Kitsap Health Equity Collaborative Meeting NOTES
Tuesday, January 17, 2023; 1-4:00 p.m.
Conducted in person at the Marvin Williams Center (Gym)

Attendees:

Akuyea Karen Vargas, *various organizations*

Alecia Crozier, *LoveMeForMe - LMFM*

Amanda Tjemsland, *Kitsap Public Health District*

Amy White, *Central Kitsap School District*

Annika Turner, *Kitsap Immigrant Assistance Ctr*

Carina Langstraat, *Kitsap Regional Library*

Cindy Caldwell, *Kitsap Mental Health Svcs*

Cristina Roark, *Kitsap Strong*

Darryl Riley, *Up From Slavery Institute*

Erica Whares, *Kitsap Public Health District*

Pastor Frankie Coleman, *Sinclair MBC*

Fletcher Sandbeck, *Kitsap Pride*

Dr. Gib Morrow, *Kitsap Public Health District*

Jayson Vega, *Kitsap Immigrant Assistance Ctr*

Jessica Guidry, *Kitsap Public Health District*

Jewel Shepherd-Sampson, *Kitsap Black Student Union*

Jill Stanton, *Bremerton Housing Authority*

Kari Hunter, *Kitsap Public Health District*

Karisha Stanley, *Bremerton Housing Authority*

Dr. Kimberly Riley, *You Are Beautiful PLLC*

Kuulei Mesa, *Kitsap Mental Health Svcs*

Lindsay Jones, *PCHS*

Maria Fergus, *Kitsap Public Health District*

Martha Little, *Central Kitsap School District*

Marsha Cutting, *KCACAC*

Marwan Cameron, *G2 and The Conduit*

Pastor Richmond Johnson, *Mount Zion MBC*

Priya Charry, *Kitsap Regional Library*

Melissa Hartman, *Kitsap Public Health District*

Stephanie Christensen, *VMFH*

Shanon Turner, *PCHS*

Tazsjah Green, *Mount Zion PYA*

Robert Harris, *NAACP*

Wendy Jones, *OESD, various organizations*

1. Welcome and land acknowledgement by Jessica Guidry

2. Jessica Guidry highlighted the definition of health equity and disparities of health, and updated attendees on what KPHD has done in response to requests made from the meeting, such as extended invites to people whose voice was identified as missing at the last meeting.

3. Discussed barriers to good health in our communities in groups.

Discussion Questions (Group at table 1):

What are the barriers your community(ies) experience to being healthy? **DELAYS IN SEEKING CARE**
   A. Lack of accessible communications
   B. Relatability - based on where you identify.
   C. In home / mobile healthcare
   D. Timely Doc/RN, mental healthcare support for physical health (lack of money and access to providers that accept health coverage or lack thereof)
   E. Cost of quality healthcare
   F. Financial uncertainty / other stressors, such as housing, health, sleep

What local resources currently exist to address those barriers?

- KPHD – Workshops & collaborative address A & C above.
- G2 and The Conduit address A, B & C above.
- Vital Communities (like NAACP) address A & B.
- PCHS (Peninsula Community Health Services) addresses C & E
- KMHS (Kitsap Mental Health Services) addresses D (in Crisis) address E and B (especially with Latinx team)
- KCR (Kitsap Community Resources) addresses F
- FHPM (Foundation for Homeless & Poverty Management)
- Fishline
- Helpline
- Easter Seals
- KCHELP (Knights community Hospital Equipment Lend Program)
- Georgia's House
- KIAC (Kitsap Immigrant Assistance Center)
- Kitsap Mesa Redonda
- Professional Leaders of Color
- Surviving Change
- GBHU (God's Broken Home University)

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- Fast Ferry from Bainbridge Island to Bremerton, especially for jobs in in-home health care.
- Culturally proficient wrap-around care.
- Bremerton facility exists for 24/7 drivers.
  - Deploy to schools & elderly.
  - ASL
  - Address first 2 levels of Maslow's hierarchy - physiological (food & clothing) & safety (job security)

What 3 barriers should we address first from your group's list?
- Basic Needs: Shelter, food, water, healthcare (physical and mental) that is culturally competent
- Education, jobs (living wage)
- Childcare (affordable and quality care)

Discussion Questions (Group at table 2):

What are the barriers your community(ies) experience to being healthy?
- Barriers are INTERCONNECTED.
- Food deserts lead to food insecurity.
- Education
- Poverty
- Housing insecurity
- Transportation
- Employment opportunities
- Lack of health care availability – long wait times
- Language / cultural barriers

- Environment – shipyard
- Old age/ retirees
- Mental health stigma
- Access for those living with disability(ies)
- Lack of support
- Incarceration
- Addiction substance abuse

What local resources currently exist to address those barriers?
- Meals on Wheels/Fishline -food bank
- Job training
- KCR – Kitsap Community Resources
- HRB - Housing Resources Bainbridge
- BHA – Bremerton Housing Authority
- Volunteer agencies
- Kitsap Strong
- Kitsap Resiliency
- OESD – Olympic Educational Service District/ School Districts
- Health District – support groups
- Libraries
- Gather Together, Grow Together (G2)
- Civil Survival
- Accessibility to legislators
- KMHS -Kitsap mental health services
- KIAC – Kitsap Immigrant Assistance Center
- WIC – Women, Infants & Children
- Welcome Home Program – reentry partnership between PGST (Port Gamble S'Klallam Tribe) and Kitsap County.
- Mentorship Programs strengthening families.
- Churches
- Cultural organizations

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- Children and adults provided with food & housing security, safety, and education opportunities – with safety nets
- Stability in housing, employment and transportation
- Access to resources – a central resource center
- Improve the legal system.
- Relationships, kindness, self-awareness & no insecurities (home, food, safety) and collaboration

What 3 barriers should we address first from your group's list?
- Safety
- Health
- Education

Discussion Questions (Group at table 3):

What are the barriers your community(ies) experience to being healthy?
- Inadequate information, and misinformation
- Cost of healthcare
- Cost of housing
- Cost of education
- Social and economic disadvantages
- Cultural biases
- Loss of hope / hopelessness
- Poverty / inequities
- Health insurance / lack of universal healthcare
- Lack of transparency costs of healthcare
- Insufficient health services
- Transportation
- Political Divisions
- System does not properly address fundamental issues.
- Inadequate housing
- Food deserts

What local resources currently exist to address those barriers?
- KPHD
- Schools/colleges/OC
- Churches
- Government – County/City
- Infrastructure funds

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- Understanding root causes – Education is expensive.
- Support groups that are visible and available
- Trust – voices of organizations, government and education
- Agreement on needs, issues, inequities
- More resources (or rebalanced resources)

What 3 barriers should we address first from your group's list?
- Educational barriers, lack of knowledge/accurate information
- Access to healthcare, accurate information and education
- Basic security needs – shelter, food, education

Discussion Questions (Group at table 4):

What are the barriers your community(ies) experience to being healthy?
- Shelter
- Safety
- Food
- Mental health and mental health resources that are meaningful and sustainable.

- Equipped medical providers.
- Law enforcement
- Transportation
- Education
- Affordable childcare / care givers
- Prevention so we can resolve issues before crisis occurs.
- Training for all healthcare professionals
- Accessible information about resources

What local resources currently exist to address those barriers?
- Cold weather shelters
- Salvation Army
- YWCA
- Local food banks
- First responders (police & fire)
- Kitsap Housing Authority
- New Day
- Coffee Oasis (for youth)
- Peninsula Community Health (PCHS)
- Kitsap Mental Health (KMS)
- Catholic Community Services
- Kitsap Community Resources – KCR
- McKinney Vento Act

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- Wholistic wrap around services, like from shelter to permanent housing, employment to mental health services, medical care and social skills, and quality affordable childcare (case worker to form collaborated plan)
- Human Centered system – elimination of current private payer system I favor of single payer healthcare system that includes childcare, and that everyone has access to.

What 3 barriers should we address first from your group's list?
- Safety
- Mental health resources that are meaningful and sustainable.
- Childcare (affordable)

Discussion Questions (Group at table 5):

What are the barriers your community(ies) experience to being healthy?
- Affordable housing
- Behavioral health crisis prevention
- Mental health care (access)
- Low wages
- Not enough care giver employees in Kitsap County.
- Access to educational programming / resources support
- Language access

- Safe & easily accessible outdoor spaces (and transportation to/from outdoor spaces)

What local resources currently exist to address those barriers?
- Housing authorities
- KMHS / KCR / PCHS
- Olympic College & OESD
- Public Health
- Work source & Holly Ridge Center
- KRL – Kitsap Regional Library

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- Money to build housing.
- Universal voucher concept
- Support for more health care providers
- Higher paid jobs in community without additional credentials

What 3 barriers should we address first from your group's list?
- Affordable housing
- Mental/behavioral health care & crisis prevention
- Low wages

Discussion Questions (Group at table 6):

What are the barriers your community(ies) experience to being healthy?
- Funding / Money
- No transitional homes
- Lack of resources – like affordable housing
- Environmental racism

What local resources currently exist to address those barriers?
- Bremerton – REAC was a resource.

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- United front to demand change
  - Bremerton is the largest city in the peninsula and should have allowed REAC to lead with necessary resources.

What 3 barriers should we address first from your group's list?
- Food
- Shelter
- Livelihood (living wage jobs)

Discussion Questions (Group at table 8 – No one at table 7):

What are the barriers your community(ies) experience to being healthy?

- Transportation – to & from medical appointments
- Language barriers – (Mam, Hispanic, Asian)
- Worker shortages in healthcare
- Capacity of healthcare facilities
- Affordable healthcare
- Mental health resources/support
- Food insecurity
- Internet access for all/rural

What local resources currently exist to address those barriers?
- Drug treatment program availability – PCHS
- KPHD – strong resource & community partner
- Translation services available through PCHS
- 7 Food banks support food security
- Local NPO's (nonprofit organizations) addressing need / coordinating services.
- Kitsap transit
- Growth of telehealth as an option

If you had a "magic wand," what resources would you create or bring to Kitsap County to address those barriers?
- More healthcare resources.
- Transportation – expansion of services
- Affordable healthcare
- Long-term care resources
- Leveraging & coordinating existing resources

What 3 barriers should be addressed first:
- Transportation
- Mental health resources
- Availability of affordable healthcare for all
- Healthcare professional shortages

Each group identified their top concerns:
        Basic Needs:
                Safety
                Affordable Housing/Shelter
                Healthy Food/cultural

        Mental & Physical Health:
                Culturally competent
                Inclusive
                Wrap around services.
                Risk prevention
                Accessibility
                Shortage of Healthcare workers

Education – Workforce development:
    Language support
    Accessible
    Different approaches to education

Jobs:
    Living wages
    Equal education opportunities tie into job opportunities.
    Consider education AND lived experiences.

Misinformation leads to lost education. Need trusted sources.

Lack of access to resources

Childcare – as a benefit

Transportation

Prepared to list community assets by defining community assets and having attendees place a star next to the items listed above (each attendee received 5 stars).

Community Assets were defined as: Community assets include organizations, associations and individuals providing resources that improve the quality of community life to its community. Examples of community assets include physical structures or places, community services, businesses etc., such as hospitals, health clinics, community health centers, mental health facilities, nursing or adult care homes, dental care providers, schools, churches, non-profit organizations, local transportation services, libraries, community leaders/volunteers, etc.

The purpose of identifying community assets is to collect information on what community assets are available to meet the various needs of a community to assess what resources are already available and find where there are gaps or overlap of community assets available for specific community needs.

Gathering information about community assets will assist the Kitsap Health Equity Collaborative in defining both its short-term and long-term goals and objectives moving forward.

The following 7 items were identified as priorities to the HEC based on the number of stars placed next to the categories listed previously:

1) Basic needs – Healthy Food
2) Education – workforce development
3) Transportation
4) Access to mental health services
5) Access to physical healthcare
6) Basic Needs – Affordable Housing

7) Basic Needs – Safety

Attendees got to choose from the above topics and discussed as new groups "What community assets we have in Kitsap County to address the identified barrier":

1. Basic needs – Healthy Food (Food justice = environmental justice)
   Community feedings (hot meals/plates)
   Kitsap Conservation society
   Salvation Army
   Food bank near Bremerton H.S. – Neighborhood food pantry
   Northwest (food coop) Harvest
   Kitsap Harvest
   Around the Table Farm
   North Kitsap Fishline (also in Port Orchard (South Kitsap Helpline and Kingston)
   Lend-A-hand.
   Grow a Row programs.
   Dream of Guerilla Gardens – community gardens for ALL.
   Free & reduced lunch
   Backpack brigade
   SNAP (Farmers' markets will double SNAP $

   Barriers identified to get healthy food: Transportation, lack of information / awareness, time schedule & distribution, need resources address, and food that is accessible to living situation.

2. Education – workforce development:
   Olympic College – free tuition for Bremerton students (OC promise), apprenticeships
   All of our public schools – CTE, Community school, dual credit
   Head start, early childhood programs
   Libraries – test prep, LinkedIn learning
   Work source, Goodwill job prep & GED, Skookum, Easter Seals workforce, Sound Works job center
   West Sound Tech, trade school programs
   BI youth services
   KCR – Work source, W10A
   Shipyard
   AmeriCorps/job corps

3. Transportation (Marwan Cameron, Annika Turner, Fletcher Sandbeck, Jewel Shepherd-Sampson):
   Kitsap Transit, especially ACCESS, paratransit, G2, Ferries and taxis.
   a. Kitsap Transit

Pro	Con
inexpensive	No Sunday service

Under 18 YO ride for free   Stops at 8:30pm,
ORCA Cards   Not to your door.
                                     You might be able to get to your location but you
                                     might not be able to get back

b. ACCESS
   Pro   Con
   Available   Must qualify for it – (ADA)
   better than nothing   Not available to everyone.
   inexpensive   Takes a lot of time.
                                     Only operates from 8-4.

c. Paratransit:
   Pro   Con
   Free – paid by Medicaid   Costs the system a lot of money.
   Door-to-door   At least 3 days' notice required.
                                     ¾ mile walk may be required

d. G2:
   Pro   Con
   Door-to-door   No Spanish speakers
   24/7/365
   Even during severe weather
   1/3 or ½ price of cab or uber
   Partner w/other agencies
   Drivers tell riders about services/resources.

e. Ferries:
   Pro   Con
   Public transit option to Seattle. Schedule cancellations
                                     Infrequent sailings

f. Taxes/Uber:
   Pro   Con
   Almost always available.   Expensive
   App is easy.   Safety
                                     Wait time.
                                     Some people are not tech savvy for Uber.

g. "Island Volunteers/Caregiver" group exists on Bainbridge Island that helps with
   transportation. All volunteers take care of each other.

4. Accessible mental health services
   Social workers   EMS
   Therapists   Counselors (schools, community based)

Church/religious communities	Catholic Community Services
988	PCHS – Peninsula Community Health Services
Law enforcement	KMHS – Kitsap Mental Health Services
Schools	NAMI – National Alliance on Mental Illness
Helpline House	KCR – Kitsap Community Resources
Olympic College	Behavioral Health court
Bainbridge Youth Services	DCYF - Dept of Children Youth & Families
Coffee Oasis (youth)	DSHS – Department of Social & Health Services
Saint Michaels	Kitsap Strong
Olympic College	KRL – Kitsap Regional Library
Port Gamble S'Klallam Tribe	Suquamish Tribe (Wellness Center)
Agape	Drug Court – Court systems generally)

KMHS – Club House (a community safe place every Tuesday & Thursday from 11am to 4pm). This is a nationwide program in partnership with NAMI. Individuals do not have to be clients of KHMS to participate in this program.

5. Accessible physical healthcare-shortage of healthcare workers
   Olympic College Nursing Program
   St. Michael's residency program for primary doctors
   Planned Parenthood
   Volunteer groups working on alternative healthcare models i.e. – public hospital district.
   Fire/EMS – help identify issues in the structure of healthcare.
   School nurses that brought educational opportunities to students about their health.
   Housing shortage/cost of living to entice healthcare providers to move to Kitsap
   Nursing Unions
   West Sound Tech – H.S. programs for healthcare
   CHI (VMHS), Kaiser, Doctors Clinics & Tribal Health
   Military healthcare systems
   Need better funding for scholarships (rotaries, etc.)
   ERS & urgent care centers
   Rehab centers
   Transportation is a plus with ferries, some buses and proximity to Seattle (as opposed to lack of transportation in communities farther out).
   Affordable housing is a barrier for healthcare workers.
   Disparities between CNA's and nurses need to be discussed.
   Need funding to support CNA and Nursing programs – could it be a rotating program based on needs of the community?

6. Basic Needs – Affordable Housing
- Is local gentrification due to changes of district or zoning lines? turn to elected officials for clarification
- Landlords
- Proposed legislation for rent control.

- Housing Authority (Bremerton & Housing Kitsap)
- Tiny Houses option – Are elected officials aware of this opportunity? This is something they should want for people to do in their backyards.
- Salvation Army
- Kitsap Community Resources (KCR) provides:
    - Rent assistance.
    - Eviction prevention
    - One-year transitional housing program
    Area of opportunity for KCR: Outreach
Increased federal and state funding for affordable housing.
Other attendees mentioned the 1/10th of 1% tax for affordable housing – where are the resources being allocated?

7. Basic Needs – Safety (physical safety)
Domestic violence shelters
Substance abuse programs available
Scarlett Road
KMH – Kitsap Mental Health
PCHS – Peninsula Community Health Services
SMMC Sexual assault/Sane program – St. Michael's Medical Center
YWCA
Partnerships with schools offering resources & prevention work.
New-ish tax to fund behavioral health (one of numerous programs tackling behavioral / mental health)
Coffee Oasis
Elected officials.

Note : Jessica you wrote down HB 1349 Environmental Justice and Annie gave me HB 1347 but neither relates to what she was talking about. She will get back to me with the right information. I also haven't heard from Akuyea about what she shared at the KHEC meeting. However, on January 17th there was a proposal in the House of Representatives (HB 1388 "to prevent excessive rent increase during a 12-month period that is greater than the rate of inflation or 3%, whichever is greater, up to a maximum of 7%"). This doesn't match the gentrification topic you recall. So, I'm not sure if this is what Akuyea shared.

Plan Future meetings (frequency, schedule): KHEC will meet every other month. Meetings will be hybrid. KPHD is asking for feedback from KHEC members about KPHD's strategic plan and this will be done separate from KHEC meetings by those interested in doing so.

Discuss Kitsap Public Health Board meeting presentation about the Collaborative on Feb 7th.

Share upcoming events: KIAC hosting WAISN meeting on 1/18 to expand healthcare access to communities regardless of immigration status, Treaty day at House of Awakening in Suquamish

on Jan 19th from 5:30-7:30pm. Project Connect on 1/24 in Poulsbo, 1/25 in Bremerton and 1/26 in Port Orchard.

Recap and next steps: Point in time count of unhoused population will be conducted during Project Connect.

Is Salvation shutting down in April – No. Only their expanded services with COVID funds, like the overnight shelter, is going away in April.