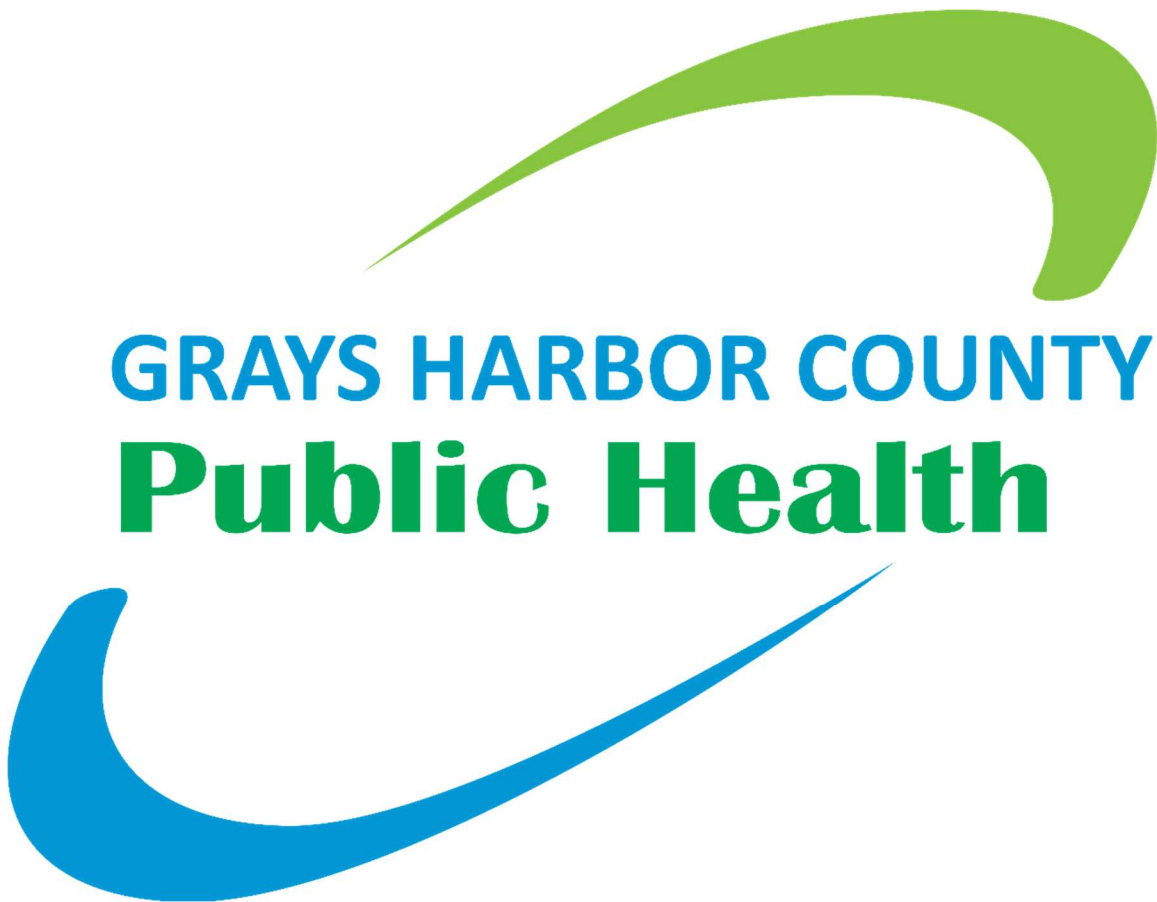


Grays Harbor County Public Health First Annual Health Symposium

October 20, 2023

Seabrook WA



THANK YOU for participating in Grays Harbor County Public Health's first Health Symposium in beautiful Seabrook! With solid participation thanks to community members like you we are hoping to make this an annual event.

Along with a slate of speakers and breakout discussions about the county's health, there will be displays in the venue including:

- Aberdeen High School art students under the direction of Molly Houk will be showcasing pieces under the theme "A Healthy Community" that will be on display on the mezzanine level. Throughout the day guests will be able to view the pieces and nominate their favorites so the top students can be recognized for their work.
- John Larson from the Polson Museum has helped pull together information about historic places, events, and people from Grays Harbor's history that will be on display at the tables to keep us grounded with a sense of place. He will give a brief overview in the afternoon.

Symposium goals

The primary goals of the Health Symposium event are to:

- share the incredible work being done every day by dedicated, capable professionals such as yourselves and your agencies;
- highlight successes that are happening already in our community;
- articulate the challenges that still remain that prevent us from fully realizing our vision of a thriving community.

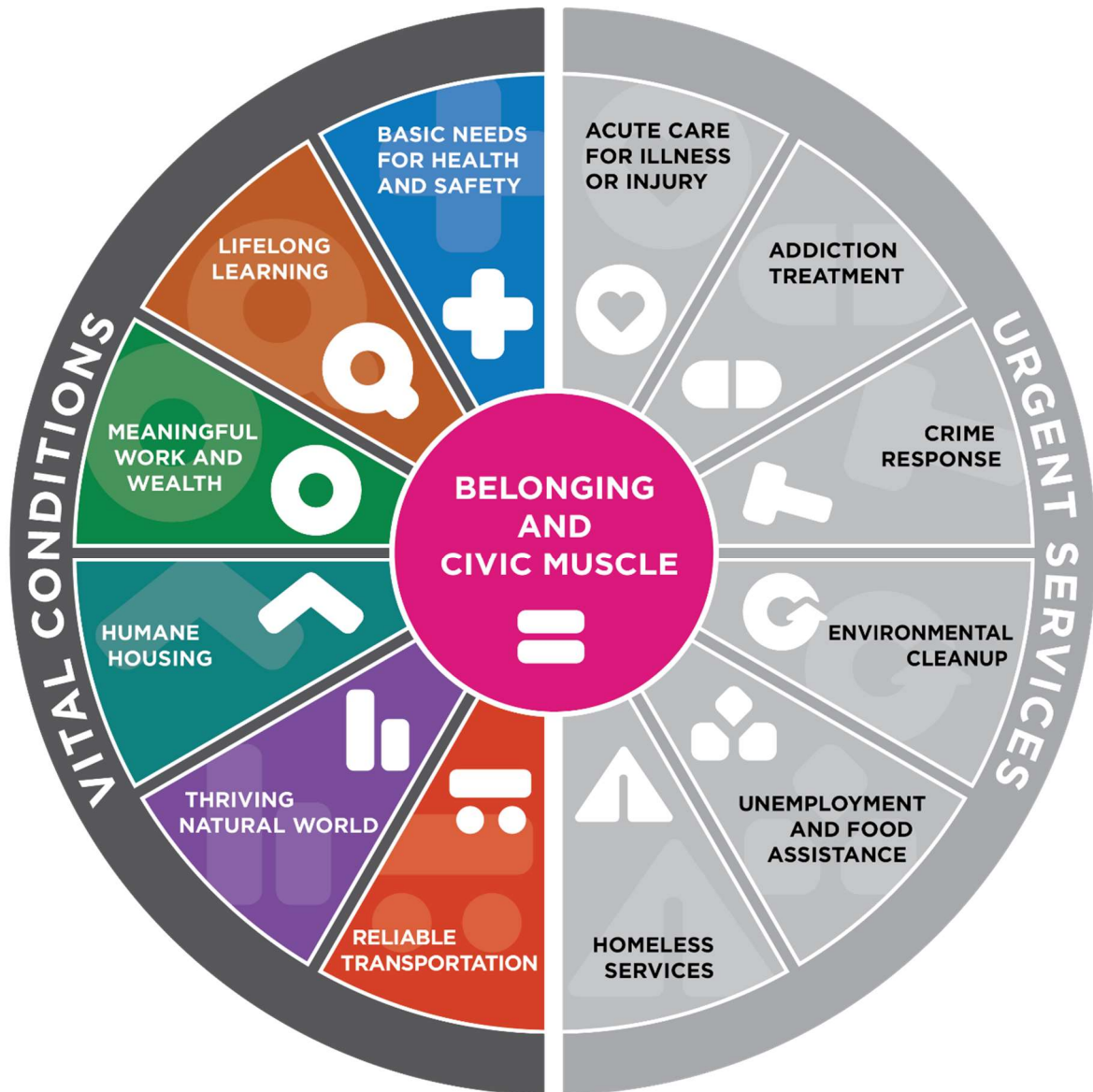
We will be using the [Vital Conditions for Health and Wellness](#) framework to help present and understand this information and how our work impacts each other and our community as a whole. Here are some of the visuals from that framework that might be helpful:



Belonging & Civic Muscle is at the center because it is both a vital condition and a practical capacity that is necessary for equitable success in every other kind of work.

	Sustainable resources, contact with nature, freedom from hazards Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens
THRIVING NATURAL WORLD	
	Basic requirements for health and safety Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health
BASIC NEEDS FOR HEALTH + SAFETY	
	Humane, consistent housing Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature
HUMANE HOUSING	
	Rewarding work, careers, and standards of living Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt
MEANINGFUL WORK + WEALTH	
	Continuous learning, education, and literacy Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education
LIFELONG LEARNING	
	Reliable, safe, and accessible transportation Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards
RELIABLE TRANSPORTATION	
	Sense of belonging and power to shape a common world Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)
BELONGING + CIVIC MUSCLE	

Urgent services are necessary for a safe, healthy, and thriving community. However, existing ways of thinking about health and well-being often lead to over-investing in urgent services and under-investing in vital conditions.

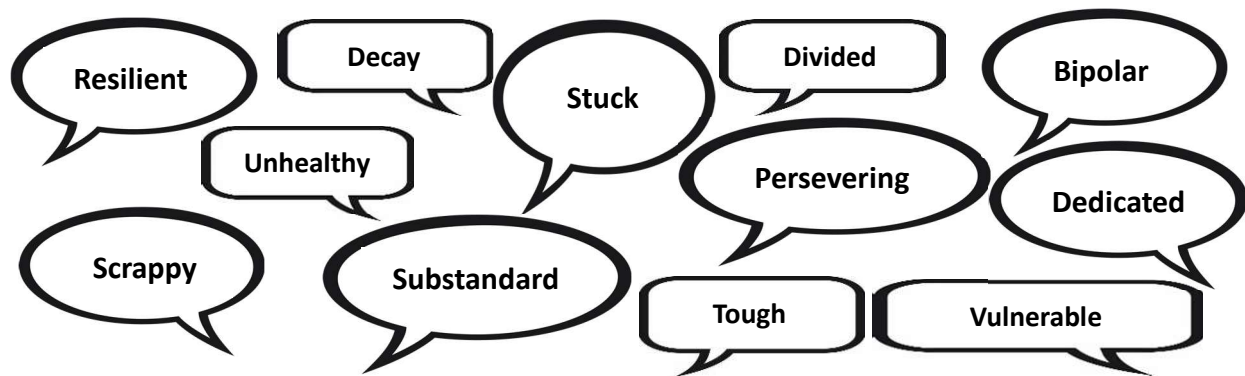


More information on Public Health assessments and initiatives can be found at www.healthygh.org

Survey results:

We sent a short survey about the Vital Conditions for Health and Wellness framework to everyone who signed up for the symposium and received 30 responses. Partial results follow. These are shown here to help drive our conversations during the symposium.

A word used to describe the “culture” of Grays Harbor (examples):



Why did you choose that word? (examples):

Resilient: The harbor has dealt with and overcame obstacles for many generations.”

Unhealthy: “Seeing the mental health issues, the homeless issues.”

Stuck: “Grays Harbor has a difficult time moving forward and progressing due to the lack of financial resources and education which leads the community to being in a culture of being stuck.”

Scruppy: “Despite not having enough, many in the community find a way to make things happen.”

Tough: “This is a society built on logging. A work hard relax hard society.”

Persevering: “Those who remain here despite the myriad challenges are not quitters.”

Dedicated: “Because no matter where you go, the harbor always stays with you. It connects us all in common experience.

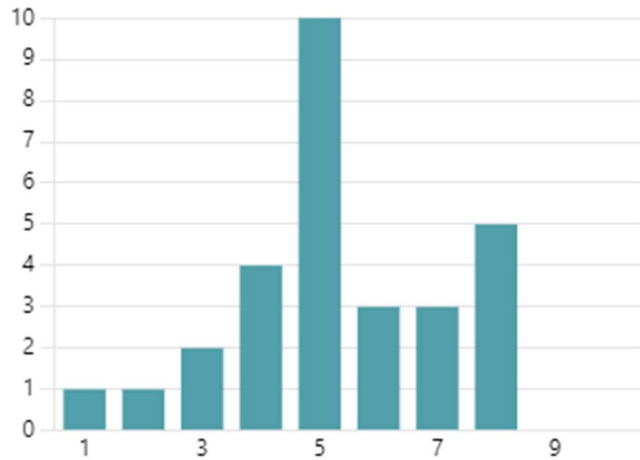
Substandard: “The area is far behind in economic growth, health and wellness care, housing and career opportunities.”

Divided: “As a community people seem more worried about grouping people as others than inclusiveness.”

Bipolar: “I have seen firsthand what the population of Grays Harbor can do when they come together and it is incredible (high highs), but I also see a lot of apathy and disregard for the improvement of our communities likely as a result of the failures over the years (low lows).”

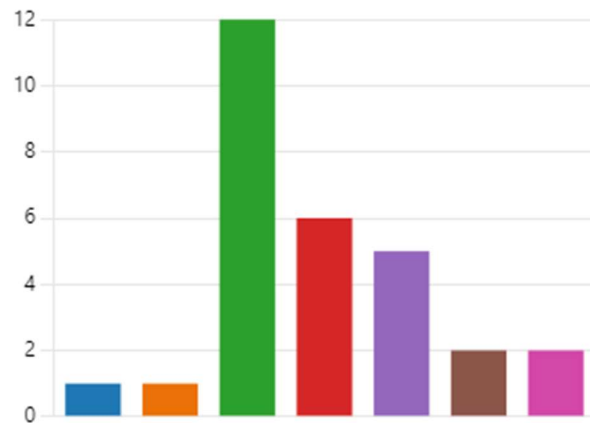
Awareness of Vital Conditions (1 = minimal knowledge, 10 = subject matter expert):

5.31
Average Rating



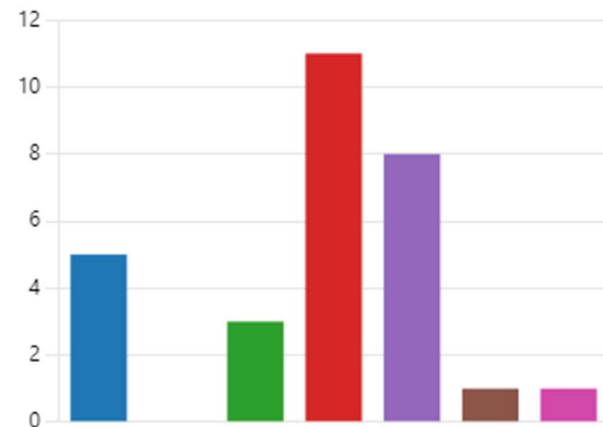
About which vital condition are you most interested in learning?

- Belonging and Civil Muscle 1
- Thriving Natural World 1
- Basic Needs for Health and Safety 12
- Humane Housing 6
- Meaningful Work and Wealth 5
- Lifelong Learning 2
- Reliable Transportation 2



Which vital condition has the most barriers?

- Belonging and Civil Muscle 5
- Thriving Natural World 0
- Basic Needs for Health and Safety 3
- Humane Housing 11
- Meaningful Work and Wealth 8
- Lifelong Learning 1
- Reliable Transportation 1



Detailed agenda

Times may be adjusted throughout the day, but the event will begin promptly at 9 a.m.

- Doors open at 8:30 a.m. Event begins at 9 a.m. sharp. Coffee/tea/water and a light breakfast will be available.
- 9:00-9:45 a.m.: Welcome and orientation
 - Mike McNickle, Director, Grays Harbor County Public Health – overview of the day and current Grays Harbor County Public Health initiatives
 - JP Anderson, Chief Executive Officer, CHOICE Regional Health Network
 - Dr. Umair Shah, Secretary of Health, Washington State Department of Health
- 9:45 a.m. – 10:00 a.m. - Break
- 10:00 a.m. – 12:00 p.m. Panel discussions on complex health issues facing Grays Harbor County. Panels will include brief share-out from panelists on current agency priorities, successes, and challenges, as well as brief Q & A as time allows.
 - **Substance Use**
 - Craig Dublanko, Chief Executive Officer, Coastal Community Action Program
 - Dr. Anne Marie Wong, Chief Medical Officer, Harbor Regional Health
 - Jason Halstead, Chief Operations Officer, Quinault Wellness Center
 - Chief Dale Green, Aberdeen Police Department
 - **Early Childhood Development**
 - Gary Burris, Director, Childcare Action Council
 - Mike Villarreal, Superintendent, Hoquiam School District
 - Jerry Raines, Executive Director, Housing Authority Grays Harbor
 - Jeff Meeks, Executive Director, ARC of Grays Harbor
 - **Chronic Health Conditions**
 - Dr. Laura Galati, Provider at North Beach School District School Based Health Center
 - Addiston Houston, Climate Adaptation Lead, Seattle & King County Public Health
 - Chris Frye, Executive Director, Blue Zones Grays Harbor

- Rev. Barb Weza, Executive Director, Chaplains on the Harbor
 - Franzine Potts, Chief Executive Officer/Executive Director, YMCA of Grays Harbor
- **Thriving Economy**
 - Dr. Carli Schiffner, President, Grays Harbor College
 - Jason Olsen, Edward Jones
 - Lynnette Buffington, Chief Executive Officer, Greater Grays Harbor Inc.
 - Ken Mehin, General Manager, Grays Harbor Transit
- **12:00-1:30 p.m.:** Working lunch
 - Keynote speaker Josh Martin, Chief Executive Officer, Summit Pacific Medical Center
- **1:30 – 1:45 p.m.** Overview on historical photographs/table centerpieces from John Larson, Director of the Polson Museum
- **1:45 – 2:45 p.m.** Small group activity focused on a variety of scenarios common to individuals in our community. Identify themes of strengths/assets as well as system/resource gaps.
- **2:45 – 3:00 p.m.** - Break
- **3:00 – 3:15 p.m.** Keynote speaker [Tom Quigg, Windermere Grays Harbor – Culture of Success](#)
- **3:15 – 4:00 p.m.** Action/solution-focused discussion:
 - What have we learned?
 - Where are the areas of shared interest/action?
 - How do we want to move forward as community partners? How can Public Health support these efforts?
- **4:00-6:00 p.m.:** Optional networking event
 - Grab a snack and continue your conversations, follow-up questions, and introductions with new/existing partners.

THANKS TO OUR GENEROUS SPONSORS!



Speaker bios

Umair A. Shah, MD, MPH

Washington State Secretary of Health

Dr. Shah was appointed Secretary of Health by Governor Jay Inslee in December 2020. His appointment came at a difficult time amid the severe winter wave of COVID-19 and only a few days after arrival of vaccines into the state. Dr. Shah made the transition from fighting the pandemic on the front lines of response in Texas as Executive Director and Local Health Authority for Harris County Public Health (HCPH) – serving the nation’s third largest county with nearly five million people.



Dr. Shah earned his BA (philosophy) from Vanderbilt University; his MD from the University of Toledo Health Science Center; and completed an Internal Medicine Residency, Primary Care/General Medicine Fellowship, & MPH (management), at the University of Texas Health Science Center in Houston. He also completed a global health policy internship at World Health Organization headquarters in Switzerland.

Upon completing training, Dr. Shah began a twenty-year career as an emergency department physician at Houston’s Michael DeBakey VA Medical Center. He started his formal public health journey in 2003 as Chief Medical Officer at Galveston County’s Health District before joining HCPH to oversee its clinical health system and infectious disease portfolio. Under his leadership, the agency won numerous national awards including Local Health Department of the Year from the National Association of County and City Health Officials (NACCHO), representing the nation’s 3,000 local health departments.

JP Anderson

Chief Executive Officer, CHOICE Regional Health Network



JP Anderson serves as the CEO of CHOICE, the Accountable Community of Health for Central Western Washington. Prior to his current roll, JP spent 20 years working on local health issues in the region from a variety of positions in community behavioral health, jail behavioral health, therapeutic courts, and public health. He lives with his wife Katie and his 4 sons in Olympia and holds a master’s in social work from the University of Washington. JP has a passion for building resilient teams and coalitions capable of writing new narratives of healing and hope. He loves baseball.

**Mike McNickle, Director
Grays Harbor County Public Health**

Mike was selected as the new director in March 2021, replacing the departing Karolyn Holden. He had previously served in the same position in Yamhill County, Oregon, since November 2007; before that, he was director of Clatsop County Public Health in Astoria, Oregon, for more than six years.



Mike has a Doctor of Philosophy - PhD focused in Public Health from Walden University, an MPH from Oregon Health and Sciences University (OHSU) and an MPA from Washington State University.

**Josh Martin
CEO, Summit Pacific Medical Center**

Josh joined Summit Pacific Medical Center in 2016 with more than two decades of healthcare experience in both large health systems and rural community hospitals. Josh has a master's degree in Business Administration with an emphasis in Healthcare and a Bachelor of Science Degree in Business



Administration, both from Northwest Nazarene University in Idaho.

He has certifications in Lean Process Improvement from Washington State University and Social Marketing from Boise State University. Josh currently serves on the Washington State Hospital Association's Board of Directors and Public Policy Committee as well as the Rural Health Committee. Additionally, he is an active Board member of the Washington Rural Health Collaborative, Greater Grays Harbor Regional Chamber of Commerce, and Chair for CHOICE Regional Health Network.

Josh understands the healthcare delivery system and enjoys the challenge of rural hospitals. In his free time, Josh enjoys mountain biking, playing soccer, volunteering in the community, and spending time with his wife and 3 young children.

Tom Quigg



Lifetime Harborite, author

Tom Quigg was appointed to the Port of Grays Harbor Commission in December 2018, with a solid background in both marine construction and commercial and industrial real estate. A life-long Harborite, he also has an extensive history of involvement throughout the Grays Harbor community and was a founding member of the Grays Harbor Shipping Club. He is the author of "The Harbor – A Culture of Success," the story of people from the county who are nationally or internationally known in their fields.

NOTES



GRAYS HARBOR COUNTY **Public Health**



Thank you for
participating in our
first Health
Symposium in
beautiful
Seabrook!

