



***5 Healthy Towns Foundation***  
**Executive Committee**  
**~ October 16, 2019 ~**  
**4:30 p.m.**

**AGENDA**

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

- 1. Call to Order**
- 2. Approval of August 21, 2019 minutes\***
- 3. Strategies\***
  - a. CSI Alcohol and Drug funding criteria – short discussion
  - b. ReThink Health ‘Pie’ Exercise

***[ 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***

**August 21, 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, S. Broshar  
Missing: P. Conlin  
Staff: Sheila Gillman

**1) Call to Order: 4:33**

**2) June 19, 2019 minutes approved.**

**3) Strategies**

- a) Root, Inc. final product
- b) ReThink Health evolution update
  - i) Considered potential board members to serve on the Stewardship Council and Core Team
  - ii) A. Heydlauff and N. Graebner will serve on Stewardship Council. Heydlauff will also be on the Core Team
  - iii) N. O'Brien may serve on the Core Team and/or Stewardship Council
  - iv) K. Harmes is unlikely to serve on either but A. Kittendorf will represent MI Medicine's Family Med group on both.

**4) Property tax update**

- a) Consider a last attempt at a minimum amount offered in settlement.
- b) S. Broshar suggested asking J. Faycurry if there is potential for sanctions to be awarded & if so, we should not settle.

**Action: A. Heydlauff will follow up with Faycurry re: an assessment of potential for sanctions.**



## 5) SRSLY

- a) Potential funding recommendation from CSI
  - i) CSI may start using the *What Works for Health* Substance Abuse intervention evaluation table for all substance interventions.
  - ii) 5HF staff believes this leaves room for expanded interventions including:
    - (1) Family safety now that edibles and medical marijuana are more available
    - (2) Broaden types of substance targeted, such as vaping and edible prevention
    - (3) Broader demographic reach
    - (4) SRSLY funding requests are more specific – Project Sticker Shock for example rather than funding SRSLY in general

***Action: CSI will likely establish criteria for AUS, based on the What Works for Health table.***

***Action: SJMC and the Coalitions will be notified of the new parameters for AUS once they are established.***

Recorded by: Sheila Gillman

Approved by:

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Jeff Wallace, Chair

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Date

Addendum, September 9, 2019

Re: 4) b) Per J. Faycurry's Sept. 9, 2019 email:

“As you know, it is difficult to predict what a Judge will do. However, if the Judges adhere to the factors which support the award of sanctions, I think the chances of having them awarded are decent.”

Approach ↑↓	Policy or Program ↑↓	Evidence Rating ↑↓	Decision Maker									
			Community Development Professionals ↑↓	Community Members ↑↓	Educators ↑↓	Employers & Businesses ↑↓	Government Officials ↑↓	Grantmakers ↑↓	Healthcare Professionals & Advocates ↑↓	Nonprofit Leaders ↑↓	Public Health Professionals & Advocates ↑↓	
Implement broad initiatives to reduce alcohol and drug use	Mentoring programs: delinquency	Scientifically Supported										
Implement broad initiatives to reduce alcohol and drug use	Universal school-based alcohol prevention programs	Some Evidence										
Implement broad initiatives to reduce alcohol and drug use	Good Samaritan drug overdose laws	Expert Opinion										
Support responsible marketing and provision of alcohol and other legal drugs	Enhanced enforcement of laws prohibiting alcohol sales to minors	Scientifically Supported										
Support responsible marketing and provision of alcohol and other legal drugs	Minimum drinking age laws	Scientifically Supported										
Support responsible marketing and provision of alcohol and other legal drugs	Alcohol advertising restrictions	Some Evidence										
Support responsible marketing and provision of alcohol and other legal drugs	Naloxone education & distribution programs	Some Evidence										
Support responsible marketing and provision of alcohol and other legal drugs	Responsible beverage server training (RBS/RBST)	Some Evidence										
Support responsible marketing and provision of alcohol and other legal drugs	Prescription drug monitoring programs (PDMPs)	Some Evidence										
Support responsible marketing and provision of alcohol and other legal drugs	Mass media campaigns against underage & binge drinking	Expert Opinion										
Support responsible marketing and provision of alcohol and other legal drugs	Social host laws	Expert Opinion										
Reduce availability of alcohol and other drugs	Proper drug disposal programs	Expert Opinion										
Reduce availability of alcohol and other drugs	Alcohol access restrictions in public places	Expert Opinion										
Reduce alcohol-impaired driving	Multi-component community interventions against alcohol-impaired driving	Scientifically Supported										
Reduce alcohol-impaired driving	Mass media campaigns against alcohol-impaired driving	Scientifically Supported										
Improve access to substance abuse counseling and treatment	Alcohol brief interventions	Scientifically Supported										
Improve access to substance abuse counseling and treatment	Syringe services programs	Scientifically Supported										
Improve access to substance abuse counseling and treatment	Medication-assisted treatment access enhancement initiatives	Expert Opinion										

# ReThink Health Well-Being Portfolio Design Lab

## Pre-Work

Analyzing your Organization's Investments Using a Well-Being Portfolio Lens

### Goal of Exercise:

- To assess where mental and behavioral health investments are currently allocated
- To prepare for the work of reimagining key activities as investments (money, time, staff, etc.) in a regional Portfolio of Well-Being

### Instructions:

1. Arrange a meeting with key members of your leadership team. This meeting should last about 45-60 minutes.
2. Prior to the meeting, distribute this exercise to each member of your team. **Each participant should carefully review the elements of a Regional Well-Being Portfolio.** See the definitions in the worksheet below.
3. For the meeting, **appoint a team scribe** and **meeting facilitator**.
4. As a group, discuss where your region and 5HF's current key activities belong in the map of Elements of Well-Being. Use dots to represent the current picture.
5. Now do redo the exercise imagining how resources should be used.

1. Before your team meeting, please review the following Definitions of a Well-Being:

**Investments to Assure Vital Conditions**  
Properties of places and institutions that all people need all the time to be healthy and well

 <p><b>Basic Needs for Health and Safety</b></p>	<p><b>Basic requirements for health and safety</b></p> <ul style="list-style-type: none"> <li>• Adequate air and water</li> <li>• Nutritious food</li> <li>• Routine physical activity</li> <li>• Sufficient sleep</li> <li>• Safe, satisfying sexuality and reproduction</li> <li>• Freedom from crime, injury, violence, traumatic stress, and addiction</li> <li>• Routine health care (physical and mental)</li> </ul>
 <p><b>Lifelong Learning</b></p>	<p><b>Continuous learning, education, and literacy</b></p> <ul style="list-style-type: none"> <li>• Cognitive, social, and emotional abilities</li> <li>• Early childhood experiences</li> <li>• Elementary and high school</li> <li>• Higher education</li> <li>• Career and adult education</li> </ul>
 <p><b>Meaningful Work and Wealth</b></p>	<p><b>Rewarding work, careers, and standards of living</b></p> <ul style="list-style-type: none"> <li>• Job training/retraining</li> <li>• Well-paying, fulfilling jobs</li> <li>• Family and community wealth</li> <li>• Savings and limited debt</li> </ul>

**Services to Address Urgent Needs**  
Services that anyone under adversity may need temporarily to regain or restore health and well-being

 <p><b>Acute Care for Illness or Injury</b></p>	<p><b>Acute and post-acute care for physical and mental illness</b></p> <ul style="list-style-type: none"> <li>• Emergency medical services</li> <li>• Acute hospitalization</li> <li>• Trauma-informed care</li> </ul>
 <p><b>Addiction and Recovery Services</b></p>	<p><b>Services to address mental health and recovery needs</b></p> <ul style="list-style-type: none"> <li>• Behavioral health care</li> <li>• Substance abuse treatment and support</li> <li>• Inpatient and outpatient services for substance abuse and mental illness</li> </ul>
 <p><b>Criminal Justice, Violence, and Emergencies</b></p>	<p><b>Efforts to maintain public safety and fairly adjudicate violations of the law</b></p> <ul style="list-style-type: none"> <li>• Police and fire departments</li> <li>• First response teams (e.g., 911 dispatch, suicide hot lines, poison control)</li> <li>• The criminal justice system</li> </ul>

**Investments to Assure Vital Conditions**  
Properties of places and institutions that all people need all the time to be healthy and well

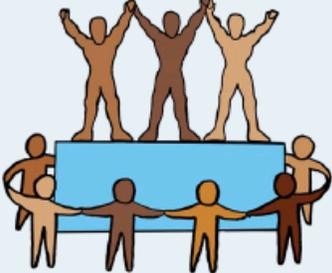
 <p><b>Humane Housing</b></p>	<p><b>Humane, consistent housing</b></p> <ul style="list-style-type: none"> <li>• Adequate space per person</li> <li>• Safe structure</li> <li>• Affordable costs</li> <li>• Diverse neighborhood (without gentrification, segregation, and concentrated poverty)</li> <li>• Close to work, school, food, and recreation/nature</li> </ul>
 <p><b>Stable Natural Environment</b></p>	<p><b>Sustainable natural resources and freedom from climate hazards</b></p> <ul style="list-style-type: none"> <li>• Clean air, water, and soil</li> <li>• Natural spaces</li> <li>• Freedom from extreme heat, flooding, wind, radiation, and earthquakes</li> </ul>
 <p><b>Reliable Transportation</b></p>	<p><b>Reliable, safe, and accessible transportation</b></p> <ul style="list-style-type: none"> <li>• Close to work, school, food, and leisure</li> <li>• Safe transport</li> <li>• Active transport</li> <li>• Efficient energy use</li> <li>• Few environmental hazards</li> </ul>

**Services to Address Urgent Needs**  
Services that anyone under adversity may need temporarily to regain or restore health and well-being

 <p><b>Homeless Services</b></p>	<p><b>Short-term housing for people experiencing homelessness</b></p> <ul style="list-style-type: none"> <li>• Emergency shelters</li> </ul>
 <p><b>Environmental Clean-Up</b></p>	<p><b>Efforts to clean up hazards in air, water, soil, homes, workplaces, and communities</b></p> <ul style="list-style-type: none"> <li>• Lead abatement</li> <li>• Water treatment</li> <li>• Brownfield decontamination</li> </ul>
 <p><b>Unemployment and Food Assistance</b></p>	<p><b>Assistance for those who are disadvantaged, out of work, or disabled</b></p> <ul style="list-style-type: none"> <li>• Federally supported programs for disadvantaged families (TANF, SNAP, WIC)</li> <li>• Food banks</li> <li>• Energy assistance</li> <li>• Childcare assistance</li> </ul>

## Efforts to Strengthen Belonging and Civic Muscle

Special capacities of people and institutions that convey to all a sense of belonging and power to influence the policies, practices, and programs that shape the world



**Efforts that strengthen belonging and civic muscle include**

- Arts, culture, and spiritual life
- Social support
- Freedom from stigma, discrimination, and oppression
- Support for civil rights, human rights
- Civic agency, engagement (voting, volunteering, public work)
- Collective efficacy
- Nonprofit organizations
- Civic science
- Transparency
- Communications, information technology, and social networking
- Politics and partisan discourse

2. Please reflect on the following questions and prepare brief responses (as a team) in the worksheet below, using your team scribe:
- a. To what extent are our regions key activities focused on Urgent Services or Vital Conditions?
  - b. Are we satisfied with the focus of our regions key activities?
  - c. To what extent are 5HF's key activities focused on Vital Conditions or Urgent Services?
  - d. Are we satisfied with the focus of 5HF's key activities?

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