

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: August 4, 2016 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex
NEXT MEETING: October 6, 2016, 4:00 PM, Harborview Conference Room, County Complex	RECORDING: Kathie Callahan, Barnstable County Human Services
MEMBERS PRESENT: Beth Albert, Deirdre Arvidson, Karen Cardeira, Christine Greeley, Linell Grundman, Lisa Guyon, Paul Hilton, Rick Knowlton, Mary LeClair, Sheila Lyons, Donna Mello, Patty Mitrokostas, Heidi Nelson, Kathy Quatromoni, Brian Robbins, Judy Scarafile, Sam Tarplin, Gail Wilson, Michael Jackman Unable to attend: Randy Hunt, Ruth Provost Members of the public: Deb Martin, Jane Haist, Ann Burke, Nathan Scott, Amy Doherty, Stephanie Briody, Christina Russell, Chris Morin, Rachel Berggren, Cynthia Klopfer, Julie Showalter, Deborah Heavilin DHS Staff: Vaira Harik, Patty Watson, Kim Slade, Kathie Callahan	

- **Welcome and Introductions:** Beth Albert chaired the meeting. Beth Introduced Kim Slade, the new Program Specialist for the Substance Abuse Prevention Collaborative Grant in the Department of Human Services.
- **Minutes of June 2, 2016 Meeting:** Linell Grundman motioned, seconded by Mary LeClair to approve the June 2, 2016 minutes. Unanimously approved with Karen Carderia and Chris Greely abstaining.
- **Action Plan Update, Vaira Harik:** Addressing Substance Use on Cape Cod Action Plan, 2015-2020 was launched in August 2015. Vaira gave a progress report for year 1 of the Plan. She reviewed deliverables including the published report *Analysis of Substance Abuse on Cape Cod: A Baseline Assessment*, coordination of workgroups: Prevention/Intervention, Treatment & Recovery along with work plans, MOAPC & SAPC strategic Plans submitted to BSAS and approved, and a Baseline Assessment Update which is pending. Vaira gave an overview of work that has been completed over the past year, noting items that are currently being worked on and strategic priorities and initiatives for the RSAC's work going forward in the areas of prevention, intervention, treatment and recovery. Media campaign planning is well underway and targets youth & parents in the areas of stigma and awareness education. For a copy of the full report visit <http://www.bchumanservices.net/>. Please forward comments regarding the Action Plan to Vaira Harik at vharik@barnstablecounty.org.
- **RSAC Working Group and Action Plan Updates:**
 - Prevention Work Group: Patty Mitrokostas and Lisa Guyon: A Parent Summit is being planned for November 20, 2016, 12-3 PM at the Cape Codder. This Summit will target parents, grandparents, and child care professionals. The Summit will provide practical information to parents on promoting healthy behaviors, support in terms of resources and turning the current negative messages about substance abuse into positive and informative messages. A resource room will be available for the duration of the summit for attendees. Dr. Ruth Pote will be the keynote speaker. Three workshops are planned, each for different age groups.
The public education media campaign is being finalized and will be launched in early September – more information will be forthcoming.
 - Recovery Work Group, Brian Robbins and Sam Tarplin: The group has finalized their timeline and action plan and is proceeding with the work implementation of plan. The group is coordinating an event on September 17th, 11 AM – 2 PM on the Hyannis Town Green during National

Recovery Month. There will be food, music, resource tables, and more. The event is getting support from local businesses and the Chambers of Commerce. Phil Valentine from Connecticut will be attending and possibly Haner Hernandez Ph.D., a recovery expert.

- Treatment Work Group, Heidi Nelson: The group has been meeting monthly and consists mostly of providers. They have been discussing the many different approaches to treatment. Chastity Armstrong - Menard from DCF came to a meeting to speak with the group and will be invited to attend a future meeting. The Substance Abuse Resource Guide developed by Samantha Kossow has been printed and distributed broadly by the Dept. of Human Services along with other substance abuse materials. There is interest in developing a patient assessment center on Cape Cod.
- Intervention Work Group, Judy Scarafile: Judy attended a BSAS (Bureau of Substance Abuse Services) Train the Trainer seminar to learn the skills to train other individuals and build training capacity for overdose prevention on the Cape. The AIDS Support Group of Cape Cod has trainers that are trained in Narcan administration and drug education. Judy also noted that there is a Mass Clearing House for free educational resources on substance abuse. Anyone wishing to schedule a training should contact Judy at judyscarafile@gmail.com.
- **RSAC Coordinator updates – Samantha Kossow:** Samantha reported that the Substance Use Resources & Information Guide has been updated for its second printing. A PDF version guide will be posted on the Department of Human Services website. The Guide has been distributed widely across Cape Cod to schools, physicians, town officials, elected officials, fire and police departments, libraries, health centers and more. Samantha presented at a Learn to Cope meeting and also two presentations with Lisa Guyon for the behavioral health staff at Cape Cod Healthcare. Three issue briefs have been released to date and a 4th will be released shortly on the Effects of Substance Use Stigma on Treatment and Health Outcomes. There is a seminar on Behavioral Health Parity Insurance Laws is scheduled at Cape Cod Hospital, 27 Park St., Hyannis on August 25th, 3:30-4:30 PM for providers, clinicians, nurses, administrators, community health workers and consumers.
- **RSAC Core Function – Legislative Agenda and Advocacy – Beth Albert:** The question has been raised whether the RSAC can engage in political activity i.e. take a position on the marijuana ballot initiative. The RSAC is comprised of public and private entities and individuals. State ethics law prohibits public employees from engaging in political activity. In order to answer the question if RSAC is covered by Conflict of Interest laws, Beth sought advice from the State Ethics Commission. Beth asked for the RSAC to affirm seeking guidance from the State Ethics Commission regarding this question. Rick Knowlton motioned, seconded by Judy Scarafile to approve Beth Albert's pursuit of gathering info from the State Ethics Commission on this question – unanimously approved.
- **Legislative Updates:**
 - Michael Jackman of Congressman Keating's office:** The Comprehensive Addiction and Recovery Act (CARA) authorizes the Attorney General and the Secretary of Health and Human Services to award grants to address the national epidemics of addiction to heroin and prescription opioids, and makes various other changes to Federal law to combat opioid addiction and abuse. CARA includes almost \$900 million in funding over 5 years for fiscal 2017-2021. Efforts continue to increase recovery Funding will support prevention and education efforts, community based coalition enhancement grants, improving access to overdose treatment, prescription electronic reporting system enhancement, opioid overdose reversal medication access and education programs, support law enforcement and treatment including first responder training and prescription drug take back program expansion, evidence-based prescription opioid and heroin treatment and interventions demonstration, building communities of recovery, improving treatment services for veterans, families and pregnant and postpartum women, and state demonstration grants for comprehensive opioid abuse response.

➤ **Updates from Representatives:**

- Donna Mello: Overdose Vigil on September 24th on the Hyannis Green. AIDS Support Group is opening a satellite office in Falmouth on August 22nd.
- Judy Scarafile: Cape Cod Chamber of Commerce is interested in learning more on education on Naloxone training and administration and would like to offer these resources to local businesses.
- Mary LeClair: Mashpee Cares group has disbanded. A new Task Force in Mashpee has been formed and will be led by Gail Wilson.
- Chris Greely: Yarmouth Substance Abuse Committee is coordinating a logo contest. Their “Sticker Shock” campaign will be held during football season. The Yarmouth Substance Abuse Committee will be presenting a report on success of their group on August 27th to the Yarmouth Board of Selectmen. Chris was named Person of the Year in Yarmouth for the great work leading the Yarmouth Substance Abuse Committee.
- Rick Knowlton: C&I EMS will be holding a training for first responders. They have also been approached by the Steamship Authority for Narcan training but have found this to be a complicated scenario but will continue to look at solutions to many obstacles with this. Working on training for 911 operators to instruct operators on how to administer Narcan via phone. They will have instruction cards for the operators to read when responding to overdose calls.
- Deborah Heavilin: Cape Cod Healthcare’s Moms Do Care Program began on 5/5/16 and currently there are 14 women enrolled in this program for pregnant women with opioid use disorders. On 7/20 a Nurturing Mothers Program was started at the Peer Recovery Center.
- Brian Robbins: Peer Recovery Center is doing well and continues to grow.
- Lisa Guyon: Unity Event will be held on August 5, 4-7 PM. This event is focused on building relationships with police and the community.
- Linell Grundman: The Sandwich Town Hall Meeting on August 2nd hosted by Rep. Randy Hunt focusing on a regional substance abuse legislative update was well attended with town staff, professionals, and advocates in attendance. It was held at 3:00 p.m. in order to encourage professionals to attend. RSAC Co-chairs, Ray Tamasi and Cheryl Bartlett spoke as well and joined Rep. Hunt along with Sandwich Board of Selectman Chair Sue James as a panel during the Q & A portion of the meeting.

RSAC member Linell Grundman attended the press conference in July held by Governor Baker, Speaker DeLeo, and Boston Mayor Walsh along with the Steering Committee for the Campaign for a Safe and Healthy Massachusetts, which is the formal November ballot question asking voters to approve legalized recreational marijuana. The event was held at the Recovery High School in Boston, a very impressive institution.
- Sam Tarplin: Working on setting up a screening of the follow-up film to The Anonymous People, Generation Found
- Heidi Nelson: Representative Randy Hunt gave a presentation in Sandwich on August 2nd and did a great job speaking about medication assisted treatment.
- Jan Haist: The Open Doorway of Cape Cod will host the Annual Run for Recovery Relay Race to help unite Cape Cod communities and raise funds and awareness regarding the opioid epidemic will be held on September 24 & 25 from Bourne to Provincetown.

➤ **Adjournment:** -The meeting was adjourned at 5:30 PM.

➤ **Next meeting scheduled for October 6, 2016 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan