

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: June 5, 2014, 4:00 PM	MEETING PLACE: Harborview Conference Room, County Complex
NEXT MEETING: August 7, 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, Linell Grundman, Lisa Guyon, Vaira Harik, Sheila House, Randy Hunt, Samantha Kossow, Mary LeClair, Kate McHugh, Patty Mitrokostas, Andrew Nelson, Heidi Nelson, Kathy Quatromoni, Sue Rohrbach, Jean Talbert, Raymond Tamasi, Gail Wilson, Regina Yaroach	
Unable to attend: Shaun Cahill, David Dunford	
Guests: Carl Alves, Trudy Avery, Deidre Arvidson, Sean Sheehan, Suzie Hauptmann	

- **Welcome and Introductions:** Beth Albert welcomed the group. Introductions were made by individuals. An updated list of Council members was distributed.

- **Minutes of May Meeting:** **Sheila House** motioned to accept the May 1, 2014 minutes as written, seconded by **Heidi Nelson**, unanimously approved.

- **Regional Report to the Community Update:** Beth Albert reviewed the timeline of the Council from when the Council convened in January 2014 including development of Council structure and governance, member survey, coordinator hired, developed and executed a communication structure and strategy. A resource inventory is underway. Key informant interviews are underway through August. July & August analysis of data will occur and draft report prepared. 2-3 meetings of an ad-hoc committee will review the report and provide feedback. Report distribution to the Council is scheduled for September, perhaps associated with an event highlighting publication of the report. Methodology reviewed and will follow SAMSHA's strategic Prevention Framework and Public Health 4 pillars of organization: harm reduction, prevention, treatment/recovery & criminal justice. Samantha Kossow reviewed the resource inventory list being compiled. Council members were asked to review the list and contact Samantha with feedback and gaps of resources they feel are missing and/or should be included. Vaira Harik reviewed the preliminary analytic approach to gathering and reviewing data including consumption (the substance consumed and who is consuming it) & consequences (what happens when people use substances, including social, health and economic costs) information to be included. The data collected will support the Council to make informed decisions about priorities and where to focus the Council's efforts.

- **Topic of the Month – Alcohol Use and Treatment Options on Cape Cod, Ray Tamasi of Gosnold on Cape Cod:** Ray reported that alcohol is America's (and Cape Cod's) most prevalent and devastating addiction. He reviewed data on population prevalence and noted that 18,000,000 individuals (97%) are addicted to alcohol vs. 480,000 (3%) to heroin. He reviewed data of patients admitted to detox of both Gosnold and statewide for alcohol and opiates and statistics for multiple admissions and age prevalence. He discussed the current addiction treatment paradigm that contradicts nature of a chronic disease and the importance of keeping individuals in treatment for longer duration. Effects of treatment do not last very long after care stops. Patients who stop receiving treatment are at elevated risk for a return to the acute stage. Successful outcome for a chronic disease: Patient engaged in a program to manage the disease; patient has increasingly extended remission periods, when acute symptoms recur, intervention occurs, the patient is re-stabilized & care plan is modified; patient experiences overall improved functionality. The new addiction paradigm: prevention, identification and early intervention, integration with general medical care, extended patient engagement, whole family involvement, medication assisted treatment, a new language for addiction, technological monitoring, tele-health. Ray stressed the importance of moving the focus from acute inpatient to early intervention, primary care and extended engagement in intensive outpatient program..

- **Legislative Update:** Samantha reviewed the handout distributed on *News from the Massachusetts Legislature*. Relevant substance abuse sections in the Massachusetts FY2015 budget, now being finalized on Beacon Hill include: Prevention and education policies in schools, Mental health and substance abuse counselors in schools, Expansion of the Narcan distribution program, Voluntary accreditation for sober homes, and the ASSIST Act. The Governor has created a Task Force through the Dept. of Public Health to help address the rising opiate epidemic and create recommendations on how best to spend \$20 million set aside for substance abuse treatment programs. On May 13, the Senate unanimously approved the passage of an Act to Increase Opportunities for Long-term Substance Abuse Recovery. The bill has since been referred to the House Ways and Means Committee. The proposed bill would require a Drug Formulary Commission to prepare a list of appropriate substitutions for powerful addictive painkillers, which must include abuse deterrent properties and consideration of cost and accessibility for consumers. This bill would also strengthen the Prescription Monitoring Program by requiring physicians to receive training in the program before renewing their licenses. Randy Hunt reported that substance abuse has been the hot topic in this budget season. Sue Rohrbach reported that Senator Wolf is looking at a pill buy-back program by pharmaceutical companies. Revenue from this program would be administered by the DPH and would be used for treatment and prevention programs.

- **Updates from Representatives:**
 - Gail Wilson updated group on Mashpee Cares, a coalition formed to mobilize the community to be attentive to the health, safety, and wellness of all Mashpee residents. Focus is to raise Awareness of community resources, reduce substance abuse, bullying, crime and poverty and promote mental health, physical wellness and healthy lifestyles. Recent event brought community members together with the Chief of Police to talk about department initiatives. A second Forum is scheduled for June 24 at 2 P.M. at the Seaver Center with a focus on community education.
 - Kathy Quatromoni: Request for information from the MA Office for Victim Assistance (MOVA) soliciting proposals from non-profits and public orgs/agencies currently providing or seeking to provide Drunk or Drugged Driving Prevention activities. The purpose of the request is to inform MOVA of potential projects and develop an open-bid Request for Proposals for prevention activities funded through the Drunk Driving Trust Fund.
 - Regina Yaroch: finishing up a report on building a Collegiate Recovery Program. Program is looking for mentors/advocates.
 - Kate Mchugh: Video made about “When Prescriptions are a Problem” as a supplement to the Alcohol Awareness programs. Plan to present at town meetings.
 - Patty Mitrokostas: \$500,000 Tele-med health grant received. \$425,000 grant from the Tower Foundation will help fund school counselors.
 - Sheila House: Anti-Drug survey planned for Fall. She is also in conversation with new Monomoy high school and middle school principals about substance abuse programs in the schools.
 - Harbor Community Health Center moved to Attucks Lane in Hyannis.
 - Jean Talbert: Substance Abuse in Pregnancy Task Force has a support group in Falmouth and plans are underway for one in Hyannis. Also working on a transitional housing program.
 - Randy Hunt: Randy discussed a charcoal activated “pill killer”, alternative medication disposal system, for public at-home use. He offered to provide samples about anyone wishing to learn more about this product.
 - Linell Grundman: Dialog with town of Sandwich to have the Substance Abuse Prevention Task Force remain a town committee.
 - Sue Rohrbach: Day Center Program in Hyannis opened on May 22nd. This is a “dry” program. There will be high expectations for participants including participation in programs, chores, remaining sober and substance free.

- **Adjournment:** **Linell Grundman** motioned, seconded by **Mary LeClair** to adjourn the meeting. Meeting adjourned at 5:35 PM

- **Next meeting scheduled for August 7, 2014 in the Harborview Conference Room in the County Complex – NO July meeting**

Respectfully submitted: Kathie Callahan