

**Mayor's Council on Disability Issues**  
**June 9, 2021 @ 4:00 PM**  
**Zoom Meeting**

**Agenda**

**I. Call to order - 4:03pm**

**II. Roll call**

**Present:** Byrne, Colebrooke, Cook, Davidson, Foutch, Huang, Mull, Orr, Rodgers, Shilling, Simmons, Upton, VanDyke

**Absent:** Houston, Loebner, Neely, Shipley, and Spangler

**Guest:** Regis Borsari, Tiara Lady Wilson, CTV Knoxville, Samantha Lyon (Cherokee Health), Amanda Kallunki (Cherokee Health)

**III. Approval of May Minutes** - Mull made a Motion to approve the April meeting minutes. Rodgers seconded the motion. All were in favor; motion passed

**IV. Cherokee Health Mental Health presentation (45 minutes, Amanda Kallunki & Samantha Lyon)**

**Topic:** Pandemic's Impact on Mental Health (review Slides)

Amanda Kallunki & Samantha Lyon presented the Pandemic's Impact on Mental Health. Post pandemic, we saw an increase in emotional distress due to uncertainty regarding both health and financial prospects. Indicators such as lack of control, loss of a loved ones, change in socialization, and the lack of access and/or barriers to care lead to a significant increase in symptoms of depression and anxiety. Adults reporting symptoms of anxiety disorder and/or depressive disorder, was 11.0% in 2019 and 41.1% in 2021.

Racial /Ethnic differences were up for depression and anxiety. Non-Hispanic was 48.9%, non-Hispanic Black was 48%, Hispanic or Latino was 46.3%, non-Hispanic White was 42.4%, and non-Hispanic Asian was 33.1%.

Even before the pandemic, Suicide was a leading cause of death in the U.S. In 2019, suicide was:

- The 10<sup>th</sup> leading cause of death in the United States
- The 2<sup>nd</sup> leading cause of death among individuals between the ages of 10 and 34.
- The 4<sup>th</sup> leading cause of death among individuals between the ages of 35 and 44.
- 47,511 people died by suicide in 2019
- 44,834 people died by suicide in 2020

Experts blame fatal overdose surges for the excess deaths during the pandemic.

There are now emerging “Post Pandemic” stresses and anxiety such as:

- Re-entry anxiety
- Life getting back to “normal”
- Transitioning from working at home back to working at the office
- Expectations

*Tips for coping with Re-entry Anxiety:*

1. Practice being in the present moment
2. Focus on what you can control
3. Engage in something fulfilling
4. Accept what you are feeling
5. Schedule time to worry
6. Accept that your life may look different now
7. Reintroduce activities slowly, take a gradual approach
8. Practice gratitude
9. Disconnect from the news as needed
10. Reach out for help as needed

***Social Determinants of Health are common factors to increased stress:***

- Economic Stability – Employment, Income, Expenses, Debt, Medical Bills, and Support

- Neighborhood and Physical Environment – Housing, Transportation, Safety, Parks, Playgrounds, Walkability, and Zip Code/Geography
- Education – Literacy, Language, Early Childhood Education, Vocational Training, and Higher Education
- Food – Hunger, Access to Healthy Options
- Community/Social Context – Social Integration, Support Systems, Community Engagement, Discrimination, and Stress
- Health Care System – Health Coverage, Provider Availability, Provider Linguistic and Culture Competency, and Quality of Care

In Tennessee through March 3, 2021, Native Hawaiians/Pacific Islanders were most likely to have contracted COVID-19. Black /African American people were most likely to have died.

***COVID-19 has disproportionately impacted people living with disabilities:***

- Having to abide by health care visitor policies that exclude support persons
- Inaccessibility through telehealth tools
- Negative consequences resulting from social distancing
- Lack of access to COVID-19 testing and testing sites
- COVID-19 multiplies stress and trauma for people with disabilities because they are more economically disadvantaged.

***Coping with COVID-19 crisis when you have a disability:***

- Think about communication needs
- Accessibility of telework platforms
- Prepare for if you or your direct support provider gets sick
- Use the services

***Disability-specific COVID-19 Resources:***

- General information & resources can be found at <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community>
- Administration for Community Living – <https://www.acl.gov/COVID-19>

## **Factors that contribute to Older Adult's Mental Health are:**

- Older adults do not have resources to deal with stress related to COVID-19
- Lack of access to smart technology
- Few family members or close friends to rely on
- Inability to engage in physical exercise or participate in activities or routines

## **Approaches to Stress Relief in the Elder Population:**

- Promoting physical activity
- Promoting greater connectedness, increasing social supports
- Aiding in use of technology, helping older adults use technology effectively by improving access to smart technology

## **The 4M's of an Age-Friendly Health System**

1. *What Matters* – Understanding what each patient's health goals and care preference are across settings to know and align care, including (but not limited to) end of life.
2. *Medication* – If medications are necessary, using age-friendly medications that do not interfere with "What Matters", "Mentation", and "Mobility"
3. *Mentation* – Preventing, identifying, treating, and managing dementia, depression, and delirium across care settings
4. *Mobility* – Ensuring that older adults move safely every day to maintain function and do what matters to them

## **Elder Resources:**

- CAC – Community Action Committee – [www.knoxcac.org](http://www.knoxcac.org) phone: 865-546-3500 have programs for Utility Assistance, Mobile Meals, Transportation, etc.
- SCHAS – Senior Citizen Home Assistance Program – [www.schas.org](http://www.schas.org) phone: 865-523-2920 – offers SOS, SCHS Out Shopping where a volunteer goes shopping for you and then delivers it to your home.
- 2-1-1 -phone: 865-215-4211 Social Service Line provided by United Way

- <https://www.knoxseniors.org/supportive/> - Isolated and home bound individuals in Knox County will be contacted twice a week by vetted volunteers to provide wellness checks and social support.
- Mental Health Call Center – can assist you in finding treatment, support or other resources which best fits your needs, location, and insurance status.  
Phone: 865-584-9125 or email: [info@mhaet.com](mailto:info@mhaet.com)

### ***Mental Health Resources in Knoxville***

- Helen Ross McNabb CSU – 865-541-6958
- Cherokee Health Systems 24/7 – 865-544-0406
- Mobile Crisis Line – 865-274-7471
- Family Crisis Center – 865-637-8000
- TN Redline for Substance Abuse Assistance – 1-800-889-9789
- Crisis Text Line – Text “TN” to 741741

## **V. Member Advocacy and Information (5 minutes)**

None

## **VI. Committee Reports**

**Bylaws Committee:** Did not meet

**Transportation Committee:**

In April, Ann Victoria from KAT presented the new Knoxville Area Transit Bus Stop Improvement Plan to CODI’s Transportation Committee, as well as to the CODI body. CODI wanted to have input into this plan and KAT was interested in having CODI’s input as well.

Today the Transportation Committee discussed the parts of the Plan that are relevant and important to individuals with disabilities:

- **Landing Pads** – KAT to work towards outfitting all bus stops that have at least 5 passengers boarding a day; including where right of way allows it, with ADA approved landing pads.

- **Bus Shelter Locations** – Bus stops with the highest levels of average daily ridership will receive priority for shelters. A bus stop must have at least 15 passenger boardings per day to qualify for a shelter. Partnerships formed between members of the public and the City and KAT when mutual benefits can be realized from construction and installation of bus shelters.
- **Seating Locations** – These amenities include benches, bench combinations with light fixtures, leaning rails or Simme-Seats. Bus stop locations may not qualify for shelter but may need installation of seating. Joel Simmons has been riding the KAT buses with his wheelchair around town and commented on the following:

- The bus drivers are very knowledgeable, not only about their own routes, but other routes as well.
- The bus drivers are very helpful, if a request is made to get off at a specific location, the driver will know where to stop so he can safely get off with his wheelchair.
- The bus drivers are caring, they always asked Joel if he needed a seat belt after boarding.
- The KAT App for your smartphone works well and is useful for trip planning. <https://www.katbus.com/271/Use-the-KATbus-Tracker-App>
- It was discussed that the information above be placed on the CODI website and Facebook page for others to read and utilize.

**Membership Committee:** Did not meet, however the new CODI members will be presented to City Council for approval on June 15<sup>th</sup>.

**Community Engagement Committee:** Davidson reported that City of Knoxville Graphic Designer Dan Frye has made the changes to the Rack Card to reflect adding Seniors and Veterans to the language, adding our email address, and updating the LOGO. Dan is currently working on the draft of the business cards

and may be finished between next week and our July meeting. Cook reached out to SPARK about doing braille contact information on the cards which will include a new email address: [CODI@knoxvilletn.gov](mailto:CODI@knoxvilletn.gov) . A doodle poll was sent to members to complete for approving rack and business cards as well spending funds on printing and braille of cards before the physical years ends. Angie Davidson, though rolling off of this committee, will try to join meetings as much as she can.

## **VII. Strategic Plan Reports**

### **Livability Committee:**

The Livability Committee met this month and updates were provided regarding some work in progress activities.

- The CODI Rack Cards are close to being able to be reprinted, reflecting the updated CODI information with the addition of adding a CODI website at [CODI@Knoxvilletn.org](http://CODI@Knoxvilletn.org) . All emails will land in both Stephanie Cook's and Misha Byrne's email box.
- VanDyke facilitated a meeting date for June 29<sup>th</sup> from 2:00 – 3:00pm with Lauren at the Knoxville Chamber. The meeting is to discuss CODI and how the Livability Committee is interested in reaching out to area businesses promoting the CODI Accessible Checklist.
  - Items to speak to Lauren about include the possibility of being included in the Chamber's email blast.
  - The purpose for the CODI Accessible Checklist is to be informal, not serving in a subject matter expert capacity, but there just to provide advice on potential accessibility improvements if wanted or requested by the business.
  - Discussed providing businesses that elect to participate with a window Cling On for completing the CODI Accessible Checklist. The Cling On would also include a QR Code to CODI's website.

- Stephanie Cook will reach out to Michelle Hummle with the Central Business Improvement District to ask if she can join us at our June 29<sup>th</sup> meeting with Lauren to discuss promoting the checklist.
- Dan Fry with the City of Knoxville is working on a Tri fold business card for CODI members to share with others in the community to promote CODI and encourage engagement. Our goal is to have these ready for distribution by July's CODI meeting. Misha Byrne will be uploading the new Rack Card to the CODI website.
- Livability Committee will start thinking about a yearly calendar that will spotlight a specific category to be highlighted to secure subject matter experts in the specific field to come and present information to CODI. (Examples: May is Older Americans month, October is national Disability Employment Awareness month, etc.)

**COVID-19 Committee:** Not enough members present for a Quorum.

Shimmin-Orr and others attended “ADA Impact on Individuals and the COVID-19 Long Haul” Webinar. Orr reported on take away from the Webinar: There was a lot of information related to the impact of COVID on mental health, which you recently saw here in this meeting as well.

Mentioned were different impacts such as one man who is blind explaining that when he left his home and would walk two blocks to the store, he had to touch multiple surfaces even during the pandemic, but one aspect they did not mention is how people who are deaf can cope with some of these issues surrounding COVID.

**Universal Design Committee:**

Universal Design Committee will be meeting with Lauren, a Knoxville Chamber of Commerce representative on June 29<sup>th</sup> regarding getting contractors to engage with the Universal Design Committee. They will also be coming up with a document to show the differences between the different types of housing (A, B, C, etc.)



## **VIII. New Business**

KCDC is holding a community resource fair in 2021. There will be several fair locations at housing complexes that are specific to those who are elderly and or disabled. We will need volunteers to staff our table at these community fairs. The first one will be Aug 20<sup>th</sup> with another in September and two in October. Misha will send out more information about the specifics.

## **IX. Announcements and Public Forum –**

Byrne announced that she will be asking all chairs of committees and strategic plan groups to share what their groups are about and currently working on to the new members that will be attending at July's meeting.

- Tiara Lady Wilson expressed an issue with discrimination with KCDC, public HUD housing, she is interested in possibly having CODI form a committee for advocacy in public housing, she stated that this is federal housing, and it is affecting those who have mental illness. Cook will speak with her director and seek guidance regarding resources for Tiara. Tiara wanted to learn more information about CODI, as she was invited by someone via Facebook. VanDyke and Cook explained CODI's mission and the work CODI does. Cook will email her some links as well as the CODI bylaws. Cook described some of CODI's current activities going on.

## **x. Adjourn – 5:54pm**

### **Upcoming Meetings/Reminders:**

July 14, 2021	August 11, 2021	September 8, 2021
October 13, 2021	November 10, 2021	December 8, 2021

**This meeting and all communications between members is subject to the provisions of the Tennessee Open Meetings Act, TENN. CODE ANN. § 8-44-101, et seq.**