

**Harrington Park Board of Health
Minutes of Meeting
June 1, 2015**

Meeting Called to Order by President Howard Lipton, MD, at 7:30 p.m.

President Lipton's Announcement

In compliance with Chapter 231, the Public Contract Law of 1975, adequate notice of this meeting was made. It is being conducted under the provisions of the Sunshine Act and has been properly noticed.

Roll Call

Dr. Howard Lipton

Mr. Scott Weiner

Mr. John Szweda

Dr. Neil Hess

Dr. Mary Lee Casamento

Mrs. Mary Oh Goldstein, RN ~ excused

Mr. Robert Carbognin

Also present:

Louis Apa, Sanitarian, Gail Poling, Town Nurse, and Councilwoman Michelle Ryan.
Annie Mongelia, Secretary ~ excused,

Motion to Adopt Minutes from May 4, 2015 Board of Health Meeting

Motion to adopt the minutes for May 4, 2015 made by Dr. Casamento, seconded by Mr. Carbognin.

Vouchers:

Town Nurse's and Secretary's vouchers.

Correspondence:

NJLincs email regarding laboratory testing performed at the Centers for Disease Control (CDC) on May 25, 2015, whereby it supports a diagnosis of a case of Lassa Fever in New Jersey. The individual tested negative for Ebola. The individual had recent air travel from Liberia to Morocco to JFK airport. The New Jersey Dept. of Health is working with local health depts. and the CDC to generate a list of possible exposure and monitor them for 21 days to see if symptoms of Lassa occur.

Reports:

Gail Poling, Town Nurse

No CDRSS cases.

One Adult Health Conference attended by eight seniors.

Town Nurse, Gail Polling, attended an eight hour Bergen County Dept. of Health Services Stigma Free Campaign class. An evidence based course geared to layman regarding substance abuse, awareness of mental health issues, and a five step assessment to offer help until professional help, such as EMS or the police, arrives. Bergen County's website offers an on-line toolkit to offer self help and links to other county program resources.

A discussion ensued whereupon a decision was made to have information listed on the Harrington Park borough website, on flyers to be distributed to the school nurses, town library, and in our town newsletter. Information will include a list of County resources, agencies and phone numbers to give easy access for help.

Whilst the Harrington Park Board of Health agrees with County's stigma free premise and supports the initiative, posting of stigma free signs and having an ambassador is not necessary. Support of the County stigma free initiative will consist of raising awareness to the resources available, and encouragement of those in need of assistance and support to seek services from Bergen County Dept. of Health Services' Division of Mental Health, Bergen Regional Medical Center, Care Plus, and Vantage.

To further advertise the resources available we will invite County to attend Harrington Park's Town Day in September 2015 and set up a table for flyers and pamphlets.

Louis Apa, Sanitarian

A resident was bitten by a dog in Norwood, NJ. The dog was subsequently released from quarantine by it's veterinarian.

A resident complained about white residue running down to her driveway as a result of a neighbor having their swimming pool serviced. Sanitarian spoke to the pool company performing the service and learned the white residue was not a chemical but back-wash from the filter. While not harmful it should not be emptied onto the street. A letter will be written to pool companies to properly run a hose to a sewer or empty onto the swimming pool owner's property.

A resident called regarding a woodchuck under her deck. She was advised to place mothballs under her deck to discourage woodchucks.

The Harrington Park Swim Club was inspected and found to be satisfactory. A license was issued for 2015.

An anonymous letter was received regarding four unleashed dogs at a home on Kohring Circle. An inspection will be made.

Old Business:

Stigma Free Zone, reported by Town Nurse, Gail Poling, RN. May 28, 2015
Bergen County Stigma Free Campaign

The Stigma Free Campaign is an evidence based program nationwide with the same information presented in all states. It is now available in Bergen County. Its goal is to increase awareness of mental health and create an environment where residents who may have a mental health crisis are supported and feel free to ask/get help without fear (stigma) and judgment by others. This can be the main reason people do not ask for help. If a resident sees someone in emotional distress they have the tools to offer help and provide immediate assistance to that person experiencing the mental health crisis until appropriate help arrives or the crisis is resolved.

The 8 hour training course I attended reviewed signs of mental illness, substance abuse and introduced a 5 step plan to assess the situation and make referrals to mental health resources. It was informative making me more comfortable in speaking with someone be it a parent, or senior citizen who may be asking for help. Much literature /resources was available which can be put on the HP website or in a flyer (put together by the health dept.) and made available in the library or town hall. One is geared to law enforcement on responding to mental health crisis. From working in the town I feel the first line of responders of police, school nurse/personnel, EMT is aware of responding and referral to appropriate immediate services. Essentially, we are in a sense Stigma Free without bringing it to the whole towns attention and do not recommend having "Stigma Free' signs, campaign or a proclamation at this time which may be more appropriate for larger towns with a more diverse population. Those with a health/medical license also must be aware of referrals made and the possible outcome.

In the future if it is needed we do have the tools to review and initiate it in the case of mental health crisis and responding to it. Thank you for the opportunity to attend the workshop.

Gail Poling R.N. / Public Health Nurse

New Business:

Review draft of Resolution on Bergen County Stigma Free Campaign, Attachment A.

Board members voted unanimous in favor of Attachment A - Resolution on Bergen County Stigma Free Campaign, Resolution # 2015-1, as amended.

Invite County to attend the Harrington Park 5K race and set up a table for distribution of pamphlets regarding skin protection.

Team with Haworth Apothecary to host the annual Harrington Park Flu Clinic. Ensure seniors receive the senior dosage, consistent with prior year.

Public Session: Open to the Public for comments:

No public in session

Closed Session

Motion to Adjourn made by Dr. Neil Hess at 8:05 p.m., seconded by Mr. Scott Weiner.

Harrington Park Board of Health meeting June 1, 2015, Attachment A:



**Board of Health
Borough of Harrington Park**

Resolution on Bergen County Stigma Free Campaign

WHEREAS, the Board of Health, Borough of Harrington Park hosted a guest speaker from Care Plus NJ, Children's Mobile Response & Stabilization System and HP resident, and;

WHEREAS, the Board of Health, Borough of Harrington Park had reviewed the Stigma Free Campaign Municipality Toolkit, and;

WHEREAS, the Town Nurse of the Borough of Harrington Park had attended an evidence based interactive eight hour course on Mental Health First Aid Training, and;

WHEREAS, it is necessary to link people in need to local mental health resources, and;

WHEREAS, resources are available to treat mental health issues so no one resident or their community needs to suffer alone or feel helpless, and;

WHEREAS, the Bergen County Department of Health Services' Division of Mental Health provides services to promote wellness, awareness of mental illness, and decrease stigma, and;

WHEREAS, mental health resources and healthcare providers: Bergen Regional Medical Center, Care Plus, Vantage are available, and;

NOW THEREFORE BE IT RESOLVED by the Board of Health, Borough of Harrington Park to raise awareness of resources available by including a section thereof in the borough's website to encourage those in need of assistance and support to seek services from the Bergen County Department of Health Services' Division of Mental Health.

June 1, 2015

Board of Health, Borough of Harrington Park

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