



Harrisburg City Council Work Session Minutes April 26, 2017

The Harrisburg City Council met in a regularly scheduled work session at the Harrisburg Justice Center, located at 354 Smith St., at the hour of 6:09pm. Presiding was Mayor Robert Duncan.

Also present were as follows:

- Kimberly Downey
- Robert Boese
- Sarah Puls
- John Loshbaugh
- Adam Keaton
- Youth Advisor Makenzie Thompson
- City Administrator Brian Latta
- City Recorder/Asst. City Administrator Michele Eldridge
- Public Works Director Chuck Scholz
- Finance Officer Tim Gaines

Absent this evening was Councilor Mike Caughey.

The matter of a Presentation of NEAR Sciences and Trauma Informed Care

- Mayor Duncan has asked his daughter, Claire Ranit, to make this presentation today. She works for the MARC organization in the Columbia River Gorge Region as a project director. They recently made a presentation to the state legislature, and you could have heard a pin drop at the state capitol. He introduced his daughter to the Council and to the audience.
- Claire Ranit started her presentation in regards to Trauma Informed Care, and the NEAR Sciences. **(Please see Addendum No. 1 for a copy of the PowerPoint presentation that she used during the meeting).** She accompanied each one of the slides with more information about the studies, and what they meant to all of us in communities. She spoke about ACES, which are an Adverse Childhood Experience. Some people talk about ACE's about being a problem for only certain segments of the population, but it truly is an 'everyone' problem. Impacts from people affected by ACES are across the spectrum, and are in all segments of our society. Part of what they've discovered is that toxic stress can be passed down through generations, through Epigenetics; it's written into our DNA. Resilience is the capacity of systems to bounce back from chronic stress. She stressed how a caring role model can make a difference for someone. She also talked about ways to build resilience. Trauma Informed Care (TIC) shows us the impact

that trauma can have, and allows us to understand the potential paths for resilience. We can learn to recognize the signs and symptoms in other people, and we can respond by integrating knowledge about trauma into policies, procedures, and practices. It's a framework for how people interact and work. Most importantly, it is different from trauma specific services. It's not an intervention. It's an operating system. The characteristics of TIC are that it provides a person with safety, and empowers them. We change perspective from what's wrong, to what's happened, and become more positive. We communicate together, and work on empowerment. It doesn't mean that someone is nicer; it's about being compassionate. If you break the law, it's not ok. We teach that you can't escape that, but we do understand why you did it, and we help someone to see it, and then build on the skills they need to be empowered. Community very much plays a role in individual resilience. We have a culture in our systems, in our cities, in relationships, and schools, etc. They all have their own culture.

- Sergeant Klein, from the Linn County Sheriff's Office in the audience asked if they could provide training in this.
- Ranit said that she could
- Dick Knowles, from the Linn County Mental Health Advisory Board, said that it's similar to what they do in Linn County Mental Health.
- Downey asked if they have a website, or websites, to which we could direct people? She'd like to have more of that on our website.
- Knowles said that they also had some great websites that Harrisburg can link to.
- Ranit stated that when you share knowledge, you see a groundswell of people who recognize it. Then you realize more about the stress you have, and you can take a deep breath. It's universal. This information is out there, and training is out there. They want to teach how to deal with emotional management. If we can teach that, we find skills that can work to overcome that. People turn to drugs and alcohol, because it works. It's coping; which is not good for you. If we can give skills to help people to not drink, because they know how to cope, then it makes it better all around. You want to get away from equating good and bad, pleasant and unpleasant. That means you are judging. If you are angry, then you are responsible for your actions. You can let yourself be angry. Even now, she can see in the past how she's snapped at someone, then come back later and apologized, because you realize that you're angry, and that you didn't meant to do that. She thanked Council for their time!

A ten minute recess was called at 7:17pm; and Council resumed the work session at the hour of 7:27pm.

The matter of Proclaiming May 2017 as Mental Health Month

- Mayor Duncan read the proclamation aloud, and proclaimed the month of May as Mental Health Month.
- Dick Knowles, representing the Linn County Mental Health Advisory Board, handed out counter signs, and a larger sign for the City. He's seen them around town in Harrisburg, so he appreciates that Harrisburg reaches out to people. The whole ACES issue is part of what they deal with. He gave a poster to Council, and spoke about two upcoming

movie nights that Linn County Mental Health Advisory Board and C.H.A.N.C.E. are both sponsoring. The first is Finding Dory, which shows on Thursday, May 11th, and the other is Every Brilliant Thing, which is a documentary. It shows on Thursday, May 25, 2017. They are starting to hold training at LBCC in relation to Trauma Informed Care, if there is anyone who is interested. He talked about what the Advisory Board has been working on, and were particularly focusing on kids that are committing suicide. They are working on training adults to recognize these kinds of things. He advised Council that if they ever were dealing with a child, to not be afraid to ask them how they are feeling, and to do something about it. You can always contact them to assist.

The matter of a Request to Modify System Development Charge Requirements for Land Annexed into the City

Staff Report: Latta said that we have two similar requests on the agenda tonight. Both pieces of land went through a deferred annexation in 2011. The actual annexation date, if no triggers are met, would occur on March 1, 2021. If the land sold before this date, then the requirement to complete the annexation would be triggered.

This property is on the west side of N. 7th St. Mr. Joe Russin purchased the property. Before doing that, he met with Latta, and they spoke about connection charges, and briefly discussed the SDC's. He (Latta), when Russin asked if SDCs were a few hundred, or tens of thousand; Latta told him it was a few thousand. He (Latta) didn't do sufficient due diligence, and didn't follow up with Mr. Russin on the actual SDC cost, and neither did Mr. Russin. There is significantly more SDC's owing than just a few thousand, (\$13,107) and the property owner is normally supposed to pay it all at one time. Therefore Russin is asking for a waiver, or rather an exception to pay those fees in a different way. Council may be concerned about setting a precedent, but we do have code language in relation to this; however, the city has to make findings that the waiver is of benefit to the City.

He informed the Council that they previously made the decision about SDCs when the annexation process occurred; however, they do have the ability to change their minds in relation to this. In 2011, they made the decision that if the property owner still had it, that they wouldn't need to pay SDC's; otherwise, they were paid when the property is sold. What Russin would like to do is to make a payment arrangement. He'd like to pay \$500 a month for SDC's, until he acquires funds from the sale of the property. He's working on remodeling the property, and partitioning further. After partitioning, he'll have the opportunity to pay us off. To do that, it becomes a lien on the property, which does carry interest. It is staff's recommendation to enter into a payment arrangement with Joe Russin to allow a payment of \$500 a month, and to apply a lien to the property.

Mayor Duncan was worried about the lien inhibiting Mr. Russin's ability to borrow money, or to sell the property. Downey didn't think it would affect him, because the lien isn't from a construction loan. She thought it would be based on the equity in the property. Latta said that he's also planning on subdividing the property. Dan Mills recently had a project like this that they were required to put SDC's on the property. With something like that, the lien is on the whole property, so we have to make sure that a sufficient value in the land being created or existing will pay for the lien. Russin said that he's just a small time investor, who does this 1 or

2 times a year. His plan is to put the house on the market in June. At that time of sale, he would pay the SDC's. He's not trying to get out to the payment at all.

In the audience, Finance Officer Gaines disliked that he was cast as the bad guy on occasion, but we need to keep our emotions out of financial decisions. The payments for the improvements that benefited this property actually came from the SDC fund. He has to worry about what happens if we are waiting for a lien to pay off, and then things go sideways. He'll do whatever City Council wants. Processing those on a monthly basis is not very efficient for staff. He would like to process them on a quarterly basis, or annual, or something similar.

Mayor Duncan said that he didn't mind a quarterly payment. Did that work for Russin? Russin said that as long as he didn't have to make a payment up front, then whatever facilitates the process works for him. Mayor Duncan said then we could start in June. Latta said that we would obtain a signed agreement. Downey was ok with that, as long as it doesn't become a situation in which someone didn't do a lien search. That is stupid to not do that, but some people don't do them. We have to show the tax payers that we are concerned with how we are spending the public's money. Mayor Duncan asked Russin if quarterly payments worked for him. Russin said yes...July would be a little more equitable for him for the program to start. Latta said that we'll draw up a document and Russin can sign it.

- **Keaton motioned to enter into a payment agreement with Mr. Joe Russin, for the payment of System Development Charges for the property located at 773 N. 7th St., payable every 3 months, starting on July 1st, 2017. Puls seconded the motion. The City Council then motioned unanimously to allow the payment agreement**

The matter of a Request to Delay the Annexation of 1.75 Acres of Land, or Waive System Development Charge and Utility Connections for the Lane if Annexed into the City.

Staff Report: Latta explained that this is similar to the last request in a way, but it is different. He also informed the City Council about his relationship with the applicant. They are technically related through marriage. He commented that this is for property located on the east side of N.7th St. It's 1.75 acres, and is currently owned by Bob Biegler.

- Tim Walter said that the offer has been made.
- Latta said that the annexation hasn't kicked in yet, because the offer hasn't been accepted yet. If this property is bought by somebody who is not the property owner, then they have to connect to City water and sewer systems. The property is currently on a private well and septic system. His proposal for what he wants to do with the property is not consistent with the current development. It requires a different type of connection to sewer and water systems than what you would normally do for a single family dwelling. We agree that it doesn't make sense for him to make connections for a short term, only to have to remove them for future development. His (Tim Walter's) concern is also with a senior citizen who lives there on the property. She is having a hard time finding another place to live in the short term. But if he purchases the property, and is required to pay SDC's and make connections, then the result would be that he removes the manufactured home on it, in order to not have to pay the SDC's, and more importantly, to not have to install and then remove the connections later.

The best option here is that we are being asked to delay the annexation on the property until either 2021, or until he gets the land use process for development. If things go

sideways, it could take a few years. If you delay the annexation, then that wouldn't trigger the requirement for connections, until one of those two things take place. That gives him time to re-locate the senior citizen, and to get through the land use process.

If you don't want that option, then Walter's is requesting that we waive the connection charges and the SDC's at this time. Because this is slightly different from the last option, he (Latta) doesn't think it's appropriate to waive the SDC's. The code states that you can pay on the structure that is present when the annexation take place, then the credit would apply for up to five years in the future after the removal of the structure. The 3rd option is to annex the property, and delay the requirements to pay SDC's or make the utility connections until March 1, 2021. His recommendation is that we delay the annexation of the property until either March 1, 2021, or until the buyer receives land use approval of the senior housing development.

Boese asked how Latta sees the rezoning of that property from R-1 to R-2. Latta told him it's a more complicated land use process. It requires a comprehensive plan amendment. The state is also involved, and it affects the buildable land inventory. It's a bit more complex. While it might normally take 3 months, this type of an application might take 6 months. Mayor Duncan asked if there wasn't R-2 there already. Latta told him it's R-2 to the south of this property. It makes sense to rezone that from R-1 to R-2. The only problem with that is that the state could ask how many R-2 zoned properties have you developed, and if we say very little, they could reject it. Again, we are talking two acres. He doesn't think the state would question it, but you never know.

Mayor Duncan asked if he had looked at wetlands on the property. Walter's said that there are none. The owner really wants to sell; he personally would classify it as distressed property. The City would definitely benefit by that changing. He would enter into an agreement with them, and then start the land use process. Boese asked for clarification; you made an offer, and the seller hasn't accepted it. Walter's said that technically, he has purchased another piece of property from this seller. He purchased property located just north of this piece from the County, and then Bob Biegler sold him the property north of that piece as well. Boese asked how quickly he would know if the offer is accepted? Walter's guessed perhaps next week. They talked with him, and one of the most important considerations that they have is the welfare of the old lady. Boese asked if once he purchased the property, what is your association with rezoning it. Walter's said that he had made a contact with a friend of his that is a land developer. He would partner with him on that. They also talked to Mennonite Home management, and they've started the process of applying for a development.

Mayor Duncan asked if they had looked at the storm drainage on the property. Walter's said not that much. Scholz said that he hasn't looked at that yet. Walter's added that the property is about 3' above the street level. Scholz said that the areas of storm water that would be dealt with in the development of the property. Mayor Duncan was just concerned that it was going to be similar to Diamond Hill, and the property there that is mostly wetlands. Latta said that this property doesn't have wetland issues; but there is drainage on it that would be addressed in developing the property.

Walter's said that right now, there's been a lot of huge financial shock for the senior citizen there. She's had super low rent, and everything is extremely expensive. Boese said

that he liked option #2 in the staff report the best. Does Walter like #1 better? Walter said it's whatever you allow. Latta said that if Council finds a public benefit to delay the annexation, then they can go with a different date from the March 1, 2021 date that is present. If you feel 2021 is too far away, you can use a different year. You can also say no, you won't allow the delay. He's laid out the options. He doesn't think that we should waive SDC's if we allow option 2. Mayor Duncan asked if we could set it as 2019, with a caveat that it could be taken to 2021. Latta then added that he did specifically ask our attorney about this situation, and the attorney did say that Council can make any decision, based on HMC 12.30.080(3). Mayor Duncan asked what Walter's thought about that? Does he think he could get the planning done within the next two years? Walter's said that if you say 2021, you will get the money in the long run. He doesn't think it would take that long. However, if the state should come back and say hey, we need more information here, then it could delay it. His concern is that something could happen outside of his control. If it's in his control, he will try to get it developed. His main focus is on the state right now.

Latta said on the other side of the coin, the biggest concern is that two years, should be ample time for the senior citizen to relocate...or anything could happen. He felt two years is reasonable. With all his experience planning, he felt that this might be a little stickier than others, but they don't generally take more than two years. He wouldn't be concerned. If the state says no, or the Planning Commission says no, then you can deny it, and wait more time for it to be annexed. You can shorten time to be more consistent with the maximum time we think the land use process would take, and it eliminates the extra time too.

- **Puls then motioned to extend the annexation of the property until 2019, or until the buyer receives land use approval for the senior housing development. Loshbaugh seconded the motion, and the City Council voted unanimously to extend the annexation of the property until 2019, or until the land use approval for the senior housing development is completed. This action will allow the delay of the annexation, even though the property would change hands.**

Others:

- Downey handed in a piece of paper that is in response to a previous meeting in which someone in the audience had questions that the high school had met certain requirements by the AdvancED Accreditation Commission. She wanted to dispel any kind of misconception on that issue. (Please see Addendum No. 2 for a copy of the Accreditation Commission for Harrisburg High School).

N. 8th St. Water Line & Moore St. Projects

- Scholz told the City Council that the water line replacement project on N. 8th was ahead of schedule, and should be complete by the end of May. The Moore St. Rehabilitation project was also ahead of schedule; however, he should note that putting the power in the ground to tie to an existing home was a little behind.
- Puls asked how the budget was on both of those.
- Scholz told her there were a couple of change orders; but those were mostly electrical issues, and some cement changes. Those were probably a few thousand dollars. For

a project that size, that's not too bad. Most of it is just tying it to existing bases, replacing meters, and relocating some electrical and gas lines. It's coming together really well. He said in response to a question from Downey, that one of the change orders was because our records said that we had a 6" line, but it's actually a 4" line. We had bought all the parts, so we have to change, and readjust. All the change orders that we've done have been for long term benefits.

Future Council Meeting

- Latta said that Linn County Commissioner Roger Nyquist will be at our next meeting. He just wanted to come down and visit. We have a good relationship with them. You'll also see that there is a request from the Enterprise Zone for an extension of abatement of property taxes from three years to five years for a new company in town. The normal abatement is three years, and he authorizes that himself. But with a five year request, we have to allow it via resolution. We'll also need approval from Junction City, and Linn County. It's nice to have a new business in town. They are very successful, and are obtaining patents on heat creation technology.
- Puls asked where that business was located.
- Latta said it's the old Emerald Pool building. They're there and operating right now.
- Keaton thought only Junction City has to sign off on it, don't they?
- Latta told him no, because the Enterprise Zone includes property near the highway, which is part of Linn County.

Future hiring

- Latta said that the City will be hiring Lori Ross as the new Code Enforcement/Municipal Clerk employee. We'll be advertising for a part-time utility billing position, for 20 to 30 hours. She's excited about that, although we aren't paying her quite yet for that position. He has been attending supervisor training with her. Their last class is this Thursday and Friday. Council can expect some changes based on that.

Linn County Sheriff's Department Update

- Latta said that the project is completed now, so Council will see the agreement on May 10th. He'd rather not go into it all tonight. It was a really good process we went through, and he thinks that they'll see some improved services, as well as communication. Two cities gave a cold shoulder to the final agreement. Both Lyons and Mill City didn't want to actively participate. However, Undersheriff Yon will be asking them to sign the contracts, since LCSO also went through this process with all of us.

With no further business to discuss, the Work Session adjourned at the hour of 8:32pm.

Mayor

City Recorder

NEAR Sciences & Trauma Informed Care

Claire Ranit

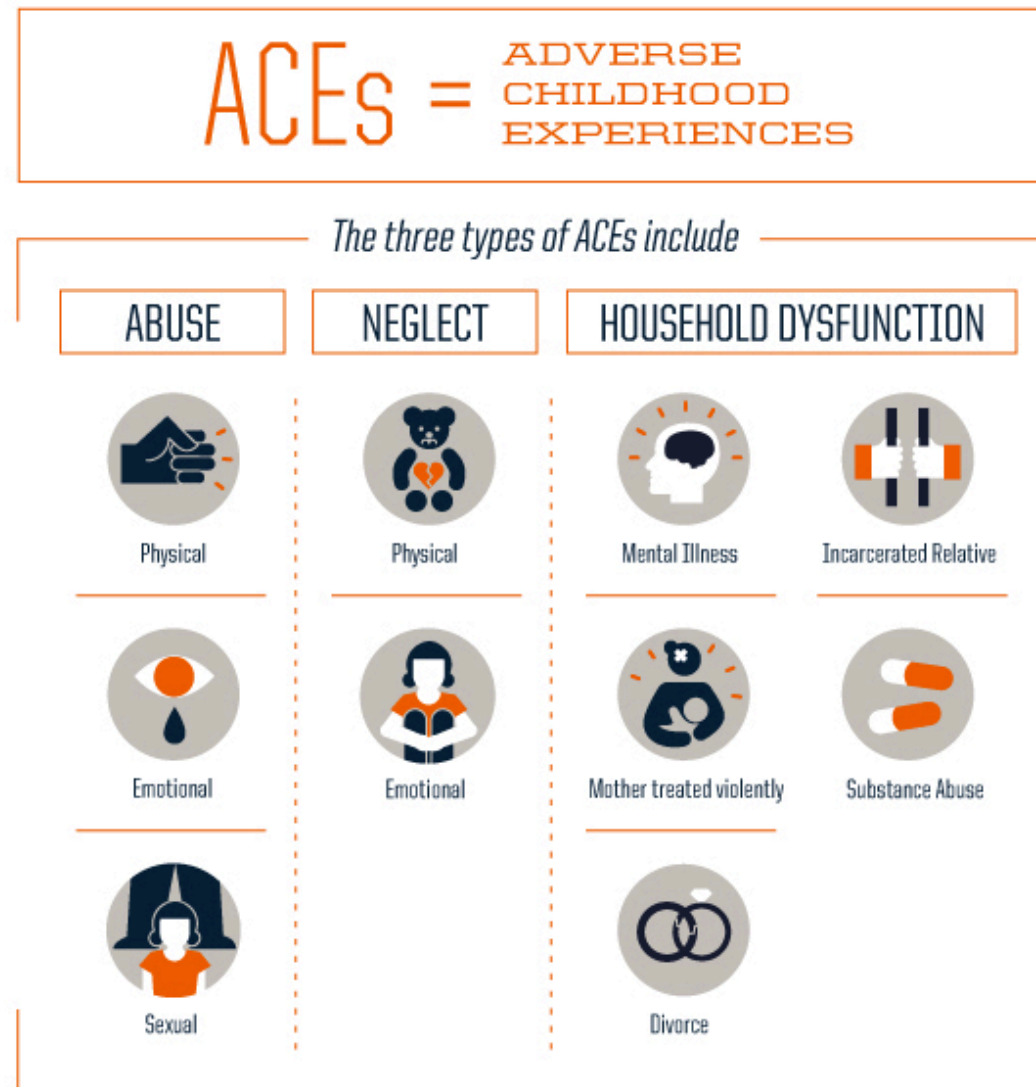
Ranit Healthcare Consulting, LLC

Overview

- Adverse Childhood Experiences (ACEs)
- Stress
- Neurobiology of trauma
- Epigenetics of trauma
- Resilience
- Trauma Informed Care
- Summary
- Q&A

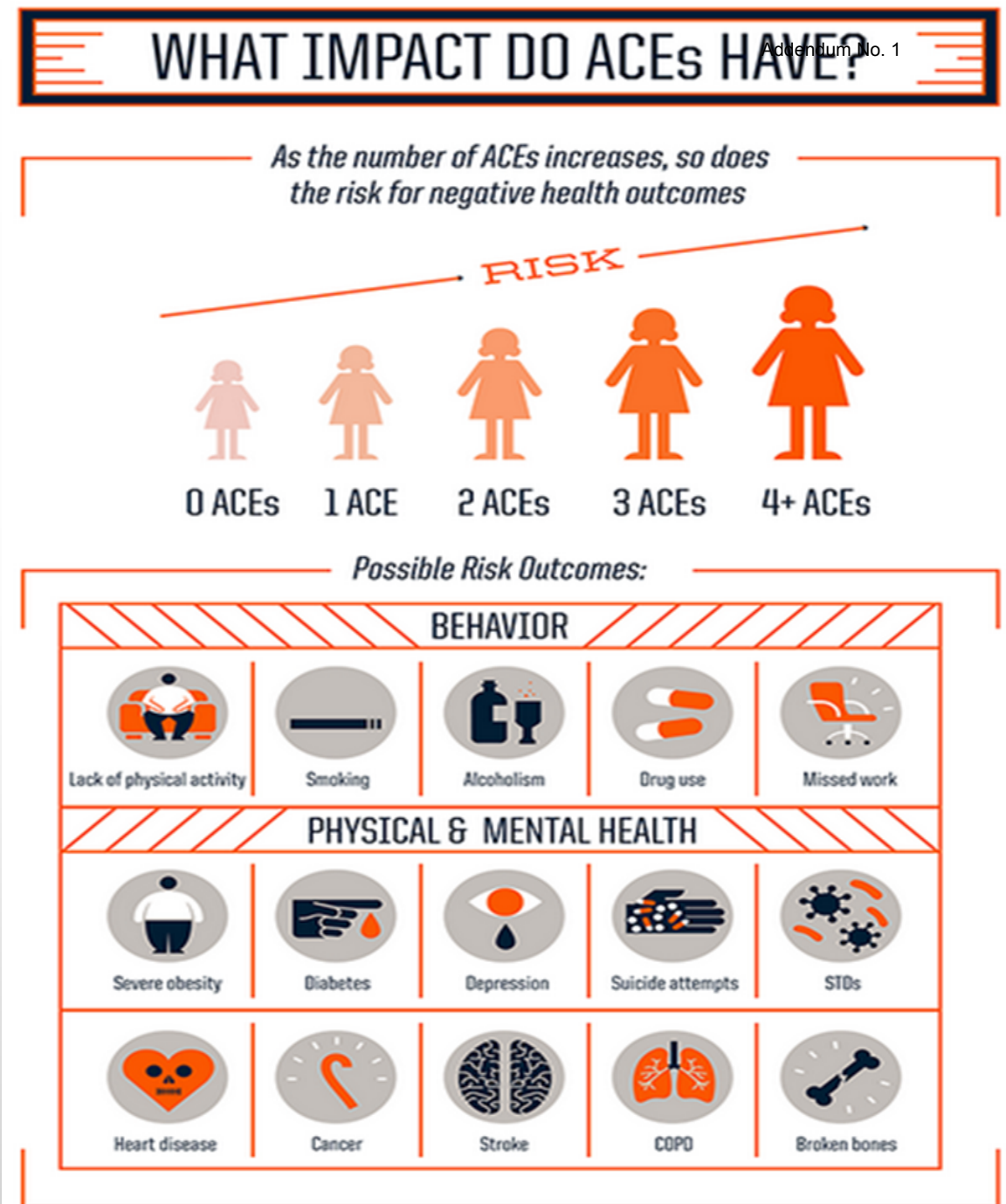
Adverse Childhood Experiences (ACEs)

- Southern California 1995 – 1997
- 17,300 people
- Asked 10 questions
 - Score 0 – 10
- Experiences between ages of 0-18
- Current health status & behaviors



Study Outcomes

- ACEs are common
- Graded dose response
- Influence the risk of over 40 negative health outcomes
- “Everyone” problem
 - Some populations disproportionately affected



Impact

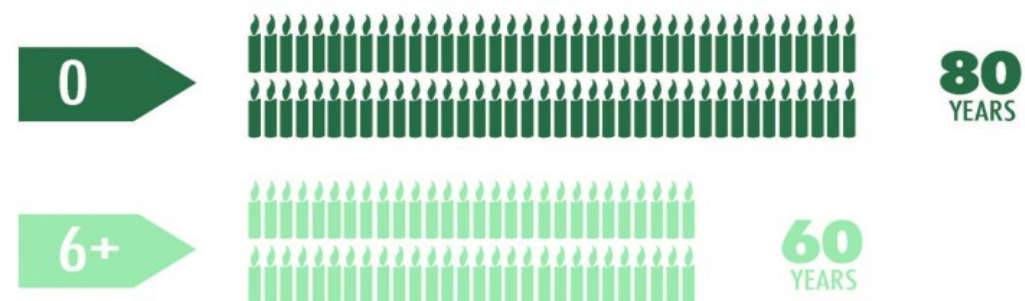
ACEs score of 4+ more likely to...

- Smoke = 2x
- Alcoholism = 7x
- Sex before age 15 = 6x
- Heart disease = 2x
- Diagnosed with cancer = 2x
- Attempted suicide = 12x
- Suffer IPV or rape = 5x
- Inject street drugs = 12x

HOW *do* ACEs AFFECT OUR SOCIETY?

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



ECONOMIC TOLL

The CDC estimates that the lifetime costs associated with child maltreatment at **\$124 billion**.



Stress

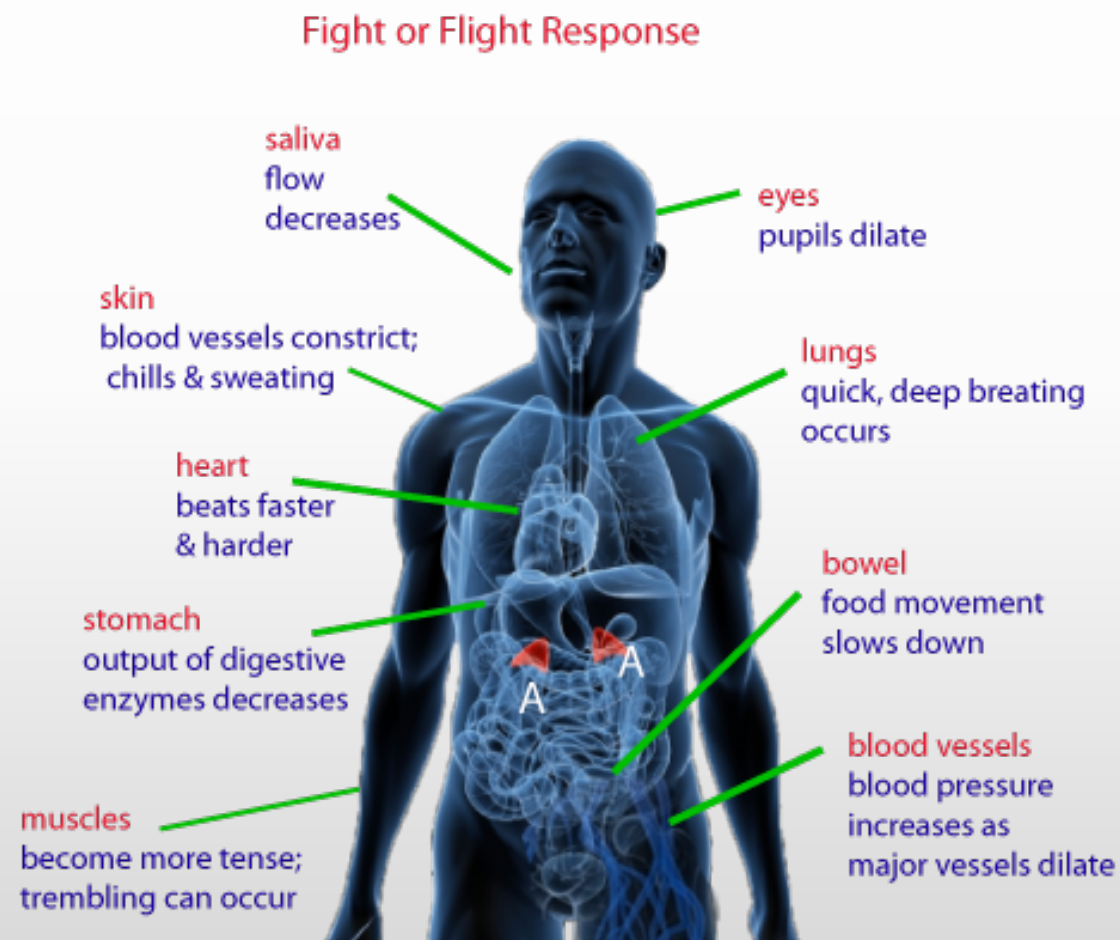
- Healthy Stress
- Tolerable Stress
- Toxic Stress
- People experience trauma in situations of toxic stress
 - Especially harmful to children because of brain development

[Toxic Stress Derails Healthy Development – Center on the Developing Child at Harvard University](#)

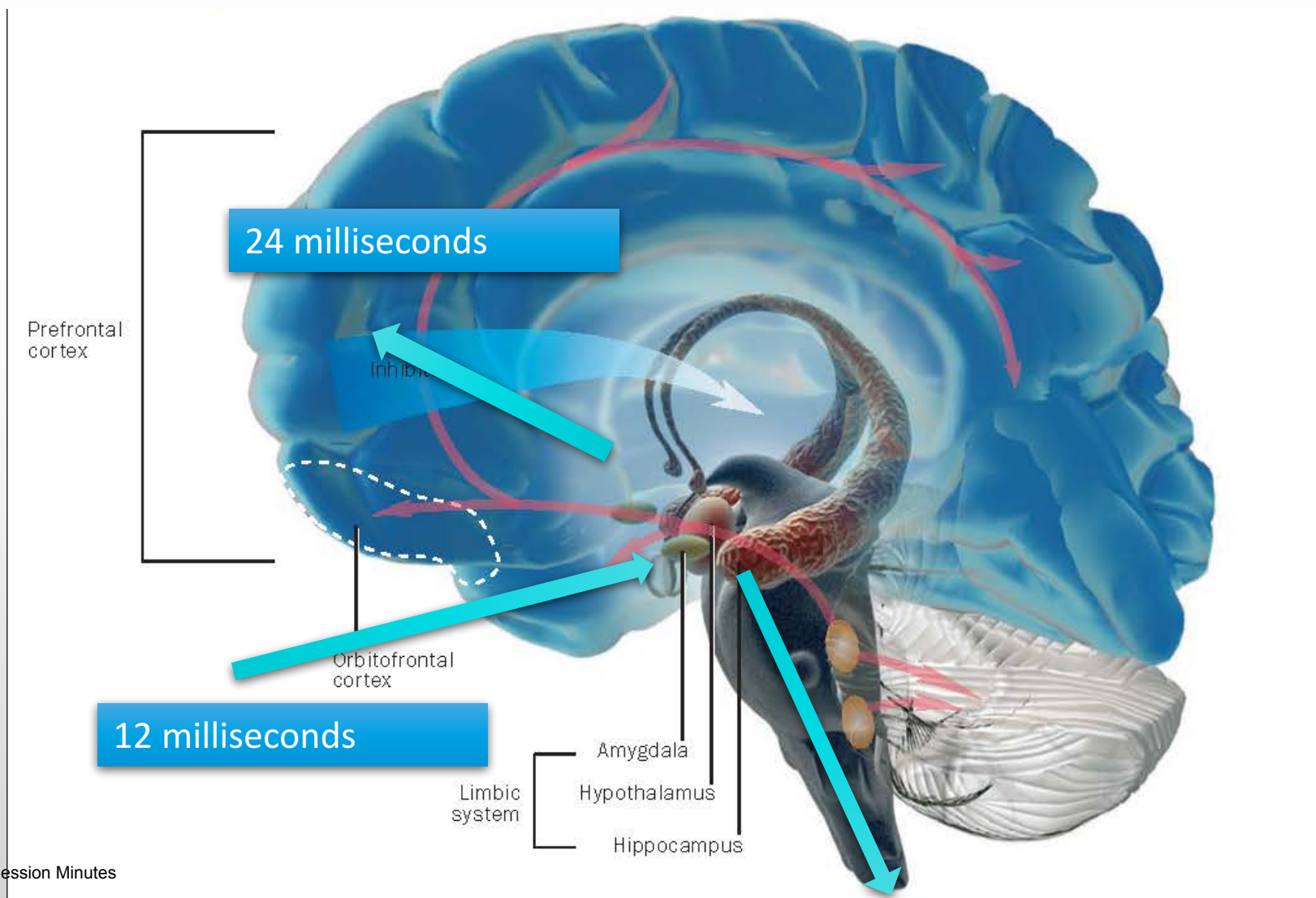
[Still Face Experiment](#)

Neurobiology of Trauma

- Pupils dilate
- Heart rate increases
- Breathing increases
- Blood pressure increases
- Digestion inhibited
- Muscles tense



Neurobiology of Trauma Continued...



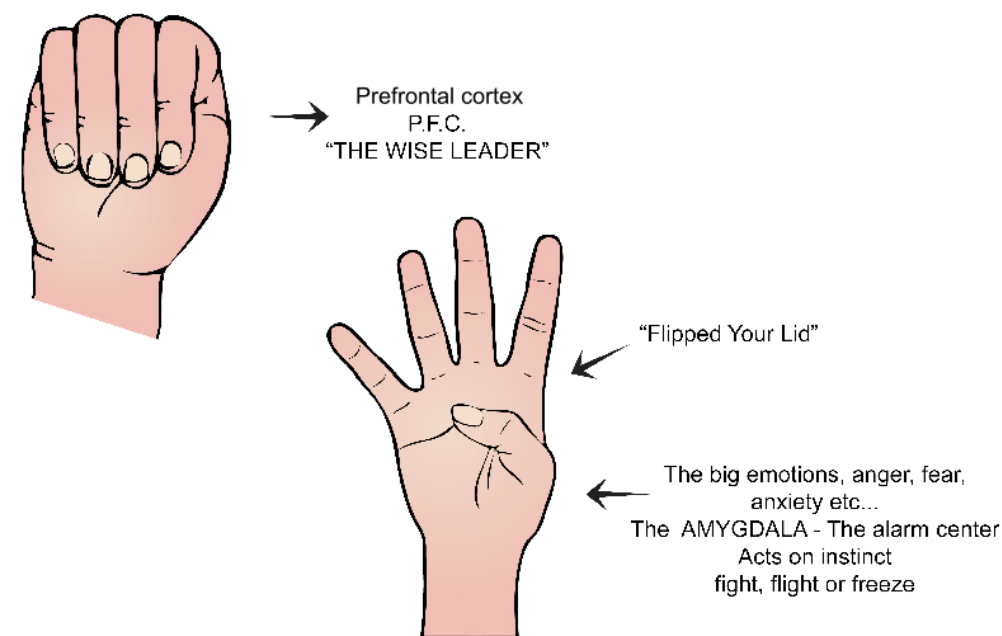
Neurobiology of Trauma Continued...

Challenges with:

- Memory
- Communication
- Sensory regulation
- Executive functioning
- Self-regulation

This is survival mode – constantly assessing threats

“Flipping One’s Lid”



Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression 'Flipped Lid'. Copyright © 2014 www.sharonelby.com

Sharon Selby © 2015 www.SharonSelby.com

Epigenetics

- Toxic stress is passed down through generations
 - Individual & population level
 - Written into our DNA



Resilience

The capacity of systems to

- Use their existing resources to
- Regulate their body, emotions, and thoughts, and
- Use adversity as a catalyst to
- Find new direction and hope in life by
- Making decisions that enhance wellbeing.

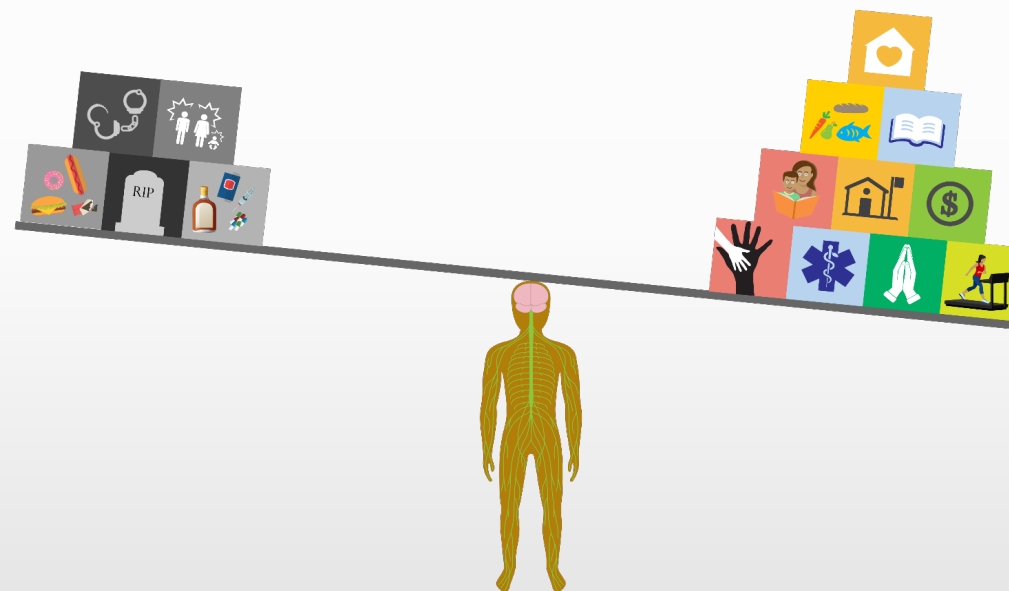
• Influenced by:

- Genetic
- Biology
- Environment
- Anyone can increase their resiliency.
- Communities play a huge role in resiliency.

ACEs: Not A Doomsday Prophecy

Individual Resilience Factors:

- Having caring & supportive relationships w/in & outside of family
- Capacity to make realistic plans
 - And carry them out
- Positive self-view
- Confidence in abilities & strengths
- Skills in communication & problem solving
- Able to manage strong feelings & impulses



American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

Building Resilience

10 Ways

1. Make connections
2. Avoid seeing crises as insurmountable problems
3. Accept that change is a part of living
4. Move toward your goals
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself

So what does it all mean?

We know:

- Adversity is common
- Trauma happens under toxic stress
- Experiences effect brain development
 - Adaption – healthy characteristics
 - Maladaption – unhealthy characteristics

Experiences Build Brain
Architecture – Center on the
Developing Child at Harvard
University

What happens when
these kids become
adults?

Trauma Informed Care (TIC)

A system that:

- **Realizes** the widespread impact of trauma and understands potential paths for resilience;
 - **Recognizes** the signs and symptoms of trauma in others; and
 - **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices and seeks to actively
 - **Resist** re-traumatization.
- A framework for how people interact and work.
 - Operating system or culture.
 - Different from Trauma Specific Services
 - TIC is NOT an intervention

SAMSHA <https://www.samhsa.gov/nctic/trauma-interventions>

Characteristics of TIC

- Shared power/empowerment
- Social responsibility
- Open communication/transparency
- Safety
 - Physical
 - Psychological
 - Moral
 - Social
- Social learning/collaboration
 - Mistakes are expected, accepted, & learned from
- Focus on future
 - Growth & change
- Changing perspective from
“What’s wrong?”
to
“What happened?”

What is Trauma Informed Care NOT

- It doesn't excuse, permit, or justify unacceptable behavior
 - Supports accountability & responsibility
 - Requires that clear boundaries are set
- It doesn't mean just being nicer
 - Compassionate yes, empathetic yes, but **not** mushy
- It doesn't 'focus on the negative'
 - Skill-building, empowerment
 - Recognizes strengths
 - Builds on strengths

Summary

ACEs

- Life experiences shape the brain
- ACEs indicate increased risk
 - Not a doomsday prophecy

Epigenetics

- Effects of trauma can be passed down in DNA

Resilience

- Everyone has different levels of resilience
 - Can be increased
- Communities play a role in individual resilience

Trauma Informed Care

- How we interact with people matters
- How we design our service delivery systems matters

Remember, you can do something about everything you learned about today.

Any questions?



This is to certify that

Harrisburg High School

having met the requirements established by the Advanced® Accreditation Commission
and Board of Trustees is hereby accredited by the Northwest Accreditation Commission.

Mark A. Elgart
Mark A. Elgart, Ed.D.
President and CEO, Advanced

Valid through June 30, 2019