



**MINUTES  
SPECIAL BOARD MEETING  
Tuesday, May 25, 2021, 6:00 p.m.**

In accordance with the current State of Emergency and the Governor’s Executive Order N-25-20, of March 12, 2020 and N-33-20 of March 19, 2020, teleconferencing was used for this meeting. Board members, staff and members of the public were able to participate by webinar and members of the public were also able to participate by telephone.

**A. CALL MEETING TO ORDER / ROLL CALL / ESTABLISH A QUORUM / PLEDGE OF ALLEGIANCE**

Chairman Howard Salmon called the meeting to order at 6:04 p.m. and led the Pledge of Allegiance.

In attendance: Directors Jennifer Jeffries, Barbara Mroz, Stephanie Ortiz, Howard Salmon and Kate Schwartz.

CEO Rachel Mason and staff members Tracy Rosalee and Pamela Knox

Catalyst representatives: Debbie Jacobs, Sharon Conklin, Martha “Dee” Stephens and Jasmine Cranshaw.

Joe Lowe of Taylor Design

Members of the public were also in attendance.

**B. APPROVAL OF THE AGENDA**

**Action:** It was moved by Director Jeffries, seconded by Director Schwartz to approve the agenda as presented.

**Motion carried** by the following roll call vote (5-0)

Director Schwartz .....	Aye
Director Salmon .....	Aye
Director Ortiz .....	Aye
Director Mroz .....	Aye
Director Jeffries .....	Aye

**C. PUBLIC COMMENTS**

Leticia Stamos expressed appreciation to the Board of Directors and FRHD staff for extensive efforts to promote and facilitate COVID-19 vaccine availability in the District, noting the need to continue the efforts as many in the community have not yet been vaccinated.

Chairman Salmon thanked Ms. Stamos and all the community volunteers who assisted the District in this process. He noted that the Fallbrook Chamber of Commerce recently recognized Fallbrook Regional Health District as the Chamber Non-Profit of the Year for 2020.

**D. DISCUSSION/POSSIBLE ACTION ITEMS**

- C1. Catalyst presentation of Wellness Center programming and service options. Catalyst is the consulting firm hired to assist the District in the development of the property at 1636 E. Mission Rd. Representatives provided a presentation outlining recommended programming and service options. They explained the steps of the work plan including processes used to gather quantitative and qualitative data and the prioritization of District health & social issues. Tools used throughout included Social Determinants of Health and S.M.A.R.T. goals.

A review of the goals included the following:

- Community engagement
- Collaborative partnerships
- Reducing health disparities
- Health, wellness and healthy behaviors
- Appropriate utilization of FRHD resources

Health and social ranking of needs as prioritized by the Board at the April Special Board meeting included:

1. Disparities
2. Importance to the Community
3. Magnitude
4. Trend
5. Implementation Effort/Cost
6. Cost (ongoing operational)
7. Fills an existing void in the market

Representatives then explained that they had recommended *Just Do* programs (easier to implement) and *Programs to Plan* (requiring major modifications or renovation of the property).

#### Just Do

- Group Exercise
- Outdoor Walking Path
- Screenings/Vaccines
- Support Meetings
- Youth Social Programs
- Family Events
- Fresh Food Events
- Community-Based Events
- Outdoor Private Events
- Digital Literacy Support Training

#### Programs to Plan (Recommend Evidence-Based Programs)

- National Diabetes Prevention Program (DPP)
- Diabetes Self-Management Program (SME)
- Mental Health Advocacy First
- Mindfulness Based Stress Reduction (MBSR) Program
- Community-Based Arts Education Program
- Fit & Strong
- American Heart Association (AHA): Healthy for Life
- Financial Literacy Education

Design and space requirements, and implementation considerations were outlined for each of the recommended programs. A chart was provided illustrating the health and social needs coverage for each program as well. Program decisions are required as to whether the District provides the service/program; we partner with another entity to provide the program; and determining if there will be a cost to participants. Discussion ensued. There was consensus among the members of the Board that they see value in all the programs suggested, and that they would like to provide as many no cost programs as possible.

Following further discussion, it was determined that the Catalyst team will bring back a breakdown of potential costs and benefits for each program showing District provided vs. partner provided and consideration as to potential revenue. Additional final steps to be considered at the June Special Board Meeting will be summary space requirements and attributes; business, operational and financial planning assumptions; the programmatic implementation plan and program-specific measures of success.

Chairman Salmon thanked the representatives from Catalyst for their work and creativity in developing a plan for the District property at 1636 E. Mission Road. He said the Board of Directors are pleased with their suggestions and appreciates their efforts.

**E. ADJOURNMENT**

There being no further business, the meeting was adjourned at 8:46 p.m.

  
Howard Salmon, Chairman

  
Board Secretary/Clerk