

COMMISSIONERS APPROVAL

IMAN *JR*

CHILCOTT *G*

FOSS *SF*

KANENWISHER *MK*

STOLTZ *R*

PLETTENBERG (Clerk & Recorder)

Members Present.....Commissioner J.R. Iman, Commissioner Greg Chilcott, Commissioner Suzy Foss, Commissioner Matt Kanenwisher and Commissioner Ron Stoltz

Date.....July 20, 2011

► Minutes: Beth Perkins

► The Board met for discussion and possible decision on procurement policy for the County at 9:00 a.m. Present were Civil Counsel Dan Browder, Administrative Assistant Glenda Wiles and Citizen William Menager.

Civil Counsel Dan Browder discussed a draft policy with the Board. He issued an email on November 3, 2009 regarding who is authorized to sign a contract on behalf of the County with the recommendation to the Board of having a policy for such. He then discussed the difference between requiring a contract versus an agreement or MOU. Dan Browder discussed other items that could be included such as the requirement to have a certifying purchasing agent for some grants, bid requirements, and a master contract listing. Commissioner Chilcott stated the Board can delegate authority but not liability. Commissioner Iman discussed thresholds for contracts and approved vendor listing. **The Board concurred to have Dan Browder re-issue the email of November 3, 2009 and provide an example from MSU.**

► **Commissioner Kanenwisher made a motion to authorize the fifth draw for Pantry Partners CDBG grant. Commissioner Foss seconded the motion and all voted "aye". (4-0).**

**Commissioner Kanenwisher made a motion to authorize the second draw down for Ironhaus Manufacturing CDBG grant. Commissioner Chilcott seconded the motion and all voted "aye". (5-0)**

► The Board met for the following administrative matters at 10:00 a.m.:

- Approval of Extension Request for Sunset Orchards, Block 2, Lot 24 AP Subdivision: Commissioner Chilcott made a motion to approve the extension request for Sunset Orchards, Block 2, Lot 24 AP Subdivision amended plat for one year as recommended by Staff. Commissioner Kanenwisher seconded the motion and all voted "aye". (5-0)

- Continuation of DPHHS Family Planning contract from yesterday: Present were PHN Judy Griffin, Natalie Park and William Menager. PHN Judy Griffin explained an issue regarding contraception. She presented some handouts regarding services provided for Family Planning and educational material for emergency contraception. Discussion followed regarding services provided. Judy suggested having a State representative to either come in to speak or have a conference call with the Board regarding the contract. **The Board concurred.**

▶ The Board met for discussion and possible decision on Impact Fee Advisory Board at 10:55 a.m. Present were William Menager, Maggie Wright, and Bitterroot Star Reporter Michael Howell.

Commissioner Stoltz discussed the need for an Impact Advisory Fee Board when there are not any impact fees. Discussion followed regarding the failure of the Corvallis Impact Fees.

**Commissioner Stoltz made a motion to rescind Resolution No. 2178 disbanding the Impact Advisory Fee Board. Commissioner Kanenwisher seconded the motion. Discussion:** Commissioner Chilcott was not in favor of this motion. He discussed lots moving from agriculture to residential and then sitting empty while schools are collecting a portion of those higher taxes. Commissioner Foss discussed reforming the Impact Fee Advisory Board due to the current needs and the economy. **Commissioner Stoltz withdrew his motion. The Board concurred to hold this meeting at a later date.**

▶ The Board met for the award of Westside fence bid and approval of an extension for the Westside Road Project at 11:00 a.m. Present were Road & Bridge Supervisor David Ohnstad, Maggie Wright, William Menager and Bitterroot Star Reporter Michael Howell.

David Ohnstad gave a brief update of current projects. He recommended awarding the bid for Skyline Fencing of Victor in the amount of \$28,763. **Commissioner Chilcott made a motion to award the bid for the Westside fencing project to Skyline Fencing in the amount of \$28,763 which will be paid from the appropriations fund. Commissioner Kanenwisher seconded the motion and all voted “aye”. (5-0)**

**The Board concurred to not advance further funds to expand the Westside Road project at this time.**

David discussed the speed limit on West Bridge Road. **Commissioner Foss made a motion to have Staff draft an ordinance from to reduce the speed limit on West Bridge Road and Ricketts Road to 35 mph for consistency throughout the entire road. Commissioner Chilcott seconded the motion and all voted “aye”. (5-0)**

David discussed Middle Burnt Fork Road specifically Logan Lane east and Logan Lane west for speed limits. He recommended 55 mph from Logan Lane east, 45 mph to Park Avenue and then 35 mph.

Michael Howell questioned Middle Burnt Fork Road being a county road with the subdivision having children crossing the road to go to the schools. David replied a Traffic Impact Analysis was completed for the subdivision.

► The Board met for a public hearing for the Preliminary Budget Adoption FY 2012 at 1:36 p.m. Present were CFO Klarryse Murphy, William Menager and Administrative Assistant Glenda Wiles. Commissioner Foss was not present for this meeting due to another scheduled matter.

Commissioner Iman opened the public hearing and confirmed publication of legal notice twice in the paper of record.

Klarryse presented the preliminary budget to the Board in the amount of \$28,581,988. Commissioner Iman opened public comment. **Commissioner Chilcott made a motion to adopt Resolution No. 2713 for preliminary budget of FY 12. Commissioner Kanenwisher seconded the motion and all voted "aye". (4-0)**

► The Board met for the award of Engineering Services for the Environmental Assessment (E.A.) for the Airport at 2:30 p.m. Present were Airport Manager Page Gough, Phyllis Bookbinder, Maggie Wright, Mary Barton, and William Menager. Commissioner Foss was not present for this meeting due to another scheduled matter.

Commissioner Iman called the meeting to order and confirmed the publication of the legal notice twice in the paper of record. Two RFQs were received from Robert Peccia & Associates and Reed Middleton working with Bernard Dunkleberg & Company. The Ravalli County Airport Board made a recommendation for Robert Peccia & Associates.

**Commissioner Stoltz made a motion to award the bid for the Environmental Assessment for Ravalli County Airport to Robert Peccia & Associates contingent upon negotiations of firm consulting fee and an independent cost estimate as necessary. Commissioner Kanenwisher seconded the motion.** Discussion: Commissioner Chilcott questioned the Airport engineering services contract and funding to pay for an additional E.A. Commissioner Stoltz replied a scope would need to be completed to determine what exactly is needed. Commissioner Iman opened public comment. Hearing none, then closed public comment. **All voted "aye". (4-0)**

Commissioner Iman requested any comment not otherwise on the agenda.

Phyllis Bookbinder asked what happens next. Commissioner Stoltz replied the engineering firm will write the scope and then it will be reviewed by the FAA. Phyllis Bookbinder asked if there is a timeline. Commissioner Kanenwisher replied there is a process once the scope is received back from FAA.

► Commissioner Chilcott attended a RCEDA meeting at the Entrepreneurship building on Old Corvallis Road at 3:00 p.m.

► Commissioner Foss attended a Bitterroot College Meeting at 3:00 p.m.



there's still time for  
plan B.

3/20

## EMERGENCY CONTRACEPTION: BUSTING THE MYTHS

Emergency Contraception (EC) is a dose of the hormone progesterone (levonorgestrel) taken after sexual intercourse to reduce the risk of pregnancy where contraception may have failed or not been used. As the name suggests, it is to be used for emergencies and should not replace regular forms of contraception.

### What is Emergency Contraception?

Emergency Contraception (EC) is a dose of progesterone (levonorgestrel) taken after sex to reduce the risk of pregnancy. It's sometimes wrongly called the 'morning after pill', because it can be taken for up to 5 days after unprotected sex, although it's more effective the sooner it's taken.

### Is taking Emergency Contraception like having an abortion?

**No, it isn't.** EC is **not** the same as RU486 (mifepristone). The progesterone in EC works by:

- delaying the release of an egg by the ovary (ovulation)
- changing the lining of the uterus so a fertilised egg can't grow
- making the mucus (sticky fluid) at the entrance of the uterus thicker so sperm can't get through

If a fertilised egg has embedded itself in the womb EC will not work, so it is not like having an abortion. If EC has not worked for some reason and you do get pregnant it will not affect the baby.

**Emergency contraception DOES NOT cause an abortion.**

### I have only had sexual intercourse for the first time, so I don't need Emergency Contraception, do I?

**Yes, you do!** You can get pregnant any time you have unprotected sex even if it's the first time. Unprotected sex is when you don't use any contraception (such as condoms or the Pill). There are lots of myths around when you can and can't get pregnant, such as: if you haven't started your periods yet, when you're on your period, if the guy pulls out, if you do it standing up or wash afterwards – but these are not true. If you have had unprotected sex you need to take EC as soon as possible to reduce your risk of pregnancy.

### How effective is Emergency Contraception?

Within 24 hours	95% effective
Within 3 days	85% effective
Up to 5 days	58% effective

The effectiveness decreases the longer you wait. It may be used up to 5 days (120 hours) after sex. You may still be pregnant if you took EC – always follow up with a pregnancy test if your period does not come within a week of when you expected it, if it is much lighter than usual or if it is more than three weeks after taking EC. And get checked for sexually transmitted infections (STIs) too!

**EC is most effective if taken in the first 24 hours.**

### How do I take Emergency Contraception?

EC is available either as two (0.75mg) tablets or one (1.5mg) tablet. Take the **WHOLE DOSE** immediately (both tablets or the single tablet). This is the most effective method of taking EC. If you have any further questions contact SHine SA's Sexual Healthline.

### You can only take EC once, right?

**Wrong.** You can use EC as often as necessary, but if you are going to use it frequently it's important to know that there are cheaper, more reliable methods of contraception you could choose.

**Remember, when choosing a regular method of contraception, condoms are the only method that also reduces your risk of sexually transmitted infections.**

### I can't take Emergency Contraception more than once in one menstrual cycle, can I?

**Yes you can!** You can take EC more than once in the same month if you need to, but it may be less effective. However, it is important to take it again if you have had further unprotected sex and you want to reduce the risk of pregnancy.

## EMERGENCY CONTRACEPTION: BUSTING THE MYTHS

### How do I get Emergency Contraception?

EC is available over the counter at pharmacies. You can also get it at SHine SA clinics, Clinic 275, Pregnancy Advisory Centre and many public hospital emergency departments.

Some pharmacists may not supply EC if you had unprotected sex over 72 hours ago, as these are the current recommendations in the product information. However, research supports its use up to 5 days.

### Can my partner or friend go to the pharmacy to get Emergency Contraception for me?

Generally they can't but check with the pharmacist. This is because you will need to answer a few questions to make sure that EC is safe for you to take.

### What questions might I be asked to get EC?

Before you can be given EC you will have to answer a few questions to see if it's suitable for you. They will take you to a quiet area to talk to you, where no one else can hear what you are discussing. This is entirely confidential. If you are worried about confidentiality you can ask them to explain their policy to you. You may be asked:

- + if the EC is for your own use
- + your age
- + when you had unprotected sex
- + when you had your last period
- + if it's the first time you've had unprotected sex since your period
- + whether you have any allergies
- + if you suffer from any medical conditions or have had any recent illness
- + about any medication you are currently taking, including herbal medication

### What does Emergency Contraception cost?

Prices vary. The cost depends on where you get it.

### You're likely to be sick when you take Emergency Contraception, aren't you?

**No, you're not.** Most women will neither feel nor be sick. Only 1% of women who take EC will be sick. EC can occasionally cause nausea, breast pain, dizziness, tiredness, headaches and spot bleeding. If you vomit within two hours of taking EC you will need to take another dose. Side effects usually stop within two days. If you are worried about any side effects, see a doctor.

### EC affects your long-term fertility, doesn't it?

**No, it doesn't.** There is no evidence that EC affects fertility. But remember, if you have had unprotected sex there is a chance that you may have picked up a sexually transmitted infection. One STI called Chlamydia can cause infertility if left untreated. It is estimated that 1 in 10 young people have Chlamydia with no symptoms at all. That is why it is important to get checked for sexually transmitted infections if you have had unprotected sexual intercourse.

### When will I have my next period?

For most women the next period will come at the normal time. A few may be early and up to 30% may be up to a week late.

### Do I need a pregnancy test?

If your period does not come within a week of when you expected it, if it is much lighter than usual or if it is more than three weeks after taking EC, do a pregnancy test.

### Is it safe to take Emergency Contraception when you are breast feeding?

It's safe to use EC when you are breastfeeding. It will not decrease your milk supply. Some progestogen may come through the milk, but there is no evidence this harms your baby.

### Am I at risk of a sexually transmitted infection?

EC **does not** protect you against sexually transmitted infections (STIs). If you had unprotected sex it's best to get tested. This is normally done two to three weeks after unprotected sex. A condom is the only form of contraception that will reduce the risk of STIs.

### Important information to remember:

- + Don't forget it's best to take EC within the first 24 hours.
- + You can get EC over the counter at pharmacies.
- + If you have unprotected sex again, be sure to take EC again.
- + if you vomit within two hours of taking EC you will need to take another dose.
- + EC never protects against sexually transmitted infection. Always use a condom and make sure you're using a water-based lubricant to reduce the risk of condom breakages.
- + Research shows that EC works the same way as other hormonal contraceptive methods.
- + Emergency contraception DOES NOT cause an abortion.
- + It will not work if you are already pregnant.

### MORE INFO:

- + [www.shinesa.org.au](http://www.shinesa.org.au)
- + Call our Sexual Healthline on 1300 883 793 or Toll Free 1800 188 171 (Country Callers)

**Ravalli County Family Planning**  
**EMERGENCY CONTRACEPTIVE PILLS**  
**Client Information for Informed Consent**

Name: \_\_\_\_\_

Patient # \_\_\_\_\_

**Benefits:** Emergency contraceptive pills are used to help prevent pregnancy after unprotected sex or the failure of your birth control method. Emergency contraception is also an essential part of treatment for victims of sexual assault who were not protected by an effective contraceptive method at the time.

**Indications for Use:**

- No contraceptive was used when vaginal intercourse took place
- A male condom slipped, broke, leaked, or remained inside the vagina
- A female diaphragm or cervical cap was inserted incorrectly, dislodged during intercourse, was removed too early, or was found to be torn
- One or more combined oral contraceptive pills were missed at the beginning or end of a packet so the pill-free interval is prolonged beyond seven days, or two or more pills are missed during the pill cycle
- One or more progestin-only pills were missed at any time
- The "Patch" was removed early or applied late
- The "Ring" was removed early or inserted late
- A female condom was inserted or removed incorrectly leading to spillage of semen, or the penis was inserted mistakenly between the female condom and the vaginal wall
- A mistake was made with coitus interruptus or "pulling out"
- A mistake was made when practicing periodic abstinence or the "rhythm method"
- An IUD was partially or totally expelled.

**Action:** Emergency contraceptive pills (ECP's) are hormonal pills that you take to try to prevent pregnancy. They are a certain dose of either combined oral contraceptive pills (both estrogen and progestin) or progestin-only pills. When taken as instructed, ECP's may keep you from becoming pregnant in one of three ways:

- By preventing the ovaries from releasing an egg
- Changing the movement of the egg and/or sperm so that fertilization cannot occur
- Changing the lining of the uterus so that a fertilized egg can't attach and become a pregnancy.

**Effectiveness for Prevention of Pregnancy:** Emergency Contraceptive Pills are 75-89% effective depending on when during the menstrual cycle the unprotected intercourse took place. However, this method fails to prevent pregnancy in some cases because:

- A pregnancy is already established and a fertilized egg is implanted in the uterus
- Too much time has passed since the unprotected vaginal intercourse
- Failure of the ECP itself.

\*\*\*Note: ECP's do not prevent pregnancy if unprotected vaginal intercourse occurs AFTER treatment.

**Effectiveness for Prevention of Sexually Transmitted Infections:** Emergency Contraceptive Pills do not protect against sexually transmitted infections (STI's), including HIV. Having unprotected intercourse may have put you at risk for STI's. If you think you could be at risk for STI's you should talk to your clinician about getting tested. If you are sexually active, correct and consistent use of condoms may reduced your risk for some STIs.

**Potential Side Effects:** Some reactions to ECP's may include:

- Nausea and vomiting (rare with progestin-only "Plan B" ECP's)
- Fatigue
- Headache
- Menstrual changes including the amount, duration and timing of the next menstrual period.

**Danger Signs:** It is theoretically possible that some rare but serious problems or complications, particularly with blood clots, could occur with combined hormone ECP's (not "Plan B"). As with any hormonal birth control method, you should watch for the following danger signals and report any to a clinician immediately:

- Unusual swelling or pain in the legs or arms
- Sudden severe headaches
- Severe pain in the stomach or abdomen.

**In Case of Emergency:** A 24-hour emergency telephone number is 911. The nearest hospital/urgent care clinic is Marcus Daly Memorial Hospital located at 1200 Westwood Drive, Hamilton, Montana.

**What if I am Pregnant?:** ECP's will not work once a fertilized egg has implanted in the uterus and a pregnancy has been established. There is no medical evidence that ECP's would harm a developing fetus. If you are pregnant and want to discuss your options, please contact a clinic nurse, provider or counselor.

**General Instructions:**

- The pills should be started preferably within 72 hours (3 days) of unprotected vaginal intercourse, and no later than 120 hours (5 days).
- The sooner ECP's are taken, the more effective in preventing pregnancy they will be.

**To Prevent Feeling Sick to your Stomach or Vomiting:**

- Do not take the pills on an empty stomach
- Consider taking non-prescription anti-nausea medication approximately 1 hour before taking combined ECP's (such as Dramamine® or Bonine®).

Your period should start within three weeks after taking ECP's. If it does not start by then or is heavier or lighter than normal, call your provider here at the clinic to discuss options.

**SEE THE PACKAGE INSERT FOR MORE SPECIFIC USAGE INSTRUCTIONS.**

**Future Contraceptive Use:** It is important to discuss a more reliable form of ongoing birth control than ECP, if you are at risk for unintended pregnancy. Ask about birth control methods and options with your clinic's nurse, care provider or counselor and use latex or polyurethane condoms to prevent sexually transmitted infections.

**Questions:** I have had a chance to ask questions about Emergency Contraceptive Pills and with this consent form my questions have been answered.

Client Signature \_\_\_\_\_ Witness Signature \_\_\_\_\_ Date \_\_\_\_\_

Client Signature \_\_\_\_\_ Witness Signature \_\_\_\_\_ Date \_\_\_\_\_

DATE: _____
NAME: _____ Birthdate: _____
ADDRESS: _____ City: _____ State: _____ Zip: _____
Telephone: (h) _____ (w) _____ May we call you? <input type="checkbox"/> Yes <input type="checkbox"/> No May we write to you? <input type="checkbox"/> Yes <input type="checkbox"/> No
Are you a Family Planning patient? <input type="checkbox"/> Yes <input type="checkbox"/> No
What will be your method of payment? <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Debit/Credit Card (Visa, MasterCard)
<input type="checkbox"/> Medicaid: Social Security # _____ - _____ - _____
<b><u>PERSONAL HISTORY</u></b>
First day of your last NORMAL menstrual period: _____
Date(s) of unprotected intercourse since your last NORMAL period: _____
Do you have any symptoms of pregnancy? (i.e. sore breasts, fatigue, frequent urination) <input type="checkbox"/> Yes <input type="checkbox"/> No
Are you in need of a regular method of birth control? <input type="checkbox"/> Yes <input type="checkbox"/> No

**CLINICAL STAFF ONLY**

Adolescent Counseling: <input type="checkbox"/> Abstinence <input type="checkbox"/> Family Involvement <input type="checkbox"/> Sexual Coercion	
Pregnancy test if indicated: <input type="checkbox"/> NA <input type="checkbox"/> Pos <input type="checkbox"/> Neg <input type="checkbox"/> Counseled to do home test prior to taking ECP	
<input type="checkbox"/> Instructed to return to clinic if no menses in 2-3 weeks	
<input type="checkbox"/> Instructed on use of ECP. ECP Fact sheet given along with FDA insert	
<input type="checkbox"/> STD info given as indicated	
COMMENTS:	
Staff Signature: _____	Date: _____
<b>ASSESSMENT: Need for Emergency Contraception</b>	
<b>PLAN:</b>	
<input type="checkbox"/> Plan B #2 Tabs <input type="checkbox"/> (2) Tabs PO now <input type="checkbox"/> Prophylactic PRN with in 120 hours of Unprotected Intercourse; Refill x _____	
<input type="checkbox"/> Other: _____	
Clinician Signature: _____	Date: _____

**Ravalli County Public Health  
Family Planning Clinic Statistics for Calendar Year 2010**

**President Richard Nixon authorized Title X services on December 26, 1970. It is the only Federal program dedicated to providing Family Planning services nationwide. Title X funds a range of preventive health care services free of charge to women and men at or below the Federal Poverty level. A sliding fee scale assists low to moderate income people in accessing basic health care services. Services at Ravalli County Public Health include:**

- **Breast and pelvic exams**
- **Screening for breast and cervical cancer**
- **Screening for and treatment of sexually-transmitted infections**
- **HIV information, testing and counseling**
- **Pregnancy testing and counseling**

**Ravalli County Public Health served 461 unduplicated patients during 2010.**

**Women receiving care: 431**

**Men receiving care: 30**

**Cervical cancer (Pap) screening tests: 294**

**Clinical breast exams: 227**

**Chlamydia tests: 226**

**Gonorrhea tests: 67**

**HIV tests: 50**

**Treatment for positive Chlamydia: 12**

**Total patients at or below poverty: 336 (78%)**

**Total patients without any form of insurance to pay for services: 408 (88%)**

**Most of our patients cannot afford access to basic health care services through a private provider.**