



LOS ALAMOS

County of Los Alamos

1000 Central Avenue
Los Alamos, NM 87544

BCC Agenda - Final

Los Alamos County Health Council

Catharyn Fite; Kristine Coblenz; Cameron Counters; Robert Dryja; Carrie Fanning; Philip Gursky; Lyn Haval; Desaree Jimenez; Rachel Light; Carrie Manore; Jordan Redmond; Lori Padilla; Morrie Pongratz; Richard Skolnik; and Lisa Zuhn, Members

Thursday, December 2, 2021

12:00 PM

Meeting will be conducted remotely.
<https://us06web.zoom.us/j/84093532180>

Meeting will be conducted remotely.

Notes:

NOTE: This meeting is in person and open to the public. However, for convenience, the following Zoom meeting link and/or telephone call in numbers may be used for public viewing and participation:

<https://us06web.zoom.us/j/84093532180>

Or Telephone: Dial (for higher quality, dial a number based on your current location):

US: +1 720 707 2699 or +1 253 215 8782 or +1 346 248 7799 or +1 646 558 8656 or +1 301 715 8592 or +1 312 626 6799

Webinar ID: 840 9353 2180

I. CALL TO ORDER

II. PUBLIC COMMENT

III. BUSINESS

[15196-21](#) Approval of Minutes from the November 2, 2021 Meeting

Presenters: Philip Gursky

Attachments: [BCCMeetingMinutes02-Nov-2021](#)

[15197-21](#) Dr. Laura Parajon, NMDOH Deputy Cabinet Secretary Meet and Greet

Presenters: Philip Gursky

IV. BOARD/STAFF COMMUNICATIONS

[15198-21](#) LACHC Comprehensive Health Plan/Equity Subcommittee Update

Presenters: Philip Gursky, Cameron Counters and Donna Casados

[15199-21](#) Chairman's Report

Presenters: Philip Gursky



County of Los Alamos

BCC Meeting Minutes

Los Alamos County Health Council

1000 Central Avenue
Los Alamos, NM 87544

Catharyn Fite; Kristine Coblenz; Cameron Counters; Robert Dryja; Carrie Fanning; Philip Gursky; Lyn Haval; Desaree Jimenez; Rachel Light; Carrie Manore; Jordan Redmond; Lori Padilla; Morrie Pongratz; Richard Skolnik; and Lisa Zuhn, Members

Thursday, November 4, 2021

12:00 PM

Meeting will be conducted remotely.
<https://us06web.zoom.us/j/85150766801>

I. CALL TO ORDER

Meeting was called to order at 12:05 p.m. by Chair Philip Gursky.

Present 11 - Councilor Fanning, Councilor Zuhn, Councilor Jimenez, Councilor Gursky, Councilor Padilla, Councilor Coblenz, Councilor Light, Councilor Skolnik, Councilor Haval, Councilor Counters, and Councilor Dryja

Absent 4 - Councilor Pongratz, Councilor Redmond, Councilor Fite, and Councilor Manore

II. PUBLIC COMMENT

No Public Comment

III. BUSINESS

Approval of Minutes from the October 7, 2021 Meeting

Presenters: Philip Gursky

Attachments: [BCCMeetingMinutes07-Oct-2021](#)

A motion was made by Lori Padilla seconded by Carrie Fanning that the Minutes be approved as presented. The motion passed by a unanimous vote.

Equity Committee necessary for Kellogg Funding

Presenters: Donna Casados

A motion was made by Lyn Haval, seconded by Richard Skolnik, that the Comprehensive Health Plan Subcommittee also serve as Equity Committee for purposes of the Kellogg Grant. The motion passed by a unanimous vote.

Staff Support to Health Council for completion of Key Activities related to the Kellogg Funding

Presenters: Donna Casados

Donna Casados reported.

Comprehensive Health Plan Powerpoint Presentation

Presenters: Cameron Counters

Attachments: [PPT for health plan presentation-team version](#)

A motion was made by Robert Dryja, seconded by Lori Padiil, to approve the presentation concept for the Comprehensive Health Plan and to authorize Subcommittee, Chair, and Coordinator to present the plan to County Council for approval and return to Health Council for additional approvals and implementation.

The motion passed by a unanimous vote.

IV. BOARD/STAFF COMMUNICATIONS

AdHoc Committee Updates

Presenters: Carrie Fanning, Rachel Light, Kristine Coblenz, Lisa J. Zuhn and Lyn Haval

Attachments: [Youth Resiliency - October](#)
[Older Adult Network-October, 2021](#)
[Special Needs - October](#)

BabyNet:

-Carie Fanning had nothing to report.

Special Needs:

-Rachel Light reported on events and updates. Information attached to agenda.

Youth Resiliency:

-Kristine Coblenz reported on events and updates. Information attached to agenda.

Basic Needs:

-Lisa Zuhn reported next meeting will be held in December.

Older Adult Network:

-Lyn Haval reported on events and updates. Information attached to agenda.

Chairman's Report

Presenters: Philip Gursky

Staff Report

Presenters: Donna Casados

Donna Casados reported Community Services Department updates.

V. COUNCIL COMMUNICATIONS

VI. PREVIEW OF NEXT MEETING

Next meeting will be held December 2, 2021.

NMDOH Deputy Cabinet Secretary Dr. Laura Parajon has been invited to attend December LACHC Meeting.

VII. ADJOURNMENT

The meeting adjourned at 1:21 p.m.

If you are an individual with a disability who is in need of a reader, amplifier, qualified sign language interpreter, or any other form of auxiliary aid or service to attend or participate in the hearing or meeting, please contact the County Human Resources Division at 662-8040 at least one week prior to the meeting or as soon as possible. Public documents, including the agenda and minutes can be provided in various accessible formats. Please contact the personnel in the Community Services Administration Office at 662-8241 if a summary or other type of accessible format is needed.

15200-21 AdHoc Committee Updates**Presenters:** Carrie Fanning, Kristine Coblentz, Lisa J. Zuhn, Rachel Light and Lyn Haval**Attachments:** [BabyNet NL 11.16.21](#)
[Basic Needs Sub Committee Summary Revised 11.16.2021](#)
[Youth Resiliency Committee Agenda and Notes 11.21](#)**15201-21** Staff Report**Presenters:** Donna Casados and Katherine Hudspeth**V. COUNCIL COMMUNICATIONS****VI. PREVIEW OF NEXT MEETING****VII. ADJOURNMENT**

If you are an individual with a disability who is in need of a reader, amplifier, qualified sign language interpreter, or any other form of auxiliary aid or service to attend or participate in the hearing or meeting, please contact the County Human Resources Division at 662-8040 at least one week prior to the meeting or as soon as possible. Public documents, including the agenda and minutes can be provided in various accessible formats. Please contact the personnel in the Community Services Administration Office at 662-8241 if a summary or other type of accessible format is needed.

Minutes of the LA-CHC Comprehensive Health Plan Sub-Committee
Agenda for 12:00 pm, November 18, 2021

Present: Donna Casados, Eloisa Sanchez, Katherine Hudspeth, Deni Fell, Richard Skolnick, Rachel Light, Robert Dryja, Kristine Koblentz, Cam Counters
Absent: Phil Gursky

1. Preparation for presentation of CHP work plan to the LA County Council (Phil/All):

The CHP work plan is scheduled to be presented before the County Council on December 16, 2021 along with the request for budget authority to use the funding from the Kellogg Foundation. There were suggestions for standardizing format throughout the slide presentation and adding the LA-Social Services logo. Richard and Rachel will review the current draft and suggest revisions for consideration.

2. Suggestions for information to include on the 100% Los Alamos website (All):

A question was raised regarding the objective or objectives of the 100% Los Alamos website. It was decided that the Sub-Committee needed more information about the purpose of the website and whether the website can be customized to better meet LAC's needs. Katherine and Cam will contact the sponsors of the website (100% New Mexico) and get further clarification.

3. Comparative analysis of health plans in similar locales (Richard):
After reviewing the list of comparable sites compiled by his research assistant, Richard felt that the locations were overly weighted toward rural locations that were too dissimilar to Los Alamos. Richard does see value in reviewing the listed sites for their experience with hospital closings and issues with providing adequate mental health services. He will ask his research assistant to redo the search using the Census Bureau definition of micropolitan areas as the primary inclusion criterion.

4. Additional agenda items? (All):

(1) This is the last CHP Sub-Committee meeting that Donna will attend prior to her leaving employment with Los Alamos County. Katherine Hudspeth will be serving as the LAC liaison until further notice. (2) Deni Fell, also of LAC Social Services will be participating in the CHP Sub-Committee. (3) Donna noted that the CHP Sub-Committee has been formally designated to serve as LAC's Health Equity Committee as required as a condition of accepting the Kellogg Foundation Grant. (4) A question was raised about the role of major employer healthcare

contracting as a potential barrier to full access to healthcare. The topic will be included in the assessment of the level of access to healthcare services in LAC. (5) Donna noted that the contractor that prepared the Gap Analysis was able to get hospital service utilization data. (6) Donna noted that the required Health Equity Committee training occurs on the 1st and 3rd Mondays of each month. Although all Health Equity Committee members (i.e., CHP Sub-Committee members) are welcome to participate in the trainings, Cam and Katherine will be responsible for representing the LAC Health Equity Committee.

5. Next steps (Cam):

It was noted that following approval of the CHP work plan by the LAC Council, the CHP Sub-Committee members can expect that we will begin to develop a detailed work plan. The will include specific tasks, assignments, and timelines.

BABYNET

NOVEMBER 16, 2021

FIRST BORN

- 75 families currently enrolled in their home visiting program
- Held a fall event with families to create a scarecrow for the MainStreet Event
- Will have a winter event in December
- Partnering with LAFD for a child safety event (car seat safety)
- Partnering with LAFD to and some in need families during the holidays



FAMILY STRENGTHS NETWORK

- Collaborating with Gretchen Paulson to host a family birth class at FSN
- FSN is hosting a sensory friendly holiday event on Tuesday, December 14th from 5:00 to 7:00. There will be simple crafts and an opportunity to have pictures with Santa
- FSN is collaborating with several community organizations to bring adult ESL opportunities (child friendly) to the community.

MARY BLOSER

- Health and Wellness Coach
- Created a perinatal resource guide for women in previous community, wondered how she might help BabyNet with something similar.

LAS CUMBRES

- Monthly Autism Support Group 3rd Thursdays at 10:00 on Zoom
- Circle of Security starting in January
- Music and Movement (sensory friendly) in the works
- Located at 1060 Nugget

LAC SOCIAL SERVICES

- Continues to have staggered staff due to Pandemic
- Will send out information regarding a children's vaccine clinic scheduled for Monday, November 22nd

KAREN BROWN

- Doula
- Birth Talk, A community talk circle for pregnant women and mothers invites all family structures to attend
- Created and shared a resource list of birthing options for residents of Los Alamos
- Shared that CFO, John Whiteside is leaving his position at LAMC

DESIREE CASSELL

- Dr. of Physical Therapy
- Owns Balanced Momtality, a company focused on women's health during pregnancy and postpartum
- Currently meets with clients through telehealth and home visits
- Plans to have a physical location in Los Alamos in the near future

DISCUSSION

Perinatal Resource Guide

- Would like to create a resource guide to share with the community
 - Should be accessed virtually and easily printable
 - Make printed guides available to the public every six months
 - Update every 6 months
- To include resources such as the following
 - Birthing
 - Lactation
 - PT, Massage Therapist, Chiropractors etc. specializing in perinatal practice
 - Any other resources BabyNet deems to be needed
- Possible funders for the project (Carie will work on the funding piece)
 - LACHC
 - Los Alamos Community Foundation
 - First Born
 - Dr. Office's
- Carie will check with RACEEC to compare resources
- Karen and Mary will provide examples of resource guides
 - BabyNet Members should review examples and help to populate headings for the resource guide
- In January the group members will take assignments to gather information for the guide, and information gathered will be given to Mary to compose the document

Next Meeting January 18, 2022

Contact fsn@lafsn.org for more information

CHC - Basic Needs Sub-Committee
Meeting Tuesday, November 16, 2021
2:00 – 3:00 pm
Discussion Summary

Attendance

- Lisa Zuhn – Los Alamos JJAB
- Susan Williams – First Born Program
- Deni Fell - Los Alamos County Social Services
- Lyn Haval – LA Cares
- Christine Martinez – Los Alamos JJAB Resource Specialist
- Leanna McClure – The Food Depot

Updates/Needs

LA Cares – Last distribution assisted fifty-nine families and included twenty-four deliveries. December distribution will include fruit bags donated by the AAUW, household items, and a special holiday meat item. Freezer space continues to be an issue so hoping to find others that can store the meat items or purchase them right before the distribution on December 9th and 10th. LA Cares is looking for volunteers to assist with deliveries.

First Born – Serving their funding maximum of seventy-five families and currently have a wait list. Seeing issues with women being able to get an appointment for OB/GYN care in Los Alamos. Families continue to struggle with mental health care. Also, seeing issues related to holiday stress and looking to partner with LAFD to adopt families needing assistance.

Social Services – Have Food Depot distribution flyers available for organizations. Donna Casados, Social Services Manager will be leaving employment with the County on December 10th. Katherine Hudspeth has been named as Interim Social Services Manager and recruitment to fill the position is under way.

JJAB – Resource Specialist Christine Martinez helped to organize a successful event for Spanish-speaking parents. The event included 25 participants and a range of topics including mental health, school resources, LGBTQ+, and family challenges. JJAB partnered with First Born and Los Alamos Family Council to provide the workshop. Had ninety-four requests to provide youth with winter clothing and the project is currently in distribution phase. JJAB is hosting a discussion with multiple organizations about the current levels of substance use among middle and high school youth and in the community.

The Food Depot – Due to the holidays, the mobile food pantry distribution dates for Los Alamos have changed to November 19th and December 17th. Normally have two hundred cars for the distribution, however most of the people receiving food live outside of Los Alamos County.

County Health Council Update

Lisa Zuhn provided an update that the CHC work group is continuing to discuss options for a comprehensive Community Health Plan.

Discussion

The group had a discussion on families with long-term basic needs - identifying the root cause, providing families with long-term solutions, and assisting families in releasing from the cycle. Highlights from the discussion were:

Need someone from Human Services Department to be a part of the Basic Needs Committee to ensure we are making connections with them about long-term resources (SNAP, Medicaid, State Services). Barriers identified were access to internet to apply for benefits, inability to complete paperwork or provide data, documentation required, overwhelmed by the process, and the State is lacking staff there for not providing in person hours in Los Alamos. It was also discussed

that many programs rely on income as the deciding factor but do not look at debt to income ratio. Providing face to face, individual assistance is particularly important and works well for assistance.

LA Cares indicated that Human Services could come to their distribution events to provide information and assist people with completing paperwork. It would take them being there a couple of times for people to feel comfortable with the process.

Deni indicated that LifeLink in Santa Fe is also a valuable resource, and they did a presentation at the Youth Resiliency Committee meeting.

The group discussed the option of providing career possibilities to adults within the community. For example, certification for Community Health Worker or Peer Support Worker. SFCC and CNM currently offer classes, could it be possible for UNMLA to provide? The certification can provide opportunities in the medical field and could also provide case worker options within the County. Barriers for people wanting to receive additional education are, childcare needs, need to continue working while in school, and loss of some benefits if income increases yet do not make enough for cost of living. The Early Childhood Education Department does have some grants if programs are related to early childhood programs.

One suggestion provided was to create a “roadmap” for long-term resources based on available and the ability to provide stability.

The discussion will continue at the next sub-committee meeting that will be scheduled for mid-January.

Youth Resiliency Committee

A Sub-Committee of the Los Alamos Community Health Council

Collaborating to Build an Engaged, Connected, and Thriving Community

Vision: We envision a community where all adults are developing awareness and skills and all youth are becoming connected, engaged, and resilient.

Mission: We support youth and family well-being by bringing awareness to strengths and challenges; connecting people, ideas, and resources; and increasing access to services and activities in our local and neighboring communities. We aim to recognize and celebrate every community member and foster a sense of belonging for all.

November 8, 2021

Welcome and Share – [Gratitude Challenge](#) – today's prompt is Nature – What nature do you frequently come in contact with? How does it make you feel when you experience it? Reflect on something beautiful in the nature around you.



Present - Tara Adams (JJAB Resource Specialist), Sylvie Johnson (The Family Y Wellness Director), Morrie Pongratz (LAPS Foundation and Kiwanis), Kate Cleveland (FSN Board, Health and Wellness Coach), Don Casperson (Kiwanis Club and LAPS Foundation), Carie Fanning (Family Strengths Network Director), Marie Vigil (Youth Activity Center Site Director), George Marsden (Los Alamos Teen Center Director), Melissa Mackey (Mesa Public Library Youth Services), Deni Fell (Los Alamos County Social Services Department Case Coordination Specialist), Brandi Seekins (LAPS Prevention Specialist), David Izraelevitz (Los Alamos County Council, Los Alamos Community Foundation), Kristine Coblentz (LAPS Healthy Schools Director)

Updates –

Kiwanis Sees Candy fundraiser – available at the UPEX store and online.

African Library is accepting donations of books and funds for shipping costs – the goal is to assemble one library per school by January. 90 libraries have already been collected and sent. Contact Sharon Allen for more info.

Mesa Public Library's Youth Services will be hosting a Table Top Gaming Day during Winterfest on Saturday, December 4th from 11 am – 4 pm for ages 4-18. An excellent intergenerational opportunity for adults to host game tables – bring your own or choose from 400 available games. Contact Melissa at mj.mackey@lacnm.us to sign up. Hot chocolate and cookies will be served. They are also planning an event in coordination with the Senior Center to learn and play card games.

Key Clubbers will be helping out at Trinity on the Hill Church's Children's Bazaar on December 4th where kids can shop for inexpensive holiday gifts. The annual Santa event will take place at the Catholic Church Parish Hall – no breakfast this year but an opportunity to take photos with Santa.

FSN is hosting a Sensory Friendly Holiday event on December 14th from 5-7 pm for children with developmental disabilities or who are challenged by larger group activities.

The Los Alamos Teen Center is planning to host de-stress activities for teens in preparation for the end of semester and finals week – epic nachos, henna, puppies and kittens.....

The Family Y Wellness Department is planning a Jingle Bell Predict Your Time Walk/Jog for December 11th. The Middle School Fitness and Fun class series has been a success with funding support from JJAB and in response to a recognized need and community request. 8 teens have the opportunity to work with a personal trainer to learn technique and set goals, try out Y classes, and participate in the Cooperative Extension's Teen Cuisine class.

Los Alamos Family Council is moving to a new location at 1350 Central Avenue and will be hosting a 60th anniversary celebration open house from 5-8 pm on November 30th.

Resilience Discussion –

Lara Yoder from [the Life Link](#) presented re: vital housing resources and related services for Los Alamos County and surrounding northern county residents. The Life Link also provides behavioral health services, substance abuse counseling, and case management. Staff are trained to see and work with the family as a whole and in mental health and trauma-informed care.

Lara described in detail the different housing support programs and requirements for clients to be eligible. These are last resort options for clients who have exhausted other local sources of support to either keep them housed or get them into housing. Depending on the funding source, the support may be offered to prevent eviction; to help pay back rent and utilities and some portion of rent for a period of time; to help people who are working but are experiencing homelessness; to help families move into a home and back on their feet including assisting with deposits, rent and utilities; to help people who have a disability and are homeless or precariously housed. The Life Link staff are able to help determine which funding is the best fit and also assist clients with applying for other sources of support.

Los Alamos County related resources include Los Alamos County Social Services Department, Self Help, Inc., LA Cares, and local churches.

Contact Info:

lyoder@thelifelink.org

505-819-9901

Possible Action Items:

- Share this information with people with whom you come in contact who may be eligible for support or colleagues who work with families who could benefit
- Help break stigma of asking for help by educating community members about the resources and their qualification guidelines
- Participate in a Fair Housing training
- Connect clients with legal aid as needed, assure they are aware of tenant rights
- Consider joining the 100% Community Housing Action Team when it forms
- Host a community meeting to inform landlords and recruit them as partners
- Assure the court staff have resource lists to offer people at risk of eviction

Updates and Resources –

- Helping Students Reacclimate to Being with Others All Day [article](#)
- The ‘devious licks’ TikTok challenge [article](#)
- [Relationship Mapping Strategy](#) is being utilized at LAMS
- Problematic Substance Use will be the topic of the November JJAB meeting – a solution focused discussion on possible community response and collaboration
- Lower numbers of individual attendance at the Teen Center, FSN, and the public library (established groups are active), an increase in new members at the YACs
 - Possible reasons - some parents are still working at home, mask fatigue, waiting for vaccines for younger students, safety concerns

Next meeting – December 13, 2021, 9:30 - 11:00 am at Los Alamos Teen Center