



Healthy Wallingford 2020: Committee Meeting

October 1, 2018

9:30AM @ the Hubcap



Attendees: Liz Landow (Wallingford Center Inc.), Stephen Civitelli (Director of Health), Alexis Steele (Wlfd Health Dept – Public Health Educator), Sean Doherty (YMCA of Wallingford Director), Lynn Farria (Midstate Medical), Sally Darrow (YMCA of Wallingford), Craig Turner (Director of Youth and Social Services), Joan Stave (Office of the Mayor of Wallingford), Maria Harlow (United Way Director), Adriana Rodriguez (SCOW), Amy Foreman (Masonicare), Dr. Sal Menzo (Superintendent of Wallingford Schools), Tony Loomis (Health & Wellness Curriculum Resource Teacher)

Topic	Discussion Issues	Action
Welcome & introductions:	No new members inducted into the committee	
2017 Wallingford Health Improvement Plan slideshow:	<ul style="list-style-type: none"> • Summary of the mission statement, organizational chart, goals, and focus areas of the WHIP. • S. Civitelli – group could focus on one area/issue, such as e-cigarette usage and tackle it from respective organizations. • Regarding the activities of the group, we could potentially create a legislative agenda to address the public policy issues we may face. Mayor would have to approve public message beforehand. • Members of the Chamber of Commerce (Midstate and Quinnipiac) would be beneficial to be represented. Wallingford Housing Authority should also have representation. 	<ul style="list-style-type: none"> • envisions a 1-page executive summary of the WHIP: programs associated with focus areas, faith-based organizations that are involved. Incorporate summary 211 services. Could also be in brochure form. • S. Doherty/S. Darrow will invite chamber members for next meeting.
2019 goals:	<ul style="list-style-type: none"> • There’s been some confusion around the Healthy Wallingford 2020 group name; some think it is too closely related to the Wallingford 350 Jubilee. Proposed new names: Healthy Wallingford Alliance or Healthy Wallingford Network? • A. Foreman – Code of Ethics for parents/new residents to Wallingford, like the one that coaches 	<ul style="list-style-type: none"> • Consider a name change, topic to be revisited at next meeting. • Review sports code of ethics. • S. Menzo proposed that a Parks and Rec



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	<p>and parents need to sign.</p> <ul style="list-style-type: none"> • A. Foreman – it’s impactful to find people who have been affected by tragedy and are willing to speak about it to the community. Intergenerationally, we could ask veterans/seniors to share their stories, too. • Have a full year plan on communication. Get messaging out about what we do/have to offer as soon as people move to Wallingford. Housing authority should get involved. • C. Turner – review the mission statement: <ul style="list-style-type: none"> • If you can’t measure the outcome, don’t mention it in the mission statement. Include only what you can impact. Replace “lead” with “engage” in the mission statement. • Wallingford Discovery Map is in the works – in collaboration of the Health Dept, Wallingford Center Inc, and the Rotary. 	<p>communications plan is needed – include some messaging from all members to communicate services better.</p> <ul style="list-style-type: none"> • Expand the concept of Healthy Families through the Eat Play Unplug focus area. • Will revise mission statement and send to the group via e-mail for approval • Look into having a “family friendly” version of the map, showing just parks/social services.
<p>Data gathering:</p>	<p>Hartford Healthcare Needs Assessment:</p> <ol style="list-style-type: none"> 1. Enhanced coordination of services 2. Healthy lifestyles 3. Behavioral health: Substance Abuse Council has been closed, is there a void in services now? Will the Coalition fill this gap? Mental Health First Aid training could be beneficial, but coordination of services is always a concern (getting people in the door) <p>Trends from School Health Survey:</p> <ul style="list-style-type: none"> • Physical health/obesity, sleep/nutrition, dating violence, gambling (which has been linked to suicide). • Seen improvement in mental health, number of students harming themselves has gone down. • BUT number of students who have reported to be thinking about suicide has slightly gone up. 	<ul style="list-style-type: none"> • Invite a representative from Behavioral Health Network. • Higher parent involvement would help to address many of the School Health concerns. We can highlight that point under the Eat Play Unplug focus area. • To address ACES – add trauma into one of the focus areas. • Health Department will update with Data Haven numbers as soon as they are available. • Potentially engage different sectors of the community: police, fire, clergy, and other orgs. Then, give them a clear direction of how they



	<p>L. Farria mentioned the incredible rise in ACEs. To respond, Wlfd Schools have hired more BCBA therapists working at an elementary level. Full-time team searching out children suffering from trauma.</p> <p>S. Menzo – could bring in the voices of students/parents to this group. Is there a group of parents who have been affected by these issues in our focus areas? I.E. substance abuse, suicide, teen dating violence.</p> <p>C. Turner – Homelessness effort in town is different than other towns – we have a community specific response that sets us apart from other towns. This service should be highlighted.</p>	<p>can help our cause.</p> <ul style="list-style-type: none"> • Look out for vocal students/parents with a compelling story to tell highlighting a focus area in WHIP.
<p>HW 2020 Meeting schedule:</p>	<ul style="list-style-type: none"> i. January 10, 2019, 9:30am ii. April 11, 2018, 9:30am iii. Sept 12, 2019, 9:30am iv. Nov 14, 2019, 9:30am 	<ul style="list-style-type: none"> • Add dates to your calendar now & invite anyone who may have an impact on the WHIP!