

Janet T. Mills
Governor

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Commissioner



Maine Department of Health and Human Services
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Penquis Public Health Council

December 1st, 2023

9:00am – 11:00am

Zoom

(Zoom information included on the next page)

MINUTES

Attendance:

Patty Hamilton Bangor Public health

Jessica Fogg, Maine CDC

Matt Donahue, Heart of Maine United Way

Jennifer Doyle, Program Manager Bangor Public Health

Megan Salois, Per Diem at Maine CDC PHEP

Nicole Hammar, Northern Light Health

Cynthia Grass, Public Health Nursing Supervisor for Maine CDC.

Roxane Dubay, Bangor Public Health, Tobacco Prevention

Lacey Qualey, RN Director of Care Management and Coordination at PCHC

Jamie Comstock, Health Promotion Manager, Bangor Public Health and Community Services

Sue Mackey Andrews, HHH Piscataquis County

Kathy White-Piscataquis County Economic Development Council

Jen Carlson, Northern Light Acadia Hospital

Lindsey O'Hara, Public Health Educator, ME, CDC, Midcoast District

Sarah Hand, RN Bangor Public Health Nursing

Marissa Murray

Hillary Starbird, Director of Community Outreach/Philanthropy Officer - Northern Light Mayo and CA Dean Hospitals

Bill Robinson, LCPC, Director of Behavioral Health at Androscoggin Home Healthcare + Hospice

Thomas Higgins

Frank Martin

Bill Shook

Lauren Gauthier

Kathy White

Gail Allard

jdoyle

9:00 – 9:10am

Welcome

(10 mins)

Agenda Review and Introductions with Jennifer Laferte-Carlson

Sign-in.

VOTE Jennifer Laferte-Carlson into the Council Chair position using poll.
Membership Information Update Form

9:10 – 9:35am

(25 mins)

Emergency Preparedness Urban

Thomas E. Higgins Chief / *City of Bangor Emergency Management*
Director will present on emergency preparedness activities and our city
emergency plan from the local urban perspective.

Spoke to the NIMS national incident management system, training 100 and 700/common language to be used. <https://training.fema.gov/nims/> Bringing in the ambulances in from one direction. Hospitals are the better examples of whom they work with. Discussed strategy in Lewiston and things learned from it. Spoke to implementation plan for future. After Action Report, every structure fire, or any major incident. These reports include "lessons that were learned," what when well, what needs improvement. Patty Hamilton spoke to reaching out to other community organizations and looking at weather, i.e. coast guard breaking the ice to avoid flooding. A great deal of this is building on relationships. Tree crews, Versant Power, examples. Use a priority list. Schools are very high on the priority list (winter) while in the summer not. Be sure to contact the power company as they are going where there highest amount of out outages/or high priority list. The power companies have been receptive to local municipalities helping support outages. Is there a list of people whom have special needs, i.e. C-pap machines, etc. These lists are changing all the time.

9:35 – 10:00am

(25 mins)

Emergency Preparedness Rural

Deb Hamlin, *Deputy Director E-911 Addressing Officer* &
Jaeme Duggan, *Director EMA from Piscataquis County Emergency*
Management Agency will present on how emergency preparedness
planning for rural and remote regions differs from large city planning.

Contrast between Emergency planning for urban and rural. One full time fire-fighter in the entire county. We do have some per diem staff. One to two ambulances available. Political compliant is also different. Utilizing mutual aide through activating. Some situations requiring being on foot, when cellphones are not working, or radios are available. Updating state level employees required to have the basic NIMS courses. Using plain language. Need a radio system. The unhouses population looks very different in Piscataquis County, they are living in tents, cars, RV's. Peer support police, fire, EMS, jail... started two years ago. Culture of the Piscataquis County. Phone, zoom, message, email with firefighters to other fire fighters.

When an emergency happens, it too often requires transportation which isn't readily available, and communications - which due to broadband access and utility - varies greatly and covers

many modes. The most frequent one used up here is word of mouth which makes it difficult to ensure consistency and accuracy.

Annex will be available to the public. Signed off by the commissioners. Template of warming and cooling centers sent out. There is no public transportation. Very far between resources.

Is there a role for us to advocate for funding as a public health district. It would be Helping Hands and the Highlands Response Group. Managed to house 16 people, 5 or 6 households. Most people have been indigenous to the region. Our Website-- the Extreme Weather Annex should be posted by late next week: Piscataquisemergencymanagement.org

10:00 – 10:10am **Break** *(if needed and if time allows)*
(10 mins)

10:10 – 10:45am **Disaster Behavioral Health**
(35 mins) Megan Salois, LSW, CADC, MA, Behavioral Health Coordinator
 Maine Center for Disease Control data updates and frontline to responder health and wellness

Please see attached presentation Note:

*Northern Light offers Psychological First Aid, if anyone wants more info reach out to me!
jlafertecarlson@northernlight.org*

2022 Responder Safety and Health Survey Findings

Provided by Megan Salois, LSW, MA

Disaster Behavioral Health, Maine CDC: <https://mailchi.mp/adcareme/disaster-behavioral-health-news-2023-summer-edition?e=7aba510389>

Member Updates

Jamie Comstock - prevention services, tobacco money.

Meeting with project officer next week. Has asked for examples that would be approved, she was given one example, "New Mainer Project." Reality is we have 6 months to spend the \$90,000. If cannot get this going then we will have to decline it.

Jessica Fogg - Health Equity Funding

The successful Penquis District application for Health Equity Grant is Northern Light Eastern Maine Medical Center (EMMC). The project award will go towards purchasing equipment for Artificial Reality (AR) Sim training platform. The AR headsets will provide an immersive and realistic simulated environment in which to practice various clinical care skills and can be programed to include VR patients who experience greater health disparities in the clinical setting.

10:45 – 11:00am **Sharing, Wrap Up & Adjourn**
(15 mins) *All*

United Way: Above poverty line but cannot afford their basic household needs.
Matt Donahue <http://aliceinmaine.org/>