

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: March 6, 2014, 4:00 PM	MEETING PLACE: Rms 11/12, Barnstable Superior Courthouse, 3195 Main St., Barnstable
NEXT MEETING: April 3, 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, Sheila Lyons, Carl Alves - MassTAPP, Ronald Bergstrom, Karen Cardeira, Jennifer Cullum, Linell Grundman, Lisa Guyon, Vaira Harik, Evelyn Hayes, Paul Hilton, Randy Hoskinson, Sheila House, Randy Hunt, Honorable John Julian, Samantha Kossow, Ed Kulhawik, Mary LeClair, Kate McHugh, Patricia Mitrokostas, Andrew Nelson, Heidi Nelson, Gerry Panuczak, Kathy Quatromoni, Michael Richardson, Sue Rohrbach, Regina Yaroch	
Guests: Deb Martin, Holly Seaver, Deidre Arvidson, Jean Talbert, Trudy Avery, Roger Allen, Marie Doubleday, Shaun Cahill	
Unable to attend: Jeff Perry, Sean Sheehan, Kate McHugh	

- **Welcome and Introductions:** Beth Albert welcomed the group. Introductions were made by individuals. Beth introduced Samantha Kossow who has been hired as the Coordinator for the Regional Substance Abuse Council.

- **Minutes of January Meeting:** **Linell Grundman** motioned to accept the January minutes as written, seconded by Ron Bergstrom, unanimously approved.

- **Substance Abuse Prevention and Education Initiative:** In addition to this Council, several new initiatives are being organized in the region. It will be important to be collaborative with other groups and synchronize efforts across the region. Cape Cod Healthcare (CCHC) is joining with the Kelly Foundation and the Davenport Foundation to fund a youth prevention initiative. Gosnold is establishing a Prevention Division also.

Lisa Guyon of CCHC reported that a fund has been started through the Cape Cod Foundation to support new and existing programs around youth prevention and education. From the CCHC Needs Assessment survey six emerging needs surfaced, two of which are related to youth ages 14-24 and substance abuse. Statistics showed that there is an increase in the rate of youth entering substance abuse treatment programs. Patty Mitrokostas of Gosnold reported that Gosnold has started a new prevention department. With the addition of this department, Gosnold has a more complete continuum of services in substance abuse from prevention, intervention, treatment and recovery. The department is focused on providing regional prevention services and education to the Cape. The regional plan is being developed to include school-based counselors, parent education sessions, family informational forums, youth sober and social activities, and community based prevention projects that including multiple sector involvement.

The Falmouth Prevention Partnership in collaboration with Gosnold (as the lead agency) is fully funded for calendar year 2014 through a grant from the Tower Foundation. The FPP success is being utilized as a model in other Cape Cod communities dependent upon their local conditions and needs.

- **Defining the Role of the Council:** A list of priorities identified from the January meeting discussion was distributed. Carl Alves of MassTAPP reviewed the guiding principles that were developed from the January meeting and discussed three focus points for the council in order to “get things done”: engage (through effective communication, research, and understanding), develop (by building capacity, resource development, and goal setting), and achieve (through policy recommendations, practice changes, and collaboration). He

facilitated a discussion on how the Council can begin to “engage” through effective communication. The Council identified several areas of focus including structuring Council meeting by setting specific goals and outcomes and having well defined roles and responsibilities for Council members, and increasing knowledge by identifying current resources and using this information to synchronize the council’s priorities with other initiatives in the region. The Council considered a number of different ideas for intra-council decision making including the use of surveys using ranking systems for prioritization, future development of subcommittees, and using consensus and direct votes. Beth outlined a two-tier approach: the Council who is responsible for decision regarding direction, and a Network which includes other interested parties throughout the community to help spread information. The Department of Human Services is currently pulling together a list of community resources which includes those submitted by council members, and they are collecting data in order to provide information for decision making to the Council members and the community. Council members voiced that they would like to be kept updated on current reports and literature on substance abuse related issues.

- **Community Resources:** Beth has received some of the worksheets distributed at the January meeting for Council members to identify Community Resources they are aware of. Please forward additional worksheets to Beth as soon as possible. Samantha will begin an inventory of resources and compile in record format a document to be distributed at the April meeting.

Beth reported that the Department of Human Services has launched a new Web-based platform that converts analysis of all health data into customized community health indicators. This groundbreaking tool is especially valuable for assessment and community health planning. As the first Network of Care website in Massachusetts, Barnstable County Department of Human Services is on the forefront of advancing access to a wide variety of data and information about health and wellness for individuals, families and organizations. The resources collected from Council members will be added to this Network of Care website.

At the January meeting the topic of the drug drop-off kiosks was touched on briefly. It was noted that the Barnstable County Cooperative Extension has worked police departments on Cape Cod to make these kiosks available and they are available 24/7 in every police department on the Cape except for Town of Barnstable. April 26, 2014 is being promoted as an official Drug Take Back day on the Cape. The Council would like to support these kiosks and will discuss a strategy of support.

- **Upcoming Events:**
 - Kick off of the Massachusetts Town Hall Meetings, April 10, 2014, 2 – 3:00 PM in the Great Hall at the State House, Boston. If anyone is interested in going let Beth know – good to have a delegation from the Barnstable County Regional Substance Abuse Council to advocate for Cape Cod to get funding and to speak with Representatives about the Council.
 - Several police departments are participating in a pilot program to administer Narcan to individuals found to be overdosing from opiates. Need to look at laws that apply to this and what is preventing more P.D.’s from participating in this program.
 - Kate McHugh: Distributed Save the Date flyers for Community Forum on “*When Prescriptions are the Problem*” on April 18th at Cape Cod Community College, Science Building Lecture Hall. Sponsored by the Freedom from Addiction Network.

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

- **Next meeting scheduled for April 3, 2014 in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan