

CITRUS PARTNERSHIP IN HEALTH MINUTES

Lecanto Government Building, Room 166

April 24, 2008

WELCOME

(Teresa Goodman, Administrator, Citrus CHD)

Teresa Goodman welcomed everyone to the newly formatted meeting. At each assembly, we will gather input from the community on how to solve local health issues. Bring new topics to our attention so we can meet the needs of our residents.

BIG BROTHERS BIG SISTERS

(Sheree Monroe, Comm. Outreach Manager)

Big Brothers Big Sisters is the largest growth-mentoring program in the country. Our local Big Brothers Big Sisters organization serves three counties: Pinellas, Hernando, and Citrus. They are starting their third year in our county, located at 701 White Boulevard, Suite A, Inverness. Their mission is to help children reach their potential through professionally supported one-to-one mentoring relationships. Last year, BBBS served 150 children in Citrus County. Using the criteria of poverty, Citrus County has 6,700 at-risk children, and we want to reach at least ten percent. Children matched with a *Big* for at least one year are 93% less likely to be involved with the Dept. of Juvenile Justice.

Adults are recruited to match with boys and girls ages 5-13, and they can be followed until they are 18. Most of the *Little*s are from single-parent homes or are being raised by a relative caregiver. Citrus County has 700 grandparents raising kids! Parents and teachers refer children into the program.

BBBS offers two different *models*. **Community-based** mentors are able to set a flexible schedule of fun. These *Bigs* commit to 4-5 hours twice a month for one year, but matches sometimes continue for up to eight (8) years. The **Community-based** mentor spends time in fun, enriching activities, exposing the children to various interests.

A new BBBS program, *Sports Buddies*, encourages men to play sports and/or attend sporting events with a kid (women and couples can also become *Sports Buddies*). BBBS has partnerships with many different sporting organizations and offers tickets to games. It is a non-threatening way for males to start a mentoring relationship. Nineteen people have already signed up in Citrus County during the first few months. They are working on a similar program with the Girl Scouts.

The second **Site-based** BBBS *model* also involves a 1-year one-to-one relationship with a child, but the place and time are set. The mentor spends one hour per week with a child at a designated in- or after-school site during the year to talk about academics and build a friendship. Currently, this takes place in Lecanto Primary School, Inverness Primary School, Homosassa Elementary School, and the First Baptist Church, although they are considering other sites.

To learn more, log onto our local website, www.bbbspc.org. To locate contacts in other counties: www.bbbs.org.

OVERVIEW OF CITRUS COUNTY HEALTH DEPARTMENT

(Teresa Goodman)

The Citrus County Health Department (CCHD) operates with a budget of over \$9 million and employs 160-170 people. We have four (4) clinic sites (Crystal River, Inverness, Lecanto, Lecanto North/Beverly Hills) and Environmental Health. Individuals do not have to live in Citrus County to benefit from our services. Fees

accommodate Medicaid, most major insurances, and we have a sliding fee scale based on income eligibility. Blue Cross-Blue Shield insurance will soon be accepted.

- The Lecanto North clinic (249-9258) has walk-in services available from 7 a.m. to 6 p.m. That site is also a dental clinic (currently 2 days per week), providing dental services for children and emergency adult dental care.
- We have a chiropractor at our Lecanto North clinic twice per week.
- A Physicians Assistant offers orthopedic services to patients referred from Emergency Rooms who have no insurance.
- Obstetric services are provided by a nurse midwife in our Lecanto complex. Shands comes down three (3) days a month to monitor high-risk patients. Genesis and Dr. Sobel also serve our clients.
- Routine functions include family planning/birth control, pregnancy testing, yearly exams, and exams for sexually transmitted disease (STD).
- A Pharmacy is also housed in our Lecanto building, where we carry out the Indigent Drug Program.
- WIC is a Federal program providing nutritional services for pregnant or breastfeeding women, infants and children up to age 5.
- Nutritional counseling is offered for diabetes or weight loss.
- Healthy Start offers support, education, and services to pregnant women, families, and children. Every woman who goes to an OB in Citrus County is screened. High-risk individuals are referred to Healthy Start, who will follow mothers from pregnancy up to age one year.
- Communicable Disease encompasses approximately ninety-five (95) reportable diseases we monitor and investigate. We respond to questions, give travel medicine consultations, and provide many vaccines in our clinics.
 - We take care of anyone with active Tuberculosis (TB) with the help of a specialist.
 - We have a specialist who assists with HIV/AIDS cases. The CCHD is the only HIV source of care in Citrus County, and we currently manage almost 100 people with HIV/AIDS. The majority are over age 40 and newly diagnosed over age 40, which matches our demographics.
 - We oversee STDs.
 - Communicable Disease works closely with Environmental Health and Animal Services making sure people do not get rabies.
 - Every two months, we send out a Newsletter about infectious disease topics to our health care partners. These are posted on our website, www.citruscountyhealth.org. We also send out a bimonthly “*Color me Healthy*” Daycare Newsletter (coloring book) to introduce children to good health practices.
- Health Education Classes / Support Groups are numerous. They include our Diabetes classes, Stop Smoking, Car Seat Safety, HIV support group, and Respiratory education. Don’t hesitate to contact us if you want a speaker.
 - Anne Black noted that Citrus County is #3 in Florida for deaths from respiratory disease. We are working with AHEC to hold seminars 2 – 3 times per year. The first seminar was yesterday with 83 people attending. People are already on a waiting list for the November seminar.
 - Anne also mentioned the *Open Airways Asthma Management* program in our schools, educating children ages 7-12. Kids who go through *Open Airways* have a 52% reduction in absenteeism.
 - Freedom from Smoking classes start May 6 at 6 p.m. at our Lecanto North site. Tom O’Brien will begin classes just for pregnant women. He is also starting a support group on May 7 for anyone who wants to stop smoking, even those who did not go through his classes.
 - Sue Littnan heads our Car Seat Safety program, to ensure that every child rides safely in every vehicle. The program offers low cost car seats. Sue is also our Injury Prevention Specialist.
- Our School Health screening team goes into schools once a year to do the mandated screening tests. We work closely with school nurses to target kids who need referrals or follow-up. We have a good connection and line of communication with the schools.

- Environmental Health services include rabies control, the sentinel chicken program, water monitoring, and inspecting pools, tanning beds, RV parks, septic systems, and gas tanks. They also go out on nuisance complaints like garbage in yard.
- Vital Statistics, at our Lecanto complex, provides birth and death certificates.
- Containers for used needles are provided at a minimal fee of \$10.
- Emergency Preparedness. We oversee the health services coordination for the community, opening Special Needs Shelters. We conduct drills for preparedness.

How are we handling the super bugs? The CCHD collaborated with Citrus Memorial Health Systems (CMHS) and Seven Rivers Regional Medical Center (SRRMC) two years ago on MRSA. The three agencies developed presentations for Health Care workers and the public. This has been presented to close to 900 people, and it has been on TV. Contact Ginni Crandall (527-0068 X240) if you would like her to give a presentation to your organization. Ginni will work with you if you need her to come out and give multiple presentations.

DISCUSSION: INCREASING NUMBERS OF SEXUALLY TRANSMITTED DISEASES

(Teresa Goodman, Virginia Crandall)

You cannot fix what you cannot face.

Ginni presented a slideshow, giving a brief overview of the Sexually Transmitted Disease (STD) problem. STDS include Hepatitis B, Human papilloma virus (HPV), Chlamydia, Gonorrhea, Syphilis, Herpes Simplex Virus (HSV), and HIV/AIDS.

- Approximately 19 million new STD infections occur each year in the United States, almost half among people age 18-24.
- One in four female adolescents (**25%**) is infected with at least one Sexually Transmitted infection.
- About 4 out of every 100 females ages 15-25 are reported to have Chlamydia, the most common STD. Chlamydia can make it impossible for her to ever have children. We are especially concerned by the Chlamydia statistics for Citrus County in 2007: The number of cases among black females doubled to 14 cases in one year.
- You can have an STD and pass it on to others without knowing you have it. Our youth don't think they can get STDs from oral sex. There are campaigns and posters in our clinics.
- Many STDs are easily treated and cured, but most doctors do not automatically test for Chlamydia or other STDs during a yearly checkup, routine pelvic exam, or PAP test.
- The CCHD currently provides the HPV vaccine free for people under 18. However, the vaccine is very expensive for those over 18. Individuals who test positive for HPV can still get the vaccine. Adults are not comfortable discussing sexual activity and STDs. When the HPV vaccine came out, the CCHD got calls from parents saying, "You can't give it to my kid because then they will have sex." We have to walk a fine line between education without becoming offensive.
- HIV/AIDS is growing in the elderly. We are working on education for those over 65, going into senior centers with annual presentations. We are also trying to reach that age group through the faith community.
- The CCHD is now working with the jail population and has done outreach at the Boys and Girls clubs.
- We have been on WYKE, but that does not reach the right audience.

We are passionate about education, and treatment is free for STDs. We have a Disease Intervention Specialist, Crystal Underwood, who finds infected individuals and their partners to get them treated. Every part of the community is a health care link responsible for the health of Citrus County, and we need your input.

Partnership Discussion and Comments:

- *Broward County hosts a summertime Teen Pregnancy program. One afternoon per week, teenagers come get education, nourishment, and counseling on preventing pregnancy. They bring friends and relatives. Teresa says we do hold teen clinics during the school year at clinics close to schools.*
- Doctor's offices are not educating pregnant women. They do not have the time, education, or staffing. Patients simply take a pamphlet or magazine. Churches and physicians are not always receptive to outreach efforts, because it is not a pleasant topic.
- Per Florida statute, you can teach abstinence in the schools, but you cannot give other sex education messages in the classroom. We want the kids to feel safe with our confidential services, but it is hard to earn their trust, especially since we cannot advertise. If a teenager requests a private conference, the school can refer them. The CCHD has three (3) school nurses, and school board nurses also refer students to us. Conversely, if we see a teenager with a positive STD result, we can contact school nurses to help us out. It was suggested that the school board consider "comprehensive education" which includes pregnancy and STD prevention.
- Students wear bracelets to represent their level of sexual activity. Parents may not be aware of this, but they would certainly want to know so they could intervene. The community cannot "fix" the STD problem if they do not get the message. We must educate the parents and adults in addition to the children. If the school principal agrees, information about these bracelets could be put in the school newsletters.
- Perhaps we can reach parents by outreach through major employers in Citrus County.
- Utilize hair salons for education / outreach.
- Maybe billboards would help.
- MySpace is a valuable tool for educating youth – they will send messages to each other.
- We are improving our collaboration with the faith community. Citrus County would like to partner with churches to talk about STDs.
- Pastor Reuman from St. Margaret's: Based on our population, 81-83% of school-aged children in Citrus County are un-churched. They are not receiving moral development because they are never brought to church to hear the message. The Pastor would like to see posters spelling out the Sexually Transmitted Diseases (not just initials like "STD") along with graphic pictures showing the diseases. He would put those posters in his church. Descriptions matter – kids think sex isn't risky and aren't worried about pregnancy. The stark pictures could make a difference.

OPEN FORUM

The Early Learning Coalition of the Nature Coast is sponsoring a *Framework for Understanding Poverty* Workshop on Saturday, May 17. The workshop is being held at the Chiefland Elementary School, Chiefland, Florida. If anyone is interested in attending or would like more information, please contact Amanda Desmartin at (877) 840-5437, or call Glenna McManigell at 453-9939.

MEETINGS

Our next meeting is in the Lecanto Government Building, Room 166 on:

Thursday June 26, 2008
8:30 – 10:00 a.m.