

Advisory Council on Aging and Disability Services

Creating choices for elders and adults with disabilities in Seattle-King County

Mailing Address: PO Box 34125, Seattle, WA 98124-4215
Office Address: Seattle Municipal Tower, 700 5th Ave, 5th Floor
Tel: 206-684-0660 TTY: 206-684-0274 FAX: 206-684-0689
www.adsadvisorycouncil.org

MONTHLY MEETING FEBRUARY 8, 2008

MEMBERS PRESENT UPDATE LIST

City of Seattle	King County	United Way
<input type="checkbox"/> Daphne Tomchak	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Midge Levy
<input checked="" type="checkbox"/> Barbara Hurst, Secretary	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell	<input type="checkbox"/> Elsie Erickson	<input checked="" type="checkbox"/> Thelma Pegues
<input checked="" type="checkbox"/> Dr. Pierre Loebel	<input checked="" type="checkbox"/> Silversity Madrazo, Member-at-large	<input checked="" type="checkbox"/> Dr. Jonathan Wanagat
<input type="checkbox"/> Tim Burgess, elected official	<input checked="" type="checkbox"/> Kaylene Moon	<input checked="" type="checkbox"/> Don Moreland
<input type="checkbox"/> Marie Cook	<input checked="" type="checkbox"/> Rose Finnegan	<input checked="" type="checkbox"/> Phil Pitruzzello
<input checked="" type="checkbox"/> Houston Brown,	<input checked="" type="checkbox"/> Art Mussman, V Chair	<input checked="" type="checkbox"/> Michael Miller, AC Chair
<input checked="" type="checkbox"/> Dr. Robert Gross	<input checked="" type="checkbox"/> Kate Slaminko	<input type="checkbox"/> Vacant
<input type="checkbox"/> Jacqueline Deerr-Lord	<input checked="" type="checkbox"/> Cathy VonWald	<input checked="" type="checkbox"/> Amy Astle-Raaen

Excused Absence

Guests David Brenna

ADS Staff Pamela Piering, Rosemary Cunningham, Karen Winston, Margaret Casey, Doug Ricker, Maria Langlais, Hector Sidoine

United Way Staff Linda Woodall

King County Staff Linda Wells

MINUTES

Michael Miller, Chair, welcomed Advisory Council members and ADS staff to the meeting. He asked those present to introduce themselves.

In association with the Area Agency on Aging for Seattle-King County and sponsored by:



PROGRAM : MENTAL HEALTH TRANSFORMATION PROJECT

David Brenna, Senior Policy Analyst, Office of the Governor described the Mental Health Transformation Project as a five year federal grant awarded by US Substance Abuse and Mental Health Services Administration (SAMHSA) to states willing to transform their mental health service delivery system. Washington State was one of seven recipients. The grant provides funds to build infrastructure, for an ongoing process of planning and innovation. The Transformation Work Group (TWG) includes representatives from the human services state agencies, consumers, providers, support networks and the governor's office. TWG is directed by the Governor to oversee transformation group activities, and the creation and execution of the comprehensive mental health plan.

A Prevention Advisory Group was formed in March 2006. A white paper was finalized in December 2007 based on monthly discussions. The TWG made their recommendations in January 2008. A policy summit will be held in May 13, 2008 to engage policy makers in conversation about how to use the paper's vision to develop a less fragmented mental health prevention approach. David encouraged the audience to review the material on the Web site <http://www.mhtransformation.wa.gov/MHTG/>. Information on the Prevention Policy Summit is listed below.

David asked the audience to imagine a health care system that treated only end stage heart disease by operating on people who already experienced a heart attack. Instead we have a health care system which focuses on prevention by screening people with risk factors, prescribing aspirin or blood thinners for people with early warning signs of the disease, monitoring their cholesterol, and blood pressure, and encouraging good nutrition and exercise.

The current system of mental health is really a mental illness system with strong disincentives that prevent government-funded mental health service providers from engaging in prevention and it lacks integration and coordination. For example The Regional Support Networks by statute are concerned only with individuals in crisis. The disability and economic costs of mental illness are substantial. In the US mental illness is estimated to be the cause of 59% of economic loss from illness or injury-related loss of productivity second only to heart disease. Alzheimer's and schizophrenia have the highest yearly cost per patient of twelve major conditions including cancer or stroke.

The plan acknowledges that Washington State's MH prevention system is fragmented. It describes a model of mental health similar to public health with a focus on healthy behaviors and prevention as an essential component. Other key components include social marketing to reduce stigma, increasing incentives for evidence based practices, reducing ethnic and geographic disparities, and adopting a consumer-driven care model.

The plan's vision encompasses an integrated system across the life spans (1) children birth to five; (2) school-aged children; (3) youth in transition to adulthood; (4) adults 18-59; and (5) older adults. Plus, it will eliminate turf issues, silos while developing funding options which pay for prevention. Models of coordination will require an additional investment in data systems to

convince people that it is cheaper to fund prevention. This model of coordination should meet people where they are, help stabilize housing, provide opportunities for employment, lead to early intervention and promising practices.

For more information on the Prevention Policy Summit see below:

Prevention Policy Summit

When: Tuesday, May 13, 2008

Who: Mental health advocates, key partners, policy makers, community representatives, interested citizens

What: The Prevention Policy Summit will continue the effort to guide Washington State toward a system that promotes mental health, intervenes early, and addresses the devastating impacts of mental illness.

Where: Doubletree Inn, 16500 Southcenter Parkway, Tukwila, WA

Registration: If you would like to be on a notification list for registration, please send David Brenna an email at brenndc@dshs.wa.gov. Registration will be available on the above site by March 14.

BUSINESS MEETING

Minutes

Action Taken: It was moved/seconded and passed that the December 11, 2007 minutes be approved as written.

COMMITTEE AND TASK FORCE REPORTS

Seattle City Council

Pam reminded Advisory Council members of Councilmember Tom Rasmussen's announcement at the December meeting regarding the reorganization of Council committees and that he will no longer be Chair of the Health, Housing and Human Services Committee. Pam stated that she received word from the Executive's Office that the new Chair of the Human Services Committee will be **Councilmember Tim Burgess**, a new elected official to the City Council. A meeting will be scheduled in the near future in an effort to educate him about ADS and the Advisory Council.

Sponsors Meeting

Pam reported that the January Sponsors meeting featured a panel of representatives from family caregiver programs, including Kin On Healthcare Services, SeaMar, the Alzheimer's Association, and Northshore Senior Center. The panelists provided background information and also discussed the range and depth of family caregiver issues and services.

Sponsors also received an overview of the timeline for the nutrition service area request for proposal process for 2008. This service area includes the county-wide nutrition programs, including special nutrition and home-delivered meals. In addition, three graduate level nutrition students from a Seattle University course called Science; Policy & Nutrition will conduct three different projects focusing on 1) nutritional risk; 2) food quality; and 3) nutrition education.

Planning & Allocations Committee

Rose Finnegan reported the committee met on January 30. The meeting included a brief orientation, a survey of 2007 P&A committee activities, and a discussion of service areas to review during 2008. So far the list includes Health Promotion, Senior Information & Assistance, and Nutrition Services. Rose also reported that the committee currently lacks two United Way representatives.

Outreach and Advocacy / Health Care Task Force

Don Moreland reported the committee had a worthwhile discussion with Peter Greenfield regarding Medicaid and the need to increase income eligibility guidelines. The issue is currently working its way through the legislature, but it not anticipated to be completed during this session. Don provided a brief overview on the background of the legislation which will basically increase access to healthcare for elderly and disabled people who are very poor.

A motion was made/seconded for the Seattle King County Advisory Council support the Medicaid income eligibility level for adults who are elderly or disabled to be increased to the federal poverty level. Advisory Council support should be expressed to each King County legislator in the House and Senate.

Question: On the federal level it's been proposed that people eligible for Medicaid can only have \$2,000 in resources in the bank. That level needs to be raised also.

Answer: That is correct, however, this legislation only refers to eligibility levels for Washington State.

Action Taken: The motion passed unanimously.

Don also reported that many issues will be coming up related to healthcare. Diane Snell is the chair Health Care Task Force, however, there are times when the Outreach & Advocacy Committee and the Health Care Task Force (HCTF) have joint meetings to review and discuss certain issues.

Diane expressed her concern regarding staff support for the HCTF. Pam shared the same concern at least until the position vacated by Marcy Kubbs has been filled. Pam recommended that the Outreach & Advocacy Committee and the Health Care Task Force continue joint meetings through the end of the current legislative session, if the chairs concur.

Universal Design Coalition

Art Mussman reported on the meeting that was held February 1. The group is pursuing affiliation with the international *Institute for Human Centered Design*. The Coalition is working on a website, a logo, and a separate agenda. He also reported that Co-chairs of the Coalition, Emory Baldwin and Shirley Tomita, won the Portland Courtyard Housing Competition against 257 architects from the United States, and 15 other countries. They have also purchased property in Coupeville and will develop a similar design there using the Portland Courtyard winning design.

Art also reported on some research that he is doing with the Kirkland City Council regarding how and why cities continue to lose affordable rented units: an older place that needs upgrading in order for the residents to remain in the units, often requires extensive electrical and plumbing, etc. In order for the landlord to meet the cost of this remodeling, the rents are usually increased significantly thus meaning the residents cannot afford to stay there. Art considers this the # 1 *leakage* issue to maintaining affordable housing.

2008 Legislative Forum

Doug Ricker reported that this year's forum is scheduled for late summer or early fall. He would like to begin the planning process for the forum as soon as possible. He indicated that several AC members have responded to an email he sent regarding their interest in participating on the committee. The first planning committee meeting is scheduled for Friday, February 15, at 10 to 12:00 p.m., on the 51st floor. The meeting is open to all AC members. Some of the first tasks that committee will address include finding a venue and sponsorships.

Don recommended that the committee consider a panel discussion on the Medicaid eligibility issue in order to cover a variety of viewpoints in the issue.

State Advisory Council on Aging

Don Moreland and **Cathy VonWald**, delegates to the State Council on Aging supported the passage of House Bill 2668, Senate Bill 6222, and the caregiver bill. There are new officers on the Council who are adjusting to their new roles. It was Cathy's first meeting. She reported that the group discussed planning a retreat in the near future to do more goal setting for 2008.

NEW BUSINESS

Retreat Follow-up

Michael Miller referred to the packet of information members received from the break-out groups from the January retreat about areas of focus for the Advisory Council. Pam asked for additional suggestions from the group. Topics suggested for consideration at future AC meetings include emergency preparedness, nutrition, shared care plan. Pam mentioned that AC members may be asked to visit and eat at senior meal programs to get a consumer perspective.

Director's Report

Pamela Piering reported on several items including the following:

1. Universal Design Coalition

- The coalition is a very good model for how the Advisory Council works. Five years ago the AC identified universal design as an area of interest that no one is talking about. Now, five years later, ADS has a website with many key partners, and the coalition has transitioned to community sponsorship. It happened for the most part, due to AC members and ADS staff Margaret Casey who has convened a group of partners that meet, plan and discuss policy in this area.

2. PEARLS

- **PEARLS** is a program that addresses minor depression for Case Management clients living in their own home. The PEARLS program takes evidence-based research and puts it into practice in the community. Recently, ADS received a grant from the King County Veterans Levy which expands the PEARLS program to eligible veterans.
- **Conference on Mental Health and Aging** is scheduled for May 30th, sponsored by WAHA.

3. **Update re Housing Needs Assessment**

4. Seattle Housing Authority, King County Housing Authority and ADS will evaluate housing needs for the coming Baby Boomers, age 55+. Margaret Casey added that the WA State Housing Finance Commission released a report on a survey of baby boomers that describes what they want, how their needs will be addressed, etc. ADS staff are working with partners to assess the capital and planning needs for housing plus services. Cathy VonWald suggested that we include ARCH as a partner from the eastside of the County.

Maria Langlais reminded the AC that the ADS website has a calendar which includes events, trainings, conferences that may be of interest to AC members. If members are on the AC calendar webpage, simply click on the button labeled ALL EVENTS to see the range of upcoming events. Linda Wells commented that AC webpage is very well done and received good reviews from county officials.

Farewell to Marcy Kubbs – Before the conclusion of the meeting, AC members took time to express their appreciation for all the support Marcy provided in her role as support staff for the AC. Marcy took a new position as the Veterans and Humans Services Levy Coordinator with King County. About \$13 million a year will be dispersed to community providers to assist veterans and their families. In her new role, Marcy will be evaluating these programs.

Announcements

Dr. Jonathan Wanagat announced that he's invited Lori Nichols from Whatcom County's Shared Care Plan Personal Health Record to speak at Harborview on June 6. He encouraged anyone interested to attend.

The meeting was adjourned at 2:00 pm.

NEXT REGULAR MEETING

Friday, March 14, 2008

Noon – 2:00 p.m.

6070 Conference Room

Seattle Municipal Tower

700 5th Avenue

Seattle, WA 98104

(206) 684-0660

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