

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: November 6, 2014, 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex
NEXT MEETING: December 4, 2014, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	RECORDING: Kathie Callahan, Barnstable County Human Services
PRESENT: Beth Albert, Roger Allen, Deidre Arvidson, Karen Carderia, Linnell Grundman, Thomas Guerino, Lisa Guyon, Vaira Harik, Randy Hoskinson, Sheila House, Randy Hunt, Samantha Kossow, Patty Mitrokostas, Heidi Nelson, Sue Rohrbach, Sean Sheehan, Jean Talbert, Gail Wilson	
Unable to attend: Sheila Lyons, Mary LeClair, Jen Cullum, Kathy Quatromoni, Kate McHugh	
Guests: Carl Alves, Dr. Brian O'Malley – CCHC, Michelle Aceto – Harbor Health, Susan Jimerson – South Bay Mental Health	

- **Welcome and Introductions:** Beth Albert welcomed the group and noted Sheila Lyons regrets she was not able to attend. Introductions were made by individuals.
- **Minutes of September 2014 Meeting:** Motion by Sheila House to approve the September 4, 2014 minutes, seconded by Randy Hunt, unanimously approved.
- **Coordinator Update – Samantha Kossow:** Samantha reported that she attended several conferences and meetings recently. She and Beth attended the National Prevention Network Conference in Hartford, CT in September, the MasTAPP Southeast Regional Meeting on Martha's Vineyard on 9/26/14, and the BSAS Statewide Substance Abuse Prevention Conference on 10/30/14 in Waltham, MA. Samantha and Vaira Harik presented at the Cape Cod Behavioral Health Summit on 10/2/14 at the Cape Codder Resort in Hyannis. There have been continued outreach opportunities, including a radio interview for the Sunday Journal to be aired soon. The Behavioral Health Web portal has been launched by the Department of Human Services which features comprehensive information about behavioral health services in our region, including state and federal legislation updates, tailored self-help information, and a robust Service Directory. The RSAC e-newsletter has tripled in distribution size and has become more robust with information on topics of interest related to substance abuse. Funding and resources from the Barnstable County Sheriff's Department and Cape and Island's District Attorney's Office has allowed for all Barnstable County Police Departments to be equipped and trained for the use of Narcan which can potentially reverse a fatal opiate or heroin overdose.
- **Staff Update: Report to the Community:**
 - **Environmental Scan – Samantha Kossow:** Samantha noted that the final report will be distributed to both professionals and the community. Samantha reviewed the methodology and purpose of the report, the inventory of resources across Cape Cod that have been collected and the key informant interviews that were completed. The domains of focus included: Harms Reduction, Law Enforcement, Treatment/Recovery and Prevention. Samantha reviewed a map of Cape Cod pinpointing locations of services. Methodology included: a comprehensive environmental scan that was undertaken by the Department to identify resources and gaps

in service delivery, qualitative data collected, information gathered to inform both environmental scan and costing data. She reviewed sector inventory around harms reduction, law enforcement, treatment and recovery and prevention. Samantha reviewed some notable themes that repeatedly surfaced during key informant interviews with the council representatives.

- **Epidemiology - Vaira Harik:** Vaira presented “Epidemiology: Major Features of Substance Abuse on Cape Cod, 2013” which summarized Barnstable County’s RSAC Analysis. Vaira reviewed substance consumed (alcohol, heroin & opioids, Marijuana, cocaine & crack, and other drugs) as related to consequences of dependence (morbidity – existing cases, morbidity – new cases, and mortality) and noted that alcohol and heroin/opioids are substances of consequence of dependence and associated costs. Alcohol is an “endemic” problem while substances such as heroin & opiates are currently an “epidemic” problem in “outbreak” status. She reviewed the prevalence of substance use on Cape Cod for adults (18+) according to 2012 SAMHSA figures and teens (15-18 yrs) according to 2013 YRBSS data. BSAS treatment admissions for various substance use in FY13 for persons residing in Barnstable County was noted at 5,104 of which 32% work full or part time and 2.5% are < 18 years old. She reviewed BSAS treatment admissions in FY2013 by race and data shows that the highest number of admissions for treatment is for whites (4,648 of 5,092), which is consistent with their representation in Barnstable County’s population. When mortality from all causes that are attributable to alcohol dependence and heroin/opioid dependence are added up, the two conditions appear to be equally lethal. Vaira noted that additional data is being vetted to complete this section of the report and more information will be available soon. Work on estimating the cost implications of substance abuse on Cape Cod is still ongoing and will be presented at an upcoming RSAC meeting.
- **Update on prescribing policies at Cape Cod Healthcare – Dr. Brian O’Malley:** Dr. O’Malley is working on a Task Force with a panel of 15 broad-based medical professionals on recommendaion to be presented to the Board of Cape Cod Healthcare regarding prescription opiates. Goals of the Task Force include finalizing an informed consent form to be given to clients being discharged with prescription opiates explaining the potential risks of the medications that are being prescribed. At the 30 day mark these cases will be reviewed for additional medication needs. A risk screening tool will look at other substances being used in conjunction with prescribed opiates. The client will be asked to sign a contract and be monitored for potential complications. Additionally, the an ad hoc committee is developing a “standards for use” document for prescription pain medications. Dr. O’Malley noted that data shows that 40% of pain medication prescriptions are written by only 5% of doctors in Massachusetts.
- **Updates from Representatives:**
 - Beth reported that she had met with Cheryl Bartlett who will be heading up Cape Cod Healthcare’s new substance abuse prevention and treatment program aimed at opiate abuse. Cheryl’s role as head of the Cape Cod Regional Substance Abuse Prevention Initiative will involve creating an entirely new substance-abuse prevention and treatment services program, from the ground up, to serve communities across the Cape. Beth will continue discussions to work collaboratively with the intention of creating one regional plan on substance abuse.
 - Randy Hunt had previously discussed and distributed charcoal activated pill disposal packs. Today he noted that disposal packs are now available to dispose of larger quantities of pills at once including a professional disposal pack that can hold up to 90 pills. Beth

Albert noted that the Cooperative Extension disseminates information regarding disposing of unused prescription drugs using more commonly available methods. Randy noted that the intent of using the charcoal activated special disposal packs is so that ground water will not be contaminated.

- Patty Mitrokostas pointed out that drug disposal kiosks are still available and operating in police departments in all 15 towns on the Cape. Perhaps a presentation on the topic of drug disposal can be scheduled for a future RSAC meeting.

➤ **Adjournment:** Meeting adjourned at 5:35 PM.

➤ **Next meeting scheduled for December 4, 2014 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan