

## **PHAB Retreat**

**Date:** July 13th 2022

**Those not in attendance:** Jofil Borja, Steve Heath, Barbie Law, Phil Summers

**Those in attendance:** Chase Smith, Bekalu Aysheshim, Sara Bowsky, Libby Abbott, Ashley Sterlin, Sonal Patel

**Members of the public in attendance:** Steve Orkand

**Staff members in attendance:** Liz Gomez and Dr. Olivia Kasirye

**Motion to approve minutes from June meeting** – Motion passed.

**Motion to approve HIV Planning Council candidates** – two candidates approved.

## **Presentation from Dr. K**

Find presentation attached to PHAB website.

Questions were asked from the Board around the gap area for Alzheimer's

- Dr. K highlighted the role of caregivers, education to the community and indicated it was an area to do a deeper dive on

Questions were asked if this was for all ages?

- Dr. K indicated it was.

How comfortable are we on Alzheimer's being encompassing of other areas

- We are dependent on death certificates

What would be your top 2-3 priorities, question to Dr. K:

- Alzheimer's
- Drug overdose
- Mental Health and diseases of despair
- Maternal and child health

Requests from the Board after the presentation:

- Would be great to get the below data before we get the decision on these priorities
  - Adolescent and childhood data
  - Disparities data
  - Data around housing and homelessness
- Is there a point of contact for the board of Supervisors
- Folks want information around coordination for other boards
- Homeless services committee, see if there's any committee doing that

At the next Board Meeting, the team wants to review the next steps they want to take on development and determination of priorities taking into consideration this discussion as well as the data that they requested from Dr. K.

## **Priority Considerations for PHAB Discussion in Small Groups**

### **Group 1 Discussion:**

- What does the data say? Otherwise piggybacking off of what we think and feel is important
- Using Life Years Lost

### **Group 1 Recommendations:**

- Data for decision making (priorities and pivots)
- Diseases of despair by age categories
- Dementia/Alzheimer's

To note: Will use bullet 1 for bullet 2 and 3.

### **Group 2 Discussion:**

- Deeper dive into data
- Alzheimer's
- Drug overdose/mental health diseases of despair
- Homelessness
- More proactive engagement with board of supervisors

### **Group 2 Recommendations**

- Alzheimer's
- Diseases of despair
- Homelessness

## **Meeting Format Discussion and Recommendations**

### **What would it take to make meetings more participatory?**

#### **Feedback from pre-survey**

- I think people would be more engaged if there was a clearer vision on how information would be used and how they should be engaging in it. Right now it feels like we consume a lot of information but aren't really engaging or using it in any way (except for once or twice a year when we write a letter - and even then, most people aren't involved in interpreting the information or applying it to recommendations in a letter. A lot of that happens behind the scenes). I think one way we could make people more involved is if we had meetings that were devoted predominately to discussion, rather than just passive attendance at a presentation.
- Hold open discussion sessions, pose open ended questions
- Connecting PHAB meeting topics and presentations with the recommended focal points for the Board. Maybe ending meetings with a survey on if we feel more informed on a topic or what was gained from the presentation.
- For me personally, I would love to see the meetings outside of work hours as I would just have more capacity to engage and participate. I understand this is probably not possible, so I think finding ways in which we can allow more time for open-ended conversations (i.e., perhaps we don't have a full agenda for each meeting, but instead have a space to just discuss issues that are important to us, updates outside of the agenda, etc).
  - Additional notes from the retreat:
    - Yes! 5 PM would be great
    - Yes after work hours
- Hold them in person
  - Additional notes from the retreat:
    - In Person
    - In person or hybrid
    - In person meetings to get more accomplished
    - In person/after hours
- When on zoom - monitoring chat and consider asking people to turn the camera on.

- Knowing each other to be comfortable speaking up may help
  - Additional notes from the retreat:
  - Members knowing each other perhaps by working together on issues/committees

Additional notes from the retreat

- Define our goals for each meeting
- Rather than just having presentations, draw on PHAB members expertise, have members present and lead conversations

**What feedback do you have on the PHAB Meeting Format? (e.g. updates from County staff, typically followed by presentation and Q&A)**

**Feedback from pre-survey**

- It feels like we are trying to cram too much into a meeting. Could we consider alternating every other month, where in Month A we have an external presentation (with clear prompts/objectives developed ahead of time) followed by Q&A; in Month B we do the round of County updates (in a less rushed format and again with more time for Q&A) followed by a debrief of the previous month's presentation and a discussion on whether and how we want to take it forward as PHAB. Then back to Month A format.
- I like the format we have currently. I am curious if we should add a public comment section?
- It is great, the updates from county and presentations are very informative
- I really appreciate that each meeting starts with sac county public health status updates. The presentations are always informative and presented well. I wouldn't change the format but, it would be nice to know if these groups or presenters have an ask for PHAB.
  - Additional note from retreat
    - Agree with asking county to make asks or give direction
    - Streamline County updates. Circulate information/update prior to the meeting. Primary Health started doing that. Ask PHAB to submit questions in advance.
- I think this is a great format and don't have any concerns with leaving as is. I appreciate the updates from county staff and want to make it as accommodating as possible from them so that they can participate.
- We are supposed to be advisory to the Board of Supervisors, but I can't recall anyone from the board being on the agenda or asking us for advice. Perhaps it is time to disband PHAB.
- Meeting format seems good
- good as is

Additional notes from the retreat

- No specific preference on format. But I would like to see meetings slow down a bit.

**Would you be interested in hosting more panel style discussions with multiple speakers/presenters in a single session on a specific topic?**

- Yes, especially if we can not try to cram all the County updates into that same day.
- Yes
- Indifferent
- Yes

- I would love this, but I think it should be limited to one a quarter as I imagine this would take a lot of work to plan for and would also take up big chunks of our meeting time.
  - Additional notes from retreat
    - This is a good idea for recurring topics that don't change quickly
- Occasionally for specific topics this could be good.
  - Additional notes from retreat
    - This will work for seasonal/current pressing issues
- No
- Yes

Additional notes from the retreat

- Quarterly on priority areas
- Yes! I would like to have 2-3 annual priorities that dictate schedule
- Would love to see the panels align with our priority areas

**Would you be interested in a thematic series format? e.g. different speakers present on a similar topic 3 months in a row?**

- Yes. Right now our presentations feel a bit random and like they aren't culminating in anything. If we could do panel presentations and thematic series, then we can actually take the time as PHAB to react to content, digest different perspectives, and discuss whether we want to form a recommendation as PHAB
- Yes
- Yes
- No
- No
- No
- Yes
- I think this would be a great way to focus on the core PHAB areas. It would be great if the themes aligned with the annual PHAB priorities.

Additional notes from retreat:

- Yes - buffer for seeing the fuller picture and hearing from various involved entities
- Yes - series would help us go deeper and see different perspectives on issues
- Yes - thematic series if focused on priority areas
- Yes if we can keep it quick

**Meeting Format Discussion in Small Groups**

**Group 1 Discussion & Recommendations**

- Share materials in advance - pre-read
- Articulate meeting objectives and decision points for meeting at beginning of meeting with review of them at the end
- Focus/attention to priority areas each meeting
- Engage expert area speakers
- Discussion point: cross-match PHAB priorities with sub committees and prioritize for reporting
- Strengthen PHAB relationship to Board of Supervisors
  - Unclear if there is a POC from Board of supervisors or a representative

- Board membership include community member of priority area such as in recovery or suicide survivor
- SLLLOOWW Down and check in during meetings
- Have an A format and B format for meetings. A format which is updating on areas B is panel on priority areas

### **Group 2 Discussion & Recommendations**

- In-Person and zoom option - subject to revision with bagley-keene act?
- Survey to determine optimal time: maybe move to 4 or 5PM, may allow for more meaningful participation
- Panel style presentations for new, controversial, or complex issues: don't do this in the same meetings as routine county updates due to time constraints
- Debate on whether to do thematic series or not
  - Pros: deeper diver & multiple perspectives
  - Cons: less efficiency & limited number of topics
- Key question: how many recommendations should we be making per year

### **Meeting Format Next Steps**

- It was determined that Liz would work with Libby to come together with some recommendations for the next PHAB general meeting to engage with and decide on