

**MINUTES: Healthy Carolinians of Macon County – Strengthening Families Committee**

**DATE:** January 16, 2008

**PLACE:** Macon County Public Library

**TIME:** 12:00 N – 2:00 PM

**ATTENDEES:** Becky Barr, Ronnie Beale, Rhonda Blanton, Pat Bonard, Jim Bottomley, Jim Bruckner, Anita Cody, Bill Dyar, Margaret Freeman, Jennifer Garrett, Marci Holland, Robert Holland, Jack Horton, Anne Hyder, Diane Keener, Jane Kimsey, Paula Ledford, Kathy McGaha, Justin Moffitt, Sherrie Peeler, Cindy Phipps, Sheila Price, Julie Rogers, Sarah Thach, Carlos Vargas and Vince West

<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION</b>	<b>FOLLOW-UP</b>
Welcome and Approval of Minutes	Anne Hyder welcomed everyone to today’s meeting of the Strengthening Families Committee. Ms. Hyder asked the committee members to review the minutes of the last meeting. Jennifer Garrett motioned for the approval of the minutes. Jane Kimsey 2 <sup>nd</sup> the motion, with a unanimous vote for approval.		
Introductions	Anne Hyder asked everyone to introduce themselves and tell what organization they represented.		
Lunch	Lunch was provided by Healthy Carolinians of Macon County.		
Review Definition of Problem	<p>Sarah Thach and Kathy McGaha reviewed from the last meeting the group discussion on definition of the problem. Ms. McGaha advised the committee members to keep the minutes of the last meeting readily available as a reference source.</p> <p>Ms. Thach and Ms. McGaha had tentatively divided the list of issues that affect the lives of families in Macon County into five categories:</p> <ul style="list-style-type: none"><li>➤ Lack of Services</li><li>➤ Parenting Skills</li><li>➤ Kid’s Needs</li><li>➤ Community Collaboration/Awareness</li><li>➤ ? – Other</li></ul> <p>Ms. Thach and Ms. McGaha next asked the committee members to review the issues and categories and discuss them. After a group discussion, the committee members agreed on the following categories:</p>		

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TOPIC	DISCUSSION	ACTION	FOLLOW-UP
	<ul style="list-style-type: none"> <li>➤ Parenting Skills &amp; Family Challenges               <ul style="list-style-type: none"> <li>○ Stigma of asking for help</li> <li>○ Too much computer time</li> <li>○ Video games that teach violence</li> <li>○ Grandparents raising kids</li> <li>○ Too little family time</li> <li>○ 2 working parents – less family time</li> <li>○ Different rules in different households</li> <li>○ Parents need role models</li> <li>○ Generation gap in communication</li> <li>○ Kids needs a sense of belonging</li> </ul> </li> <li>➤ Community Awareness/Collaboration/Cohesion               <ul style="list-style-type: none"> <li>○ Interagency collaboration</li> <li>○ Community unaware of kids needs</li> <li>○ Lack of knowledge regarding resources available</li> </ul> </li> <li>➤ Lack of Services               <ul style="list-style-type: none"> <li>○ Few emergency funds for food &amp; shelter</li> <li>○ Lack of local extended family increases need for afterschool programs</li> <li>○ No foster grandparents</li> <li>○ No soup kitchen</li> <li>○ Lack of preventive health education services</li> <li>○ Lack of mental health services</li> <li>○ Lack of health insurance</li> </ul> </li> <li>➤ Family Challenges &amp; Symptoms of Poor Community Cohesion               <ul style="list-style-type: none"> <li>○ Need for more physical activity resources</li> <li>○ Lack of gyms</li> <li>○ No homeless shelter</li> <li>○ Children need role models</li> <li>○ Reduce or eliminate drop out rates</li> <li>○ Poverty</li> <li>○ Drug abuse</li> </ul> </li> </ul>		

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Review Vision	<p>Sarah Thach and Kathy McGaha next reviewed the vision discussed at the last meeting. Ms. Thach then asked the committee members to consider and list assets that Macon County has:</p> <ul style="list-style-type: none"> <li>• Youth recreation (level of participation)</li> <li>• SHAC (School Health Advisory Council)</li> <li>• REACH</li> <li>• Community Early Learning Program</li> <li>• Church – family programs</li> <li>• CARENET</li> <li>• Cooperative Extension</li> <li>• GEAR UP program</li> <li>• Reality Check 101</li> <li>• Healthy Carolinians</li> <li>• Community Care Clinic</li> <li>• Big Brothers, Big Sisters – (Highlands)</li> <li>• Scouting programs</li> <li>• Library system</li> <li>• The Lord’s Gym – (future plans)</li> <li>• Department of Social Services</li> <li>• Health Department</li> <li>• Hospitals</li> <li>• Parks and Recreation Department</li> <li>• PTO’s</li> <li>• Arts Council</li> <li>• Nantahala Players</li> <li>• FROGS</li> <li>• National Park Services</li> <li>• Volunteer Council</li> <li>• Community Clubs</li> <li>• Volunteer Fire Departments</li> <li>• Local recovery programs</li> <li>• Oxford House</li> <li>• Medication Assistance</li> </ul>		

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<p>Identification of Best Practice(s)</p>	<p>Sarah Thach next asked the committee members to identify best practices that they were aware of. The following best practices were identified and discussed:</p> <ul style="list-style-type: none"> <li>❖ Community Connection in Athens, Georgia</li> <li>❖ Jackson County Family Resource Center</li> <li>❖ Buncombe 211</li> <li>❖ Local Healthy Carolinians programs in other counties               <ul style="list-style-type: none"> <li>○ Clay County – Meal Plans</li> <li>○ Graham County – Family Fitness Challenge</li> </ul> </li> </ul> <p>Ms. Thach asked the committee members to look for other best practice models being used elsewhere and bring those to the next meeting.</p>	<p>Sarah Thach asked the committee members to look for other best practice models being used elsewhere and bring those to the next meeting.</p>	
<p>Brainstorming Possible Solutions</p>	<p>Sarah Thach and Kathy McGaha next asked the committee members to form small groups and spend this time brainstorming possible solutions.</p> <ul style="list-style-type: none"> <li>▪ Helpline</li> <li>▪ Comprehensive Community Health Center</li> <li>▪ Recreation Center/Resource Center</li> <li>▪ Inspirational news stories</li> <li>▪ Develop a local foundation</li> <li>▪ Parenting programs at the workplaces</li> <li>▪ Character education programs</li> <li>▪ Community Day Care program</li> <li>▪ Mental health services</li> <li>▪ Publication of local resources</li> <li>▪ Expansion of local transportation system</li> <li>▪ Mentoring programs</li> <li>▪ Delete “Rants &amp; Raves” in local newspaper</li> <li>▪ School linked health center</li> <li>▪ Free health clinics</li> <li>▪ Local family resource center</li> <li>▪ More church and community outreach</li> <li>▪ Classes for adults to bridge “generation gap”</li> </ul>		

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	<ul style="list-style-type: none"><li>▪ More school personnel - ex: SRO's, school nurses</li><li>▪ Business incentives for child care</li><li>▪ Local festival/health fair</li></ul>		
Next Meeting	The next meeting of the Strengthening Families Committee will be held on Wednesday, February 13 <sup>th</sup> , from 12:00 Noon – 2:00 PM at the Macon County Public Library.		

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