Hope and Health for our Community**

Melissa requested jumping ahead on the agenda and delaying presentations.

***Carey Moffatt, M.S., UPMC Western Maryland, Health Coach, Certified Center for Mind-Body Medicine (CMBM) facilitator*** introduced the presentation and shared the purpose of it. CMBM helps communities around the world develop the tools they need to heal population-wide trauma. A local group of amazing people were instrumental in bringing this center to our area in response to the opioid crisis. Carey shared her testimony and how the CMBM was transformative. She also shared an experience from a participant in a CMBM group.

***Marion Leonard, Professor Emeritus, MBA Department of Frostburg State University, Certified Yoga Teacher, Phoenix Rising Level III Practitioner, Mindfulness-Based Stress Reduction Program instructor and Certified Center for Mind-Body Medicine (CMBM) facilitator*** thanked Carey for sharing and thanked the Local Health Planning Coalition for their service, time, and passion for making us healthier beings. She believes that western Maryland could be known as a wellness destination. Marion shared her personal story about caring for others

and forgetting to care for herself. Self-care is at the center of health care, and she suggested that everyone should take a break every 30-60 minutes. Marion guided the group through a breath, stress-buster relief exercise.

***Cherie Snyder, MSS, MA, Adjunct instructor Allegany College of Maryland, and Certified Center for Mind-Body Medicine (CMBM) facilitator***

Cherie thanked Carey and Marian for their involvement and shared her personal story of coping with family and work responsibilities, thankfulness for mind-body skills, and importance of self-care. She stated that ACM chose to adopt the Mind-Body Medicine's Model, a science-based teaching of a wide range of skills because it included a model of small group support. The combination of self-care, self-awareness and small group support creates a safe space for facilitator and those in the group. No advice, interpretation, problem solving, only deep listening. Cherie shared two experiences, one locally and the other internationally, both with similar responses – safe space, not alone, felt connected, felt seen and heard, and learned tools for hopelessness and healing. A survey of the Coalition had similar conclusions. Cherie wanted to share a short clip from Underpinned by Science by Jim Gordon, but due to technical issues, a link was placed in the chat box for later viewing. In the last 10-15 years much has been happening in community with mind body medicine with groups, individuals, in the school system, and at the college with advising and counseling services.

Marian reported on the importance of merging traditional wellness health practices with science and the powerful impact it has on our bodies, both physically and mentally. Demonstrating using breath as a fundamental switch, she guided the group in a belly-breathing exercise.

***Kathy Condor, Allegany College of Maryland, Culture of Care Program Manager***

Kathy reported that stress is not inherently bad. It is protective, teaches to run in threat of danger, but when it becomes chronic then it becomes a problem. Soft belly breathing breaks the chronic stress. Understanding that by doing it you're activating the parasympathetic nervous system that calms that flight or fight response. She shares with students that a few deep belly breaths act like a parachute that slows down response.

Kathy also reported on outcomes: More than 150 locally trained facilitators in our area, the highest per capita on the globe; 500 people have participated in groups; more than a dozen statewide partners; in 2020 worked with representatives from other colleges and together have reached 2,000 people through workshops; high percentage of participants share and recommend mind body with benefits carrying on 6 months later. Contact Kathy about workshops, available free of charge, and approved for CEUs. A pilot retreat style program sold out, but more 8-week and 2-day groups are coming. A link for the handout was placed in the chat box.

Cherie offered their assistance in the future to expand collaboration and support and address Coalition's plans.

Melissa will copy and share links in a follow-up email so if there is anything additional, please send it to her. Consider joining us at another Coalition meeting to provide an update.

#### **IV. LOCAL HEALTH ACTION PLAN UPDATES**

- LHAP is posted on the Coalition webpage and is a working document. UPMC is closing out Phase 1 of the Action Plan and will provide an update for the full year. Baltimore Crisis Response Inc. (BCRI) and Assertive Community Treatment (ACT) have been added to the Behavioral Health Goal for Phase 2.
- Coalition webpage (Allegany County Health Planning Coalition) and our Facebook page (Get Healthy Allegany) are linked.
- If you have any updates, please email [melissa.nething@maryland.gov](mailto:melissa.nething@maryland.gov) or [blanksl@upmc.edu](mailto:blanksl@upmc.edu)

**V. UPDATES**

***Cancer Committee Update: Paula McKenzie***

- January is National Cervical Cancer Awareness Month. At age 21, screenings are offered through providers contracted with ACHD. Females needing PAP or HPV tests are covered for Allegany, Washington, and Garrett Counties. Can also cover testing if individuals have had abnormal PAP that needs further testing.

***Catalyst Diabetes Grant***

- Stacey will provide an update at the next meeting.

**VI. PARTNER ANNOUNCEMENTS & UDPATES**

- Dr. Corder announced a grant to assess the need for a School Based Health Center in Allegany and Garrett Counties. They are seeking community members to serve on the steering committee. She explained that SBHCs would cover gaps in access to health care services for school age children. Shared Information with health care providers to communicate that these centers would not be competition and that regulations require SBHCs to communicate with providers.
- Susan Stewart announced CHW Training Program starting in March. Funds are available for 5 more students at 250% of federal poverty level or under.
- Juli McCoy provided an update about transportation. A Human Services stakeholders group is scheduled to meet with their consultants for transportation study on January 30. Hopefully it will be a great conversation surrounding human service needs, including non-emergency medical transport, and other services provided through various agencies and programs in county. As they work through the study, will provide updates.
- Corey Edmonds announced that Mountain Laurel Medical Center will be rolling out MAT substance abuse/use disorder services in Oakland and Westernport with a soft rollout in January and a full roll out in February. They'll be serving with just Sublocade, but the intention is to eventually bring in Suboxone and other medications as well. In addition, they have constructed a pharmacy in the Westernport location with a soft opening on January 16 and a full opening February 1.

**VII. NEXT MEETING**

The next meeting is scheduled for March 12, 2024 at 1:30 p.m. A meeting reminder will be sent.

**VIII. ADJOURNMENT**

Meeting was adjourned at 2:36 p.m.

Submitted by: Tana Wolfe