



## MPA Health Action Team Minutes

May 13, 2025, 1:00 – 2:30 pm

Healthy Petaluma Foundation, 5401 Old Redwood Highway, Suite 105

*Participants: Adnrea Garfia, Cheryl Jern, Helen Meyers, Leigh Andrews, Nichole Warwick, Sara Avery, Suzanne Edwards, Benjamin Spierings, Railey Album, Jessica Galindo, Tracy Rose.*

### 1:30 Welcome

- Introductions,

### 1:35 Racial Equity Foundations Review

- Action Team members reviewed data from racial equity foundations training, local health data, and data from the National Association of Science's 2020 *Social Isolation and Loneliness in Older Adults* report.

### 1:50 Root Cause Analysis for Prioritized Strategies

- **3.2** Develop and expand mental and behavioral health services including through formal services and peer support groups. (programmatic)
- AT members completed a root cause analysis on strategy 3.2 with consideration for previously reviewed data. Highlights:
  - Are existing services underutilized or is there a need for more services?
  - People may not know how to find services
  - There are trust issue among older adult and stigmas around mental health that contribute to potential underutilization of services.
  - There is a false and harmful belief that depression is normal with aging.

### 2:55 Next Steps/Closing

- Joni will research additional data to support questions that arose during root cause analysis.