



**BARNSTABLE COUNTY  
DEPARTMENT OF HUMAN SERVICES**

3195 Main Street, Post Office Box 427  
Barnstable, Massachusetts 02630  
Office: 508-375-6628 | Fax: 508-362-0290  
www.bchumanservices.net

**MEETING MINUTES**  
of the  
**REGIONAL SUBSTANCE USE COUNCIL (RSAC)**

**Thursday, September 5<sup>th</sup>, 2019**

**3:30pm -5:00pm, Harborview Room, Barnstable County Complex**

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**Members Present:** Jamie Binienda, Chris Greeley, Lisa Guyon, Paul Hilton, Mary LeClair, Heidi Nelson, Ruth Provost, Danielle Whitney, Brian Robbins, Judy Scarafile, Kate Lena for Katie Riconda, Robin Wallace, Regina Yaroch, Corrie Vilsaint, Fiona Jensen, Joe Trabucco

**Members of the Public:** Jason B. Chorchos, Todd Whitridge, Nick Mazzone, Maureen Linehan, Katie Brunelle, Karen Swift, Lorena Andrade, Cathy Connell, Emily Simons, Trudy Avery, Meredith Gilreath, Sharon Dirac, Barbara Dominic

**Barnstable County Staff:** Vaira Harik, Kim Slade, Maria Silva

**Guests:** Paul Dart, Bruce Behrens, Barbara Lowe – ‘Pause A While’ guest speakers

**Unable to attend:**

**Elected Officials: 0 Assembly of Delegates: 0 County Commissioners: 0**

- **Welcome and Introductions** – The meeting began at 3:30pm with Vaira Harik facilitating.
- **Business:** Review and approve minutes of the June 6<sup>th</sup>, 2019 meeting. Vaira Harik requested a motion to approve the Minutes, it was so moved by Heidi Nelson with a second by Chris Greeley - all in favor - none opposed.
- **Update: Leadership Team meeting of 7/31/19:**
  - a. **Meeting frequency** – RSAC is changing its meeting frequency from 10 meetings a year to 6, we are no longer meeting monthly. Vaira Harik will email reminder for September, October, December, February, April and June meetings.
  - b. **Future meeting topics** – National Healing Communities/MassHEAL Project; Presentation by MOAR; Presentation/Discussion of the Differences between Men’s and Women’s Recovery.
  - c. **Earmarks updates** – 1. Barnstable County Dept of Human Services received another \$20,000 from Senator Cyr for Narcan purchases in FY20. 2. Funds earmarked by Sen. Cyr in FY19 (\$20,000) for review of the Plymouth County Outreach HOPE (PCO HOPE) overdose follow up model were rolled into FY20 and are still available. The RSAC Harm Reduction Workgroup is reviewing options for using the funds. Input from the RSAC membership would be welcome.

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***Creating a Healthy Connected Cape Cod***

*The Mission of the Department of Human Services is to plan, develop, and implement programs which enhance the overall delivery of human services in Barnstable County and promote the health and social well-being of County residents through regional efforts that improve coordination of services.*

- d. **Collaboration with RIZE MA Foundation** on *Together in Recovery* (TIR) wants to foster an accessible, integrated treatment and recovery network in Massachusetts that champions evidence-based approaches, supports multiple pathways to recovery, and puts people in charge of their treatment choices. They have taken a year-long initiative facilitating conversations on rehabilitation approaches to share information with others. The RSAC membership has been invited to participate in a meeting in Barnstable County in October.

➤ **Workgroup Updates:**

- a. **Prevention** – BCDHS reconvened this workgroup with partners from several towns and coalitions. We are looking at successes and how to move forward. The Vaping Toolkit is a recent prevention-focused product of the BCDHS’ work under the SAPC grant. Targeted at schools, parents and youth, the Vaping Toolkit contains vaping statistics and information, signs of kids vaping, and resources available to quit. In August 2019 Kim Slade developed and gave a vaping-related presentation to 250 school bus drivers for the Cape Cod Collaborative. She will give an additional presentation to schools on September 16<sup>th</sup>.
  - b. **Harm Reduction** - (As noted) Funds earmarked by Sen. Cyr in FY19 (\$20,000) for review of the Plymouth County Outreach HOPE (PCO HOPE) overdose follow up model were rolled into FY20 and are still available. The RSAC Harm Reduction Workgroup is reviewing options for using the funds. Input from the RSAC membership would be welcome.
  - c. **Treatment** – The RIZE Foundation has approached the Treatment Workgroup Chair, Heidi Nelson, to request assistance with a recovery-related community meeting. (Treatment Workgroup recommended to the RSAC that it assist RIZE with their planned meeting; approved).
  - d. **Recovery** – The “Recovery Café” sponsored by the RSAC Recovery Workgroup and supported with MOAPC grant funds, was held in April 2019. The event focused on sober housing and challenges for persons in recovery. They took information from those meetings to contribute to grass roots efforts to understand and support sober housing on Cape Cod. A second event, possibly focusing on recovery achievements and on educating the public is under consideration.
- **Presentation by Paul Dart, Pause A While, Inc.**, a center for recovery in Orleans MA. Pause A While, Inc. is not affiliated with any 12-Step recovery organization and is an independent 501c(3). Factsheet is attached to Agenda.
- **Next Meeting:** October 3rd, 2:00pm, Location TBD. This will be the RIZE meeting regarding pathways to recovery.
- **NOTICE:** Narcan training at Cape Cod Children’s Place in Eastham on Monday, September 16<sup>th</sup> at 5:30pm.
- **Adjournment**
- Chair asked for a motion to adjourn, Suzie Hauptmann first motioned with Chris Greely motioning second. Meeting adjourned at 5:02pm.

**Respectfully submitted by:** Maria Silva, Human Services