

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: April 3, 2014, 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex
NEXT MEETING: May 1, 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, Karen Cardeira, Jennifer Cullum, Linell Grundman, Lisa Guyon, Vaira Harik, Evelyn Hayes, Paul Hilton, Randy Hoskinson, Randy Hunt, Samantha Kossow, Patricia Mitrokostas, Andrew Nelson, Heidi Nelson, Gerry Panuczak, Kathy Quatromoni, Michael Richardson, Sue Rohrbach, Regina Yaroch	
Guests: Deidre Arvidson, Jean Talbert	
Unable to attend: Ron Bergstrom, Tom Guerino, Ed Kulhawik, Mary LeClair, Sean Sheehan	

- **Welcome and Introductions:** Beth Albert welcomed the group. Introductions were made by individuals.
- **Minutes of March Meeting:** **Michael Richardson** motioned to accept the March 6, 2014 minutes as written, seconded by Kathy Quatromoni, unanimously approved.
- **Governance Statement – Beth Albert:** After discussion at the March 6th meeting Beth updated the Governance Statement and distributed and reviewed the document contents: Vision and Purpose, Principles, Structure, Roles of Council Representatives, Decision Making, Communication, Open Meeting Law and Amendments. The Principles will guide the work of the Council. The Council, as a body convened by local government, is subject to Open Meeting Law and meetings will be posted for the public. After reviewing the document the following suggestions were made: Vision and Purpose – add “identify needs” language; Roles of Council Reps – add “assisting with implementing recommendations of the Council” language. Beth will clarify this document and bring back to the Council at the May meeting.
- **Communication Stratey, Common Definitions, Survey Results – Samantha Kossow:** Common terminology & definitions in Substance Abuse and Survey Results were distributed. Samantha reviewed Communication structure as noted in the Governance document: Information will be disseminated at regularly scheduled Council meetings, via email, via a bi-weekly e-Newsletter (currently under construction), via a static page on the Barnstable County Department of Human Services website (currently under construction) as well as a behavioral health website (currently under construction), publishing reports to the community, database of resources and information and via social media. The behavioral health website will be demonstrated at the May meeting. Council members were encouraged to forward any information on local events to Samantha at sdkossow@gmail.com for inclusion in the e-newsletter.

Samantha also reviewed results from a survey sent to Council members. Top 5 Topic areas/Issues of importance that surfaced in the survey were: Destigmatization of addition, Treatments and services to reduce recidivism and relapse, Education and awareness about the signs and symptoms of substance abuse, A full continuum of services available to families, and Diversion programs and initiatives. These topics of importance will help to guide the work of the Council. Topics of interest for future educational presentations to the Council at monthly meetings included: Prevention models and initiatives, alcohol abuse, police initiatives, impacting public policy, socio-economic influences on substance abuse, and youth substance use comorbidity.

- **Public Health Model – Vaira Harik:** Vaira’s powerpoint presentation reviewed a “*Public Health Approach to Understanding and addressing Substance Abuse*”. Vaira presented information on the utility of the Public Health approach to understanding and addressing problems of substance abuse at the community level. Doing so places the substance abusing individual in the larger medical, social, and policy context in which the problem exists by defining the Host (entity that is infected/”has the problem”), the Agent (the substance making the person sick), and the Environment in which the Host and Agent operate. One model for further understanding and acting upon substance abuse problems at the community level is the “Four Pillars” Model. The four basic pillars needed to combat a substance abuse problem at the community level are Prevention, Treatment/Recovery, Enforcement/Safety, and Harm Reduction. Coordination and prioritization of efforts taking place in each of these four areas is essential for the community to succeed.



- **Topic of the Month – Narcan – Randy Hoskinson:** Narcan Fact Sheet distributed and reviewed: What is Narcan, what are the side-effects or potential dangers of Narcan use, what does current research say about Narcan, what is happening in our region with Narcan. The MA Department of Public Health is currently offering free trainings on recognizing signs of overdose and Narcan administration. Locally, the AIDS Support Group of Cape Cod has trained over 1,200 people on Narcan use. On March 27, 2014, Governor Deval Patrick declared a public health emergency in Massachusetts regarding opioid abuse. This action allows all emergency first responders, including police and firefighters to receive training to carry and administer Narcan.

- **Updates from Representatives:**

- Patricia Mitrokostas: Falmouth Community Forum: Preventing & Treating Opiate Abuse will be held on Monday, April 28th from 7:00 to 9:00 PM at Falmouth High School, 874 Gifford St. in Falmouth. Forum will be moderated by Falmouth Police Chief Edward Dunne and include several guests speakers and panel discussion.
 - Randy Hoskinson: Rhode Island PBS channel will host a special program on Heroin tonight, 4/3 at 9:00 p.m.
 - Sue Rohrbach: The AIDS Support Group of Cape Cod will be at the Centerville-Osterville-Marstons Mills (COMM) Fire Headquarters, 1875 Falmouth Rd. in Centerville on April 30th at 6:00 PM to provide a class on Opiate Overdose Awareness.
 - The Yarmouth & Barnstable Police Depts. Will be hosting a community forum on April 10, at 6:00 PM at the Yarmouth Police Department Headquarters, One Brad Erickson Way, West Yarmouth for a discussion on confronting the prescription drug problem in our communities.
 - Jen Cullum – Barnstable Selectman: After learning at the March meeting that the Town of Barnstable was the only town on Cape Cod who did not have a prescription drug drop off receptacle at the Police Station, she followed up with the Chief of Police and urged that a receptacle be set up. Thankfully, there is now a receptacle installed at the Barnstable Police Department Headquarters.
- **Adjournment:** Jen Cullum motioned, seconded by Lisa Guyon to adjourn the meeting. Meeting adjourned at 5:30 PM
 - **Next meeting scheduled for May 1, 2014 in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan