

Council Members

- Brad Porterfield, Chair
Consumer Representative,
Latino Community Association
- Elizabeth Schmitt, Vice-Chair
Consumer Representative
- Mayra Benitez
Consumer Representative
- Conor Carlsen
Consumer Representative
- Larissa Charlton
Consumer Representative,
Jefferson County Public Health
- Miranda Hill
Klamath County
Representative
- Linda Johnson
Community Representative
- Elaine Knobbs-Seasholtz
Mosaic Community Health
- Tom Kuhn
Deschutes County Health
Services
- Mande Seeley
Consumer Representative
- Stacy Shaw
Consumer Representative,
Crook County Health Strategist



November 16, 2023

VIRTUAL

Video Conference Link In Calendar Invite

Conference Line: 1.669.900.6833

Meeting ID: 852 966 546#

Passcode: 400494#

- | | |
|--------------------|--|
| 12:00-12:20 | Welcome – Brad Porterfield (CAC) <ul style="list-style-type: none">• Land Acknowledgement• Meeting Practices• Introductions• Public Comment / Patient Story• Emerging Issues Update• Approval of Meeting Notes – October• Input on December Meeting |
| 12:20-12:45 | CAC Members Small Group Breakout Session |
| 12:45-1:05 | Discussion of the Shared Issue with the Board of Directors – Brad Porterfield (CAC) |
| 1:05-1:30 | Findings and Recommendations for the Measure on Belonging – Camilla Dohman & Kaitlin Greene (OHSU) |

"The overarching purpose of the CAC is to ensure the COHC remains responsive to consumer and community health needs."—COHC CAC Charter

Land Acknowledgement

We recognize and acknowledge the indigenous land on which we live, work, learn, play, and grow. This is the land of the Warm Springs, Wasco, Northern Paiute, Tenino, Klamath, Molalla, and Yahooskin. We acknowledge them as the past, present, and future caretakers of this land. It is on their traditional land where we partner to improve the health and well-being of Central Oregonians. We aspire to be good guests honoring the concept in the Warm Springs culture: "This land is for you to know and live upon and pass on to the children."



Community Advisory Council (CAC) Meeting Changes: What to Expect

We want the CAC to be a warm and welcoming place for all. We want to ensure all CAC members feel comfortable to fully participate and contribute. To do this we are making some adjustments to how our CAC meetings are run. These changes are:

- Making the meetings less institutional and formal to create a warmer and more welcoming atmosphere. Examples are using more plain language, having more conversations and less presentations, and simpler voting instead of motioning.
- Renaming each attendee in Zoom with their role; either a CAC Member, Support Staff, or Guest. This will help easily identify who's who in the virtual space especially for guests and those members who are new.
- Asking all supporting staff from COHC, PacificSource, and the OHA to share why they are attending and what their role is in supporting the Community Advisory Council.
- Inviting all CAC members in attendance to share input during discussions and before decisions are made. We want to prioritizing Consumer Representatives and make sure all voices are heard. Guests in attendance are invited to contribute to the conversation when requested by the CAC Chair or Vice Chair.
- Building relationships between CAC members. We will be setting aside time at each meeting for CAC members to go into a virtual break out room, answer icebreaker questions or chat about anything they'd like.



COHC Community Advisory Council
Held virtually via Zoom
October 19, 2023

CAC Members Present:

Brad Porterfield, Chair, Consumer Representative
Elizabeth Schmitt, Vice Chair, Consumer Representative
Larissa Charlton, Consumer Representative, Jefferson County Public Health
Linda Johnson, Community Representative
Mandee Seeley, Consumer Representative
Stacy Shaw, Consumer Representative, Crook County Health Strategist

CAC Members Absent:

Conor Carlsen, Consumer Representative
Elaine Knobbs-Seasholtz, Mosaic Community Health
Mayra Benitez, Consumer Representative
Miranda Hill, Klamath County Public Health
Tom Kuhn, Deschutes County Health Services

COHC Staff Present:

MaCayla Arsenault, Program Manager
Gwen Jones, Program Manager
Kelley Adams, Admin Assistant & Grant Platform Manager
Bradley Garner, Admin Assistant
Carmen Madrid, Executive Director
Camille Smith, Executive Assistant

Support & Guests Present:

Kristen Tobias, PacificSource
Dustin Zimmerman, Oregon Health Authority
Katie Ortgies, Oregon Health Insurance Marketplace
Ana Mesina, Volunteers in Medicine
Martha Edwards, PacificSource

Introductions

- Brad Porterfield welcomed all attendees. To save time at the meetings, only CAC members and those who are new, changed roles, or guests will verbally introduce themselves. Everyone else will use the Chat to enter their name and role.

Land Acknowledgement

- Brad Porterfield read the Land Acknowledgement (see the meeting packet for statement).

Meeting Practices

- Brad Porterfield reviewed the Meeting Practices and how the CAC meetings are meant to be welcoming for all (see the meeting packet).

Public Comment/Patient Story

- Brad welcomed public comment.
- Stacy Shaw shared the experience of a friend with diabetes who was unhappy with the lack of support from a provider at the Redmond Emergency Department. They filed a complaint with PacificSource. Kristen Tobias shared that a complaint can be filed with PacificSource and the hospital/clinic.
- Ana Mesina with Volunteers in Medicine announced that there is an event for diabetes patients on October 21, 2023. Invitation only.

Approval of Meeting Notes

- Brad Porterfield asked the CAC members in attendance to vote on approving the notes from September. There were no objections to the meeting notes, so they are approved.

Announcements

- Gwen Jones announced the upcoming Community Feedback Gatherings happening around Central Oregon from November 1-9. Please sign up for one of the six locations to provide your feedback and input from the results of the Regional Health Assessment survey.

CAC Member Small Group Breakout Session

- The topic for the October meeting was: Thinking about next steps with the Board of Directors, what do you think the shared issue should be? Continue with dental/periodontal? Or choose another issue?
 - Dental/Periodontal
 - Treatment of Patients by Providers
 - Asthma
 - Autism
 - Opioid Care (streamlining)
- **ACTION ITEM:** Add the shared issue and process to the November meeting agenda.

Community Health Projects – Crook, Deschutes, and Jefferson County applications review and decision

- MaCayla Arsenault led the discussion on which applications for Crook, Deschutes, and Jefferson counties would be funded. After reviewing the scores and additional discussion, the Community Advisory Council members selected 10 applicants to receive funding with the available pool of funds.



Community Belonging Measurement Project

Presentation for Community Advisory
Council

Presentation Outline

- Introduction to team and project
- Project timeline
 - Brief overview of planning and data collection
 - Data analysis & co-interpretation
 - Next steps
- Discussion

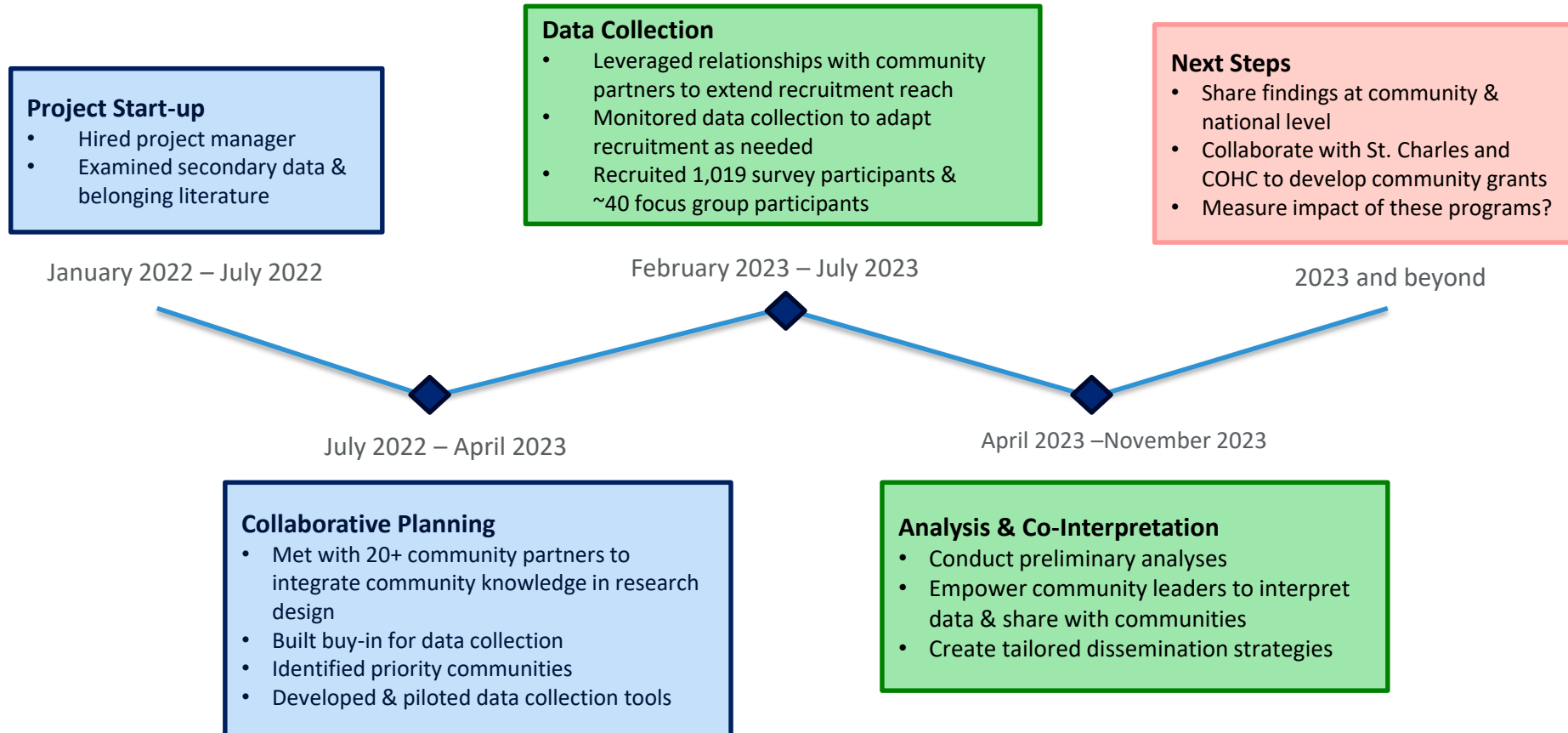


COMMUNITY BELONGING

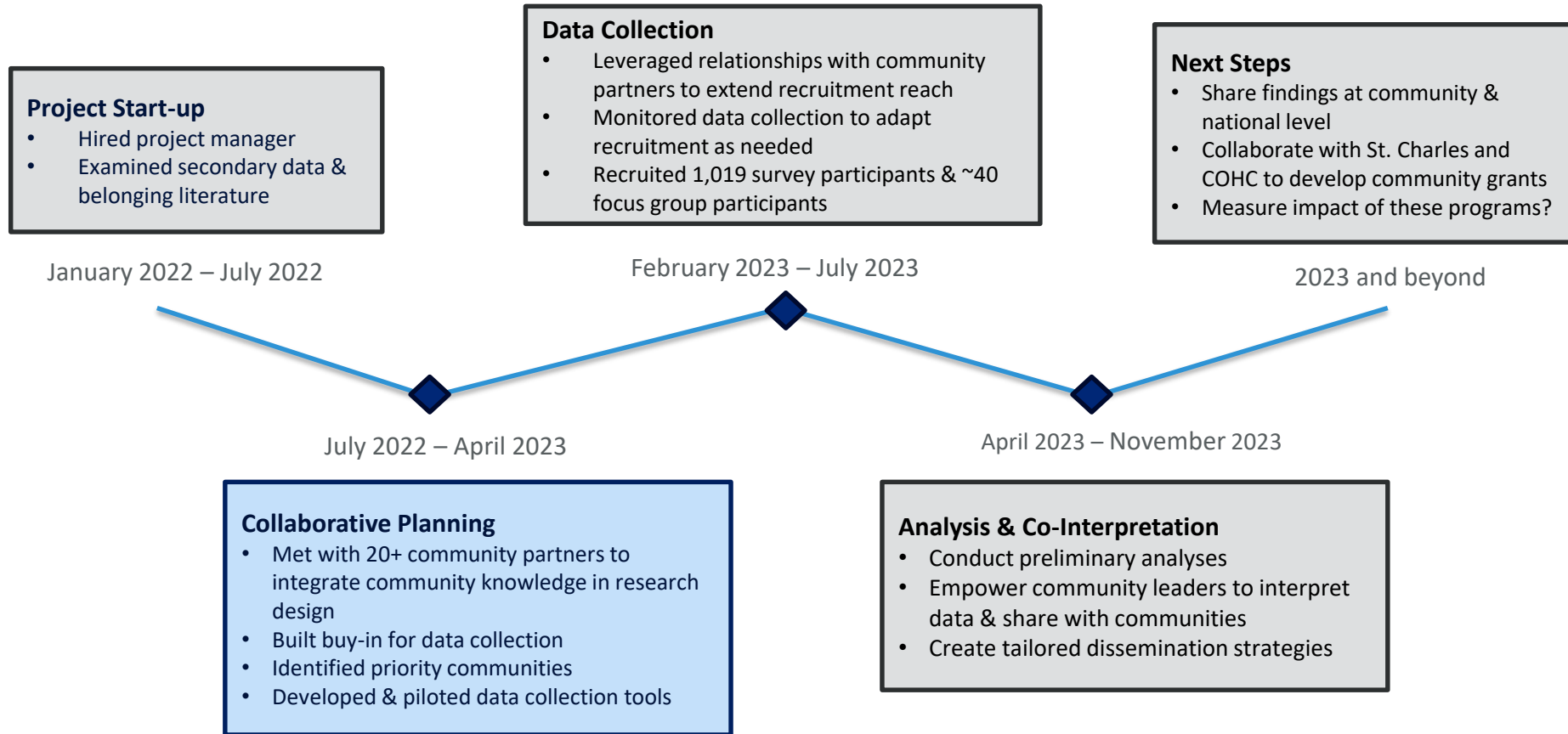
MEASUREMENT PROJECT



Project Timeline



Project Timeline



Collaborative Planning

Region	#	Sector	#	Priority Population*	#
Crook	5	Local government	1	Black or African American	2
Deschutes	9	Education/Youth Programming	8	Latino/a/x	4
Jefferson	2	Faith	1	LGBTQIA+	3
North Klamath	3	Health Care/Social Services	7	Military/Veteran	3
Warm Springs	2	Non-profit/Community Groups	4	Native/Indigenous	2
				Parent of a child under 5/works with children under 5	2
				Older adult or works with older adults	2
				Rural	10
Total					21

How do we measure belonging and resilience?

Constructs	Measures
Safety (belonging)	I feel safe in public spaces in my community (e.g., a government building or school building) <i>(agree/disagree)</i>
Acceptance (belonging)	In general, in which of the following places or spaces do you feel like you belong? <i>Mark all the ones that apply to you.</i>
Representation (belonging)	I feel like I have some influence or control over decisions made in my community <i>(agree/disagree)</i>
Shared Experiences & Identities (belonging)	In general, which of the following identity groups or groups of people are important in making you feel like you belong? <i>Mark all the ones that apply to you.</i>
Interpersonal Connection & Support (resilience)	<p>There are people in my community who I can talk to about my problems <i>(agree/disagree)</i></p> <p>My family stands by me during difficult times <i>(agree/disagree)</i></p> <p>My friends stand by me during difficult times <i>(agree/disagree)</i></p>
Basic Needs (resilience)	<p>In an emergency, I could raise \$2000 within two days from my relatives or friends <i>(agree/disagree)</i></p> <p>I know where to get help in my community <i>(agree/disagree)</i></p>

How do you think one's identity/identities influence their sense of belonging?

Representation

One is not alone.

In Central Oregon, I think that a person's ethnicity and race have a huge influence on their sense of belonging based on the dominant culture.

societal pressure/criticism can make owning identity difficult and create isolation

identity can determine what 'belonging' means to them

Having a strong sense of your identity helps you know you are human, you belong

visibility, representation, history

conflict between multiple identities

Acceptance, how well my identity is accepted in my community will impact my sense of belonging.

privilege can foster belonging/safety

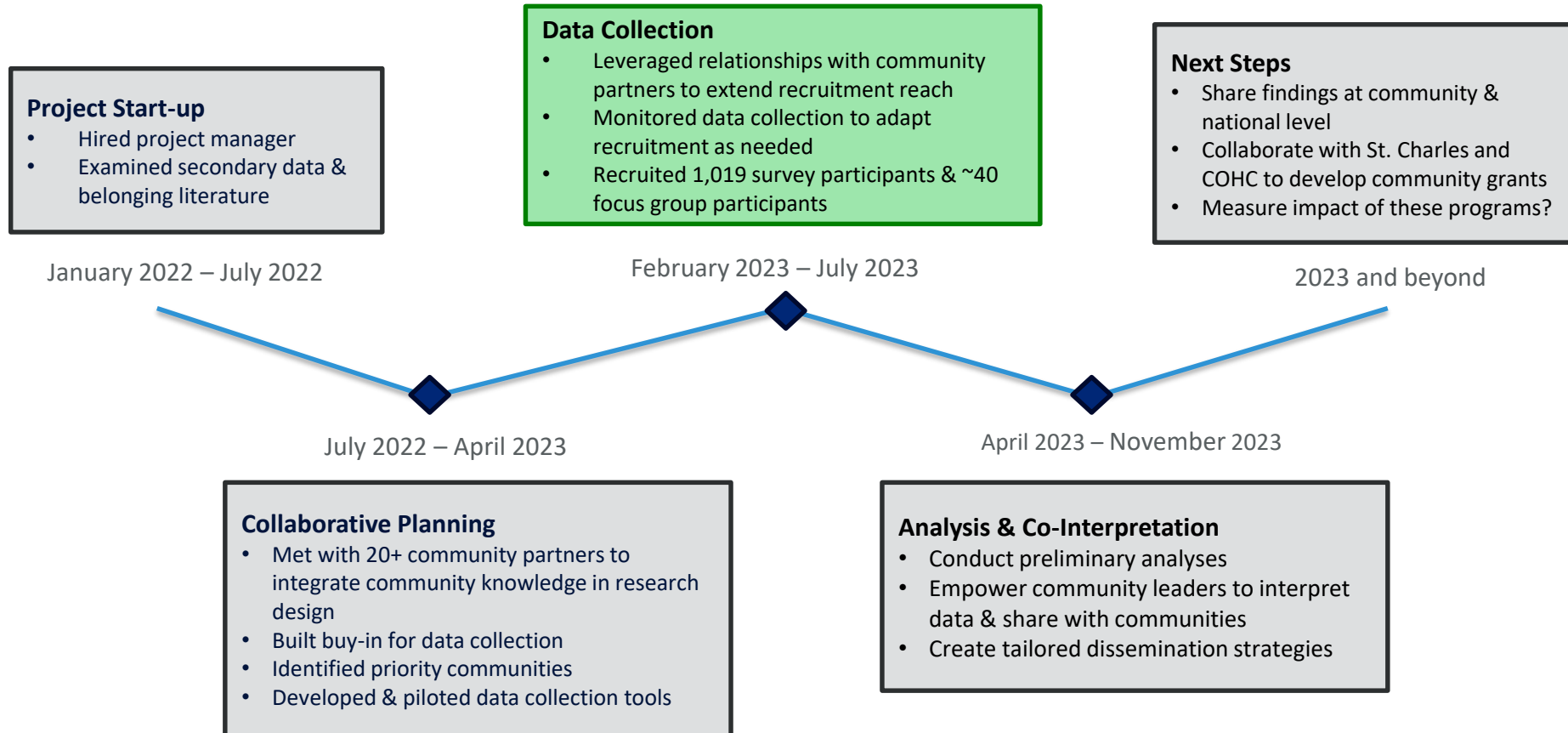
or reflected in the community (positive framing, negative framing, victims vs heroes) etc.

Greatly. Some identities are outwardly expressed while others are internalized. Due to this, belonging may feel easy in some regards, limited in others.

in group/out group dynamics or power

Newcomers have a harder time feeling they belong, especially when they don't see themselves represented

Project Timeline



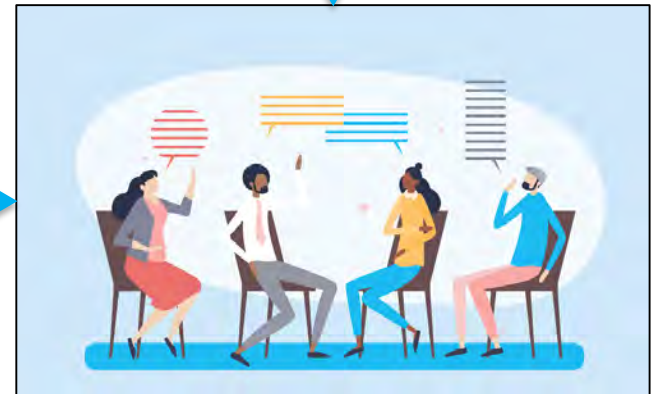
Data Collection



Address-based sampling



Community Partners



Community Events and Outreach

Type	In-person	Email, Social Media Share	Paper Flyers or Post Cards – shared/posted
Number	9 events	22 groups and partners	22 groups, partners, locations
Location	Bend, Prineville, La Pine, Redmond	Bend, Culver, Gilchrist, Madras, Jefferson County, La Pine, North Klamath, Prineville, Redmond, Regional	Bend, Madras, Prineville, Redmond, Regional, Warm Springs
Date Range	2/16 – 3/20	1/31 – 3/23	2/6 – 3/14

Outreach results

- Survey was open between 1/30 and 4/7
- Sent out postcards and letters to over 13,000 addresses
- Supplemented with community outreach

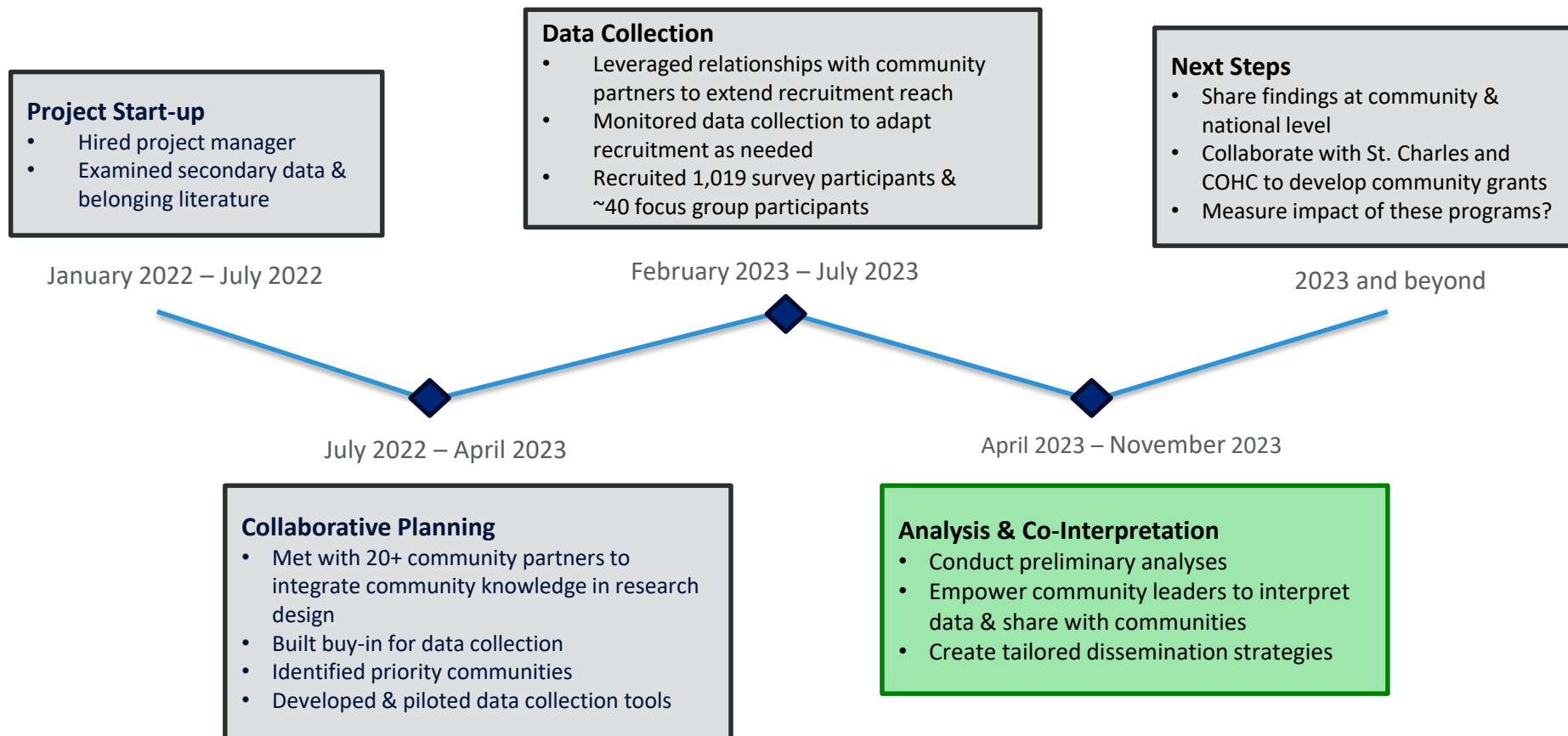
- Total response – **1,019 completed surveys**
- **52%** from mail outreach; **48%** from community outreach

- Using survey list and supplemental outreach, recruited **~40 participants** for focus groups conducted in late June

Focus Groups



Project Timeline



Survey Demographics

Gender		N (%)
Man		292 (28.7%)
Woman		698 (68.5%)
Non-Binary		15 (1.5%)
Prefer to self-describe/prefer not to say		14 (1.4%)
Age		
18-24		81 (8.0%)
25-34		190 (18.7%)
35-44		208 (20.4%)
45-54		159 (15.6%)
55-64		150 (14.7%)
65+		231 (22.7%)
Sexual Orientation		
Straight		887 (87.1%)
Gay or Lesbian		16 (1.6%)
Bisexual or Pansexual		59 (5.8%)
Queer		17 (1.7%)
Asexual		<10
Not sure		<10
Prefer to self-describe/prefer not to say		30 (3.0%)
Race and Ethnicity		
Non-Hispanic White (white only)		782 (76.7%)
Hispanic/Latino/a/x		105 (10.4%)
Native American		67 (6.6%)
Asian		26 (2.6%)
Native Hawaiian or Pacific Islander		12 (1.2%)
Black		<10
Multiple races/ethnicities selected	21	82 (8.1%)

Survey Demographics

City/Closest City

Bend	487 (47.8%)
La Pine	136 (13.4%)
Madras	84 (8.2%)
Prineville	76 (7.5%)
Redmond	172 (16.9%)
Sisters	39 (3.9%)
Warm Springs	25 (2.5%)

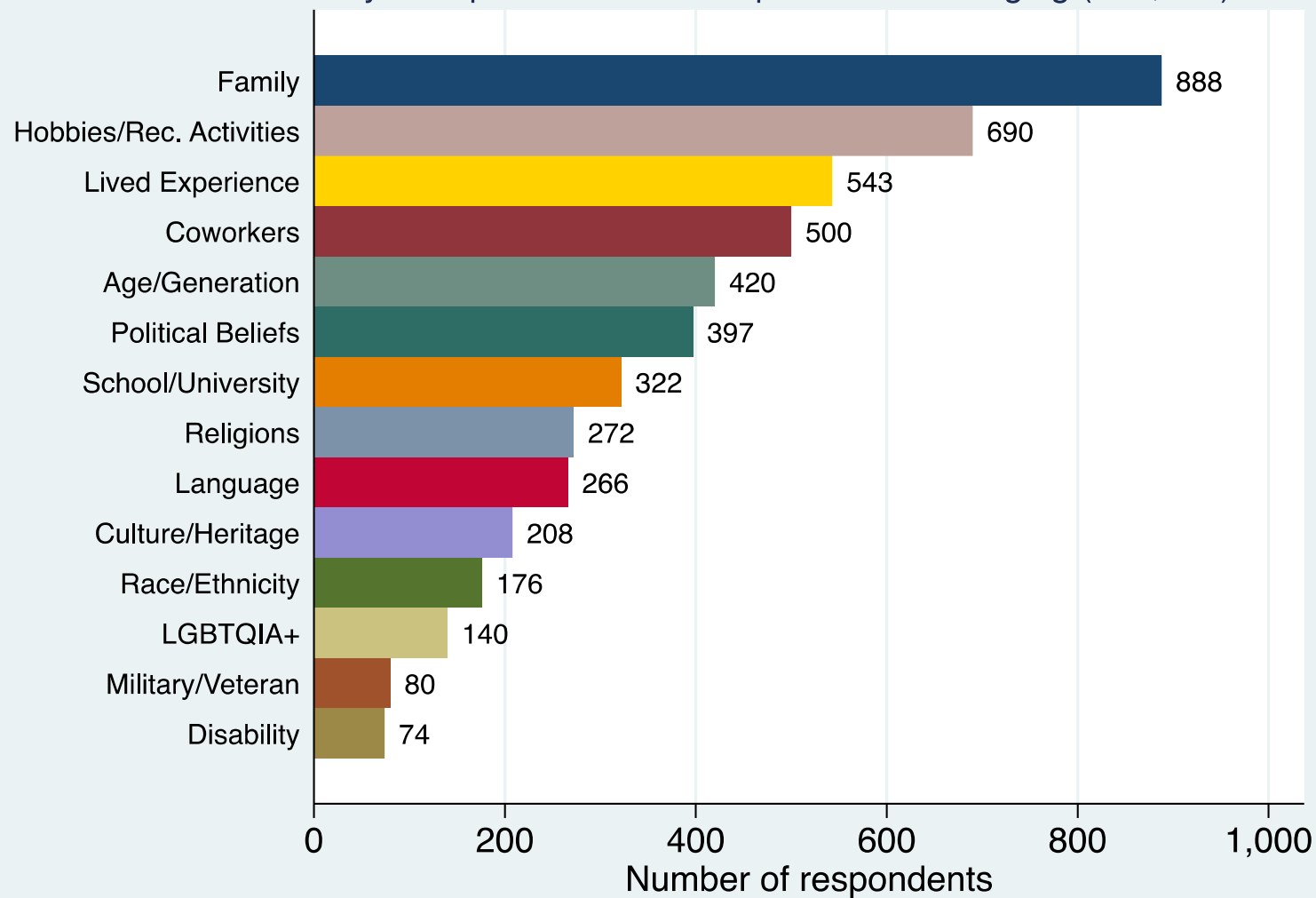
Education

Less than high school	18 (1.8%)
High school or equivalent	96 (9.6%)
Some college	195 (19.5%)
2-year degree	154 (15.4%)
Bachelor's degree	300 (30.0%)
Graduate degree	238 (23.8%)

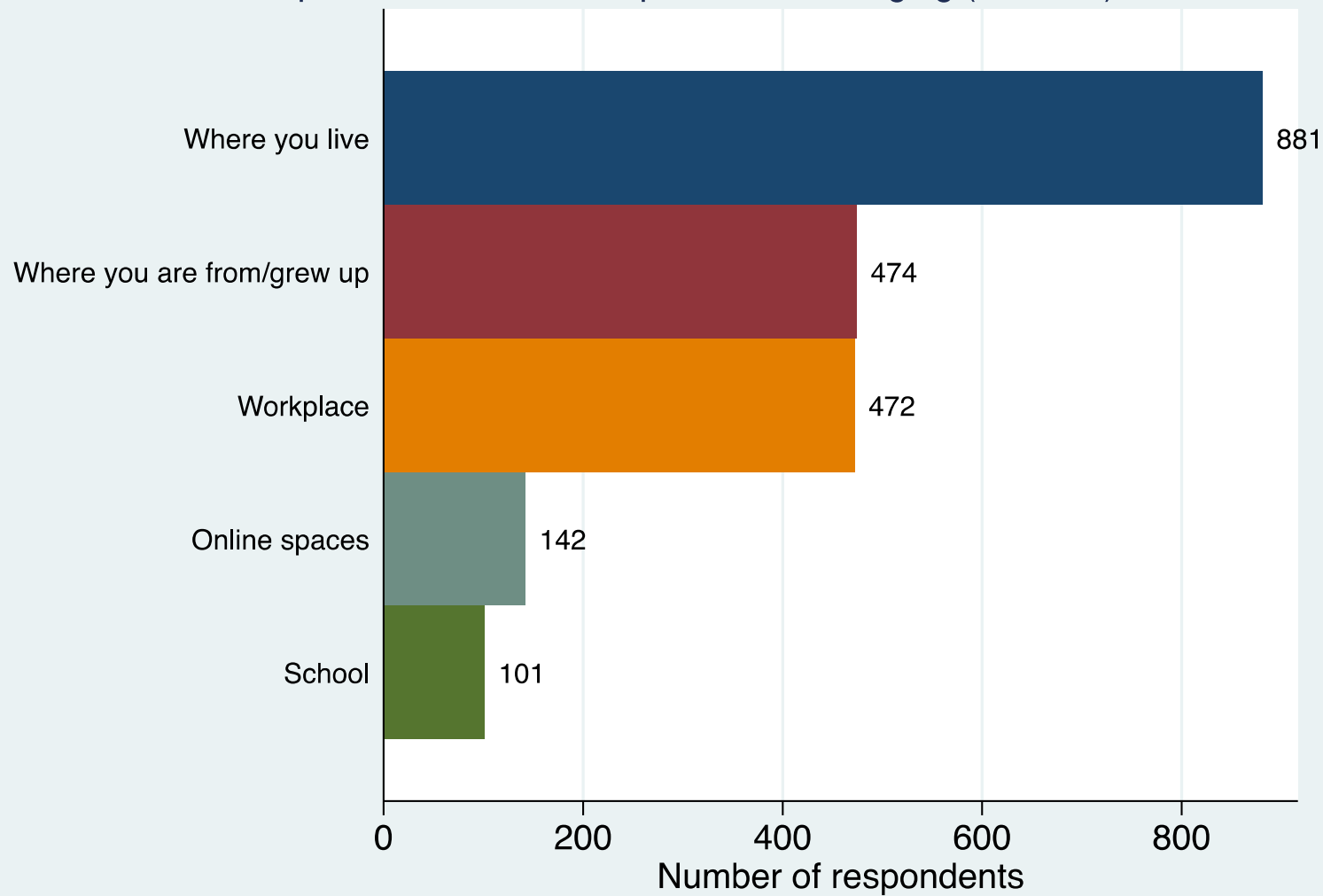
Income

Less than \$10,000	41 (4.5%)
\$10,000-24,999	82 (9.0%)
\$25,000-49,999	172 (18.8%)
\$50,000-74,999	175 (19.1%)
\$75,000-99,999	155 (16.9%)
\$100,000-149,999	168 (18.3%)
\$150,000 or more	123 (13.4%)

Communities/Identity Groups Identified as Important to Belonging (n=1,019)



Places/Spaces Identified as Important to Belonging (n=1,019)



Belonging/Place Attachment Items

Thinking about the **community where you live**, please indicate the extent to which you agree or disagree with the following statements.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I know quite a few people who live in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many of my family and friends live in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In an emergency, I could raise \$2000 within two days from my relatives or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I have some influence or control over decisions made in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel safe in public spaces in my community (e.g., a government building or school building)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are people in my community who I can talk to about my problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I participate in recreational activities in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer living in this community over other communities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My community's happiness is part of my happiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The energy I put into my community comes back to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe I have a lot to give to my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

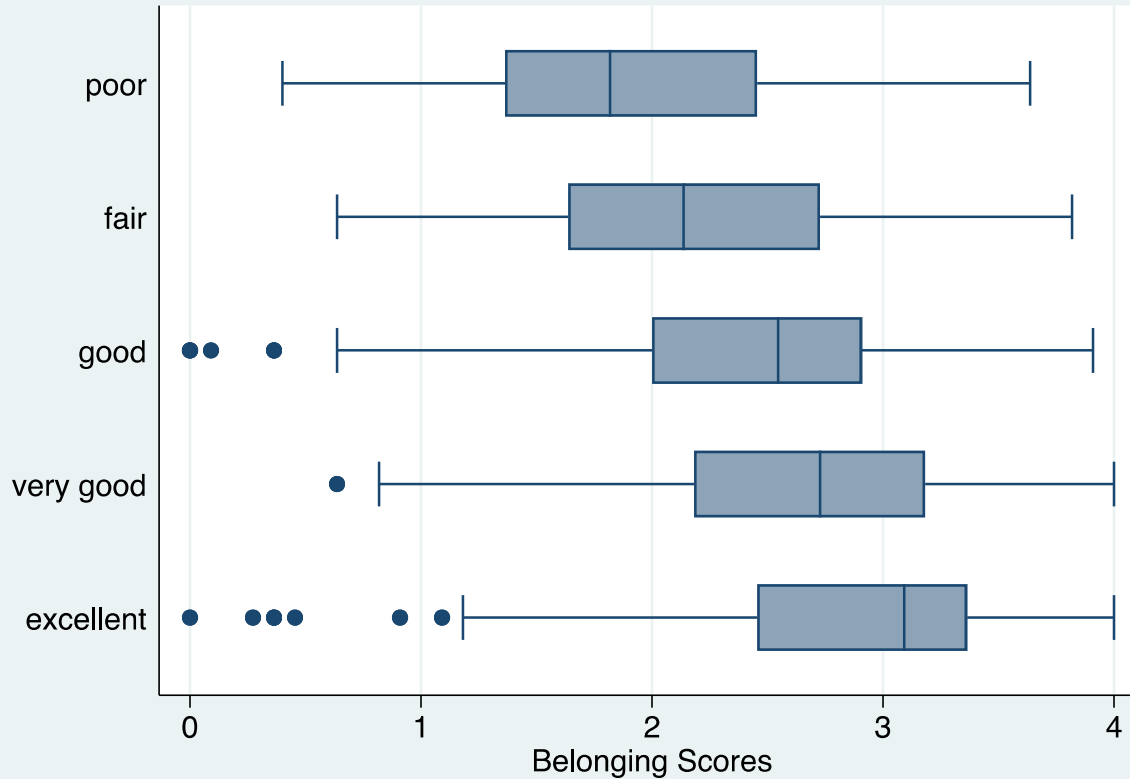
In an emergency, I could raise \$2000 within two days from my relatives or friends

I feel safe in public spaces in my community (e.g., a government building or school building)

I feel like I have some influence or control over decisions made in my community

Belonging and Physical Health

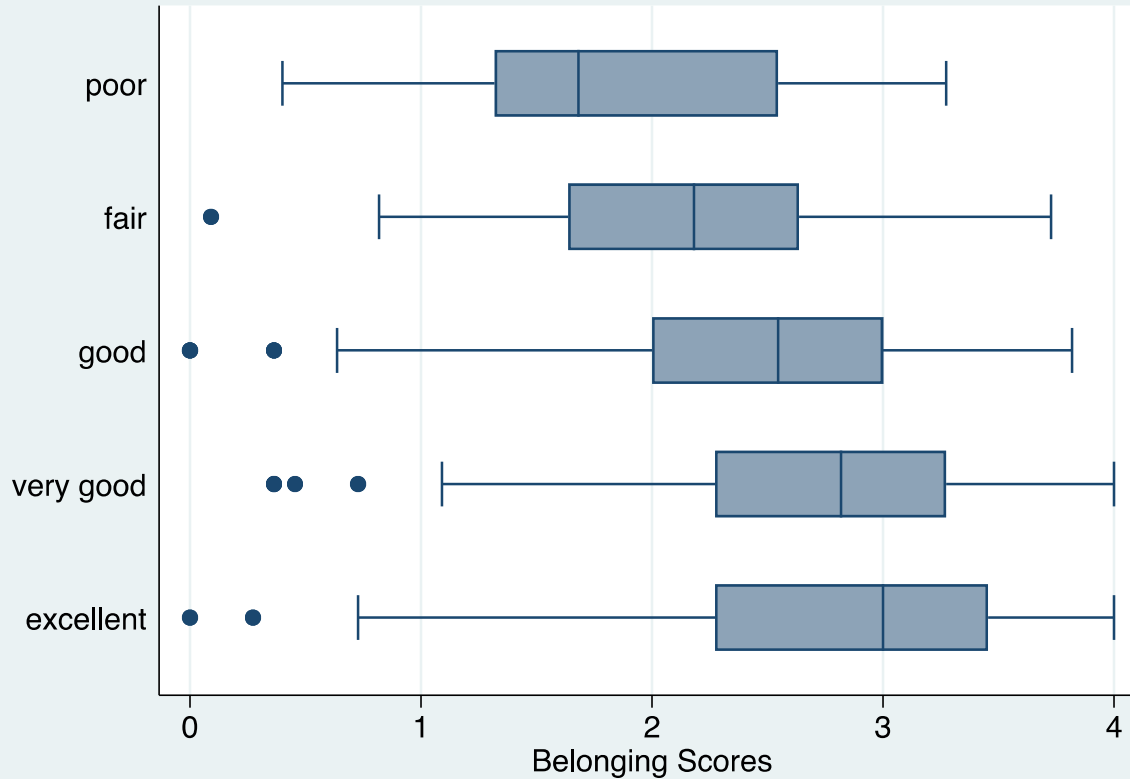
Belonging Measure Scores by Self-Rated Physical Health (n= 1017)



Physical Health	Mean (SD)
Poor	1.93 (0.79)
Fair	2.17 (0.71)
Good	2.44 (0.75)
Very Good	2.70 (0.68)
Excellent	2.83 (0.81)

Belonging and Mental Health

Belonging Measure Scores by Self-Rated Mental Health (n= 1017)



Mental Health	Mean (SD)
Poor	1.85 (0.74)
Fair	2.15 (0.71)
Good	2.47 (0.71)
Very Good	2.74 (0.69)
Excellent	2.82 (0.81)

Initial Qualitative Findings: answering what can we do about it?

- Researcher takeaways of responses to **open-ended questions in the survey** and **focus group data**
- Will be used to **guide further interpretation** with community leaders

Initial findings: parenting & raising children

- While family is a primary driver of belonging, parenting can be a **socially isolating experience** and can lead to **shifts in social networks**
- Parents identified a need for **enhanced recreational opportunities** and **better infrastructure, including family friendly spaces** to support raising children

Parenting as a socially isolating experience

"As a newer parent... I have gotten kind of used to feeling alone.

Parenting young children can be a little isolating, in my experience.

However, recently, our older child has begun to make friends at school and my wife and I have made great friends with those kids parents. We all feel so grateful and have a great sense of belonging stemming from those new connections."

"I often feel like I don't belong at pickup at my children's school. The
"in" parents are huddled in a group. If you are not wearing the right clothes, belong to the country club, skiing at Mt Bachelor on the weekends and live in a certain neighborhood, then no one talks to you. It is difficult to fit in."

Need for better recreation and infrastructure

*“Kids being able to safely take themselves to school by walking or biking is so **important for development of independence and social skills**”*

*“There's little to do for kids of all ages, especially older. **If I ever have children, I don't want to have them here**”*

*“There is [sic] not enough **free or low cost recreation activities** for kids in this community”*

Lack of welcoming spaces

*"In restaurants, I often feel like I don't belong because where you have to spend a little bit of time there and usually [my daughter] will wake up and she'll be hungry and I have to nurse her, and then people will give me looks because **I'm nursing her in a public space and then I don't feel welcome anymore.** I don't feel respected or valued in that moment."*

*"we are actually talking about leaving the area because some of my own identities, my kids and their school district, and their identities. We've been here seven years. We're very involved in the community. We have a great network, but **we are starting to feel less and less welcome as time goes on.**"*

Resources that support parenting

*"In Sisters, we have Circle of Friends, which is a mentorship program because we moved across the country, so we don't have grandparents and close family here for our kids. **They have a mentor program that the same mentor will kind of grow with your child from kindergarten through high school,** and they're very supportive and offer activities and can help send your kids to programs that you can't afford."*

Suggested priorities –families

- **For COHC:** partner with and/or fund family-serving organizations or those that support new parents
- Advocate for accessible recreational opportunities for kids and kid-friendly transportation networks
- Work with businesses or business organizations to build in family friendly practices or spaces
- Build on past TRACEs initiatives to support children in foster care with accessing recreational opportunities



Initial findings: belonging in the workplace

- Workplaces are a **major outlet for social interaction and social connection**, with about half of respondents sharing that work or coworkers give them a sense of belonging
- **The COVID-19 pandemic** and **differences in identity** are barriers to belonging in the workplace
- Retirement (or the anticipation of retirement) can shrink the **social networks of older adults** and lead to a **search for purpose**

Sense of belonging in the workplace

“I have felt accepted greatly at my present workplace given that the organization organizes [sic] event at different times of the year to celebrate ourselves and celebrate international events... we have fun and bond together to **make new relationships with colleagues and other people** from the community”

“I enjoy the close-knit workplace relationships we share and **feel comfortable sharing my ideas and opinions**”

Lack of belonging in the workplace

*“My workplace **centers dominant culture** and I usually feel like I'm on the outside.”*

*Being a young teacher, I often feel **left out in the workplace** and like I am **Being [sic] dismissed because of my age**”*

*“[COVID] damaged the sense of community that I used to feel at work...**people seem less interested in socializing with colleagues**, both inside and outside of the workplace.”*

Retirement as a barrier to connection

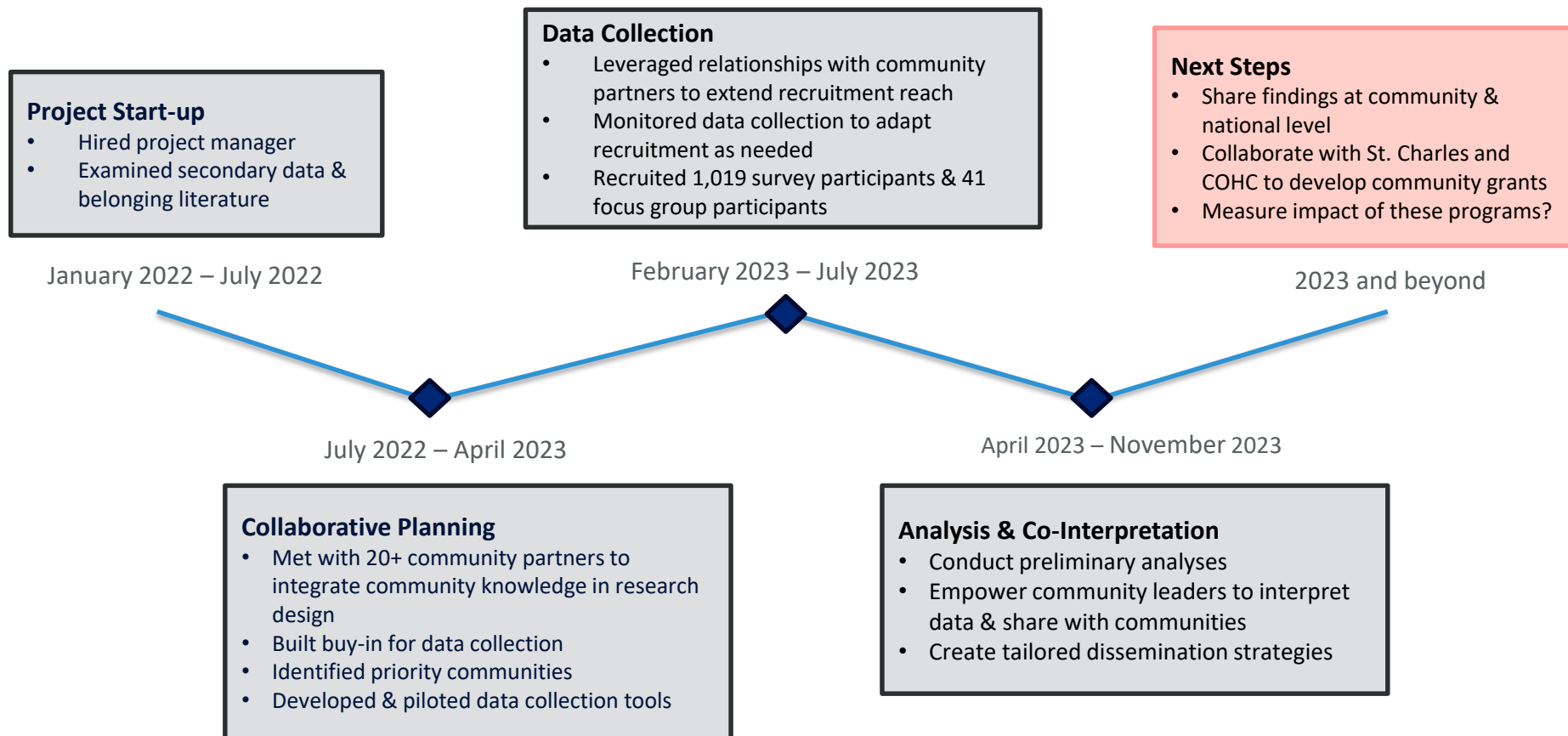
*“My work is very meaningful to me and contributes to our community and helps me feel connected. So **I feel uncertain about how I will stay connected once I retire.**”*

*“I am **recently retired and have a lot to offer for the betterment of a community**, but do not know how to get my name out for consideration.”*

Co-interpretation & dissemination



Project Timeline



Suggested priorities - workplace

- Partner with or develop grants for workplace-serving organizations like chambers of commerce, professional interest groups, coworking spaces, and others
- Consider strategies or initiatives to ease transition into retirement and promote social connection for older adults
- Consider opportunities that could promote intergenerational learning and engagement, to the benefit of retired adults and children



Next steps

- Share findings at community and national-level
- Partner with St. Charles Community Benefit Department for re-measurement





Discussion




Appendix

Literature Review

Elements of Belonging






COMMUNITY BELONGING MEASUREMENT PROJECT

Community Belonging Survey




If you live in Central Oregon and are 18 years or older, you are eligible to participate and **earn a \$10 gift card.**



Scan this QR code or go to:
bit.ly/communitybelonging

Your experience in the Central Oregon Community matters. Take our short survey to help inform programs and policies that promote community connectedness and resilience.

We invite you to complete a 15-minute survey that asks you questions about belonging, your community, and demographic information.


COMMUNITY BELONGING SURVEY

Take our short survey to help inform programs and policies that promote community connectedness and resilience in Central Oregon.

Survey participants will receive a \$10 gift card.

SCAN BELOW TO TAKE THE SURVEY






Advanced Directives

All adults have the right to make decisions about their care. This includes the right to accept and refuse treatment. An illness or injury may keep you from telling your doctor, family members, or representative about the care you want to receive.

Oregon law allows you to state your wishes, beliefs, and goals before you need that kind of care. The form you use is called an advance directive.

An advance directive allows you to:

- Share your values, beliefs, goals, and wishes for health care if you cannot express them yourself.
- Name a person to make your health care decisions if you cannot make them yourself. This person is called your healthcare representative, and they must agree to act in this role.
- Allows you the right to deny or accept medical treatment or surgeries and make decisions about your medical care.

PacificSource can give you a free booklet on advance directives. It is called “Making Health Care Decisions”. If you would like a copy, please get in touch with Kristen at kristen.tobias@pacificsource.com.

The [Peaceful Presence Project](#) is a Central Oregon resource that provides advanced directive assistance, community classes, and more. If you would like

more information, please contact the Peaceful Presence Project.



peaceful presence

END OF LIFE DOULAS

[541.647.8636](tel:541.647.8636)

info@thepeacefulpresenceproject.org

WELCOMING A NEWBORN BABY?

A personal postpartum nurse visit is the best gift you can give yourself!



As a resident of Central Oregon, you are eligible for a nurse visit courtesy of Family Connects. This program supports parents who are welcoming a newborn baby by bringing healthcare providers, community resources, and families together. Our mission is to connect you with resources that nurture your whole family and support your child's health and well-being. Together we are growing healthy babies and thriving families!



For more information:

familyconnects@hdesd.org

www.familyconnectscentraloregon.org



Your Needs. No Cost. No Judgment. Just Support.

¡DÁNDOLE LA BIENVENIDA A UN BEBÉ RECIÉN NACIDO?

¡La visita postparto de una enfermera es el
mejor regalo que puede hacerse!



Como residente de Central Oregon usted califica, gracias a Family Connects, para recibir la visita de una enfermera. Family Connects apoya a los padres al brindarles servicios de orientación médica, información sobre servicios comunitarios, y al unir a las familias. Nuestra misión es contactarlo con los recursos que contribuyan a la salud y al bienestar de su hijo y de toda su familia. ¡Juntos veremos crecer bebés saludables y familias prósperas!



Para más información:

familyconnects@hdesd.org

www.familyconnectscentraloregon.org



Sus Necesidades. 50 Nuestro Apoyo.