



**BOARD OF HEALTH MEETING MINUTES**  
 Monday, July 24, 2023 | 3:00 pm  
 301 W. Jefferson St., Conference Room 250-8, Phoenix, AZ

ITEM	TOPIC/ACTION	PRESENTER
1.	<p><b>CALL TO ORDER:</b> The meeting was called to order at 3:00 pm</p> <p><b>A. Roll Call</b></p> <p><b>Members Present:</b> Don Cassano (virtual), Debra Baldauff (virtual), Robert MacMillan, Joanne Osborne, Paul Stander (virtual)</p> <p><b>Ex-Officio:</b> Marcy Flanagan</p> <p><b>Members Absent:</b> Paula Banahan, Matthew Farber, Supervisor Bill Gates</p> <ul style="list-style-type: none"> <li>A quorum (6) was not established, therefore only the discussion items were addressed.</li> </ul> <p><b>B. Call to the public:</b> Ms. Sampler informed everyone there were no speaker requests.</p>	President MacMillan
2.	<p><b>Continuance of Officer Term and Postponement of Elections</b></p> <ul style="list-style-type: none"> <li>No action</li> </ul>	President MacMillan
3.	<p><b>Approval of April 24, 2023 Board of Health Minutes</b></p> <ul style="list-style-type: none"> <li>No action</li> </ul>	President MacMillan
4.	<p><b>Environmental Services Department Fee Waiver Applications</b></p> <p><b>Request for Board of Health approval of seventeen (17) fee waiver applicants.</b></p> <p>July 14, 2023 Fee Waiver Staff Report and July 24, 2023, Board of Health Fee Waiver Application Summary Sheet</p> <ul style="list-style-type: none"> <li>No action</li> </ul>	Robert Stratman
5.	<p><b>Air Quality Department</b></p> <p><b>Approve initiation of regulatory changes to Rules 313, 330, and 331.</b></p> <ul style="list-style-type: none"> <li>No Action</li> </ul>	Greg Verkamp/ Kimberly Butler
6.	<p><b>Teen Mental Health Presentation</b></p> <p>Ms. Osborne introduced her guests</p> <ul style="list-style-type: none"> <li>Ryan Nunez (Pastor)</li> <li>Dr. Gary Kirkilas (Pediatrician)</li> </ul>	Joanne Osborne

- Gina Godbehere, Esq. (Non-profit)
- Kristina Guy (School Counselor)

Ms. Osborne chaired the Ad Hoc Committee on Teen Suicide when she was a member of the Arizona State Legislature. The committee's focus was on mental health. The group came up with a list of 23 recommendations to address the problem.

The committee formed working groups to focus on these issues:

- Bullying and social media
- Family support and substance abuse
- Access to care
- Depression and mental illness

**Dr. Kirkilas**, is a pediatrician and a member of the Arizona Academy of Pediatrics. Mental health and substance use are two of the biggest issues he deals with. His specific branch of pediatrics is with homeless or with children at or below the poverty line. Dr. Kirkilas works from a medical mobile unit, "a clinic on wheels."

- Serves ages 16-17 years old
- Serves teens suffering sexual and physical abuse
- Parents are either incarcerated
- Parents are addicted to a substance
- No option to refer them to mental health services because there's no one to sign their consent form
- Arizona is in the minority for allowing 16-17 year olds to consent for themselves for mental health services

His recommendation was to allow 16- and 17-year-olds to consent for themselves for four months so they could:

- Receive stabilization therapy
- Avoid thoughts of suicide or hurting themselves
- Allow talk therapy (no medications)
- Establish care and help heal

Dr. Kirkilas found that kids dealing with mental health issues are turning to substances. Cannabis in Arizona is legal for recreational use, however Dr. Kirkilas states that Arizona currently does not safeguard the advertising of cannabis. Teens have shown him their Instagram pages where ads and or posts use things like Santa Claus, cartoons, and backpacks. His advice is for the healthcare community to curb cannabis advertising just like tobacco.

Dr. Stander applauded the efforts of working with a very difficult population, adding that he thought it was a sensible recommendation. Dr. Kirkilas further explained any recommendations would need to be done as a legislative piece requiring it to be written in the bill, which was not taken up by any legislators.

**Gina Godbehere** is a non-profit member, attorney and the CEO for Speak Up, Stand Up, Save a Life, which began as a County initiative. Ms. Godbehere spoke about events of murder/suicide at a local school, and noticing in every school shooting across this county, there were missed warning signs on social media. The community joined law enforcement and other groups to teach the universal warning signs that children can be in a crisis allowing them the ability to ask for help when needed.

Working every level from juvenile to homicide cases allowed her to review mitigation reports sometimes pinpointing the exact moment in time where a child went right and should have gone left, usually a result of trauma that occurred decades before that went untreated. The focus begins from there as to how or what they could do to change that.

Because people with mental health self-medicate on illegal drugs, they are the at-risk community that end up in our criminal justice system and our homeless population. Early intervention requires access. Ms. Godbehere was part of the Family Support Substance Abuse section.

Ms. Godbehere pointed out many people do not have access to treatment and

- They look into the private sector
- Often takes 6-8 weeks
- Families can't afford the cost
- Not all providers accept insurance
- Many are a cash-based business because there's a shortage of it

Her research showed that in-patient care could cost \$10,000 or \$7,000 for a family to put a family member in an in-patient substance abuse center.

### **The Resource Hub**

There was a recommendation to host a Resource Hub on the State Department of Health's website. It would:

- Be accessible to all schools and communities
- Allow access for all families
- Allow access for all school districts
- Allow government and non-profit help
- List the non-profit programs in communities

Ms. Osborne added that if the State does not host a Resource Hub, perhaps Maricopa County could host it.

**Kristina Guy** is with a campus counselor at West-Mec, a Career and Technical Educational High School in the West Valley. Kristina's recommendation was to increase the number of certified school counselors at every school level to improve caseloads. Ms. Guy outlined the need to help children at a younger age develop skills.

- Very few elementary schools have counselors

- Elementary schools will have one counselor serving 900-1,200 students
- Focus on adding more school counselors
- Teach youths social and emotional developmental skills

Ms. Guy spoke about advocating for mental health at a young age. The focus was to create a Teen Mental Health Grant using the Opioid Settlement funding with the goal of educating all school counselors on youth mental health first aid.

Ms. Godbehere suggested that Maricopa County utilize a hub to allow for unified access to programs such as Parents of Addicted Loved Ones (PAL). PAL is a nonprofit in Peoria that provides hope through education and support to parents of adults dealing with substance use disorder.

**Ryan Nunez** is a pastor, and his recommendation was on access.

- Access to substance misuse and patient rehab facilities for children and adolescents
- Provide additional counseling access to members of the community.
- Goals
  - 1000 members through mental health
  - First aid training
  - Deploy across the West Valley
  - Adhere to those that need intensive care
  - Inpatient drug rehabilitation

Reference provided: [www.findtreatment.gov](http://www.findtreatment.gov) search for local mental health substance abuse facilities. The recommendation is to invest in more mental health professionals and facilities.

The Board acknowledged appreciation for all the recommendations. There isn't any conclusive information that explains why youths are either moving towards opioids or suicide.

Ms. Flanagan thanked the presenters for providing information and recommendations. Public Health surveys are saying the same thing; substance abuse and mental health issues are woven together. Statements were made relating to adverse childhood experiences and research that explains issues youths deal with that affect their brain development and mental health.

Dr. Stander asked if there was any specific action that the Board of Health could take today.

President MacMillan said the role of the Board of Health role is to advise and approve items. Items not presented on the Board of Health's agenda cannot have action taken. It was recommended to add an agenda item to a future Board of Health meeting that addresses some of the recommendations from the Teen Mental Health Ad Hoc Committee.

7.	<p><b>Public Health Report</b></p> <p><b>A. Heat</b></p> <p>Ms. Osborne wanted to clarify if the County sees anything that puts people in a similar grouping, for instance, homeless citizens, or residents who had an A/C unit fail, and different populations. Ms. Flanagan stated that the County does investigate other groups and that information is available to look back on once the heat investigations are done. If these investigations are ongoing - case numbers would need to be more accurate and up to date from the previous heat report.</p> <p>President MacMillan asked for an explanation of what “under investigation” means and when cases are no longer under investigation. Ms. Flanagan explained that “under investigation” is a process through the Office of the Medical Examiner (OME). The department must go through all cases and complete extensive background work – most times, the cause of death can be a combination of issues. Therefore, OME must determine whether heat was a contributing or primary factor. Many of these cases are complete. However, the department presented this report days before the Board of Health meeting, and numbers are subject to change.</p> <p>President MacMillan asked if the target population of these reports were primarily elderly or homeless. Ms. Flanagan informed the Board that heat reports break down all the different types of residents within the County.</p> <p>President MacMillan asked what the measure of impact was and if there had been any action in this area. Ms. Flanagan responded that they are making an impact and are measurable over time. They can look at an epi curve to see trends, and they can look at what programs they have implemented to see what other concerns that need addressing.</p> <p><b>B. Opioid Settlement</b></p> <p>Joanne Osborne stated she hopes this plan also helps inmates with substance use issues and ensures there is help for them from incarceration to life outside of the jails. Ms. Flanagan stated the County has "Peer Navigators" to help guide people who struggle right out of jail.</p> <p>President MacMillan asked if Ms. Flanagan had any idea what the trend of opioid use in youth is. Ms. Flanagan stated there's absolutely been an increase over the past several years in opioid overdoses. Synthetic-based opioids have become popular due to drug smugglers and the potential of adding other substances into those drugs, increasing the possibility of overdose. Ms. Flanagan also mentioned that during the pandemic, there was a substantial increase in mental health issues with teens that could have been contributors to the rise in overdoses over the years.</p> <p>President MacMillan asked if any school programs make kids aware of the effects of opioids/drugs. Ms. Flanagan responded that each school operates</p>	Marcy Flanagan
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differently. Principals decide what programs they want to implement in their schools. However, programs like these are usually the first to go when funding gets cut from schools or school districts. Ms. Flanagan also stated that these programs could be absent in the schools - but she needs data to support this statement.

**C. Reaccreditation**

Ms. Flanagan shared that the Maricopa County Department of Public Health (MCDPH) is an accredited department through the Public Health Accreditation Board - currently going through the reaccreditation process. Ms. Flanagan reviewed the steps for reaccreditation and is fully confident MCDPH will achieve this in November 2023.

**D. Community Health Needs Assessment (CHNA)**

Ms. Flanagan explained that the Community Health Needs Assessment (CHNA) is a survey in which the department can evaluate the community's status. From this survey, the department can review which programs are essential to make the community healthier.

**E. National Attention on Malaria**

Ms. Osborne asked how the mosquito got the parasite in the first place. Ms. Flanagan responded that the mosquitoes contract the parasite from other organisms (the host) while the mosquitoes (the vector) carry it and transmit the virus to humans.

Ms. Osborne asked if malaria was unusual in Texas and Florida. Ms. Flanagan stated there have been cases of malaria; however, it's very uncommon in the U.S. because of sanitation practices and the control over these diseases. Ms. Flanagan referenced the CDC saying since 1992, there have been a few dozen outbreaks in the U.S. but none in Arizona.

**F. Public Health Awards/Recognition**

Ms. Flanagan shared all the awards MCDPH has received recently:

- 15 National Association of Counties (NACo) awards to various programs within MCDPH.
- The USDA Gold Breastfeeding Award of Excellence to the Women, Infant, Child (WIC) program.
- The Model Practice Award from the National Association of City County Health Officials to the Synapse Program, which is a community partnership between the county hospitals and the MCDPH.

<p>8.</p>	<p><b>Announcements and Current Events</b></p> <ul style="list-style-type: none"> <li>• Retirement of County employees effective August 4, 2023                             <ul style="list-style-type: none"> <li>○ Max Porter, Public Health Deputy Director</li> <li>○ Scot Pitcairn, Public Health Finance Manager</li> </ul> </li> <li>• Resignation of Board Appointment                             <ul style="list-style-type: none"> <li>○ Don Cassano resigned from the Board of Health effective August 1, 2023</li> </ul> </li> </ul>	<p>Marcy Flannagan</p>
<p>9.</p>	<p><b>Adjournment</b>                  President MacMillan asked the Board for a motion to adjourn.</p> <ul style="list-style-type: none"> <li>• <b>Motion:</b> Dr. Matthew Farber</li> <li>• <b>Second:</b> Lorenzo Sierra</li> <li>• <b>Motion</b> status: Approved unanimously</li> </ul> <p>The meeting ended at 4:38 pm.</p>	<p>President MacMillan</p>