

# BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

## MEETING SUMMARY

<b>Date:</b> December 4, 2014, 4:00 PM	<b>MEETING PLACE:</b> Harborview Conference Room, County Complex
<b>NEXT MEETING:</b> January 8, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	<b>RECORDING:</b> Kathie Callahan, Barnstable County Human Services
<b>PRESENT:</b> Roger Allen, Ronald Bergstrom, Karen Cardeira, Jennifer Cullum, Linnell Grundman, Lisa Guyon, Vaira Harik, Paul Hilton, Randy Hoskinson, Sheila House, Randy Hunt, Samantha Kossow, Mary LeClair, Kate McHugh, Heidi Nelson, Gerry Panuczak, Kathy Quatromoni, Jean Talbert, Gail Wilson	
<b>Unable to attend:</b> Sheila Lyons, Beth Albert, Carl Avles, Sean Sheehan	
<b>Guests:</b> Elizabeth Griffin – Upper Cape Tech, Psychotherapist, Trudy Avery – Caron Treatment Center	

- **Welcome and Introductions:** Vaira Harik welcomed the group and noted Sheila Lyons & Beth Albert send their regrets they are not able to attend, Beth is attending an out of state training.
  
- **Minutes of November 2014 Meeting:** Motion by Sheila House to approve the September 4, 2014 minutes, seconded by Linell Grundman, unanimously approved.
  
- **New Business & Updates from Representatives:** In an effort to spend the remainder of the meeting on the cost analysis with Q&A and discussion, the new business and updates was moved earlier in the meeting.
  - Linell Grundman: The Sandwich Board of Selectman voted to form a Town Substance Abuse Committee with members being appointed by the B.O.S.
  - Heidi Nelson: The Mass Behavioral Health Partnership held an integrated services meeting on Thursday, December 4, featuring primary care and behavioral health integration models from Gosnold and Duffy. MBHP is using HEDIS measures used by managed care organizations, to measure how quickly patients are referred to treatment after diagnosis.
  - Gail Wilson: Mashpee Cares has been made an official Town Committee. On 12/1 there was an overdose in Mashpee of a young male. A group was formed including Gail, individuals from the police & fire departments, school superintendent etc. in response to what can town do to make an impact in the community around prevention efforts and outreach.
  - Jennifer Cullum: The Achievers Program is a nationwide program offered by the YMCA to help at risk youth stay on the straight and narrow and finish school. They meet weekly with mentors who help them develop a plan for the future. Some kids will want to compete for scholarships at 4 C's. The Barnstable Town Council voted to unanimously support the program, but due to procurement issues was unable to fund it. Jen is looking for funding for the 2015 school year. So far we have \$12,000 generously donated by the Lombard Trust.
  - Paul Hilton: Works with at risk students and students with disabilities. Noted that people are finding it a challenge to use many of the programs offered.
  - Sheila House: Youth survey for grades 7-12 in the Monomoy school district to identify youth at risk. Would like to collaborate with other towns on grant writing for this project. Several contact suggestions were given to Sheila of similar work being done.

- Gerry Panuczak: In January the town of Chatham will introduce the PARK program, an afterschool recreational program at the Chatham Community Center to engage students in positive afterschool programs and activities. 30-35 kids were involved in soft launch, program capacity 49.
  - Randy Hoskinson: Finalizing analyses and preparing the manuscript to release findings from a US multi-site randomized controlled trial of extended-release naltrexone (XR-NTX) to prevent opioid relapse among criminal justice involved, community-dwelling adults. This the largest study of XR-NTX effectiveness to date. He will share the final results with the council once analyses and the manuscript are complete (hopefully within the next 2 months).
  - Ron Bergstrom: Currently the youth programs in Chatham are good. The County Commissioners and Assembly of Delegates will be looking to the Department of Human Services for assistance with improving and hopefully adding new youth programs in the Town of Chatham.
  - Randy Hunt: ASIST Act – bill has been filed. A meeting on 12/5 will review a possible different policy direction to address non-violent substance abuse offenders.
  - Jean Talbert: asked others to weigh in on what they are hearing about the use/abuse of Narcan. She is hearing that it is influencing many opiate users to have a “no fear” attitude thus increasing the amount of overdoses despite the quite unpleasant withdrawal symptoms. Feels there needs to be more public outreach and education to clarify the public’s perception of Narcan use.
  - Samantha Kossow: Received a call from town of Yarmouth Health Department regarding the closing of the Quincy Long Island shelter/substance abuse treatment center. Heidi Nelson noted she had not heard of any displaced patients being sent to the Cape Cod region at this time. The Department of Human Service is partnering with the Cape & Islands Suicide Prevention Coalition to sponsor four screenings of the documentary film “What Happened Here”, on the upper, mid, lower and outer cape. Following up on the discussion at the November RSAC meeting re: the drug disposal kiosks at area police departments vs. other methods of disposal, Mike McGuire of the Cooperative Extension will be invited to speak at a future RSAC meeting regarding environmental concerns of alternative drug disposal methods.
- **Staff Update: Analysis of Impact of Substance Abuse on Cape Cod Costs Data – Vaira Harik:** Vaira briefly reviewed the updated Epidemiological Analysis presented at the last meeting (11/6). She noted that addressing substance abuse at the community level has been successful when a public health approach has been taken such as the Four Pillars Approach: 1) Harms Reduction, 2) Prevention, 3) Law Enforcement, & 4) Treatment and Recovery. In order to combat substance abuse at the community level there must be a continuum of services from low to high threshold, with multiple points of contact.
- Vaira reviewed cost analysis methodology: cost estimation and allocation, based on: 1) local, state, national reports and data sources, 2) research literature, 3) print media, 4) key informant interviews, 5) state and local budgets, 6) sub-analyses by our consultant – HRIA, 7) feedback loops to our key informants to vet cost estimations, and 8) overall project direction and results via BCDHS staff. She also reviewed Major Assumptions: 1) year of analysis is 2013, 2) recognition that a 6-month turnaround for a project of this breadth and detail is extremely rapid, thus - we aim to be 85% right, 3) our accuracy will be sufficient to support RSAC priority setting and program initiatives, 4) the work will continue to be refined and will be updated regularly (dates TBD by RSAC), and 5) Sub-analyses will be possible as needed.
- Vaira reviewed the General Overview of summary of expenditures to substance-related activities in Barnstable County for 2013 by 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. 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.

The Indicators: a measurable variable which consists of many underlying quantifiable factors. Example: Indicator = Criminal Justice System costs due to S.A. Underlying factors = local Police costs, court costs, probation costs, Sheriff Department costs (both jail and non-jail). Indicators are sorted among the four pillars domains (noted above). Each indicator has an associated estimated cost. Each indicator cost is displayed by the substance associated with those costs: a) alcohol, b) heroin/opioids, c) marijuana, and d) other drugs. Each domain has its own total cost and percentage. Direct costs are only shown in the general overview at this time and social costs will be added at a later date. Direct costs are those associated with attempting to prevent and with responding to the activity of substance abuse. Social costs are those associated with the economic consequences to the person and the community of substance abuse activity i.e. lost productivity, lost wages, disability - adjusted life years, lost life quality.

Major Findings of Direct Cost Analysis: 1) Harms reduction and prevention activities represent less than 2% (\$1.59 MM) of all costs (\$116.5 MM), 2) Costs associated with law enforcement and treatment & recovery are comparable (\$55 MM vs. \$60 MM). Nationwide, public payers account for 83% of substance abuse-related health expenditures. Vaira noted that some costs are not incorporated yet but she is working on gathering additional information. Major Integrated Findings of Cost & Epidemiologic Analysis: 1) Caution against overlooking the costs and mortality associated with alcohol abuse, 2) Lethality of alcohol vs heroin/opioids & other drugs among dependents appears to be comparable (0.84% vs. 0.92%), 3) Marijuana and alcohol are acknowledged “gateway” substances and are strong risk factors for progression to harder substances and addiction. Expenditure on prevention is less than 1% of total direct costs of substance abuse on Cape Cod. Approaches to addressing Cape Cod’s substance abuse problem must look beyond the health sector to include contributions from the criminal justice system which shoulders almost half (\$55 MM) of the direct costs associated with the problem.

A draft of the Report to the Community will be available in January 2015 for RSAC review. The Report will include recommendations to the Regional Substance Abuse Council.

- **Adjournment:** Meeting adjourned at 5:30 PM.
- **Next meeting scheduled for January 8, 2015 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan