

# RSAC

Barnstable County Regional Substance Use Council



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**ISSUE: #80**

**March 6, 2019**

**Greetings!**

Welcome to the newsletter from Barnstable County Regional Substance Use Council.

**SPOTLIGHT**

Share the #MyChoiceMatters Campaign

**ONE JUUL POD = 20  
CIGARETTES WORTH OF NICOTINE**



Learn more at [mychoicematters.net](http://mychoicematters.net)

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**[Share #MyChoiceMatters Campaign](#)**

## NATIONAL NEWS

### National Prescription Take Back Day | April 2019

The United States is in the midst of an opioid epidemic. Every day 134 people die from opiate related overdoses - and misuse of prescription painkillers is a large



contributor to this crisis. Thankfully, there is something we can do. One way that you can help reduce the potential misuse of drugs is to properly dispose of expired or unused medications.

**The next National Prescription Drug Take Back Day will be in April 2019.** Learn more

here <https://www.google.com/.../outre.../special-projects/RXtakeback/>

**Also read about how GOOGLE MAPS is making it easier to find drop-off locations [HERE](#).**

### FDA Announces New Measures to Stem Opioid Crisis

The **U.S. Food and Drug Administration (FDA)** announced last week it will take new steps to address the nation's opioid epidemic, according to The Wall Street Journal.

The agency said it will require makers of opioid painkillers to conduct studies of the drug's long-term effectiveness. The FDA also will require the packaging of pills in small amounts, to reduce the chance drugs will be misused or diverted for resale. The agency said it will soon announce measures to reduce the prescribing of fentanyl. Read more [HERE](#).

## LOCAL NEWS

### March Report from the Harm Reduction Commission

**The Harm Reduction Commission** was established in August 2018, with Governor Baker's signing into law of chapter 208 of the Acts of 2018. The commission is charged with reviewing and making recommendations regarding harm reduction opportunities to address substance use disorder. The commission is comprised of the Secretary of Health and Human Services, who chairs the commission, and a diverse panel of policymakers, public health professionals, legal scholars, clinicians, and local residents.

**Read their latest report from March 1, 2019 [HERE](#).**

### 14th Annual "Operation Safe Ride Home" In Effect on St. Patrick's Day in Yarmouth

Officials with the **Yarmouth Police Department** have announced they will once again activate their 14th annual "**Operation Safe**

[National Prescription Take](#)

[Back Day](#)

[FDA Announcement](#)

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**Ride Home"** Friday, March 8th, 2019 starting at 6:00 PM and ending at 2:00 AM Saturday.

The program is fully funded by local Yarmouth area businesses and involves a free and safe ride home to anyone from any Yarmouth liquor establishment by calling Town Taxi at 508.775.5555.

## Workshop for Substance Use Professionals

**A Pragmatic Approach to Evaluating Prevention Efforts and Communicating Findings:** This workshop is intended for members of the substance misuse prevention workforce who want to improve their capacity to evaluate their work and communicate their findings. It is primarily intended for individuals who have previous training using a public health planning model, such as the Strategic Prevention Framework; those with experience using a public health planning model in a community setting, including the development of a logic model; and basic knowledge of evaluation and the use of data collection methods such as questionnaires, interviews, archival record reviews, and observations.

**WHEN:** March 14th | 9:00 AM - 3:30 PM

**WHERE:** Holiday Inn Tewksbury, 4 Highwood Dr. Tewksbury, MA

**REGISTER:** Click [HERE](#).

## Addictions 101 for Recovery Coaches

**WHAT:** Addictions 101 - A Recovery & Wellness Framework offers participants an introduction to the medical model of addiction, including the effects of addiction on the body and brain, as well as basic pharmacology and treatment. Designed for the Recovery Coach professional, this workshop honors the power of personal recovery and self-definition. Through a series of interactive exercises, participants are challenged to consider their own definition(s), experiences, biases and assumptions of addiction.

**WHEN:** Friday, March 15, 2019 - 8:30 PM to 4:30 PM

**WHERE:** Hilton Garden Inn, 800 Hall of Fame Ave., Springfield, MA

**REGISTER:** Click [HERE](#).

## Sober Truth on Preventing Underage Drinking Act (STOP Act) Grants

**SAMHSA** is accepting applications for Sober Truth on Preventing Underage Drinking Act (STOP Act) grants. The goal of this program is to prevent and reduce alcohol use among youth and young adults ages 12-20 in communities throughout the United States. The activities that are implemented in the project will aim to address community norms regarding alcohol use by youth, reduce opportunities for underage drinking by limiting youth access to alcohol, create changes in underage drinking enforcement efforts, address penalties for underage use, and/or

reduce the prevalence of negative consequences associated with underage drinking (e.g., motor vehicle crashes, sexual assaults). In addition, applicants will build on strategic plans that were developed under a DFC grant. **The application due date is March 22.** For more information, click [HERE](#).

## Ounce of Prevention 2019



**Save the date | April 2, 2019**

**KEYNOTE SPEAKER Dr. Mary T. Bassett**

Director, Harvard FXB Center for Health and Human Services.

at the DCU Center in Worcester, MA.

Sponsored by

[Massachusetts Department of Public Health.](#)

*\*If you are deaf or hard of hearing, or a person with a disability, please contact Jennifer Fahey at AdCare Educational Institute, Inc. at (508) 752-7313; TTY (508) 754-0039 or email: [jennifer@adcare-educational.org](mailto:jennifer@adcare-educational.org), prior to March 12, 2019.*

## Caron Treatment Centers Now Offering a Free Adolescent Nicotine Cessation Facilitator Training

**WHAT:** Project CONNECT® Facilitator Training for middle school and high school professionals in Barnstable County.

**WHO SHOULD ATTEND:** This highly interactive, engaging and informative Facilitator Training will prepare middle and high school staff, prevention specialists, community educators or any youth-serving agency personnel with the skills necessary to successfully facilitate Project CONNECT® cessation interventions with adolescents.

**WHEN:** Friday, March 22, 2019

8:30am-3:00pm

**WHERE:** Yarmouth Police Department Community Room, 1 Brad Erickson Way, W. Yarmouth, MA 02673

Space is limited. Registration will be open to two individuals per district. Contact Traci Wojciechowski at 508-341-7848 or at [twojciechowski@caron.org](mailto:twojciechowski@caron.org).

## Great Skate Event to Promote Wellness and Recovery

**WHAT:** The **Great Skate** is an event dedicated to showcase the powerful impact of fitness, sports, building community as promoting wellness as key elements to fighting addiction. Proceeds help **WellStrong** and **Power Forward** further their missions in this fight.

**WHEN:**

2:00 - 2:30 VIP meet and greet with the players

2:30 - 2:45 A few words by Kevin and a WellStrong member, followed by a quick intro by Amy

2:45 - 3:45 Skate with the Greats

Resource tables  
Hockey Equipment raffle  
Silent auction

**COST:** \$25 General Admission (skate only) | \$45 VIP (skate plus meet and greet) [SEE EVENT FLYER HERE.](#)

## Yoga for Addiction Recovery

**Yoga for Addiction Recovery** is moving to a new date and time starting in February on **Tuesdays from 6:45 - 7:45 PM** at the **Veterans Memorial Community Center**, off Winslow Street in Provincetown.



The class is **free for Provincetown residents** and **offered by donation to participants from other towns**. For more information, contact the Provincetown Health Department at 508-487-7020 or the Provincetown Recreation Department at 508-487-7090.

## RESOURCES

### Mashpee Substance Use Task Force Drop In Nights



**This drop-in event provides substance use information, education, and treatment resource options from local organizations. No RSVP required.**

**This is an opportunity for someone struggling with addiction to get immediate help along with family members and friends. The night is also open for the community at large to learn about the resources available. There is free Narcan training and light refreshments. This night is open to anyone.**

**The first Tuesday of the month  
4:00 PM - 7:00 PM**

***As of April 2, 2019***

***Drop-In Night we will be moving back to the  
Community Health Center of Cape Cod  
107 Commercial Street, Mashpee***

articles must be submitted in text format to comply with the Americans with Disabilities Act. To request this newsletter in alternate formats, please call Sonja Sheasley, Communications Project Specialist at the Department of Human Services at (508) 375-6896.

