

CITRUS PARTNERSHIP IN HEALTH MINUTES

Lecanto Government Building, Room 166

January 22, 2009

WELCOME & INTRODUCTIONS

(Teresa Goodman, Administrator, Citrus CHD)

Teresa Goodman welcomed everyone to the meeting. Many agencies were represented and everyone introduced themselves.

Teresa shared a brief presentation about Health Department services.

- Health Department services are not only for the poor, and individuals do not have to live in Citrus County to take advantage of the services.
- Services are provided at four (4) clinic sites (Crystal River, Inverness, Lecanto, Lecanto North). Additional health care is offered all over the county through outreach clinics and events in the community.
- Not all services provided are free. There is a charge for many services. Sliding fees are based on income eligibility and some insurance.
- The Health Department partners with Citrus County government, but it is actually a state agency, part of the Florida Department of Health.

PHOENIX PROGRAM

(Bruce Deyarmond, AAS; Yvonne Hess, MS, LMFT - Citrus CHD)

A new outpatient substance abuse treatment program is being offered at the Health Department for anyone over the age of 18 or emancipated minors. The Phoenix Program is one of four treatment providers in Citrus County.

The program provides a Best Practices treatment modality that has been nationally identified as most effective. It offers clients and their families a wide variety of services for the care of substance abuse treatment, as well as co-occurring mental health issues. Services are tailored to meet the needs of each client. Statistics show people will attempt treatment up to eight (8) times before treatment sticks. Recovery is a commitment one day at a time. Relapse can start *before* reuse as recovering addicts run out of coping skills. Drug use destroys relationships, but bridges are built during the recovery process. The majority of treatment is in groups, fostering a healthy bond with others.

Citrus County has huge unemployment rates coupled with accessible 'recreation materials'. It is important to take into account the whole host of issues, crisis, and consequences. It can take years in recovery to chip away at the layers of lies and defenses.

Phoenix educates health care providers on how to get the patients to admit and accept honest help. Community health care workers need to be educated about how to talk to people with substance abuse problems and to encourage clients to talk to Bruce and Yvonne. Doctors and providers should call Bruce and Yvonne while patients are there with them. It is important to not trust the client to make the call, as they may not follow through.

A wide variety of substances cause similar symptoms. The Phoenix Program can answer questions about drug terms, symptoms, and side effects. They are a valuable community resource and partner.

Is there a website for the different drugs? Yes, remember that prescription drugs can be purchased online through Canadian sites. Recipes for drug abuse can also be found online. Another source of good information, www.erowid.org, was started in the 1980s by drug users. Keep in mind that this site may be "forbidden" on a company computer, such as from a Health Department computer.

The National Institute on Drug Abuse website, www.nida.gov, provides useful information about drugs, prevention, funding, and criteria for drug abuse. Additional information can be found at www.webmd.com.

What is the teen trend in Citrus County? Over-the-counter medications; prescriptions from relatives; and parents providing marijuana, alcohol, and pills.

What are the statistics for Citrus County? The numbers are skewed and invalid due to under-reporting. Much of the statistical information is from parents. Statistics can be found at www.myflorida.com, under the Health and Human Services section.

Is treatment restricted to substance abuse? The Phoenix Program offers clients and their families a wide variety of services for the care of substance abuse treatment, as well as co-occurring mental health issues.

Does the Phoenix Program perform interventions? It is a valuable tool utilized by both Yvonne and Bruce. The preference is for individuals to come to the office. The gang-up mentality has a place in treatment but creates instant walls and hostility. As providers, Bruce and Yvonne support the entire family. People do not like to change, but even the family must change as a patient changes: their roles are no longer the same.

What is the relationship with DCF? The Phoenix Program is getting this new relationship started. They work with the courts, attorneys, and other agencies to coordinate treatment and care, providing reports immediately for courts. The Phoenix Program does not kick people out for relapse, but some people cannot stop using in an outpatient setting. Those people are referred to a more restricted management setting at a residential facility. The Phoenix Program hopes to coordinate with neighbors in the community to meet Best Practices per the American Society of Addictive Medicine (ASAM).

What is the treatment timeframe? Do participants graduate and go back to their family? What is the drop-out rate? The Phoenix Program just obtained a DCF license and they are in the first 90-days of setting that up. Three individuals have been discharged from the program for noncompliance. Treatment is abstinence-based and individualized. Everyone is different, so the “normal” length of stay is when a patient has met their treatment goals. Even “recovered” abusers need assistance periodically.

What are the hours for the Phoenix Program, and do they work weekends? **Call 352-238-0372 (24 hours) and they will make an appointment. The Phoenix Program also has a cell phone (352-400-2178)** but please do not leave a message on that phone. Group treatment is Monday, Wednesday, and Friday from 5:30-8:30 p.m. Outpatient treatment starts with a minimum of 9 hours a week.

Can the Phoenix Program be guest speakers at other agencies? Call to set something up.

Phoenix workers are unpaid volunteers. They hope to put together contracts with Medicaid money with USF and to partner with Citrus County agencies to pull in funding. CPH members with funding contacts are urged to contact Bruce or Yvonne. Keep in mind, also, that as more and more patients are referred to the Phoenix Program, they will be able to obtain monies by showing that this is a needed service in Citrus County. If they have the financial support, they can co-locate with other groups.

TOBACCO PREVENTION AND CONTROL.

(Anne Black, Tobacco Prevention Specialist, Citrus CHD)

Research supports the benefits of tobacco-free zones. It is a cost-effective way to improve health. Numerous recent changes in Citrus County support tobacco prevention and control: both hospitals and the Health Department are tobacco free; the Sheriff's Office is only hiring non-smokers; City of Inverness workers are

tobacco-free on the clock; CFCC has implemented tobacco-free zones; the new building for EMS is tobacco free.

School trends are improving, and 120 Physical Education teachers and coaches just completed training. Tobacco-prevention programs geared towards middle-school students will begin in February.

The Citrus County Health Department offers both 1-on-1 counseling and group classes for smokers who are ready to quit. Pregnant mothers are counseled and given a survey and materials, but they are a difficult group to reach.

HEALTH PRIORITIES

*(John Marmish, Exec. Director, United Way of Citrus County;
Teresa Goodman, ARNP, PhD, Citrus CHD)*

The United Way of Citrus County hopes to make a change in our community by improving the health of Citrus County residents. Goals include promoting healthy levels of physical activity and encouraging everyone to eat nutritious meals with five servings of fruits and vegetables per day. A sign-up sheet was passed around for CPH members interested in participating in focus groups to help the community reach these goals. The Focus Group schedule has not yet been set, but meetings will be during the day.

- To help encourage residents to adopt healthy lifestyles, a kit is being developed with a fitness log, pedometer, fruit/vegetable “tracker” bracelets, and a bottle holder. Corporate sponsorship could help defray the cost, with the contributing agency name or logo on the products. These could be distributed at community events.
- To reach a larger part of the population, fitness programs will be implemented in top Citrus County workplaces to change corporate culture.
- Another option being considered is billboards promoting fitness.
- Please share any information about possible grants or funding sources.

How will success be measured? It is possible to track progress with programs implemented at companies, but this is may not be measurable at events. The Focus Groups will develop ideas as the project moves forward.

RED DRESS EVENT

(Rebecca Martin)

Last year the Women’s Heart Program of Citrus Memorial Health Systems started a yearly fund-raising and was very successful receiving donations to benefit the children of Citrus County Schools. They are currently teaching second graders a heart healthy message, extending the reach of healthy living to their families. This project will continue this year, in addition to assisting underprivileged women of Citrus County with essential heart-health care.

Red Dress events this year include:

Friday evening, January 30. Wine tasting and music inside the Old Historic Courthouse in downtown Inverness (tickets are \$20). There will also be a **free** public concert outside on the Square.

Friday evening, February 13: A special “Affair of the Heart” dinner for adults is being hosted at Black Diamond Ranch. Tickets are \$80.

Saturday, February 14: The 2nd Annual Red Dress 5k Heart Health Run/Walk will be held at Black Diamond Ranch on Valentine’s Day for the whole family. Register online at www.CitrusRoadRunners.org or www.active.com.

For tickets and more information about Red Dress Events, contact Dianne McDonald-Graber at (352) 344-6952.

COMMUNITY FITNESS CHALLENGE

(Rebecca Martin)

Fitness in Citrus encourages Citrus County citizens to practice healthy lifestyles and have fun. Recruitment for the 2009 Community-Wide Fitness Challenge is complete, and details about this year's events will be sent out to participants via e-mail within 24-hours. The *Challenge* runs from February 2 – March 8, 2009.

MEETINGS

Contact Ginni Crandall (352-726-1731 ext. 270, Virginia_Crandall@doh.state.fl.us) if you would like to be on the next agenda. Our next meeting is in the Lecanto Government Building, Room 166 on:

Thursday April 30, 2009
8:30 – 10:00 a.m.