

Barnstable County Regional Substance Abuse Council E-Newsletter



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Barnstable County



HUMAN SERVICES

Regional Substance Abuse Council

Issue: #54

December 9, 2016

Greetings!

Welcome to the e-Newsletter from Barnstable County Regional Substance Abuse Council. This newsletter is designed to provide timely information on substance abuse and other related topics for people living and working in Barnstable County.

This publication will be sent out periodically to our mailing list. Please forward this newsletter to your friends and colleagues who may be interested in this information. If you are not on our mailing list, you can join by clicking on the button to the left.

If you have information you would like included in future e-newsletters, please follow the submission instructions outlined at the bottom of this page.

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TOWN OF SANDWICH

Workshop on New Recreational Marijuana Law

**Monday, December 12, 2016
3:00 - 4:30 PM**

Sandwich Town Hall, 130 Main St., Sandwich, MA

The Town of Sandwich is sponsoring a workshop for officials, professional municipal staff, substance abuse



**Forum with Senator-
Elect**
Mass. State House
Mass DPH
US Surgeon General
SAMHDA
Drug-Free Kids

prevention professionals/advocates, and interested community/business and non-profit partners concerning the new recreational marijuana law. The agenda includes: State Representative Randy Hunt, State Senator Vinny deMacedo, and a brief overview by Kopelman and Paige, Specialists in Municipal Law. A panel discussion follows with Sen. deMacedo, Rep. Hunt, District Attorney Michael O'Keefe, a Kopelman and Paige Attorney, and Heidi Heilman, Executive Director of the Massachusetts Prevention Alliance. The event is open to the public and registration is not required.

To RSVP, email Linell Grundman at grundmans@comcast.net

FILM SCREENING

Generation Found Film Screening in Hyannis

Generation Found

Monday December 12, 2016

7:30 PM

**Regis Cinemas Cape Cod Mall 12 Theaters
Cape Cod Mall, Hyannis**

Generation Found is the story of one community coming together to ignite a youth addiction recovery revolution in their hometown. Visionary counselors, law school dropouts, aspiring rock musicians, retired football players, oil industry executives, and church leaders build the world's largest peer-driven youth and family recovery community. Tickets need to be reserved by mid-November in order to book a private screening:

**To reserve your tickets now, click [here](#):
For more information, visit [FaceBook Page](#).**

21st CENTURY CURES ACT PASSES

\$500 Million for State Opioid Programs

The U.S. Senate approved the 21st Century Cures Act by a bipartisan vote of 94 to 5 on Wednesday, December 7, 2016. With the House already approving the measure, the bill will go the President for final approval this week.

"The 'Cures' bill authorizes a total of \$6.3 billion for funding basic science, streamlining the FDA's review process, and addressing the opioids epidemic. The bill also incorporates a handful of mental health reforms, aimed at improving care coordination, strengthening mental health parity laws, and promoting evidence-based treatments and therapies." (Shannon Firth, Washington Correspondent, MedPage)

Funding is allocated in the following categories;

- \$4.8 billion for the National Institutes of Health
- \$1 billion in state grants to help respond to the opioid crisis
- \$500 million in additional support for the FDA

To read entire H.R.34 - 21st Century Cures Act, click [here](#).

250 PARENTS ATTEND MY CHOICE MATTERS SUMMIT

Follow us on
Facebook & Twitter

Follow @capecodSAC

facebook

Name:
Barnstable County
Regional Substance
Abuse Council





When it comes to substance use, choice matters.

First Annual Parent Summit on Preventing Substance Use A Success!

The Regional Substance Use Council's first Parent Summit, "My Choice Matters: Parenting to Prevent Substance Use" on November 20, 2016 was a great success. With 250 parents in attendance, participants heard from Dr. Ruth Potee, Cindy Horgan, Traci Wojciechowski and Tom Hermanowski on the physiology of addiction, communication skills and practical parenting tips to help parents raise resilient youth and prevent substance use.

All slides and materials presented at the Parent Summit will be made available online as soon as they are submitted at www.mychoicematters.net.

For questions or feedback, please contact Kim Slade at kim.slade@barnstablecounty.org or 508-375-6845. To read more about the Parent Summit, read Cape Cod Times article [here](#).

THE FORUM: BUILDING A WORKING RELATIONSHIP WITH OUR NEW STATE SENATOR

Date Change!

The Forum: Building a Working Relationship with Our New State Senator Rescheduled

NEW DATE Saturday, April 1, 2016

9:00 AM - 12:00 Noon

Church of the Holy Spirit Parish Hall, 204 Monument Rd., Orleans, MA

The forum hosted by The Network of Human Services and Faith Communities of the Lower and Outer Cape scheduled for December 10, 2016 has been postponed until April 1, 2017. "Building a Working Relationship with Our New State Senator" will include State Senator Julian Cyr and a panel of advocates for Affordable Housing, Early Childhood Education and Family Support, Transportation, and Health Issues including substance use.

For more information, email Fr. Ken Campbell at ksbcampbell@verizon.net.

MASSACHUSETTS STATE HOUSE

Governor Baker Unveils Workers' Compensation Pilot for Opioid-Related Cases

Working together with Secretary of Labor and Workforce Development Ronald L. Walker, II and Secretary of Health and Human Services Marylou Sudders, Governor Baker announced a new voluntary program to assist injured workers who have settled workers' compensation claims get treatment for pain management, aimed at limiting the use of opioids or other narcotics. According to the December 8, 2016 press release, "The program seeks to resolve court cases



more swiftly by assigning a care coordinator to mediate treatment options between an injured worker and the insurance company paying for medical care." **Judy Walden Scarafile**, a registered pharmacist and a member of the Regional Substance Abuse Council for Barnstable County, is member of the nine-person committee charged with overseeing the pilot program.

To read entire press release, click [here](#).

The Massachusetts Opioid Epidemic: Chapter 55 Report Data Enhanced with Visual Mapping

Massachusetts is currently experiencing an epidemic of opioid-related overdose and death. These overdoses are driven by the underlying chronic disease of opioid addiction or opioid use disorders. People with opioid addiction are at high risk of overdose and death.

Opioid-related deaths in the state were more than four times higher in 2015 than in 2000. This recent rate of increase is several times faster than anything seen here before. In 2013-2014 alone, opioid-related deaths occurred in two-thirds of the cities and towns in Massachusetts.

To view data visualization of Chapter 55 report findings, click [here](#).

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

Does Your Coalition Meet MA DPH Community Engagement Guidelines?



Community Health Training Institute

Coalitions, task forces, advisory committees, and other forums are some of the ways the Department of Public Health (DPH) engages with communities. In effort to best serve, encourage, and support its community partners, DPH created [Coalition Engagement Principles and Guidelines October 2015](#). The guidelines will help community coalitions, collaborations, and boards of health with RFR collaboration and the Determination of Need, Factor 9 process. An internal Community Engagement working group has been established to help operationalize the guidelines.

For more information, email [Lea Susan Ojamaa](mailto:Lea.Susan.Ojamaa@State.MA.US) at Lea.Ojamaa@State.MA.US.

U.S. SURGEON GENERAL

Facing Addiction in America

On November 17, the U.S. Surgeon General released Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. This marks the first report dedicated to substance misuse and related disorders. The report addresses alcohol, illicit drugs, and prescription drug misuse, with chapters dedicated to neurobiology, prevention, treatment, recovery, health systems integration, and recommendations for the future.



To learn more, visit [Facing Addiction in America](#).

SAMHDA

SAMHDA Adds 2015 Survey to Public-Use Files

The enhanced Substance Abuse and Mental Health Data Archive (SAMHDA)

has added [2015 National Survey on Drug Use and Health \(NSDUH\) Public-Use Files](#) to the archive.

The NSDUH series, formerly titled National Household Survey on Drug Abuse, is a major source of statistical information on the use of illicit drugs, alcohol, and tobacco, and on mental health issues among members of the U.S. civilian, non-institutionalized population aged 12 or older. The survey tracks trends in specific substance use and mental illness measures and assesses the consequences of these conditions by examining mental illness and/or substance use disorders and treatment for these concerns.

To access the NSDUH Public-Use Files, click [here](#).

PARTNERSHIP FOR DRUG-FREE KIDS

"Search and Rescue" Campaign for Prescribers



The Partnership for Drug-Free Kids "Search and Rescue" campaign, developed with support from the Food and Drug Administration (FDA), helps prescribers to be pro-active in identifying and helping patients at risk for prescription drug misuse. The social media campaign and website provide brief educational videos for prescribers and connect with a range of vital resources, including relevant Continuing Medical Education courses, the Centers for Disease Control and Prevention (CDC) guidelines on prescribing opioid medication for chronic pain, and their state's Prescription Drug Monitoring Program (PDMP), which provides information on patients' recent prescription history and helps prevent "doctor shopping."

To learn more, visit Search and Rescue's [website](#).

RSAC RESOURCES



[Substance Use Resource & Information Guide for Cape Cod](#)

An easy-to-read guide including emergency hotline numbers, treatment system information, definitions, and information about local treatment options that help individuals and their families dealing with substance use.



[The Language of Addiction. Why Words Matter.](#)

A language guide that educates the public on the consequences of word choice and how words can either enhance or reduce the stigma of substance use.



[Where We Stand - Addiction on Cape Cod](#) is an information and resource document about the work our community has been doing to address substance use issues on Cape Cod, basic facts about addiction, and links to local resources.

For additional publications from the Barnstable County Regional Substance Abuse Council, please click [here](#).

RSAC ISSUE BRIEFS

The Barnstable County Department of Human Services is producing a series of issue briefs for the Barnstable County Regional Substance Abuse Council that present factual information on an array of topics related to substance use.

Read/Download Issue Briefs:

[Issue Brief 1: Use of Scare Tactics in Prevention Messaging](#)

[Issue Brief 2: Use of Social Norms Campaigns](#)

[Issue Brief 3: MA Ballot Initiative: The Regulation and Taxation of Marijuana Act](#)

[Issue Brief 4: Marijuana and the Teen Brain](#)

[Issue Brief 5: Stigma, Health Outcomes and Why 'Words Matter'](#)

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

The **next meeting** of the

Barnstable County Regional Substance Abuse Council
Thursday, February 2, 2017
4:00 - 5:30 PM

Harborview Conference Room, Barnstable County Complex,
3195 Main Street, Barnstable Village, MA

The bi-monthly meetings are open to the public. Meeting agendas are posted publicly on the Department of Human Services' [website](#), in front of the Barnstable Superior Courthouse, and are available upon request.

MUTUAL SUPPORT GROUPS

Learn to Cope

Learn to Cope is a support group for parents, family members, spouses, and caregivers who have a family member who is addicted to opiates, alcohol, or other drugs. Learn to Cope offers experienced facilitators, resources, informational material, guest speakers (in long term recovery or professionals in the field), overdose education, and Narcan enrollment at all weekly meetings.



Tuesdays 7:00-8:30 PM
Yarmouth Police Station,
One Brad Erickson Way, Yarmouth MA

For more information, call (508) 738-5148 or visit their website at www.Learn2Cope.org.



Parents Supporting Parents

Parents Supporting Parents is a group of people who have come together as parents and family members coping and dealing with children/loved one's addiction. Their mission is to support, strengthen, and educate one another as they share their lives. Their goal is to help their loved ones find and live in recovery, and for all members to live a healthy lifestyle.

Mondays 6:30-8:30 PM

Mashpee Chamber of Commerce

5 Bates Road, Mashpee MA 02649

(5 North Market Street on GPS; between Woodruff's Art Supply and Debbie's Pet Store)

To learn more, view the Parents Supporting Parents FaceBook page.

Mothers Helping Mothers

Mothers Helping Mothers is a support group for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant and postpartum phases of life. Free childcare is provided during the meetings by The Children's Study Home. Anyone planning on attending the meeting and needing childcare is asked to call ahead. All ages are welcome.

Tuesdays 7:30-9:00 PM

John Wesley Methodist Church

270 Gifford Street, Falmouth MA

Mondays 5:30-7:00 PM

83 Pearl Street, Hyannis MA.

For more information, contact Deborah at (774) 392-0446 or Danielle at (508) 209-7533.

Alateen

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.



For more information, call 508-366-0556 or visit their website at www.capeteens.com.



Nar-Anon

Nar-Anon Family Groups is a twelve step fellowship that offers a recovery program for those affected by someone's addiction. The only requirement for membership is that there be a problem of addiction in a relative or friend. Nar-Anon is adapted from Narcotics Anonymous and uses Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve

Concepts.

Fridays, 6:00-7:00 PM

St. David's Episcopal Church

205 Old Main St, South Yarmouth MA

Thursdays, 6:15-7:30 PM

Eastham United Methodist Church Study

3200 State Highway 6, Eastham MA

For more information, visit the New England Nar-Anon website at www.naranonctma.org.

Gosnold Family Support Groups

The Gosnold Reaching Out program is a resource for family members and loved ones affected by addiction. It assists the family at all stages of addiction through education, intervention, and support. Information and Education Forums help family members gain a basic



understanding of the signs and symptoms of addiction, treatment options, and stages of recovery. An educated and supportive family has a positive impact on treatment outcomes.

Tuesdays 6:00-7:30 PM Gosnold Counseling Center 1185 Falmouth Road Centerville, MA 02632	Wednesdays 6:00-7:30 PM Gus Cauty Community Center 790 Main Street Falmouth, MA 02540
Sundays 11:00-12:30 PM Scituate Senior Center 27 Brook Street Scituate, MA 02066	Mondays 6:00-7:30 PM Harwich Police Department 183 Sisson Road Harwich, MA 02645

**For more information contact Kristoph Pydynkowski, 774-392-6040.
kpydynkowski@gosnold.org**

Other Resources

Al-Anon - The primary purpose of Al-Anon is to help families and friends of alcoholics. Members of Al-Anon learn to live happily whether the alcoholic continues to drink or not. We learn that alcoholism is a disease and that we are not alone.

Alcoholics Anonymous - Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Narcotics Anonymous - NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

MASSACHUSETTS SUBSTANCE ABUSE HELPLINE



MASSACHUSETTS
SUBSTANCE ABUSE INFORMATION
AND EDUCATION HELPLINE

800-327-5050 • HELPLINE-ONLINE.COM

Services are available Monday through Friday from 8:00 AM - 10:00 PM and on Saturday and Sunday from 9:00 AM - 5:00 PM. Language interpreters are always available.

For online service and more information, [click here](#).

Join Our List



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E-NEWSLETTER ARTICLE SUBMISSIONS

To submit materials, please contact Patty Watson at patricia.watson@barnstablecounty.org and include the following information:

- Descriptive Title
- Brief Description of the Content
- Relevant attachments, submitted in PDF or text format
- Website link if available
- Contact information of the person submitting the information the contact person for the event

For more information, visit www.bchumanservices.net/e-newsletters



Posting of articles submitted for publication in the Barnstable County Regional Substance Abuse Council E-Newsletter is at the discretion of the Department. All articles must be submitted in text format to comply with the Americans with Disabilities Act. To request this newsletter in alternate formats, please call Kathie Callahan at (508) 375-6628 or TDD at (508) 362-5885.
