



## ***5 Healthy Towns Foundation***

**Executive Committee**

**~ June 19, 2019 ~**

**4:30 p.m.**

### **AGENDA**

*Any items in blue font are protected by attorney-client privilege.*

- 1. Call to Order**
- 2. Approval of March 20, 2019 minutes\***
- 3. Strategies\* – A. Heydlauff & N. O'Brien**
  - a. Root
  - b. ReThink Health
  - c. Identifying the One Big Thing

*[ Internet – 5healthytownsguest and Password –5HTwellness ]*

\*Material on website

\*For our purpose, mental health includes anxiety, depression, loneliness, substance abuse and other associated labels.



***5 Healthy Towns Foundation  
Executive Committee Meeting***

**March 20, 2019  
4:30 p.m.**

**MEETING MINUTES**

**Any items in blue font are protected by attorney-client privilege and must not be shared with anyone outside our Board of Directors and 5HF attorneys.**

Present: J. Wallace, Cindy Dresch, S. DeVol. A. Heydlauff,  
Staff: Sheila Gillman  
Absent: S. Broshar, K. Dombkowski

**1) Call to Order: 4:42**

**2) January 17, 2019 minutes approved as written.**

**3) Multi-sector coalition**

- a) Process status
  - i) Capstone students are in the process of conducting interviews with 5HF Board members and organizational leaders in the communities.
  - ii) A. Heydlauff is presenting to CAC on March 28, 2019 re:
    - (1) BOD decision in response to the external evaluation
    - (2) Potentially partnering with ReThink Health
    - (3) CAC members will be asked to read the article on Algoma and one other inspiring community story
  - iii) A. Heydlauff is preparing a business case presentation for future stakeholder presentations.

***Action: Sheila will work with Amy to update the “New Opportunity” algorithm to fit coalitions.***

- b) Potential partner update
  - i) ReThink Health is still a possible partnership
  - ii) A. Heydlauff reached out to Root Inc. to inquire about pro bono support for upcoming coalition building.
- c) Determining the focus of the multi-sector coalition may be challenging.
  - i) Data and interview responses continue to be collected but various bias can be assigned to most efforts
  - ii) We want to identify an issue for which there is need and something that will energize stakeholders.



- 4) The committee went in to executive session for the purpose of discussing results of the CEO assessment conducted through Board Source.
  - a) A. Heydlauff excused herself from the meeting
  - b) S. Gillman remained for a portion of the executive session to give feedback on staff perceptions of A. Heydlauff's performance.
  - c) Committee will bring a recommendation back to the BOD at the April BOD meeting re: performance and compensation.

Meeting adjourned sometime after 6:30 pm

Recorded by: Sheila Gillman

Approved by:

---

Jeff Wallace, Chair

---

Date

# 5 Healthy Towns Foundation



**ROOT DEBRIEF/BOARD PREP FOR 6/25**

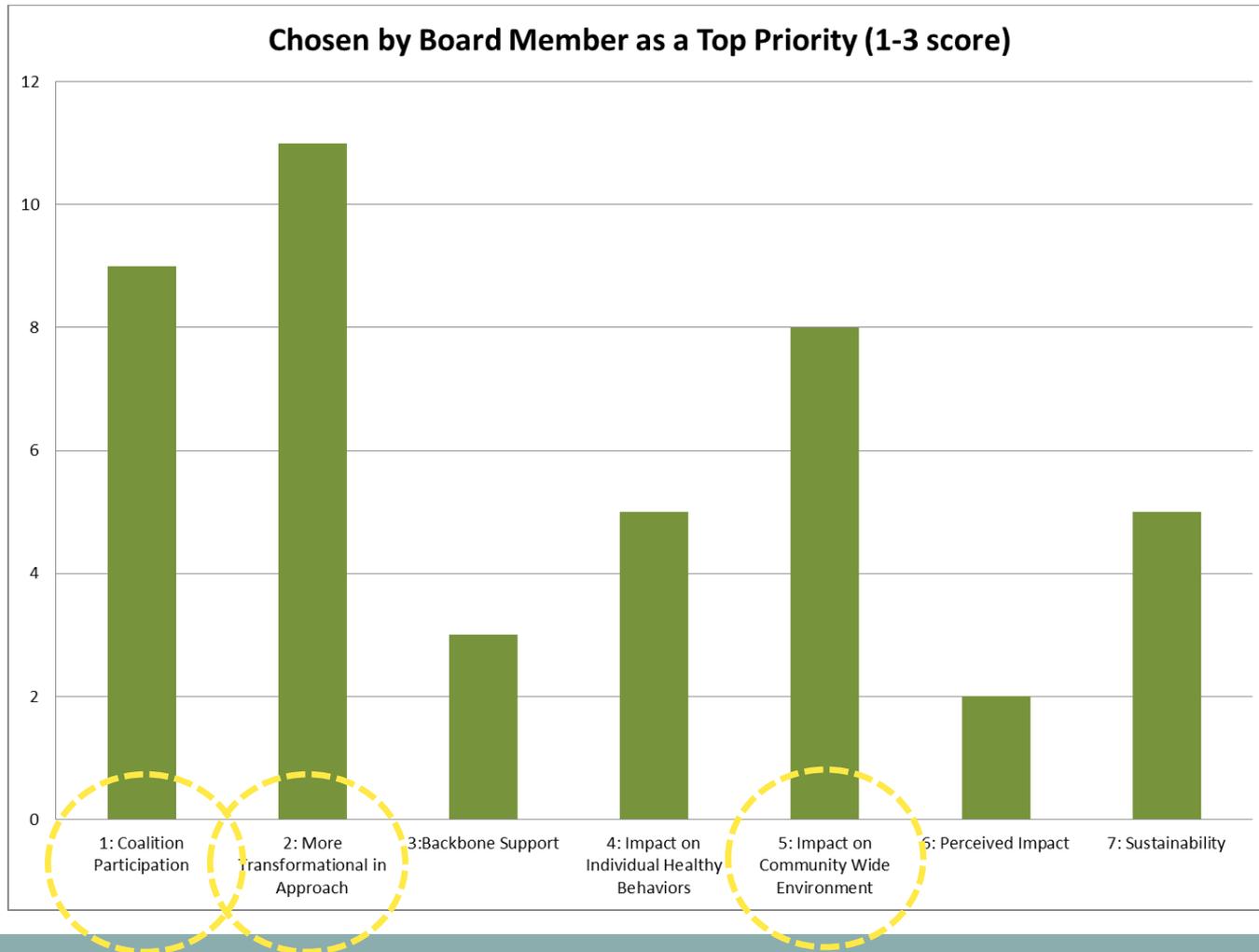
**DRAFT 6/14/19**

# Agenda

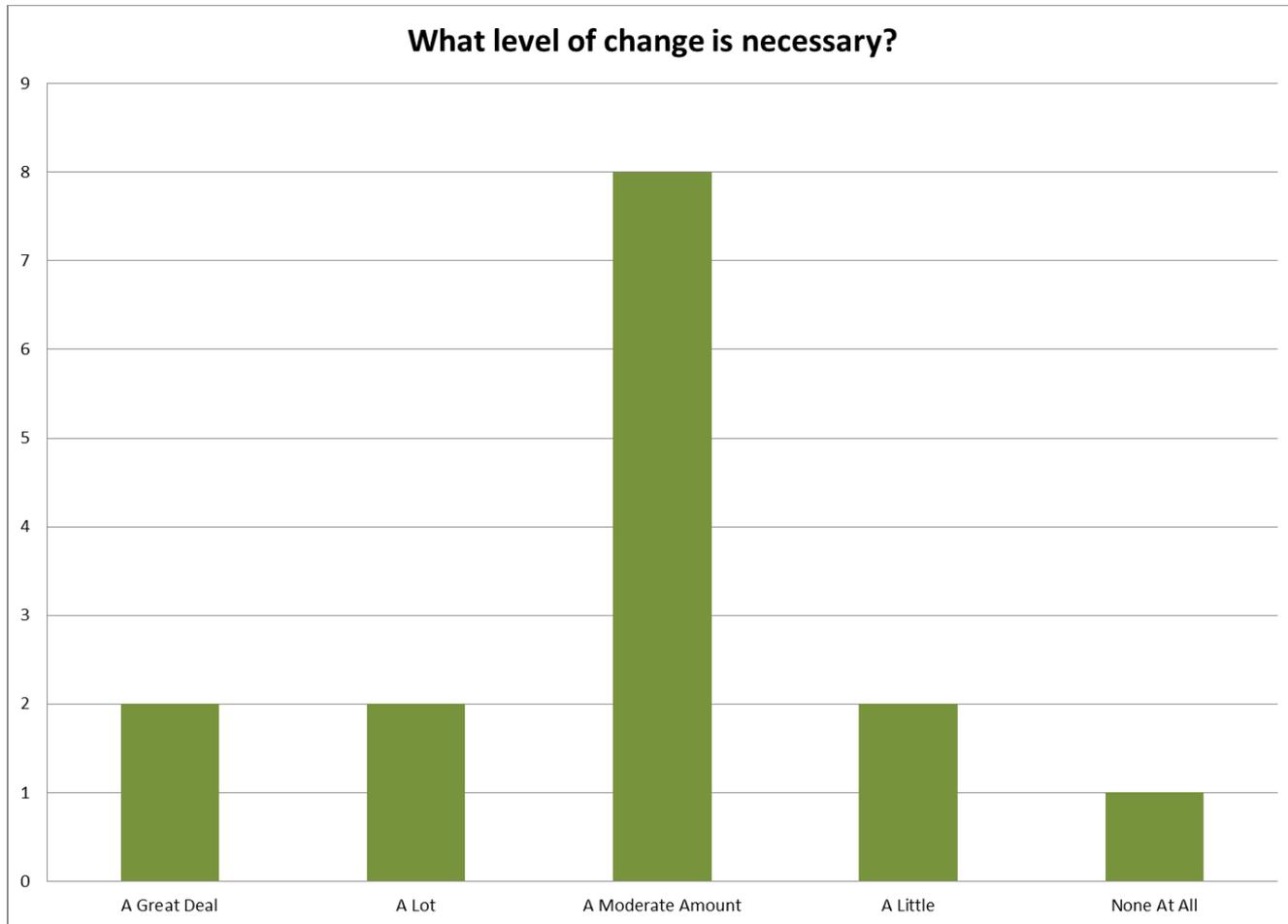


- **Recap of Strategic Direction – Fall & Winter**
- **ReThink Health Developments**
- **Root, Inc – Strategy Session**
- **Board Discussion**
  - **Affirmation of Strategy**
  - **Selection of “1 Big Thing”**

# Top Three Areas Needing Focus by 5HF



# Level of Change



# Recap of Our Strategy Decisions



## January 28, 2019 BOD decision

Discussion here about intention to go “deep” into single area; consensus on this

1. Pursue a multi-sector coalition strategy for a single area of need, in an effort to bring about true system change.
2. Identify a need that spans communities and may galvanize multiple sectors
3. Engage organizational leaders to assure the people at the table have the authority to bring about true change in policy, practice and resource commitments.
4. Seek ways to integrate this approach with our existing strategies (WC and coalitions)

# Coalition Input

*“5 Healthy Towns Foundation has done so much for us and been true to your word. If the Foundation asks us to join in something new, we owe you the benefit of any possible doubt.”* Dawn Cuddy, chair, Grass Lake Wellness Coalition

Two coalitions already voted to commit \$15k of their year 8 plan budget to our One Big Thing (Manchester & GL)

The remaining 3 agreed to invest \$15k in year 8 or 9.

Each Coalition represents 6 or more sectors in their community.

# ReThink Health Summary



**Stewards**: Leaders (people and organizations) who take responsibility for transforming health and wellbeing across a region.

ReThink will work with 6 communities across the U.S., over ~3 years. In each community they'll assist with

Formation of a collaborative of key institutions (3-5, acting as a **Stewardship Council**) that will determine what is required to bring about health and wellbeing in their region, in our case, around the One Big Thing

Identification of the right mix of health and wellness funding priorities for the region and individual stewardship institutions

# ReThink Health Summary



ReThink will help us shift relationships, funding and mindsets as we address the One Big Thing. They will

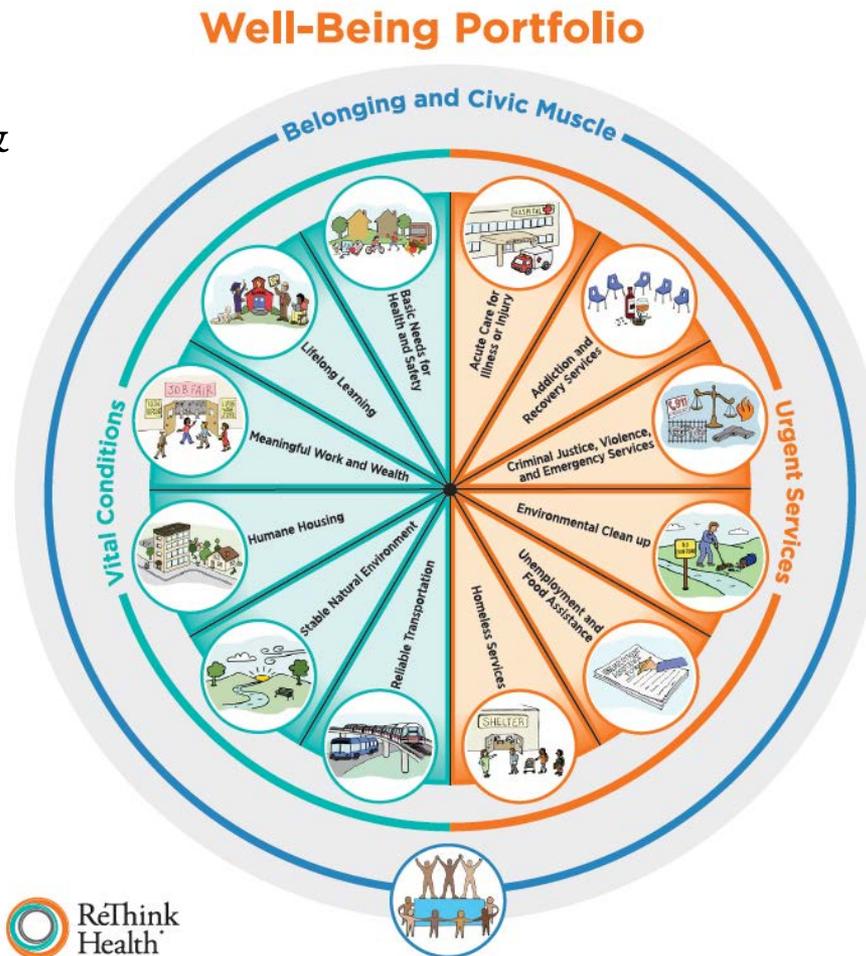


- Conduct a site visit (Sept.) to determine how Stewardship Council members will work together and with ReThink
- Conduct a design lab in Oct. or Nov.
  - Assess our current investments
  - Help each individual organization recognize their role in the **system**
  - Build a roadmap to our future state
- Facilitate peer learning with the other five sites around the country

# ReThink Diagram



- What makes up the health & well-being **system** and where do we fit?



# Root, Inc.



- **Half Day session May 29, 2019 facilitated by Jim Haudan, co-founder of Root**
- **Participants included Amy, Board Members (Sally, Nancy, Nicole), Community leaders & Former Board Members**
- **Process Included:**
  - **Strengths – “Wall of Greatness”**
  - **Truths – “Wall of Reality”**
  - **Future State & Critical Questions to achieve**

# Future State: *Start with the End in Mind*



- Shared definition of wellness with measurable/visible improvements to physical and mental health
- Transformational, system change across communities
- 2<sup>nd</sup> Session with Root planned August 7 to visually map future state
- **Board affirmation of direction required to proceed**
- Start with “Wall of Reality” and Strategic Response

ReThink Health Value:

**We’re passionate** about health, so we uncover the truth and let it drive the solutions.

# Wall of Reality & Strategic Response



Truth Statements	Strategic Response
We have adopted an “all things to all people” approach with 4 different visions and 5 communities and as a result we are often an inch deep and a mile wide.	Pursuit of 3 <sup>rd</sup> Strategy to bring focus and alignment to one shared wellness priority
We lack a vision and focus on what sustainable change looks like or how to define wellness	Achieve consensus & explore revisions to Mission, Vision, Values to best articulate and define wellness. Visual Presentation of these and strategy to achieve (Root #2)
We have no idea if we are making a difference	Define success and foster culture of outcomes and learning
We don't recognize the restrictive impact of our established, siloed systems.	Collaboration with fellow “stewards” to identify root causes and address through systems change (collaborating w/ ReThink)

# Wall of Reality & Strategic Response



Truth Statements	Strategic Response
Lack coordinated communication that unites us and fosters understanding and collaboration	Develop communication strategy that broadly promotes clarity in vision and wellness and intensely articulates importance of 1 Big Thing.
Our board meetings lack time to go deep on most critical issues	Ensure robust time allocated for discussion; initiated with key questions
We haven't made creating new committed volunteers a priority	<b>3<sup>rd</sup> Strategy improves sustainability by leveraging available resources &amp; relationships to edify our communities without additional strain on volunteer resources</b>
We lack healthy relationships with some local Governments and sectors.	<b>We believe resolution is near. All strategic efforts above are key to demonstrating our commitment to community wellness.</b>

# Board Discussion - #1



- Do we *affirm our decision* to pursue a 3<sup>rd</sup> Strategy to promote depth on a critical community wellness opportunity while maintaining strengths of local Coalitions and Wellness Centers?
- Do we still agree that “Moderate” change is enough?
- Does 3<sup>rd</sup> Strategy support objectives of transformational, outcomes driven, engaging?
- Is the Board supportive of opportunity to partner with ReThink Health to support this pursuit?

# Support for Mental Health as 1 Big Thing



Sector	Identified Need
Chelsea HS students, based on 2019 internal survey	56% worry several days to every day of the month and 47% have little interest/pleasure in doing things. 50% feel like they are a failure or let their family down.
Washtenaw County Seniors (60-100)	26% feel isolated from others; 29% feel left out and 34% lack companionship; grief changed 14% of seniors activities of daily living
Washtenaw County 2015 HIP social support and life satisfaction question	Between 15 and 25% of Washtenaw County residents sometimes or rarely get the support they need. 25-49 year olds are most in need.
2018 interview of ~25 faith leaders in 5 towns	Faith leaders identified the following priorities, in order: mental health support; senior support; family and youth programs; & physical health interventions
Nationally, per AARP's 2018 study	1/3 of adults (45 & older) are lonely Those in their 40-50s are lonelier than those >60 The loneliest are those with income <\$25k (50%)
SJMHS & MI Med are focusing on isolation, together	<b>Social Isolation has highest positive screen rate of all Social Determinant of Health domains, impact plan in development</b>

# Board Discussion - #2



- Is there **support to pursue Happiness/Positivity** as Multi-Sector Coalition focus?\*
- Any concerns with an approach of 5HF **recommending** the focus area?
- Is this aligned with our Mission, Vision and Values?...And, our definition of Wellness?
- **Do we need to redefine Wellness\*\*** and ensure our Mission, Vision and Values remain relevant/promote clarity?

*\*Assuming validation to be gathered by partner organizations and scope to be defined (ReThink's facilitation will support)*

*\*\*See slide 9. Do we define our role in wellness as contributing to a well-being portfolio/system?*