

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: January 30, 2014, 4:00 PM	MEETING PLACE: Rms 11/12, Barnstable Superior Courthouse, 3195 Main St., Barnstable
NEXT MEETING: March 6, 2014, 4:00 PM, Rms 11/12, Barnstable Superior Courthouse	RECORDING: Kathie Callahan, Barnstable County Human Services
PRESENT: Beth Albert, Sheila Lyons, Carl Alves - MasSTAPP, Ronald Bergstrom, Karen Cardeira, Jennifer Cullum, Linell Grundman, Tom Guerino, Lisa Guyon, Vaira Harik, Evelyn Hayes, Paul Hilton, Sheila House, Randy Hunt, Michael Jackman, Honorable John Julian, Mary LeClair, Kate McHugh, Patricia Mitrokostas, Andrew Nelson, Heidi Nelson, Gerry Panuczak, Kathy Quatromoni, Sue Rohrbach, Sean Sheehan, Michael Trudeau, Regina Yaroch, Samantha Kossow, Deirdre Arvidson, James Butcher, Carolyn Rains, Michael Richardson	
Unable to attend:	

- **Welcome, Sheila Lyons:** Welcomed those in attendance and noted that their time, leadership, role in the community and opinions are of great value around this important issue. The Council would like to see this group focus on what is working across Cape Cod. Packets distributed for review
- **Introductions:** made by individuals
- **Overview of the Regional Substance Abuse Council, Beth Albert:** Beth gave some background on the Department of Human services, its mission and introduced staff present. So why are we doing this? Over the past two years she had discussions with many people about the role that the County could play in regards to supporting regional efforts around substance abuse. She met last summer with several members of the Barnstable County Health & Human Services Advisory Council (HHSAC), created by a County ordinance in 2003 to inform the County of important trends in our region, to develop an outline of a Regional Substance Abuse Council and thanked those participating HHSAC members for their time and input. The formation of this Council builds on the work of the Freedom from Addiction Network (FAN). Beth recognized Kate McHugh of FAN, who impressed upon her the importance of a regional approach. Beth noted that the data is telling us, and what we are hearing on an almost daily basis, that substance abuse is endemic and impacts the health and safety of our community. An Annual Trends survey was distributed to HHSAC members and feedback from the HHSAC supports the County's investment of resources in this area. Two issues in the forefront were untreated and undertreated individuals with substance abuse issues and untreated and undertreated individuals with mental health issues.

The Bureau of Substance Abuse Services (BSAS) is changing the way they fund substance abuse and planning a new substance abuse prevention system that will deliver services thru clusters of municipalities. The state will be looking for the capacity to do this work when they award their grants. In the planning of the Council one of the documents Beth reviewed is the state's Substance Abuse Strategic Plan and she was mindful of aligning this Regional Council with the state plan.

Beth reviewed the contents of the packets that were distributed, including the purpose - to have a coordinated and comprehensive regional approach to substance abuse across the continuum of prevention, treatment, criminal justice and recovery as well as the Council structure, the four primary focus areas, the objectives for year one and anticipated outcomes and the roles of Council Representatives. The Council will meet on a monthly basis at first. The Department of Human Services will act as the communication hub and convener of the Council. She reviewed what the Council hopes to achieve and objectives for year one, including a coordinated and comprehensive

regional approach to substance abuse across the continuum and across the lifespan, from prevention, treatment/recovery, criminal justice and law enforcement. Existing data and resources/assets in the region will be compiled and a report will be issued to the community. Council members were reminded that data and statistics drive funding, however, we need to not let the work of the Council get bogged down by data. Discussion ensued.

- **Federal and State Funding Landscape, Carl Alves, MassTapp (Massachusetts Technical Assistance Partnership for Prevention):** Carl discussed the need to get governmental leadership at the table and discuss distribution of funding as well as policy change in dealing with this issue. There are four pots of funding: Federal, State, local and other various sources. Congressman Keating has been a champion regarding prescription drug abuse. Carl noted that the more organized and the louder a voice this Council has the better chance of receiving funding. He noted the importance of synchronizing the work of the Council with its partners. Important to give precedence to priorities, identify gaps and identify resources. Discussion ensued around identifying priorities. **(see attached list of priorities identified at the meeting).**

Overview of Data Sources, Vaira Harik: Vaira reviewed handout – *Introduction to Data Sources and Information*. Data can be compiled for Barnstable County and also as compared to other regions & the State as a whole. Vaira noted that not all data of interest is easily accessible. Vaira noted that information needs to be compiled in a thoughtful manner as it relates to Cape Cod as a region.

- Vaira provided a snapshot of some of the data that is available in a handout **(see attached Introduction to Data Sources.)**
- **Next steps:**
 - Inventory: Each member was charged with completing the inventory sheets in their packet to identify existing community resources that they are aware of and forwarding back to Beth for compilation.
 - Communication: The Barnstable County Dept. of Human Services, as convener of the Council will be responsible for communicating via email all information of importance including meeting information to members of the Council. An RFP to hire a coordinator for the Council was issued, deadline date for proposal submissions is February 4, 2014.
 - Meeting Schedule: After discussion it was decided that the Regional Substance Abuse Council will meet monthly for now on the first Thursday of the month at the County Complex.

- **Meeting adjourned at 5:30 PM**

- **Next meeting scheduled for March 6, 2014 in Rms 11/12 of the Barnstable Superior Courthouse**

Respectfully submitted: Kathie Callahan

**Barnstable County Regional Substance Abuse Council
January 30, 2014**

**List of topics/issues of importance identified by Council
Attachment 1 to Minutes**

- Prevention:
 - @ schools with education
 - Treat family/parent education
- Treatment:
 - One-stop shopping
 - Treat family
- Neo-natal drug exposure
- Info on Distribution//interdiction
- Treatment/Prevention
 - Lack of psychological/psychiatric services (youth)
- Insight into motivation to abuse substances
- Outreach to youth to identify problems & solutions
 - e.g. Barnstable Youth Commission
- Involvement of courts & law enforcement
- Reduction of recidivism & relapse
- Shifting the policy environment

- Destigmatization e.g. mental health parity for insurance, e.g. Dr. John Kelly @ Harvard
- Identify common problems across all communities with respect to risk factors, resources available
- Resource directory
- Stay mindful/ahead of drug/clinical landscape → legalization of drugs
- Recovery
 - Need a solid support system
- Involvement of medical community with respect to prescription practices
- Coordination of treatment services across substances (Heidi's comment)
 - Discharge
- Identify activities that are already underway and feasible
- Engage & empower youth



Substance Abuse Council

1/30/2014

Introduction to Data Sources and Information

Data Availability

- Estimates of incidence and **prevalence** of substance abuse on Cape Cod (by substance, and by age group) **Good** (Kids)
Scant (Adults)
 - Statistics on drug-related **crimes**, arrests, and diversion programs **Under Development**
 - Statistics on **treatment** (services), by primary substance, facility **Good**
 - Estimates of treatment facilities (inpatient and outpatient) needed **Under Development**
 - Statistics on drug-related **deaths**, by substance(s) implicated **Good**
 - Statistics on **recovery**, relapse **Under Development**
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Example:

Admissions to Substance Abuse Services (Barnstable Cty) by Primary Substance, 2011

<u>Substance</u>	<u># Admissions</u>	<u>Percentage</u>
Opiates:		
-Other Opiates	1,509	29%
-Heroin	941	17%
Total Opiates	2,450	45%
Alcohol	2,502	46%
Marijuana	219	4%
Cocaine/Crack	137	3%
<u>Other</u>	<u>108</u>	<u>2%</u>
Total	5,416	100%