

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: May 7, 2015 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex	
NEXT MEETING: June 4, 2015, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	RECORDING: Kathie Callahan, Barnstable County Human Services	
PRESENT: Beth Albert, Roger Allen, Cheryl Bartlett, Shaun Cahill, Beth Griffin, Linell Grundman, Mary LeClair, Patty Mitrokostas, Ruth Provost, Gail Wilson, Jean Talbert		
Unable to attend: Carilyn Rains, Sue Rohrbach, Kate McHugh		
Guests: Matthew Mayer – student, Cape Cod Community College, Thomas Slayter – student, Cape Cod Community College, Trudy Avery – Caron, E. Josh Albright – Reporter, Barnstable Patriot, Chris Morin – Independence House, Jennifer Dyer – Mashpee Wampanoag Tribe, Deborah Heavilin – Mothers & Infants Recovery Network, Inc., Ronnie & Bill Gullette, Corrie Vilsaint, Fiona Jensen – Calmer Choice, Robin Wallace – Habit OPCO, Helen Bresnahan – CC Commission on the Status of Women		

- **Welcome and Introductions:** Beth Albert facilitated the meeting. Introductions were made by individuals.

- **Minutes of March 2015 Meeting:** Motion by **Linell Grundman**, seconded by **Lisa Guyon** to accept the March 9, 2015 minutes as written, unanimously approved.

- **Focus Groups Planning Update – Beth Albert:** A list of focus groups, dates & locations was distributed. A total of 15 focus groups have been scheduled with 8 having been completed to date, an additional 3 being conducted today or tomorrow, and 3 groups with dates TBD. Additional group has been proposed with town managers. The purpose of the focus groups is to collect qualitative information to support our Baseline Report, an opportunity for community engagement that will be used to inform our planning process and strategies for both the RSAC Regional Plan and the MOAPC plan. Bailit Health Purchasing was contracted to conduct the focus groups with assistance from the Dept. of Human Services. Bailit conducted work on a statewide project similar to what is being conducted in Barnstable County.
 - Methodology: 8-12 participants for each group, 2-hour time period, and all discussion is typed up and summarized into our 4 areas of prevention, harms reduction, treatment recovery and law enforcement.
 - Cheryl Bartlett facilitated the focus group of the Town Coalitions which provided lots of opportunity for the Coalitions to network. These collaborations will enable towns to share information, build capacity of the various town groups, and to move forward with a coordinated effort. A summary of discussion notes transcribed by Bailit of four focus groups was distributed and briefly reviewed.
 - There has been positive feedback from participants thus far and rich information collected. General themes were identified and included: funding for education across the spectrum for prevention programs in school curriculum; more people need to be trained in Narcan use; long term support for people leaving incarceration; additional psych treatment for Section 35, regulation of sober homes; use of peer supports; easily accessible information offered in a variety of locations and through various distribution methods. Other common themes: inadequate insurance coverage, improve policies around detox, develop protocols for businesses and schools and create a centralized resource center. Bailit will present the final report at the June RSAC.
 - Next steps for planning process: The Planning Committee has met twice and added Steve Jochim of DMH to this group. The Department of Human Services will develop a draft plan and present it for review. Samantha has compiled a compendium of all the evidence-based prevention practices and Vaira is doing additional review of this information to determine what might be a good fit for our region based on our assessment.

Continue to monitor the progress of recommendations from the Patrick administration and waiting for Governor Baker's recommendations to cross reference where our plan may align with these.

Timeline: May – several meetings scheduled with Cheryl Bartlett and DHS staff on plan, bring in additional technical assistance from DPH BSAS. June – Report from Bailit on focus groups and update on draft plan at RSAC meeting. July – review draft plan.

- **MOAPC – Beth Albert:** Convened three meetings, good participation of community and municipal partners, identified pilot strategy which is to support Scope of Pain trainings being coordinated by CCHC, work to expand these trainings to Dental Society. Work progressing with the Draft Plan and is due to BSAS by June 19th. While a coordinator is being hired Samantha is acting coordinator for the MOAPC grant. Goal of MOAPC is to save lives; strategies on primary prevention and overdose prevention. As one of the five expansion sites we are able to benefit from the original 13 sites and are receiving technical assistance from MasTAPP. At the next meeting will identify evidence-based strategies. Driving the planning are parallel tracks and making sure they are aligned where possible.

Draft infographic distributed and reviewed as a companion to the Baseline Assessment. Suggestions: Linguistics - use substance use disorder vs. substance abuse to identify disease vs. “blame & shame”; move powerful points to front page; include “education” language with prevention; include treatment/recovery costs.

- **Presentation: Harm Reduction Interventions, Donna Mello – AIDS Support Group of Cape Cod:** In April the AIDS Support Group of Cape Cod (ASGCC) trained 43 individuals in Narcan overdose training. The numbers of overdoses reported are a fraction of what is really occurring as individuals don't always report overdoses for many different reasons. The average age of individuals dying from overdoses is 40 yrs. ASGCC also does testing for HIV, Hepatitis C and a variety of sexually transmitted diseases. Noted Hyannis has one of the highest rates of Hepatitis C. ASGCC is considered a “safe place” and offers referrals to primary care. ASGCC is opening an office in Falmouth to service the Upper Cape.

Narcan quarterly meetings are held to distribute new information and re-train individuals. Reports show an increase in the number of doses to treat an overdose and also an increase in neurologic damage in overdose individuals. Currently the heroin on the streets is 95% pure. Drug users know about the Good Samaritan laws which offer legal protection to people who give reasonable assistance to those who are injured, ill, in peril, or otherwise incapacitated. The protection is intended to reduce bystanders' hesitation to assist, for fear of being sued or prosecuted for unintentional injury or wrongful death. These laws are not generally known by the public. Stressed the importance of calling 911 in emergencies. Some individuals who overdose don't want anyone to call 911, don't want any intervention partly because of the stigma and shame aspects. A program in Gloucester for persons who overdose offers no criminal charges vs. treatment option. ASGCC is targeting active users with mental health issues as well. It is helpful for doctors and therapists to understand harm reduction philosophy. There are limitations here to needle exchange programs. ASGCC is planning Narcan training at the shelter in Hyannis. Narcan kits expire in 18 months. DPH pays for the kits. Kits are also available at pharmacies, however, they charge an individual's health insurance. There is no standardized Narcan training offered by pharmacies. Need training for overdose education in the courts.

- **Updates from Representatives:**

- Beth Albert: Screening of What Happened Here: The Untold Story of Addiction on Cape Cod on April 16th sponsored by RSAC and the C&I Suicide Prevention Coalition – about 50 people attended.
- Beth Albert: forward related announcements to Samantha for the RSAC e-newsletter which is distributed bi-weekly.
- Gail Wilson: Mashpee Cares group has met twice. Mashpee is undertaking Project Purple which will put purple flags in all the rotaries in Mashpee on the weekend before Father's Day to bring awareness to drug issues and making better choices.

- Ruth Provost: The Boys & Girls Club of Cape Cod offers the only full teen program left on Cape Cod, held M-F from 2-8 and until 10 on Friday evenings during the school year. Friday Teen nights pull in between 100-150 teens. They also run a teen summer camp unit and CIT program in the summer.
- Roger Allen: Re-entry Task Force will meet on May 8th. This Task Force is gaining momentum, however, need more male mentors. Working toward accreditation of all sober houses.
- Beth Albert: May 14th, 12:30 – 2:30, Focus group with school adjustment counselors at Upper Cape Tech.
- Randy Hunt: Governor’s Opioid Working Group will have their report by June 11th ready for publishing. The Joint Committee on Mental Health and Substance Abuse is reviewing policies for Framingham State Prison for women and Section 35 issues and hopes to have a plan to resolve issues with this institution by August. Mass Health is revising pharmacy management policies for opioids. Also addressing short term detox policies and putting programs in place after discharge, improving access to treatment, and the effects of substance abuse issues in families. Work is on-going with physicians to reduce the amount of opioid prescriptions written. May 29th Sheriff’s Office will offer an Open House Tour of their Substance Addiction program at 10:00 AM. Provided update on the accreditation process of Sober Houses in Massachusetts. State facilities will not send someone to an un-accredited Sober House.
- Jean Talbert: Mom’s Support Group received a grant from the United Way to be used to expand the program. Looking to create a Sober House for Moms in recovery.
- Lisa Guyon: FREE SCOPE of Pain Trainings will be offered across Cape Cod on May 11th & 12th at Falmouth Hospital, Cape Cod Hospital and the Chatham Wayside Inn. SCOPE of Pain is a series of continuing medical education/continuing nursing education activities designed to help healthcare professionals safely and competently use opioids, if appropriate, to manage patients with chronic pain. 80 attendees have registered.
- Linell Grundman: There has been a new Facebook page created by a Sandwich parent called Sandwich Waves of Hope for Addiction which has gotten a lot of interest.
- Cheryl Bartlett: Cape Cod Healthcare is assisting the YMCA with the Y Achievers program for low income and minority teens. This program is an academic achievement and career development initiative for Barnstable High School students. The focus of the program is to provide students with a positive sense of self and aspirations for professional careers in the workforce. Cape Cod Hospital is also promoting an Early Intervention program with Moms giving birth to babies exposed to substances.
- Donna Mello: Fifth Annual Overdose Vigil. Parents Supporting Parents is taking the lead for this years’ vigil, ASGCC is playing more of a supportive role. The Vigil will begin at 6:00 pm. on the Hyannis Village Green. ASGCC will hold an overdose education training preceding the vigil at 5:00 pm.

➤ **Adjournment:** The meeting was adjourned at 5:40 PM.

➤ **Next meeting scheduled for June 4, 2015 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan