

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: June 4, 2015 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex	
NEXT MEETING: July 2, 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, Ron Bergstrom, Karen Cardeira, Elizabeth Griffin, Linell Grundman, Lisa Guyon, Vaira Harik, Randy Hoskinson, Randy Hunt, Samantha Kossow, Mary LeClair, Sheila Lyons, Donna Mello, Heidi Nelson, Ruth Provost, Kathy Quatromoni, Sue Rohrbach, Gail Wilson, Regina Yaroch Unable to attend: Kate McHugh, Deidre Arvidson, Paul Hilton Guests: Trudy Avery – Caron, Chris Morin – Independence House, Jennifer Dyer – Mashpee Wampanoag Tribe, Robin Wallace – Habit OPCO		

- **Welcome and Introductions:** Beth Albert facilitated the meeting. Introductions were made by individuals. Beth introduced Beth Waldman from Bailit Health Purchasing who conducted the Focus Groups.

- **Minutes of May 2015 Meeting:** Motion by **Ruth Provost**, seconded by **Quatromoni** to accept the May 7, 2015 minutes as written, unanimously approved.

- **Presentation: Cape Cod Focus Groups – Beth Waldman, Bailit Health Purchasing:**
 - **RSAC Context of Focus Group Work:** To assist the Regional Substance Abuse Council in developing the first regional substance use plan for Barnstable County, the Department of Human Services sought “on-the-ground” stakeholder input in order to inform the Preliminary Recommendations that came out of the quantitative Baseline Assessment issued in March 2015. 15 Focus Groups were held in April and May, 2015. Reviewed preliminary recommendations which focused on harm reduction, prevention, treatment and recovery and criminal justice/law enforcement.
 - **Focus Group Methods:** Reviewed planning for focus groups including identifying stakeholders, developing standard interview questions and scheduling sessions. Participants were asked to share their perspectives on the following topics: current epidemic, prevention, harm reduction, treatment, recovery, law enforcement and the judicial system. Bailit facilitated 13 focus groups with 2 additional focus groups facilitated by RSAC Council members Cheryl Bartlett and Samantha Kossow.
 - **Observation of current situation:** All focus groups described the current drug and alcohol problem on the Cape with not a lot of optimism in things improving. Common themes: drugs are in every neighborhood, every socioeconomic group; social media increases ease of obtaining drugs, fewer social restraints to using drugs so starting younger, particularly as a result of “almost legalizing” marijuana; drugs are stronger and often tainted – so more deaths; alcoholism is a long-standing but hidden issue on the Cape; addressing the problem feels overwhelming given the lack of treatment facilities and the high recidivism rate for opiate users;; few see the numbers declining over time.
 - **Individual Focus Group Themes:** Beth reviewed themes from: Employer Group, Family Support Group, Youth interviews, Recovery Group, Re-entry Participants, Senior Advocates, Clergy, School Nurses, School Adjustment Counselors, Behavioral Health Providers, Emergency Department Physicians, Health Agents, Town Coalitions, Court Personnel and Police Chiefs.
 - **Shared Priorities and Opportunities:**
 - **Prevention:**
 - More prevention education and interventions in schools

- More family support services
- Expand Councils on Aging hours to appeal to younger seniors and remedy isolation
- Develop/implement awareness campaign modeled after smoking cessation educational campaign
- Create a multi-stakeholder work group within each town to develop a coordination plan to address substance use

- **Harm Reduction:**
- While all groups supported use of Narcan and needle exchanges, some saw these as enabler

- **Intervention:**
- Create a multi-stakeholder work group within schools and including police, fire, community service agencies to identify and coordinate services for at risk children/families. Create clinician/police outreach teams to visit families experiencing a recent overdose and create a peer outreach program targeted as isolated seniors with known drug or alcohol abuse.
- Create single web-based source for treatment resource information; create a virtual community blackboard
- Police/fire distribute treatment resource information
- Increase drug court and Section 35 capacity

- **Treatment:**
- More treatment services needed including: focused treatment for women, young adults and adolescents; detox and long-term treatment beds (particularly down Cape); more sober houses in Hyannis, more discharge planning services with case management; support services for families impacted by addiction; create more jail diversion programs that direct people into treatment programs

- **Recovery:**
- Peer support in jails and after release and after person returns to the community from treatment
- Safe place to go when you aren't using but want to stop and beds are unavailable
- Create recovery support center to help those in recovery gain life-skills, employment, support to continue in recovery
- Implement initiatives that reduce the stigma of addiction and allow the voice of people in recovery to be heard

- **Discussion:** Are Focus Group findings consistent with Baseline Assessment? Impact of focus group findings on Preliminary Recommendations.
 - Develop and distribute a resource brochure.
 - Habit OPCO offers treatment with available supports i.e. outpatient follow-up.
 - How are services available without detoxing?
 - Perhaps Peer groups in schools will assist students In self-identifying those that need support.
 - Add definition to preliminary recommendations – make more robust
 - Support a better educated community
 - Intervention become key component
 - Consistency with interventions
 - Recovery supports post treatment
 - Define “intervention”
 - Pathway “to” Recovery vs. Pathway “of” Recovery
 - Hospital Emergency Departments have dedicated individual to help individuals presenting with substance use issues

- Address role of RSAC in taking advocacy stance
 - Recovery Support Center opening in July at 209 Main St., Hyannis
 - County convenes RSAC, County cannot advocate
 - RSAC Policy Agenda – meet with legislators
 - The amount of attention this issue is getting on the Cape is good in the eyes of legislators
 - June 11 the Governor will release the Substance Use Task Force report
 - Parents who have lost children are looking for advocacy items
 - Use funding resources effectively
 - Come with a HARD plan
 - Be clear with message re: what we want groups to advocate for
- **Bailit Recommendations:**
 - Strengthen prevention programs within Barnstable County Schools
 - Increase the coordination of existing resources
 - Training programs for caregivers and those who provide services to you and seniors to better recognize risk factors, warning signs and to develop knowledge on how to help
 - Implement a multi-stakeholder coordinating group in each town that is responsible for identifying at risk families and coordinating services, responsive to their needs
 - Continue involvement with Cape Cod Healthcare, Gosnold and other providers to encourage development of more Cape-based services
 - Implement and publicize a web-based listing of Cape-based resources
 - Develop peer mentoring pilot program for individuals in recovery, including those in re-entry programs, to provide education and outreach and help support their own recovery
 - Be vocal advocate for Cape’s substance use treatment needs and supports for program development and funding

For a full copy of the presentation visit www.bchumanservices.net

➤ **MOAPC & SAPC updates – Beth Albert:**

- **MOAPC:** MOAPC Committee has continued to meet and is finalizing its work plan. Jessica McHugh has been hired as the Coordinator effective July 1, 2015.
- **SAPC:** Received award - \$100,000 July 1, 2015 – June 30, 2016 with option to renew through 2022. Beth reviewed the purpose of the Massachusetts Substance Abuse Prevention Collaborative Initiative as well as the required elements/expectations. Will begin recruitment of Coordinator next week.

➤ **Updates from Representatives:**

- 55 bed program in Sandwich: Awakenings Lodge
- Lisa Guyon: Successful Addiction Recovery Forum on 6/2 in Falmouth. Two more forums planned for 6/15 in Hyannis and 6/16 in Orleans.
- Regina Yaroach: looking at a program to train recovery coaches. If you have any ideas you would like to see incorporated contact Regina.

➤ **Adjournment:** Lisa Guyon motioned, seconded by Sheila Lyons -The meeting was adjourned at 5:30 PM.

➤ **Next meeting scheduled for July 9, 2015 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan