

Polk County Advisory Board of Health Minutes

February 16, 2024

Member present: Jennifer Olson, Thomas Newton, Rick Kozin

Members Absent: Reylon Meeks, Anne Bacon

Agenda Items	Summary
<u>Approval of Minutes</u>	Board minutes from December approved.
<u>Director Update</u> <i>By Helen Eddy</i>	None
<u>Deputy Director Update</u> <i>By Mandy Penning</i>	All new grants. Contract with Dr. Alarcon is new, it is a new service the Health department is providing for green card physicals. The physicals started two weeks ago and appointments are available on Tuesdays, for approximately 4 hours each Tuesday.
<u>Talk It Up, Lock It Up</u> <u>Gun Safety Initiative</u> <i>By Juan Carlos Cadenillas & Madisun VanGundy</i>	

DEVELOPING A PUBLIC HEALTH APPROACH

RESEARCH

AMERICAN ACADEMY
OF PEDIATRICS

OTHER PUBLIC HEALTH
AGENCIES, AND
PARTNERS

- MN Department of Public Health
- King County, WA
- Be Smart
- The University of Iowa



Journal of Pediatrics
Official Journal of the American Academy of Pediatrics

Related Case

Gun Safety and Injury Prevention

View | Download | Embed | Share | Print

Every day children are exposed to guns in their homes, in schools, in public places, and in the community. Gun safety is a public health issue that requires a multi-system, community-based approach to address the complex conditions that lead to gun violence.



PROMOTING SAFE GUN STORAGE: TALK IT UP, LOCK IT UP

(August 2023-Present)



TALK IT UP

normalize the
conversation around
gun safety

LOCK IT UP

improve access to safe gun
storage



TALK IT UP

MULTI MEDIA CAMPAIGN AND GRASSROOTS

- Press conference
- Earned media
- Radio and TV PSA Run
- Website
- Social media
- Distribution of print materials
- Articles in partner newsletters
- County and city proclamations
- Event tabling
- Presentations to partners



Talk It Up Lock It Up* Gun Safety News Conference



TALK IT UP

HEALTHCARE

- Well-child visits
- Parents/caregivers



Gun Safety Resources for Parents and Community Members



For more information on gun safety, visit www.polkcounty.org/gun-safety.
 Gun safety is a critical issue for our community. We encourage all parents and community members to take the time to learn more about gun safety and how to keep their families safe.
 • Gun safety is a critical issue for our community.
 • We encourage all parents and community members to take the time to learn more about gun safety and how to keep their families safe.
 • Gun safety is a critical issue for our community.
 • We encourage all parents and community members to take the time to learn more about gun safety and how to keep their families safe.



CAMPAIGN MATERIALS



PSA

[Link Talk it Up, Lock It Up PSA](#)



PUBLICATIONS

- 13 earned media segments
- 12 articles in partner publications
- 3 articles in Senate email updates
- Month long radio and TV PSA run
- Over 150 community posts and shares in social media



OUTREACH

- 7 presentations at partner meetings and events
- 8 tabling events
- Multiple 1-to-1 partner meetings (20+)
- 6 City and County proclamations



AWARENESS

INJURY PREVENTION EVENTS

- Generated a county event to promote gun safety as injury prevention
- Observed National Injury Prevention Day
- Several partner social media posts
- Tabled at Polk County Admin with Polk County Sheriff's Office
- Illuminated Admin Building in green light
- Engaged partners and Polk County staff



Historic County Courthouse Illuminated in Green to Promote National Injury Prevention Day
In observance of National Injury Prevention Day, Polk County's historic courthouse was illuminated in green light on Wednesday, September 15, 2021.



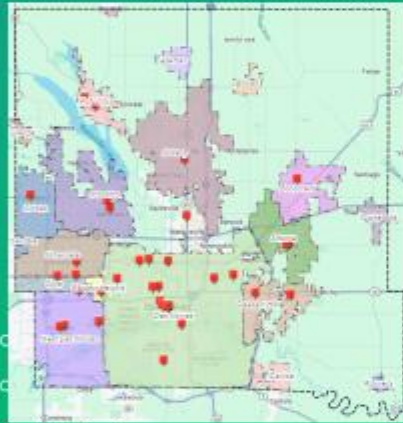
LOCK IT UP

IMPROVE ACCESS TO SAFE GUN STORAGE

- Provide free gun cable locks
- Identified and engaged partners / pick-up sites
- Partnering with Veterans Affairs



LOCK IT UP



RESULTS

Prior campaign	Talk it Up, Lock it Up
8 pick-up locations (including patrol cars)	41 pick-up locations (including patrol cars)
• Law enforcement agencies	• Law enforcement agencies • Public Libraries • County buildings • Senior and Community Centers • Veteran Centers

- We've given away **over 650 gun cable locks**. This doesn't include what our law enforcement agencies have given away



NEXT STEPS PLAN FOR 2024

GRASSROOTS

Continue to present to groups and continue to table at events

ENGAGING SCHOOL STAFF

CONTINUE WORKING WITH HEALTH SYSTEMS

PRESENTING AT IOWA PUBLIC HEALTH CONFERENCE



OTHER COUNTIES

Hardin County

- 10 Gun lock pick up sites



QUESTIONS?



THANK YOU



Full Circle Recovery
By Tracy Gryp &
Cindy West



Tracy Gryp (She/Her)

Program Manager

Full Circle Recovery Community Center (RCC)
(Polk County)

Cindy West (She/Her)

Executive Director

Full Circle Recovery

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

History of Full Circle Recovery

- Created from a Partnership Between Anawim Housing and The Beacon



- 2 RCC locations funded by Iowa HHS:
Des Moines and Council Bluffs
- Opened fall 2022

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

History of Full Circle Recovery

- Over 200 Recovery Community Centers (RCCs) nationwide
- Put a face on recovery and organize the recovery community
- Modeled after CCAR:
 - Founded in 1998
 - 5 RCCs and growing
 - Recovery coaching



recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

What is a Recovery Community Organization (RCO)?

A nonprofit organization founded and led by people with direct lived experience with substance use challenges and recovery.

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

What is a Recovery Community Center (RCC)?

A hub of recovery activities and resources
for people seeking/in recovery
AND friends, family, and allies.

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Des Moines



recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Many Pathways of Recovery

- We believe there are as many pathways of recovery as there are people in recovery
- Pathways may include:

12-Step Fellowships
Medication Assisted Treatment
SMART Recovery
Therapy
Service Work

Fitness
Nature
Faith/Spirituality
Art
... and more!

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Peer-Based Approach

- RCCs are run **by** the recovery community, **for** the community
- Volunteers are an integral part of our operations
- Our services are **non-clinical, free, and low-barrier**
- We meet people where they are

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Our RCC Services

Group:

- Recovery Meetings
- Educational Workshops
- Expressive Activities
- Social Events

Individual:

- Resource Connection
- Telephone Recovery Support (TRS)
- Recovery Coaching

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Services: Recovery Meetings

SMART
Recovery

AA/NA

Godless
Recovery

All
Recovery

Recovery
Dharma

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382



ALL RECOVERY MEETING

Tuesdays at 5 pm
1750 48th Street | Suite 101A
Des Moines, Iowa 50310

ALL RECOVERY MEETINGS welcome all who struggle with addiction, are affected by addiction, or support the recovery lifestyle. We honor all pathways that help people find and sustain recovery, because everyone's path is unique. Meetings offer support in an open discussion format. Recovery allies and family members are welcome.

QUESTIONS?
Call 515.783.6382 or email info@recoverfullcircle.org.
A full calendar of our activities is available on our website: recoverfullcircle.org/calendar.



All Recovery Meetings

- Inclusive
- Topic discussion
- All are welcome
- Tuesdays, 5pm

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

SMART Recovery Meetings

- Self-Management and Recovery Training
- Evidence-based
- Works alone or with other programs
- Tuesdays and Thursdays, 6pm
- All Women: Thursdays, 6pm



recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382



Godless Recovery

Fridays | 5:30 - 6:30 pm

Godless Recovery was developed by two individuals who believe recovery is possible without a god or a higher power.

It is designed to be a confidential and safe place for people to connect on the basis of recovery without faith-based principles. If you are looking for a meeting that doesn't include discussion about religion, spirituality, or faith, this meeting is for you!

Full Circle Recovery Community Center
1750 48th Street, Suite 101A, Des Moines, Iowa 50319 | 515.783.6382



Visit recoverfullcircle.org for more information.

Godless Recovery

- Fridays, 5:30pm
- Godless Recovery was developed by two individuals who believe recovery is possible without a god or a higher power.

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382



RECOVERY DHARMA

Mondays | 6pm

1750 48th St., Suite 101A Des Moines, IA 50319

Recovery Dharma is a peer-led and non-theistic approach to recovery based on Buddhist principles. It also includes readings about the eightfold path and Buddhist inspired meditations.

Books available for use during the meeting.

To learn more about Recovery Dharma, visit recoverydharma.org

Questions? Call 515.783.6382

Recovery Dharma

- Mondays, 6:00pm
- Non-theistic
- Guided meditation
- Based on Buddhist principles, including the 4 Noble Truths and Eightfold Path
- Books available

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Services: Educational Opportunities

Lunch & Learn

Every Thursday | Noon-1 pm
Lunch is provided!

Join a weekly workshop • Multiple pathways of recovery
ON A TOPIC RELATED TO RECOVERY INCLUDING:

- Reducing stigma
- Harm reduction
- Time management
- Making connections
- Supporting loved ones
- Managing stress
- Community resources
- And more!

1750 48th Street, Suite 101A - Des Moines, Iowa 50319 | 515.783.6382

Presented by:

In partnership with guest presenters from local organizations

Visit recoverfullcircle.org for more information.

- Stress Management
- Renter's Education
- Harm Reduction
- Self-Stigma
- Domestic Violence
- Overdose Prevention
- Personal Finances
- ... and many more!

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Services: Educational Opportunities



A PEER-BASED EDUCATION

AND SUPPORT GROUP

Third Tuesday of every month

11 am - Noon

FULL CIRCLE RECOVERY COMMUNITY CENTER

1750 48th Street, Suite 101A - Des Moines, Iowa 50319

Questions? Call 515.783.6382 or email info@recoverfullcircle.org

Visit recoverfullcircle.org

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Services: Expressive Activities



recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Services: Social Events



recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Individual Services

- Resource Connection
- Recovery Coaching
- Telephone Recovery Support (TRS)

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Resource Connection

- Weekly RCC Walk-in Hours:
 - Monday: 12:00pm - 8:00pm
 - Tuesday: 12:00pm - 8:00pm
 - Wednesday: 8:00am - 4:00pm
 - Thursday: 12:00pm - 8:00pm
 - Friday: 12:00pm - 8:00pm

- "How can we help you in your recovery today?"

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

What is Peer Recovery Coaching?

A coach is a person with lived experience and training who serves as a mentor, ally, and accountability partner.

Four goals:

1. Promote recovery
2. Remove barriers
3. Connect people with recovery support services
4. Encourage hope, optimism, and healthy living

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Focus of Peer Recovery Support

"Peer recovery support focuses on long-term recovery and is rooted in a culture of hope, health, and wellness. The focus of long-term peer recovery support goes beyond the reduction or elimination of symptoms to encompass self-actualization, community and civic engagement, and overall wellness."

- SAMHSA

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

What are the Benefits of Peer Recovery Coaching ?

- **Improved relationship with treatment providers** (Sanders, et al., 1998; Andreas, et al., 2010).
- **Increased treatment retention** (Mangrum, 2008; Deering, et al., 2011; Tracy, et al., 2011).
- **Increased satisfaction with the overall treatment experience** (Armitage, et al., 2010).
- **Improved access to social supports** (O'Connell, ND; Boisvert, et al., 2008; Andreas, et al., 2010).
- **Decreased criminal justice involvement** (Rowe, et al., 2007; Mangrum, 2008).

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

What are the Benefits of Peer Recovery Coaching ?

- **Decreased emergency service utilization** (Kamon & Turner, 2013).
- **Reduced relapse rates** (Boisvert, et al., 2008).
- **Reduced re-hospitalization rates** (Min, et al., 2007).
- **Reduced substance use** (Bernstein, et al., 2005; Kamon & Turner, 2013; Mangrum, 2008; O'Connell, ND; Rowe, et al., 2007; Armitage, et al., 2010).
- **Greater housing stability** (Jia, et al., 2009).

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382



Corrections Recovery Coaching Program

WE CAN HELP!

No matter what your sentence is, you can start talking with a Recovery Coach today through CorrLinks.

A Recovery Coach is someone with lived experience and training who will support you and help you find resources in a way that works for you.

Topics may include:

- Goals for change
- Reentry planning
- Recovery strategies
- Community connections

If you're interested, CALL OR WRITE to us and we will reach out to you on CorrLinks.

CALL US at 515.783.6382

Monday - Friday | 9am - 5pm

WRITE US at FULL CIRCLE RECOVERY

1700 48th Street, Suite 101A | Des Moines, Iowa 50319

CorrLinks Recovery Coaching

Coaching topics include:

- Criminal thinking patterns
- Coping with setbacks
- Reentry planning
- Community resources
- Goals for change
- Recovery strategies
- Prosocial behavior
- Grief and loss

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Telephone Recovery Support (TRS)

An extra layer of support and connection in the form of a weekly call!

- Sign up for time(s) that work for you
- A consistent volunteer will call you
- Talk about how you are, what's working/not, what you need

We are in your corner to listen nonjudgmentally!

Use the QR code to sign up:



recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Volunteer Program

- Orientation
 - Learn our mission, values, and philosophy.
- Volunteer level 1
 - Participate and create a welcoming environment
- Volunteer level 2
 - Lead ongoing activities and create new ones
- Volunteer level 3
 - Provide individual recovery support services as a trained recovery coach

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

Full Circle Recovery – Looking Ahead...

- Expansion of Corrections Recovery Coaching Program
 - CorrLinks
 - Inmate
 - Re-entry
 - Prisons, jails, residential facilities
- Development of Crisis Response Recovery Coaching Program
 - EMS
 - Emergency departments
- Launch of Full Circle Recovery's Training Program
 - CCAR Recovery Coach Academy
 - Ethical Considerations for Recovery Coaches
 - Recovery Coaching in Emergency Departments
 - And more!

recoverfullcircle.org | info@recoverfullcircle.org | 515.783.6382

	Questions? recoverfullcircle.org info@recoverfullcircle.org 515.783.6382 Thank you! Tracy Gryp (She/Her) Program Manager 515.783.6136 tgryp@recoverfullcircle.org Cindy West (She/Her) Executive Director 515.783.5911 cwest@recoverfullcircle.org recoverfullcircle.org info@recoverfullcircle.org 515.783.6382
<u>Program Updates Disease Prevention</u> <i>By Kari Lebeda Townsend</i>	• Breast and Cervical Cancer Programs. January was Cervical Cancer Awareness month. The team was busy with outreach activities for a couple reasons: ○ For the second year, the CDC has expanded the age range to include individuals 21-39 years old. ○ Increasing the awareness of the importance of cervical cancer screening, prevention, and the HPV vaccine. ○ Partnership with Survivor (a national organization). Working with an ambassador from New York, she is a 14-year cervical cancer survivor, she speaks Spanish and we have invited her to two different presentations to talk about her experience and to provide education. ○ Fiscal year 2024: Served 291 participants (ages 21 to 39) ▪ 71 required a diagnostic procedure (24%) ▪ Providers are diagnosing a lot of cancer in 20 and 30 year old individuals • Communicable Disease ○ <i>Washington Post</i> leaked a story about the CDC planning to make changes in the COVID-19 guidelines. ▪ No information has been released to the state or local public health. ▪ The story published states the CDC is looking to change how long people stay home ▪ COVID-19 numbers continue to be a concern • MonkeyPox update • Measles continues to be a concern • Communicable Disease Team was recently complimented by State of Iowa staff for their work.
<u>Committee Member Comments</u>	• None
<u>Public Comments</u>	• None
<u>Adjournment</u>	9:27 a.m.

Next Meeting March 15, 2024 at 8:30am

Others present:

Mandy Penning, PCHD

Heather Flaherty, PCHD

Kari Lebeda Townsend, PCHD

Juan Carlos Cadenillas, PCHD

Madisun VanGundy, PCHD

Andrea Petrovich, Asst. County Attorney

Tracy Gryp, Full Circle Recovery

Cindy West, Full Circle Recovery

Alicia Vermeer, Community Health Concepts

Roy Newton, Citizen