

# BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

## MEETING SUMMARY

<b>Date:</b> February 4, 2016 4:00 PM	<b>MEETING PLACE:</b> Harborview Conference Room, Barnstable County Complex	
<b>NEXT MEETING:</b> April 7, 2016, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex) – <b>(Rescheduled to April 14, 2016)</b>	<b>RECORDING:</b> Samantha Kossow, Barnstable County Regional Substance Abuse Council	
<p><b>MEMBERS PRESENT:</b> Beth Albert, Cheryl Bartlett, Dennis Cunningham, Elizabeth Griffin, Linell Grundman, Lisa Guyon, Vaira Harik, Paul Hilton, Randy Hoskinson, Sheila House, Randy Hunt, Samantha Kossow, Mary LeClair, Jessica McHugh, Donna Mello, Patty Mitrokostas, Liam Murphy, Heidi Nelson, Ruth Provost, Kathy Quatromoni, Brian Robbins, Judy Scarafile, Jennifer Schmidt, Ray Tamasi, Gail Wilson, Regina Yaroch</p> <p><b>Unable to attend:</b> Karen Cardeira, Edye Nesmith</p> <p><b>Guests:</b> Fiona Jensen, Barbara Milligan, Trudy Avery, Chris Morin, Noah Hoffenberg, Cassi Danzl, Amy Von Hone, Matt Mayer, Cynthia Klopfer, Jane Haist, Amy Harris, Carol Doherty, Patty Watson, Jamie Biniendu, Owen Fletcher, Janis McGrory, Leila Maxwell, Trish Wright, Bruce Murphy</p>		

- **Welcome and Introductions:** Ray Tamasi facilitated the meeting.
- **Minutes of December 2015 Meeting:** Motion by **Linell Grundman**, seconded by **Ruth Provost** to accept the December 3, 2015 minutes as written, unanimously approved.
- **MOAPC/SAPC/RSAC Updates:**
  - Jessica McHugh, MOAPC Coordinator – The Massachusetts Opioid Abuse Prevention Collaborative (MOAPC) grant focuses on primary prevention and overdose prevention/harm reduction. The grant’s work is completed primarily via the Prevention/Intervention Work Group. Jessica announced that the 11th Annual DEA Rx Take-Back Day on Saturday, is on April 30th from 10am - 2pm. Thanks to the hard work of our local police departments, last year's event had record numbers of prescription drugs collected. We hope to surpass that this April and we'll be helping to promote the event throughout Cape Cod with the help of RSAC members and town coalitions. Flyers will be available soon. Jessica continues to work with the seven MOAPC towns on projects and coalition development.
  - Jennifer Schmidt, SAPC Coordinator – The Substance Abuse Prevention Collaborative (SAPC) grant focuses on prevention of underage alcohol and other drug use. The first draft of the SAPC strategic plan has been completed through the work of the SAPC Committee and has been submitted for review to the MA Bureau of Substance Abuse Services. The committee will wait for feedback on the draft before continuing with their planning process. Jennifer has been working with the Yarmouth town coalition in order to move forward with their planned Town Hall Meeting on a to-be-determined prevention topic. More information about this event will be available later this month.
  - Samantha Kossow, RSAC Coordinator – There are two new resources available through the Regional Substance Abuse Council and Barnstable County Department of Human Services. “Where We Stand – Addiction on Cape Cod” is an information/resource document that talks about the work our community has been doing to address substance use issues on Cape Cod, some basic facts about addiction, and links to local resources. A first draft of the Substance Use Resource and Information Guide for Cape Cod is also now available. It includes emergency hotline numbers, information about treatment concepts and definitions, and a short list of organizations to help individuals and their families dealing with

substance use, and to help service providers seeking and offering information. Both of these materials are available on the Human Services Department website at [www.BCHumanServices.org](http://www.BCHumanServices.org).

➤ **Data and Information Update:**

- Vaira Harik, Project Manager, Barnstable County Department of Human Services – As it has been one year since the baseline assessment was released, Vaira shared the plan for the update cycle for the baseline assessment and action plan updates with the council representatives. The action plan and baseline assessment are public document, and they are approved by the RSAC and co-chairs. Baseline will have an annual update of the portions mentioned on the document. Vaira also presented the proposed work group timelines and announced that the work group co-chairs will meet this month to go over these timelines in more detail and begin planning.

➤ **Working Groups:**

- **Prevention Work Group:** Lisa Guyon and Patty Mitrokostas co-chairs. The three subgroups within the prevention/intervention (harm reduction, community education and engagement, and youth prevention) provided updates on their work. The harm reduction group has been tasked with a project through the MA Department of Public Health to look at local retail access to naloxone. The group is also exploring how to increase the number of Opioid Education/Naloxone Distribution (OEND) trainers on Cape Cod. Several members of the group are attending a statewide Naloxone distribution meeting next week. The community education sub-group is in the process of developing a media campaign on substance use and addiction for Cape Cod. The campaign will initially have a broad-base appeal before tailoring to specific audiences (parents, people in recovery, student athletes, towns). An RFP was issued via the County for a firm to help develop the campaign. The group is also considering upcoming projects, including parent and employer education are brainstorming ideas and considering best practices. The youth prevention group was originally focused on school based interventions with many members to look at a comprehensive school based program model. They have now expanded their focus to also consider community prevention efforts.
- **Recovery Work Group:** Sam Tarplin and Brian Robbins co-chairs. Brian Robbins reported on the progress of the recovery work group. The group meets at the PIER Recovery. After the group's orientation to the work of the RSAC, there was discussion about the importance of a common definition of recovery. As a result of this, the group decided to invite Dr. Haner Hernandez to the group to facilitate a group discussion about recovery. Dr. Hernandez's presentation allowed the group to discuss pathways to recovery, the importance of language and stigma, and various existing definitions of recovery. Beth Albert asked if the group would be interested in having Dr. Hernandez return as a presenter for the RSAC.
- **Treatment Work Group:** Heidi Nelson & Vaira Harik co-chairs. The treatment work group has had two meetings with around 10-12 members so far. The members represent a large number of substance use related treatment organizations on Cape Cod, including Gosnold, Arbour Counseling, HabitOPCO, and the Barnstable County Sheriff's Department, among others. At the most recent meeting of the work group, the group reviewed the draft resource and information guide for substance use on Cape Cod and provided feedback on the content and design. They also discussed the RSAC action plan.

➤ **Legislative Update:**

- State Representative Randy Hunt – Representative Hunt presented on the 13 recommendations for the court system that came out of the Special Commission on Substance Addiction Treatment in the Criminal Justice System. The 13 recommendations addressed drug courts, assessment, MAT policy updates, diversion programs, peer support model, recovery coaches, and the treatment central navigation system. The full text of these recommendations is available online. The Governor's Opioid Bill has passed through the MA House and Senate in two different versions. Representative Hunt is part of the committee working on the reconciliation process to combine the two versions. They are hoping to have a finalized compromise bill to vote on within 6 weeks.

- Michael Jackman, Representative Keating's Office – On the federal level, President Obama's budget proposal includes \$1.1B for substance use related initiatives. The bulk on this locally will be seen through state cooperative agreements to expand access to medication assisted treatment. The Food and Drug Administration has announced a new emphasis on dealing with the overdose crisis in their work. This includes reconfiguring their philosophies on decision making to better consider large implications of drug approvals and encouraging the expanded use of abuse deterrent formulations of prescription drugs.
- **Town Coalition Reports:**
  - Trish Wright reported that the Yarmouth Coalition is currently planning their upcoming Town Hall Forum. They have organized into subcommittees and are working to set up a website through the town of Yarmouth.
  - Linell Grundman reported that there will be a community forum on the topic "What Are We Going to do About Substance Use" on March 21<sup>st</sup>, 7:00PM at Sandwich Town Hall. Dr. Kevin Hill and Police Chief Wack will be presenters.
  - Gail Wilson reported that Mashpee Cares presented the State without Stigma campaign to the Mashpee Board of Selectman in a television discussion. The Town Selectman members signed a proclamation of support for the State without Stigma campaign.
  - Patty Mitrokostas reported that the Falmouth Prevention Partnership is planning on applying for a Drug Free Communities grant with the Yarmouth Coalition. The Playing Above the Influence event with the Cape Cod Baseball League has been fully endorsed by the new CEO.
  - The Lower Cape Prevention Partnership has been moving forward with a number of educational events. They will be hosting Dr. Kevin Hill in April of this year and Chris Herren in November.
- **Updates from Representatives:**
  - **Ruth Provost** – The Boys and Girls Club will be holding a Narcan training on February 25<sup>th</sup>. They are also seeking additional adult chaperones for their Friday night dances.
  - **Heidi Nelson** – Duffy Health Center is one of four partners in Massachusetts that will be implementing evidence based practice as part of a new funding stream from SAMHSA to the Massachusetts Bureau of Substance Abuse Services. Duffy will be expanding their Medication Assisted Treatment program to 16-17 year olds. This service is not available anywhere else on Cape Cod, the nearest similar service is in Boston.
  - **Lisa Guyon** – Cape Cod Healthcare is continuing with the implementation of their Moms Do Care grant, they are enrolling pregnant women 18+ who are classified as opioid dependent. The program has wraparound services, including OBGYN and behavioral health care.
  - **Judy Scarafile** – Reported that the MA Board of Pharmacy is interested in looking at expanding naloxone access to every pharmacy in Massachusetts without a prescription.
  - **Ray Tamasi** – Gosnold has Evizio kits available and are providing them for free to first responders and coalitions upon request.
- **Public Comment:**
  - **Amy Harris** – The League of Women Voters is hosting a forum on March 19<sup>th</sup> about medical marijuana.
  - **Fiona Jensen** – Calmer Choice is launching their speaker series – their first one will be on substance use prevention at Mattacheese Middle School.
- **Adjournment:** -The meeting was adjourned at 5:45 PM.
- **Next meeting scheduled for April 7, 2016 @ 4 PM in the Harborview Conference Room in the County Complex**