

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: May 1, 2014, 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex
NEXT MEETING: June 5, 2014, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	RECORDING: Samantha Kossow, Coordinator, Barnstable County Regional Substance Abuse Council
PRESENT: Beth Albert, Sheila Lyons, Ronald Bergstrom, Shawn Cahill, Jennifer Cullum, David Dunford, Linell Grundman, Thomas Guerino, Lisa Guyon, Vaira Harik, Paul Hilton, Randy Hoskinson, Samantha Kossow, Edward Kulhawik, Mary LeClair, Kate McHugh, Patty Mitrokostas, Heidi Nelson, Kathy Quatromoni, Michael Richardson, Jean Talbert, Raymond Tamasi, Regina Yaroch Unable to attend: Andrew Nelson Guests: Trudy Avery, Beverly Costa-Ciavola, Judith Reppucci, David Dunford	

- **Welcome and Introductions:** County Commissioner Sheila Lyons & Beth Albert welcomed the group. Introductions were made by individuals.
- **Minutes of March Meeting: Ron Bergstrom** motioned to accept the April 3, 2014 minutes as written, seconded by **Heidi Nelson**, unanimously approved.
- **Governance Statement: Michael Richardson** motioned to accept the Governance Statement as written, seconded by **Mary LeClair**, unanimously approved.
- **Coordinator Update – Samantha Kossow:** Samantha presented information of the work of the Coordinator in the past month concerning the development of technology in the communication plan. The bi-weekly e-Newsletter has been published three times, and its content of current events and educational opportunities was reviewed. Council representatives were asked to continue to forward any information on local events to Samantha at SDKossow@gmail.com. The social media plan for the council, including Facebook and Twitter accounts that have been created were discussed. The Council website, accessible through the Barnstable County Human Services Website will continue to be updated and populated with information. Council representatives were encouraged to continue to provide feedback on the progress of the communication plan.
- **Addiction as a Chronic Medical Condition – Dr. Jean Talbert:** Dr. Talbert’s PowerPoint presentation reviewed “Addiction as a Chronic Illness”. Dr. Talbert presented information on the changing meaning of addiction within the medical field and its current conceptualization as a chronic, relapsing brain disease characterized by compulsive drug seeking and use, despite harmful consequences. The identifying characteristics and causes of chronic illness were reviewed, and compared to addiction. The short term (euphoria) and long term (profound craving, withdrawal, changes in motivation, emotional control, memory, decision making) pathophysiology (functional changes during the course of a disease) of addiction, including long term effects were reviewed. There are measurable chemical changes in the brain that are long-lasting as a result of addiction. Treatment goals for addiction as well as any other chronic disease are to decrease frequency and intensity of relapse, sustain periods of remission, and optimize functioning during periods of remission. Current addiction treatment options were considered in the context of treatment goals, and the compliance rates of addiction versus other chronic diseases. Some of the treatment

challenges were considered as well as the public health implications (disease transmission, public safety, unintentional death, poverty) and successful outcomes.

- **Topic of the Month – Prescription Drugs – Samantha Kossow:** Prescription Drug Fact Sheet distributed and reviewed: what is prescription drug abuse, how does prescription drug abuse compare to other types of illicit drug abuse, how prescription drug abuse is affecting our community, and what is being done locally to help prevent prescription drug abuse. The National Prescription Drug Take Back Day was April 26, 2014. In Falmouth, over 350 pounds of medications were collected on that day. In Barnstable County, every town's local police department has a drug collection box available year round. The online prescription monitoring program is an online database for physicians that monitors prescribing practices and allows prescribing doctors to view a patient's prescribing history. There are various awareness efforts as well, including a Police and Physician's meeting on April 10, 2014 hosted by the Barnstable and Yarmouth Police Departments.
- **Updates from Representatives:**
 - Selectman David Dunford of Orleans: Massachusetts Municipal Association – Municipal Opiate Addiction and Overdose Prevention Task Force has been created in order to assist local officials in identifying best practices, ensuring coordination of resources between federal, state, and local agencies, determining additional needed resources and programs, and promoting a multi-disciplinary approach.
 - Beth Albert: The Senate Special Committee on Drug Abuse and Treatment Options in the Commonwealth will hold a public hearing Friday, May 2nd, 2014 at Cape Cod Community College.
 - Kate McHugh: A video recording of the recent “When Prescriptions are the Problem” presentation will soon be available for public screening. “The Anonymous People” was recently screened at Cape Cod Community College. The college has the rights to show the film to groups of up to 100 and can offer this as a resource to the community.
 - Lisa Guyon: The second annual Mental Health Summit will be held on October 3rd, 2014. The theme is co-occurring disorders.
 - Linell Grundman: On May 19th, 2014 in Sandwich the Substance Abuse Task Force will meet to discuss becoming a town committee or community advisory committee.
 - Jen McCullum: There are discussions currently ongoing with the YMCA about the creation of an achiever's program modeled from the Achiever's Program of Greater Boston YMCA.
 - Michael Richardson: On May 29th, 2014 there will be a discussion with Chief Collins of the Mashpee Police Department on the subject of substance abuse, sponsored by the Mashpee Cares group.
- **Adjournment:** Jen Cullum motioned, seconded by Lisa Guyon to adjourn the meeting. Meeting adjourned at 5:30 PM
- **Next meeting scheduled for June 5, 2014 in the Harborview Conference Room in the County Complex**

Respectfully submitted: Samantha Kossow