

**NOTICE AND AGENDA OF MEETING OF THE NAPEBT WELLNESS COMMITTEE OF THE
NORTHERN ARIZONA PUBLIC EMPLOYEE BENEFIT TRUST**

Notice is hereby given to the general public that the NAPEBT WELLNESS COMMITTEE will hold a meeting open to the public on **Thursday July 11th, 2019, 10am-12:00pm County Health Department 2625 N. King St. Birch Room, Second Floor.**

Call In Option: 1-712-770-5505 PIN: 594430

Link to supporting materials on SLACK

Note Taker: Amber Baker

Notes

- CALL TO ORDER
- COMMITTEE MEMBERS AND ALTERNATES:

Katie Wittekind	NAPEBT	Jen Caputo	City
Amber Baker	NAPEBT	Rhonda Cashman	NAIPTA
Meg Miller	County	Allison Duff	Vera
Rebekah Meyer	County	Julie Almond	Vera
Mike Townsend	County	Shawna Bowen	Vera
Kim Shaw	CCC	Guests	

Review program plan

- AGENDA ITEMS
 - Intro Activity & Updates
 - CCC Fill a Pack Campaign: 10 packs purchased from amazon, employees are invited to fill them. Last year, filled all packs and 2 huge bags of extra supplies. You're invited to choose a school to donate materials. Puente is the school selected this year!
-Wellness Room is "up and going" trx, bike, equipment, and lots of donations. Elliptical was donated & portable stair climber. Punching bag is moving into wellness room too! Lot of excitement-thank you again!
There's a new Co-chair elena---??
 - COUNTY Maggie is new Wellness person-Meg is splitting departments and they are in a big transition. Public Works will be bringing in PT from Vera in for prevention
 - NAIPTA did another iron chef challenge, some forgot/ ran out of time, still 21ppl attended & Theresa K from County was the judge. Could make copies of the recipe book to hand out at the Champion event & share interagency. Personal Pre-Trip challenge was finished over 9 months (gathered results and 13ppl consistently-prizes for this were 100\$ and pass to events such as Lowell observatory, and others...) County is interested in a collaboration as they are beginning to also utilize pre-trip type focus initiative. Naipta is also Hosting sex ed class-Majority from the County 5. 1 from FUSD, 3 from NAIPTA- good interagency mix.

- CITY Annual retreat ideas for FY includes office Olympics, challenge to work groups-posted notes w/ rubber bands, make baskets with recycling, lawn mower races, winners will come to all employee BBQ for show case of the winners=positive, engagement, team building, retention and productivity...
- Mental Health First Aid Speaker

Stronger as one= community coalition with intent to change culture to be more knowledgeable about Mental Health and Wellbeing. Goal to reach 50K ppl across 5 Counties-Like CPR for mental health-saves lives. Teen & youth engagement work (talking about mental health and well being) Think about Health As one-health as a whole, not separate. How do we normalize that and say it's ok to be conscious of your wellbeing. It's ok-how do you honor that in yourself. How do we become supporters. It's a big effort with a big goal; listening to teens & young adults. Think about it beyond engagement, we want young people to take the leadership role. Last Oct had a one day symposium. Data is that we have too many people dying of suicide-ppl on the front line (Sheriff & Health Department who are getting vicarious trauma) Leadership is involved, solid rep of the institutions of this County who are committed to making this change in the County. **How to??** CCC will train ALL of their employees in Aug. We provide lunch, trainings, etc...

County is interested, NAIPTA is interested. One step at a time, we will get to every organization..

Next steps to Integrate and support as the Wellness Committee-get pts for this. Market this as part of Wellness as a "Natural Fit" & have marketing department jump on board..

8hr course, commitment to do the 8hrs in one day...15-20ppl in one training. If more than that, would bring in 2 more trainers. You're there as a first responder like CPR. Self harm, substance abuse, etc... we won't know until it's too late. Addictions, trauma, anxiety, eating disorders have an avenue of relief. What to look for and how to approach, not to judge, to offer help, equip them of how..helps those in crisis and non crisis?

Can make inclusive for dependents, County has been connecting with Sheriff's dept. and making it worth a wellness point. This coalition is young and we are excited to institutionalize messaging.

Anyone can call Sherli to get this set up:

1K books for trainings-enough to facilitate many trainings

How to get training for Vera Whole Health. 15people? There would be different focus so keeping it closed to Vera employees could be best. Could host at NACA for Vera trainings monthly.

Do offer peer to peer...FUSD may become a pilot site for these trainings. MHF for teens! 2ndary staff for FUSD are already trained.

- Vera: Marketing, Integration, and Engagement
 - Opinion on monthly dashboard-is this valuable...should I just post on slack to be reviewed during this meeting. It is valuable to see-can now be seen through email or SLACK. Is this best for posted and not take up time during meeting. Consensus is it will be posted and not verbally reviewed. Whole Health Challenge-All documents on SLACK for marketing. Continue tracking Engagement through challenge. Changing language to “be well and do good”. New cards presented at Vera when you come into clinic
- RFQ Vendors Selected*
 - Nutrition- 2 vendors to decide between. Comparison of cost was that 1 vendor was drastically more expensive. Kirsten, offered Grocery stores & at home pantry review. Apples to apples comparison Abby said yes, at her standard rate she’d also be able to provide. Or as an option not required.
 - *Naipta likes that Abby has variety of experience that is relatable & that she is willing to work with Vera. Feels Kristen has less experience, and that everything seems to be an additional charge
 - *County & City & CCC is for Abby
 - Marketing- budget for the outsourcing: original discussion is that the expensive overview with branding packet and methodology as a one time fee, and then hire a more affordable to do monthly emails and FB posts, and flyers.. thought we could do that in budget if we want to do that, we need to take money from somewhere else...naipta feels it’s a great time for re-branding (\$25K) with sources & one on one.
 - marketing strategy, samples, and packet of ask brand envy to add and then make a decision...
 - ccc likes consistency of packaging through Brand Envy...
 - naipta says re-branding next year works well
 - Decision is go with **Brand envy** monthly help now and request a package one time fee deal that’s within our budget, then re-branding next year to FY if there is more desired after Katie communicates desire for branding package from brand envy. If outside of budget we can have them work for us.. asking for branding-
 - Get a marketing intern for future! Work between program & marketing & site admin
 - county wants to keep it consistent and affordable
 - decision of awarding re-branding as long as it is in the scope of the budget allotted**
- Champion Training Agenda Review and approved
- Banquet Date and Location*
 - Could change timeframe to cut cost by doing buffet and do it at high country could ccc set up for backwards with sun protection...
 - smaller screen, Kim prefers it.
 - CCC with set up in other direction in unanimous favor. To have programming start at 5:45pm. Programming of add time.

- Welcoa Conference
Budget is allowing one person to be funded partially from NAPEBT funds. Beckah is fully funded, decision is that Jen Caputo will go due to sharing opportunity between agencies and CCC went last year
- Program/ Agency Contributions (tabled)
 - Increased Budget for Agencies
- Document Sharing Platform* (tabled)
- Health Fair theme set as self care and mental health focus to minimize stigma
- Program Plan review (tabled)
- July Action Items

**(Decision Needed)*

Note takers:

August: Jen Caputo

Sept: Meg

1. All agencies will contact Sherli to set up Mental Health First Aid at a free offering if they choose Contact is 928-679-8316 (cell) 856-0632 swatkins@coconino.az.gov OR
2. Sherli will email Amber electronic copies of flyers
3. Amber will add them into emails and add Shirley Watkins & kari for logos & crisis card number...
4. Amber will also let FUSD know about this-all secondary teachers are already trained! yay
5. Amber will add WHC to August marketing
6. Ali & Julie will add "be well and do good" to language of marketing for WHC
7. Amber will add to the newsletter that new insurance cards are meant to be brought in to Vera by employees
8. Katie will add to champion event reviews of program at 5:15pm & sharing of 'wins' from each agency as they wish and edit agenda to be 7/25/19
9. Each agency to share wins & send photos to amber for ppt show creation
10. Invites for committee members, future champions, etc... sent out by each agency chair
11. Can ask for RSVPS from your agencies to champion & celebration event
12. KT will email out Health Fair donation requests
13. Ask vera to donate mindfulness decks for the Health Fair
14. Amber will add poker run to agenda for next month
15. Add online parenting class for next month's agenda
16. Abby chan meeting invite for the next meeting