

Yolo County MCAH Advisory Board Retreat

January 18, 2023

Minutes

SUZANNE EIDSON-TON, CHAIR
CAROLYN CAMPOS, VICE-CHAIR

YOLO COUNTY HEALTH AND HUMAN SERVICES AGENCY

GONZALEZ BUILDING
25 NORTH COTTONWOOD STREET
WOODLAND, CA 95695

The Yolo County MCAH Advisory Board met on the 18th Day of January, at 8:47 AM

VOTING MEMBERS PRESENT: Kathy Eastham, Category B; Melina Ortigas, Category D; Linda Copeland, Category E; Dr. Suzanne Eidson-Ton; Category B; Carolyn Campos, RN, Category B

VOTING MEMBERS ABSENT: Cherrie Blair, Category A; Lana Casper, LCSW, Category D; Jenna Shaw-Battista, Category B; Ahna Suleiman, Category B

STAFF & GUESTS PRESENT: Raquel Aguilar, HHS; Nicole Mion, Help Me Grow; Gaby Castaneda, HHS; Vicky Ocampo; Sandeep Shahi, HHS; Ann Soliday Bench, CCHC; Alexandria Ford, Partnership Health Plan; Leon Schimmel; Martha Michel, Welcome Baby; Gu, Northern Valley Indian Health; Cathy McGovern, CommuniCare Health Cetners; Josh Hoffner, HHS; Julian Lopez, HHS; Jeneba Lahai, Yolo County Children’s Alliance

8:30 A.M. CALL TO ORDER

1. **WELCOME AND INTRODUCTIONS – Suzanne Eidson-Ton**
The January 18, 2023 MCAH Advisory Board meeting was called to order at 8:47 a.m., at which time around the table introductions occurred and quorum was confirmed.
2. **CONSIDER APPROVAL OF AGENDA – Suzanne Eidson-Ton**
Motion: Melina Ortigas Second: Linda Copeland Discussion: None Vote: Unanimous
3. **APPROVE THE NOVEMBER 16, 2022 MINUTES – Suzanne Eidson-Ton**
Motion: Linda Copeland Second: Kathy Eastham Discussion: None Vote: Unanimous
4. **COMMUNITY HEALTH BRANCH REPORT**

ANNOUNCEMENTS

5. **MEMBER ANNOUNCEMENTS/SHARING**
 - **Linda Copeland:**
 - The Department of Health Care Services their Child, Youth Behavioral Health Initiative have a pot of grant money for evidence-based practices and community defined practices opened their request for applications on December 1st. This is round one for this pot of grant money.
 - Round 1 is for any agency, group, or individual that wants to increase their capacity for parent and caregiver training and support
 - They’re emphasizing several evidence-based practices but will also accept grants under to other as long as what’s being proposed is evidence based
 - The applications are due January 31
 - Linda will send Gaby the most recent information and Gaby will send out to the group
 - **Sandeep Shahi:**
 - CHDP Program allows for well child visits without Health insurance
 - There are 23 clinics in Yolo County that provide these visits
 - The program will go away in 2024
 - Oversight for these services will go directly to managed care MediCal
 - **Cathy McGovern:**
 - CommuniCare’s Perinatal program has noticed that it’s taking a lot long for patients to get MediCal
 - Women are coming in as far as 24 weeks pregnant and have still not received MediCal

- They’ve started to notice that MediCal patients aren’t coming to local clients to receive their CPSP services
- **Jeneba Lahai:**
 - With tax season coming up, Yolo County has free tax preparation sites
 - Information will be coming out soon from YCCA on where people can go to have their taxes prepared for free

PRESENTATIONS

6. REVIEW MCAH DATA PRESENTED BY JULIAN LOPEZ

- **Accomplishments:**
 - First trimester prenatal care entries were up
 - Neonatal and post-neonatal mortality rates are down
 - Rates in cases of substantiated child abuse are down from 2019 when they peaked
 - Vaccination in schools has had an increase in students in school
 - Graduation rates have increased through 2021
 - Sexually transmitted diseases decreased from 2019 to 2021
 - 11th grade alcohol and substance use decreased from 2019-2021
 - Infant mortality rates have decreased from 2017 to 2021
 - Teen birthrate steadily decreasing, including the Hispanic rates which were the highest among all races
 - We need to keep in mind that some of these rates may be underreported due to the pandemic
- **Things To Keep an Eye On:**
 - Hospitalization rates for women with mental health diagnosis age 15-44; the rates have risen but plateaued in 2017 and have not come back down up to 2020
 - Preterm births percentages are on the rise from 2018-2020
 - Gestational diabetes percentages increased in 2018 but have started to drop in 2021
 - Exclusive breastfeed in hospital has plateaued in 2015, although it has not significantly dropped it is not rising and the states numbers are catching up
 - DentalCal utilization was rising until the pandemic where there was a large drop; we will have to see if the decline continues or if it was due to the pandemic
 - Teen births are declining over all disparities still exist in West Sacramento and Woodland which account for more than half births
 - Suicidal ideation has not changed in 11th grades but is still high
 - Youth mortality had a high spike in 2020 possibly due to the pandemic, there has been no increase or decrease in 2021; we will have to keep an eye on these numbers to see if they are dropping as we exit the pandemic
- **Areas for Improvement:**
 - Pre-pregnancy obesity, mothers are not getting back to healthy weights after prior pregnancies
 - Poverty among female head of households are more than double other families at our below the federal poverty level
 - Exclusive breastfeeding at 6 months old has dropped below the Healthy People 2020 goal
 - Oral health and dental decay have increased in prevalence for children in Esparto, Woodland, and West Sacramento
 - Prevalence in tooth decay in Esparto nearly doubled
 - 5th grade fitness is seeing an overall decline in students in the healthy fitness zone
 - Percentages shift between the overweight and obese categories
 - Harassment and bullying in 7th graders have continued to increase up to the latest released 2017-2019 levels with almost one third of students experiencing some form of harassment
 - While the Hispanic teen birth rate is decreasing overall, there is still a disparity in that populations as they accounted for three fourths of the teen births from 2017-2021

7. GROUP PRIORITIZATION OF ADVISORY BOARD FOCUS FOR 2023

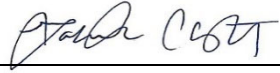
- **Please see document attached**

ADJOURNMENT

8. Next Meeting: February 15, 2023

10:00 A.M. ADJOURNMENT

Respectfully submitted by:



Gaby Castaneda, Secretary
Yolo County MCAH Advisory Board %

MCAH Advisory Board Prioritization & Focus for 2023

Items that are highlighted received votes as areas to focus on

Birthing Parent-Maternity Care	
Strengths	Gaps
<ul style="list-style-type: none"> • Passionate advocates/providers • The overall Communicare Health Centers Perinatal program, especially behavioral health and CNMS • Teen birth rates decreasing • Compassionate providers • Language access and cultural competency/humanity • WIC offices available throughout the county • Perinatal providers throughout the county • Women childbearing age services and outcomes • Newborn outcome: preterm deliveries, infant/fetal mortality • WIC program • Early access to care • CommuniCare and all services they provide • Decreasing GDM • Hospital breastfeeding • Communicare Health Centers, CPSP services • OB outreach to migrant centers • Welcome Baby Services providing additional support for moms • Support groups • Folic acid use • Many programs available • Access to healthcare • MCAH • Great support • Breastfeeding support • Healthy Families Yolo County-HFA • Early entry into pre-natal care • Family Resource Centers • Welcome Baby • WIC/CalWorks • Midwifery services available which help improve maternal and neonatal outcomes especially for persons of color 	<ul style="list-style-type: none"> • Parenting support for parents of adolescents • Mental health services for parents of adolescents (3) • Pelvic floor therapy, early/infancy parent support for rapidly changing circumstances (1) • Obesity, poverty, breastfeeding support, and teen birth disparities (3) • Breastfeeding rates, slow medi-cal process, teen pregnancies (1) • Excessive weight gain & inadequate weight gain during pregnancy, substance use during pregnancy (5) • Pre-pregnancy obesity related to interpregnancy care • Coordinated resources and social support system; barriers (cost, transportation, language, etc) to access resources • Lack of postpartum support for new families without medi-cal • No CPSP services or consistent linkage to CPSP services for private OB providers • Residential substance use treatment for pregnant and postpartum • Residential treatment for pregnant and postpartum patients and their newborns that are in Yolo County (1) • Language access for non-English/Spanish • Health literate forms/information families can use and understand • Key programs that are underutilized, WIC, and other benefits due to fears • Home visits for all postpartum patients not just Medi-Cal, partnership, no insurance (2) • Need a Yolo County birth equity manager and committee (2) • High Hispanic teen birth rate • Teen birth disparities in West Sacramento and Woodland

MCAH Advisory Board Prioritization & Focus for 2023

Birthing Parent-Maternity Care	
Strengths	Gaps
<ul style="list-style-type: none"> • Connection to available SUD treatment • Connection to available behavioral services • CPSP services are available: social work services, health education, nutrition, and lactation • Welcome Baby • Early entry into prenatal care • CPSP services • Decreasing teen birthrate • Decrease in preterm births in 2021 • Decrease in gestational DM in 2021 • Steady decrease in infant mortality rates • Really strong CPSP program at CCHC • Range of providers (CNM, OB, etc) providing care across health systems • Lower preterm birth rates, good birth outcomes for health systems • Early entry to PNC 	<ul style="list-style-type: none"> • Hospitalization for pregnant women with mental health and substance use disorder (SUD) • Infants less than 90 days old with SUD diagnosis • Increase in pre-pregnancy obesity • Exclusive breastfeeding at 6 months plateau • Yolo County pregnant women with SUD greater than overall CA • Poverty rate in female head of household • Care coordination and communication during transition (1) • Home visiting for parents that do not qualify for HFA (1) • Mental health support for niche language population, afghan families (1) • Housing crisis (1) • Cultural consideration for the birthing process (1) • Prenatal support for black families (2) • Interpregnancy care childbirth prep (community) (1) • Exclusive breastfeeding, postpartum discharge to 6 months (1) • Teen parent counseling (1) • Available pediatricians (1) • Child birth preparation (1) • Nutrition in inter-conception care (1) • Support for YA with private insurance who will have infants on Medi-Cal (1) • Easy access to Medi-Cal insurance once pregnant (2) • Transportation services (2) • Affordable housing (2) • In person support groups (2) •

MCAH Advisory Board Prioritization & Focus for 2023

Infancy/Early Child	
Strengths	Gaps
<ul style="list-style-type: none"> • More access to free pre-school services in areas that were previously underserved • Welcome baby sent the highest number of referrals to Help Me Grow in Yolo County in less than a year • Vaccination rates • Decrease infant mortality • Wide range support of networks • Good safety net programs • Welcome baby • Healthy Families Yolo County Home Visiting • Journey home SUD treatment program • Lactation support • All First 5 Programs • Baby friendly hospitals • Yolo County Children’s Alliance • Family Resource Center • Early Intervention through Alta Regional & educational programs • Fair vaccination rates • Lots of work to support dual language learners in quality counts CA • Building capacity and infrastructure for family childcare through QCC/Impact • Great outcomes of early childhood programs • Home visiting • Welcome baby • Addressing gaps and barriers for families • A lot of programs to support infancy-5 years old • Help Me Grow, First 5, Curious Parents, Early Head Start, and Free playgroups • Access to Pediatric behavioral health services • Many home visiting programs • Good hospital breastfeeding initiation • Help me Grow • Family Resource Centers • Low Infant Mortality • Home Visiting Programs 	<ul style="list-style-type: none"> • Limitations in Welcome Baby eligibility causes potential gaps in connection families to services such as Yolo Baby & Help me Grow, when infant will eventually have MCAL • Co-Parenting classes, would love a co-parenting through a diagnosis class • Encouragement to identify and support delays • Mental health for littles (1) • Timely diagnosis and treatment (2) • Clear pathways to services(2) • Seamless care for court-dependents • Training on new practices/concepts • Adherence to eligibility timelines • No shared language, a lot of programs but hard to navigate • Parenting support and community-based play groups • Early dental care • Decline in exclusive breastfeeding • Poverty • Rural areas need more support services • Need even more home visiting programs • Plateau in exclusive breastfeeding • High rate of mental health/SUD diagnoses in women and pregnant women in Yolo County • Infants born with SUD effects • Access to timely diagnostic evaluations for suspected Autism • Need more work to decrease infant/child abuse and neglect • Access to affordable daycare • Affordable housing (2) • Exclusive breastfeeding at 3 months and 6 months (4) • Staff turnover and shortages • Affordable or free childcare (8) • Shortage in childcare slots (2) • Access to specialist for children with health issues (travel out of county, sometimes UCSF) (2)

MCAH Advisory Board Prioritization & Focus for 2023

Infancy/Early Child	
Strengths	Gaps
<ul style="list-style-type: none"> • Access to Pediatricians • Decreased infant mortality rates • Family spirit home visiting program at Northern Valley Indian Health • Vaccines • Welcome Baby • Vaccinations • Access to preschool (3—5) 	<ul style="list-style-type: none"> • Inadequate childcare, TK and PK resources: educators and schools (2) • Lack of in county specialist pediatric providers-families have to travel long distances for specialty care • No high level NICU families who live in Woodland and further have to incur great expense to visit their babies, sometimes months (1) • Wait list for some home visiting programs • Low immunization rates for young children compared with CA and other counties

MCAH Advisory Board Prioritization & Focus for 2023

Adolescent	
Strengths	Gaps
<ul style="list-style-type: none"> • Good high school graduation rates • Communicare’s accessible wellness coaches providing STI treatment and reproductive/sexual health care • Good outreach & support to youth via MHSA programs • More mental health and substance use support services for youth • Tobacco prevention program in the county • Decrease in STD rates • Increased high school graduation • Access to behavioral health at Norther Valley Indian Health • HPV vaccines • Decreased birth rate • Decreased substance use • Decreased STD rates • High graduation rates • Decrease in STI • Decrease in 11th grade alcohol and substance use • Teen birthrate is down • Mental health hospitalization is down • Accessibility to mental health services and sexual reproductive services in the community • Decrease in STI rates • Elevate queer Yolo program and services • Return of teen home visiting program at the county • Decrease in teen birthrate • Return to communicare Health Centers providing sexual health education in schools • Decrease in teen substance use • Mental health services available in schools from contracted providers • Fair high school graduation • Decrease in sexually transmitted disease 2019-2021 • Decrease in 11th grade alcohol and substance use 	<ul style="list-style-type: none"> • More opportunities for civic engagement • Gaps in education results when disaggregated by city • Affordable housing (4) • Parenting classes for teenagers and parents after and during CPS cases • Independence • Social technology (1) • Parenting support for parents of adolescents (3) • Knowledge gaps from missed school • Teen birth rate in Hispanic population (1) • Oral Health • Obesity (1) • Bullying • Hispanic Teen pregnancy • Access to school nursing • Knowledge /promotion of community sponsored adolescent activities or intramural sports • High Hispanic teen birth rates • Top 3 causes of death in youth, accidents, AVA’s, and firearm related deaths) (1) • Teen birth disparities in West Sacramento & Woodland (1) • Youth mortality steady increasing in 2020 • High suicidal ideation • Welcome Baby is unable to serve this population if they have private insurance through their parents, which translate into not connecting to services such as home visiting, WIC, and Help Me Grow • High suicidal ideation • Teen birth disparities • Drug/alcohol use by teens in Yolo County and especially in Esparto Unified and Washington Unified • Decrease in 11th grade math scores in Washington, Woodland, Winters, and Esparto school districts (2) • Access to mental health services (all or no insurance) (5)

MCAH Advisory Board Prioritization & Focus for 2023

Adolescent	
Strengths	Gaps
<ul style="list-style-type: none"> • Decrease in teen birthrates • CalHOPE; CYBHI, access to managed care behavioral health 	<ul style="list-style-type: none"> • Increased bullying/harassment in 7th grade (2) • More school based health centers needed • No FPACT providers in some urban areas (ie, East Davis and parts of West Sacramento) • Few abortion providers in County • Increased mental health needs for teens; not enough service providers or barriers to access care • Not enough FPACT providers for teens in rural areas (1)

MCAH Advisory Board Prioritization & Focus for 2023

Who is Here	Who Are We Missing/Who is Not Here
<ul style="list-style-type: none"> • Family Physician • Medical provider in an FQHC serve all ages, MediCal participants • Parent of teens • Help me Grow • 0-5 resource and referral • Children’s Therapy Center • Early Intervention Specialist • Child Development Master Teacher • Early childhood and infant mental health Practitioner • Neurodiverse • CommuniCare/Welcome Baby and PN • Sutter Davis Hospital • Kaiser Clinic (Davis) • First 5 Yolo • County Services • Linda Copepland, MD, BCBA – Developmental Pediatrician, Work at UC Davis Mind Institute and Contra Costa Health Plan, was on work group with DHCS • Sutter Health: expertise in Intrapartum Care, immediate PP care, exclusive hospital breastfeeding/baby friendly • First 5 Yolo • Funder, convener, systems building and advocacy to improve quality of health and education for children and families prenatal to 5 • Female, Caucasian, Nurse Midwife, Communicare Employee, and Davis resident • Northern Valley Indian Health (dental, medical, behavioral health, podiatry, physical therapy, MAT-Medical assisted treatment program) • Public health • Early screening providers • Pediatric focused care • Access to health care • Public Health Epi, Julian Lopez, HHSa, bringing the data • Managed care plan 	<ul style="list-style-type: none"> • School districts • YCOE • Our local education agency • Primary care from Dignity and Kaiser • Business and economic perspectives • Nutrition • YCOE/education • Alta Regional • More families/youth advisory • Housing expertise • Mental Health Practitioner • Education (educator or administrator) • Community sports • Leisure expertise • Business Community member • Dignity health • School teachers • School nurse • Child welfare services • Community organizations helping with new immigrants, after school activities, women’s shelter • Dignity Health (Woodland/Davis) • Clinics residing in rural areas of Yolo County • YCOE • Yolo County Housing Authority • City parks & Recreation especially W. Sac • Mental Health Professionals • Oral Health Professionals • Childcare providers • Adolescent focused professionals • MCAH leadership from County • Parents and community members • Early childcare TK and PK providers • MediCal service representative for Yolo County • Elementary school Nurse/representative • Children’s specially care providers • OB-GYN’s • Mental Health providers for moms, children, and teens • MediCal staff

MCAH Advisory Board Prioritization & Focus for 2023

Who is Here	Who Are We Missing/Who is Not Here
<ul style="list-style-type: none">• Mother of a 4-year-old• Diverse colors/races and cultures• Medical practitioners (MDs, CNMs, RN, PHNs, etc)• Public health professionals• Community services providers	<ul style="list-style-type: none">• Afro-American colleagues• Economist• Mental health counselors• Lobby's to school district staff• Business owners/employers• Parents in recovery• Consumer representatives• Woodland Health and Dignity Hospital Representative