



HEALTH EDUCATION ADVISORY BOARD LEE'S SUMMIT

HEALTH EDUCATION ADVISORY BOARD ACTION LETTER

Thursday, June 27, 2019

I. Call meeting to order

The Health Education Advisory Board (HEAB) meeting was called to order at 6:43 p.m. by Dr. Steve Salanski in the Administration Board Room at John Knox Village.

Members Present

Dr. Edwin Kraemer

Dr. Steve Salanski

Dr. Merle Nunemaker

Dr. Doug Herriott

Cherl Orr

Karna Stuchlik

Rhonda Canning

Monica Meeks

Staff

Chris Clubine

Colene Roberts

Guest

Andy Campbell

II. Public comments

None.

III. Trauma Informed Care presentation

Ms. Orr introduced Andy Campbell, Principal of Summit Ridge Academy. Mr. Campbell implemented trauma informed care at Summit Ridge four years ago. In that time, there has been a 90% reduction in discipline issues and a 40% increase in graduations. Research into trauma and trauma care is ongoing but trauma can be seen as a loss. That loss could be loss of childhood, relationships, self-esteem, the ability to interact appropriately, or others. It could be a single event, ongoing or chronic. In the U.S., 65-70% of adults report experiencing a traumatic event such as abuse or other difficult family circumstances, during childhood. Twenty-six percent of U.S. children will witness or experience a traumatic event before age four. Fourteen percent are repeatedly maltreated by a caregiver and 4% are physically abused. Each year, 2.5 million children are homeless in the U.S. Today's children experience virtual, reported, broadcast and perceived traumas. Anxiety and depression are the number one reasons for referrals to Summit Ridge Academy. Eighteen percent of adults in the U.S. have a mental health condition. Trauma informed care is a model that 1) realizes the widespread impact of trauma and the existence of many paths to recovery; 2) responds by integrating trauma knowledge into policies, procedures, and practices; and, 3) seeks to actively resist re-traumatization. Mr. Campbell provided handouts on ACEs (Adverse Childhood Experiences) and understanding trauma. Healthy, loving relationships are the key to changing the long term outcomes for those who suffer trauma. Outcomes can include using drugs, abusing alcohol, smoking, job-related problems, developing serious health issues like heart disease or COPD, and committing suicide. Stress is a natural reaction. Natural stressors are short term and can be seen as positive. Tolerable stress is more severe but is still recoverable. Toxic level stress is most severe and has long term impacts. The stress response

is fight, flight, freeze, and/or appease. When using this survival state part of the brain, it is impossible to also use the emotional or executive states. In traumatized people, stress hormones take much longer to return to baseline. They also spike more quickly and disproportionately. It may not be possible to eliminate trauma for someone but you can understand the prevalence of trauma and create a supportive environment. This begins with changing the question from “what’s wrong with you?” to “what’s happened to you?” Creating safety and building relationships are important to help them develop resilience. Some characteristics of resilience include developing mindfulness and practicing self-care. Mr. Campbell is writing a second article on trauma informed care. The next article will focus on trauma informed care for lay people.

IV. Approval of April 25, 2019 meeting summary

Dr. Kraemer suggested one change to the summary. The meeting summary was approved with the proposed clarification.

V. Update on marijuana related ordinances and vaping

Dr. Kraemer reported that the proposals have gone to CEDC and passed. They were on the agenda from the Planning Commission today. Ms. Meeks and Mr. Faith attended the meeting. Ms. Meeks reported that State regulations came out on June 3 that prohibit the City from putting ordinances in place that are “unduly burdensome” for dispensaries. The City can affect “time, place, and manner.” A buffer greater than 1,000 feet is not allowed. Buffers are only allowed around elementary and secondary schools, childcare facilities and churches. Beginning on Aug. 3, the State will accept applications for dispensaries and those applications should include location. The Planning Commission agreed that the buffer of 1,000 feet was appropriate for Lee’s Summit. They had a lengthy discussion on limiting the hours of sales for marijuana shops. Ms. Meeks surveyed all Lee’s Summit pharmacies on their hours. She provided the data from all 23 respondents. The Planning Commission agreed to recommend limiting the hours of sales to 9:00 a.m. to 8:00 p.m. Monday through Friday, 9:00 a.m. to 6:00 p.m. on Saturdays, and 10:00 a.m. to 6:00 p.m. on Sundays. They voted to recommend the UDO amendment to the City Council, as written, with the reduced hours of sales. The City Council will have the first reading of the ordinance at their meeting on July 9. The second reading will be at the July 16 meeting. Dr. Kraemer brought an article summarizing data from a recent study of young adults who live near a marijuana dispensary with attractive store front signs. The study found that they are more likely to have a positive view of marijuana. The article recommends restrictions on store front signs similar to those enacted in LA County. Dr. Kraemer shared the article with Board members via email. Ms. Meeks said that the State of Missouri is restricting the imagery that can be used on signs. They cannot depict marijuana, devices, or smoke. Dr. Salanski said that patients can begin submitting their certifications to the State tomorrow. An M.D. or D.O. must sign to certify that the patient has one of the conditions on the State’s list. Once submitted, the patient can then get certified to home grow. The patient can get a total of up to four ounces per month from a shop(s). That is the equivalent of about seven joints per day. Many employed physicians are still waiting to find out whether their employer will restrict them from certifying patients. Dr. Kraemer and Dr. Salanski have prepared support for a recommendation to the City Council to add vaping to the Clean Indoor Air ordinance.

VI. Board vacancy

Dr. Salanski checked with Julie Pryor and there is no update.

VII. Stop the Bleed event

Dr. Salanski said that Mr. Clubine provided a list of available dates at the Gamber Center this fall. Most Saturdays in September are available. Dr. Salanski contacted Andrew Carpenter with the City of Independence. They have training kits that they may be able to loan. He also contacted the speakers who presented the training at a meeting of HEAB last year. The training kits are very expensive and several will be needed. One trainer can work with a group of 10 or fewer. He proposed coordinating with these other groups for both training kits and additional trainers. Trainers must be medical professionals. Only five HEAB members qualify. He suggested selecting a date in September based on the availability of partner organizations. Ms. Orr will check to see if R7 has any training kits. Event attendance will have to be limited and registration will be necessary, just like the Hands Only CPR events.

VIII. Media articles

Dr. Kraemer reviewed the list of recent articles. May was on Be SMART. June was on trauma informed care. July is on fireworks safety. August will be trauma informed care for lay people (Andy Campbell's second article). September will be Ms. Stuchlik's article on compassion and kindness in the community.

IX. Future continuing education topics

Dr. Nunemaker said that Dr. John Patterson and Keri Ingle are set for the July meeting to discuss Medicaid, PDMP, and other issues. Dr. Kraemer suggested requesting their views on the physician and healthcare shortage, particularly in rural areas. If possible, August's presentation will be Stop the Bleed retraining.

X. Roundtable

Ms. Orr suggested pushing out HEAB's articles in other types of media, possibly podcasts. The articles are posted to HEAB's Facebook page. The Board discussed the need to expand into other social media, perhaps utilizing videos. Ms. Stuchlik will prepare some ideas for next month's meeting.

Dr. Salanski mentioned the farewell party for Nick Edwards tomorrow.

Dr. Kraemer brought a copy of the latest issue of KC Medicine that includes an article by Dr. Salanski.

Ms. Stuchlik said that people who use CBD oil are testing positive for THC metabolites. Many employers have a zero tolerance policy. There may be a lot of people losing their jobs.

Ms. Canning reported that ReDiscover now has a transcranial magnetic stimulator in place to treat depression. Studies on the use of Ketamine nasal spray to treat depression look promising. ReDiscover will begin offering a primary care clinic 1-2 days per week in July. Ms. Canning recently returned from Tanzania. She visited a school where the children had never seen a white person. Some children walk four hours to school. She had a chance to visit some homes and was struck by how people really are all the same.

Ms. Meeks recently attended a Jackson County Combat presentation giving the correlation of gunshot victims and gun homicide victims. A person who is wounded by gunfire is much more likely to later become a gunshot fatality in a separate incident. Ms. Meeks urged Board

members to attend the City Council meeting on July 9.

XI. Adjournment – 8:53 p.m.

MISSION STATEMENT:

In collaboration with the City of Lee's Summit we will promote and advocate personal and community health by assessing health issues and resources, educating the public and appropriate government agencies, developing plans to address health issues, encouraging public/private partnerships and evaluating our outcomes.