

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: February 5, 2015 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex
NEXT MEETING: March 5, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	RECORDING: Kathie Callahan, Barnstable County Human Services
PRESENT: Beth Albert, Melissa Alden, Deidre Arvidson, Cheryl Bartlett, Elizabeth Griffin, Linnell Grundman, Lisa Guyon, Vaira Harik, Paul Hilton, Randy Hunt, Samantha Kossow, Mary LeClair, Donna Mello, Patty Mitrokostas, Heidi Nelson, Sue Rohrbach, Gail Wilson, Regina Yaroach Unable to attend: Kate McHugh, Karen Cardeira, Sheila House Guests: Carl Alves – MassTAPP, Trudy Avery – Caron Treatment Center, Susan Grevelis – Mental Health School Liaison Nurse, Corrie Vilsaint, PhD, Sam Tarplin, Michael Maguire – Cape Cod Cooperative Extension, Caryl Rains, Casey Myers – CCT, Deb Martin – DA’s office, Linda Bliss, Brenda Vasquez	

- **Welcome and Introductions:** Beth Albert facilitated the meeting and welcomed the group. Introductions were made by individuals
- **Minutes of January 2015 Meeting:** Linell Grundman motioned, seconded by Beth Griffin to accept the January 8, 2015 meeting minutes as written, unanimously approved with Randy Hunt and Mary LeClair abstaining.
- **Coordinator Updates – Samantha Kossow:**
 - The SAPC (Substance Abuse Prevention Collaborative) grant application has been submitted. Funding will be awarded by the beginning of the summer. The purpose of the SAPC grant is to address the issue of underage drinking and other drug use. Grant funding will be used to assist in implementing or amending local policy, practice, systems and environmental change to prevent underage drinking and other drug use and to increase the number and capacity of municipalities across the Commonwealth addressing these issues. Grant amount is \$100,000 per region annually with an anticipated initial duration up to 3 years with 2 options to renew for 2 year(s).
 - SE Regional MasTAPP meeting, January 30, 2015: This meeting featured a ‘Scope of Pain’ presentation by Ilana Hardesty. ‘SCOPE of Pain’ training is a series of continuing medical education/continuing nursing education activities designed to help prescribers learn more about safely and effectively managing patients with chronic pain using opioid analgesics. MasTAPP is working to help facilitate further opportunities for this training in the southeast region, free of charge to doctors.
- **Unwanted Medication Disposal – Mike Maguire, Cape Cod Cooperative Extension (CCCE):** Mike began as a hazardous waste specialist in 2008, primarily focusing on household hazardous waste and coordinating HHW collections. His program area focused on education, outreach, and providing solutions that protect human health in the region typically through groundwater protection from HHW collections, flares, sharps, mercury, unwanted medications and hidden hazards in the arts. A tremendous need was observed for unwanted medication disposal in the region. Studies of American rivers, streams, and lakes have found pharmaceutical contamination into the environment. Water bodies with significant contamination pose serious health concerns.

With no funding, CCCE gathered best available education materials at the time and implemented “Crush It, Don’t Flush It” campaign in 2009. Yarmouth P.D. rolled out first unwanted medication drop box in 2009 and the CCCE found grant funding to purchase additional drop boxes; by 2013 all Cape Cod towns had drop boxes at local P.D.’s. CCCE worked with Barnstable P.D. on first DEA drug take-backs and this became best options for towns as they provided free disposal of all unwanted meds in PDs possession. CCCE focused on education, PDs focused on physical collection per DEA requirements. Final ruling from DEA issued in September 2014, the *Secure and Responsible Drug Disposal Act*, included many upsides but stopped the DEA take-back days. The expanded methods of disposal are expected to benefit the public by decreasing the supply of controlled substances available for misuse, abuse, diversion, preventable poisoning and to protect the environment. Expanded options include: Collection locations and mail-back programs operated by authorized drug manufacturers, distributors, reverse distributors, narcotic treatment programs, retail pharmacies and hospitals/clinics with on-site pharmacy and law enforcement agencies. Take back events must be conducted by law enforcement agencies. A few counties in the U.S. have implemented rules and regulations that include pharmaceutical companies who produce the medications having the responsibility for funding the expense of unwanted medication collection and disposal.

Sue Rohrbach reported that Senator Wolf has sponsored a bill that gives the Department of Public Health (DPH) responsibility for collecting and tracking unwanted medications and manufacturers of these medications would pay a fee to DPH.

- **Analysis of Impact of Substance Abuse on Cape Cod – Vaira Harik:** The expanded Executive Summary of the Analysis of Substance Abuse on Cape Cod was distributed and Council members were given time to read the Executive Summary. The report is still in DRAFT form and is embargoed and not for public distribution at this time. The report was reviewed with the Council and comments recorded. When edits to the report are completed, the expanded Executive Summary will be sent to Council members for a final review and next steps will be discussed at the March 5th RSAC meeting. The Final Report will guide the RSAC in developing a regional plan. Rep Hunt suggested that a short video be used as a tool in presentations to the public.
- **Recommendations – Beth Albert:** The Council spent some time on reviewing the draft recommendations and providing feedback. The Council will revisit the recommendations at its next meeting.
- **Updates from Representatives:**
 - Regina Yaroch distributed flyers for a workshop on Saturday, March 7th from 2-4:30 PM at Cape Cod Community College Tilden Arts Theater. The workshop focus will be *How to Listen and Turn stories of addiction... into Stories of recovery*.
- **Adjournment:** Motion by Linell Grundman to adjourn meeting at 5:30 PM.
- **Next meeting scheduled for March 5, 2015 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan