



## South Shore Community Partners in Prevention

**South Shore Community Partners in Prevention (CHNA 23)**  
**Wednesday, December 12, 2018**  
**8:45 A.M. to 10:15 A.M.**  
**Beth Israel Deaconess Hospital-Plymouth**  
**Funkhouser Conference Room A**  
**275 Sandwich Street, Plymouth**

Minutes

In attendance:

<u>First Name</u>	<u>Last Name</u>	<u>Organization</u>	<u>E-mail</u>
Kim	Allen	SSCPP Coordinator/United Way of Greater Plymouth County	<a href="mailto:chna23@gmail.com">chna23@gmail.com</a>
Karyn	Bubbins	BID Plymouth ACCESS	<a href="mailto:kbubbins@bidplymouth.org">kbubbins@bidplymouth.org</a>
Meghan	Cleaves	Rep. Elect Kathy LaNatra	<a href="mailto:Meghan.Cleaves@mahouse.gov">Meghan.Cleaves@mahouse.gov</a>
Sarah	Cloud	BID Plymouth	<a href="mailto:scloud@bidplymouth.org">scloud@bidplymouth.org</a>
Kathleen	Considine	NAMI	
Maureen	Doherty	BID Plymouth	<a href="mailto:mdoherty@bidplymouth.org">mdoherty@bidplymouth.org</a>
Shawna	Fanning	High Point	<a href="mailto:sfanning@hptc.org">sfanning@hptc.org</a>
Ashley	Frazier	BID Plymouth ACCESS	<a href="mailto:afrazier@bidplymouth.org">afrazier@bidplymouth.org</a>
George	Gorgizian	PCCF	<a href="mailto:gGorgizian@PCSdma.org">gGorgizian@PCSdma.org</a>
Liz	Haughn		
Michael	Jackman	Office of Congressman Keating	<a href="mailto:Michael.Jackman@mail.house.gov">Michael.Jackman@mail.house.gov</a>
Francesca	Leyra	Health Imperatives	<a href="mailto:fleyra@healthimperatives.org">fleyra@healthimperatives.org</a>

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Paul	Medico	Oscro Pharmacy	
Jim	O'Neil	Bridgewater Patient Advocacy	<a href="mailto:bridgewaterpatientadvocacy@gmail.com">bridgewaterpatientadvocacy@gmail.com</a>
Deb	Schopperle	BID Plymouth	<a href="mailto:dschopperle@bidplymouth.org">dschopperle@bidplymouth.org</a>
Amy	Sylvia	SSRAC- Road to Healing	<a href="mailto:amy.sswrc@hptc.org">amy.sswrc@hptc.org</a>
Kathryn	Trefry	KDC Healthy Families	<a href="mailto:ktrefry@kdc.org">ktrefry@kdc.org</a>
Morissa	Vital	Southeast Tobacco Free Community Partnership	<a href="mailto:mvital@sevenhills.org">mvital@sevenhills.org</a>
Janet	Wade	Healthy Kingston	<a href="mailto:janetdileowade@gmail.com">janetdileowade@gmail.com</a>
Cindy	Wengryn	PTAD	<a href="mailto:wengryn@hotmail.com">wengryn@hotmail.com</a>
Susan	West	BID Plymouth	<a href="mailto:swest@bidplymouth.org">swest@bidplymouth.org</a>
Dr. Joyce	Young	Naturopathic Physician	<a href="mailto:drjoyceyoung@gmail.com">drjoyceyoung@gmail.com</a>

Meeting called to order by Mike Jackman, SSCPP Chair at 8:55 a.m. All were welcomed and gave self-introductions. Minutes from our November meeting were approved by all in attendance.

Mike alerted all that SSCPP will be filming and posting our meetings on our website and Facebook page. December will be our first month of recording and will serve as a test run.

All encouraged to check out and add to our SSCPP resource table which is available each month.

Mike announced the first SSCPP behavioral health grant has been awarded to Plymouth Public Schools for the INTERFACE initiative. The grant will allow the Plymouth community to access a mental health resource and referral helpline free of charge called INTERFACE. The resource helps all Plymouth residents--children, adults and families—to become connected to mental health and wellness resources. SSCPP will fund INTERFACE for 2019 and 2020.

The TriCHNA (made up of the three CHNAs in the South Shore Hospital catchment area) will be offering a large behavioral health grant- details on RFP to be announced in early 2019.

### **Health Care Proxy Presentation**

David Polanik, Southern New Hampshire University and BID Hospital Plymouth

To view slides visit: <http://chna23.org/about-us/presentations-from-chna-23-general-meetings/>

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- David is a nursing student and his project is on community health.
- A healthcare proxy is someone who can be your voice if you are ever unable to make or express health care decisions yourself.
- Reviewed reasons a proxy would be needed such as loss of consciousness, dementia, Alzheimer's, and encephalopathy.
- Proxy must be age 18 or older and able to communicate your wishes. An individual must communicate with proxy before loss of ability to make decisions.
- There is a spectrum for capacity- the ability to understand and make an informed and reasoned choice.
- You can visit mass.gov to execute a proxy or can execute through your hospital. A witness must sign the form in addition to the patient.
- If a proxy is not in place, the family frequently decides- may need to go to court to have a guardian appointed.
- Proxy can be revoked at any time if you execute a new form- hospital goes by most recent form.
- Patient always has the right to disagree with the proxy's decision even when lacking capacity.

## **Vaping**

Morissa Vital, Southeast Tobacco Free Partnership

- Vaping was an issue identified at our SSCPP November community needs assessment meeting.
- Morissa covers 60 cities and towns in southeast MA and can give talks about vaping to any adults with kids (at schools, etc.). She cannot speak to kids directly.
- Passed around multiple e-cigarettes and flavor pods and demonstrated how they work.
- Some are re-fillable and can be recharged. Others are disposable after one use. The most common e-cig out there is the juul.
- A device is around \$40 and is often on sale- teens will often pool their money and share the device. They are used frequently in schools.
- They are very easy to conceal. Small and look like pens, USB sticks or makeup.
- E-cigs DO contain nicotine and the products are not always labeled to state this/to say how much is in the product.
- A pod for an e-cig has the nicotine concentration of an entire pack of cigarettes- kids can go through this in as little as an hour and typically within a day. Many pods come in fruit and candy flavors that appeal to youth.
- Surgeon general has stated that e-cigarettes are harmful and that second hand vapor is not harmless.
- Nicotine given to a person under 25 permanently impacts addiction.
- All devices have batteries- nickel, lead and tin from the battery are also inhaled.

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- Vaping actually is an aerosol- not a vapor. “Vapor” is a misleading term.
- The education on effects is behind because the products came on the market and became popular so fast.
- The perception is that more peers are vaping than they actually are which normalizes behavior. In MA, almost 34% of high-school students report currently using e-cigarettes and nearly half tried them at least once.
- Most towns, including Plymouth, are changing the legislation on buying tobacco products from age 18 to 21.
- Because vaping is so new, we do not yet have long-term studies on the effects.
- E-cigs are promoted as a way to get off regular cigarettes- ends up with dual use in many cases.
- Anything that can be a liquid can be vaped- does not have to be tobacco.
- High schoolers know regular cigarettes are bad, but are not aware of effects of e-cigs.
- Morissa promotes having parents talk to child’s pediatrician. She also distributed materials that can be shared with parents. There is a helpline as well: 1-800-QUIT-NOW.
- Opened floor for Q & A.

The floor was opened for agency announcements.

The next meeting is scheduled for **January 9<sup>th</sup>**. We will have an LGBT Health panel.

Meeting adjourned at 10:05am.

Respectfully submitted by Kimberly Allen  
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