

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: September 3, 2015 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex	
NEXT MEETING: October 1, 2015, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	RECORDING: Kathie Callahan, Barnstable County Human Services	
<p>MEMBERS PRESENT: Beth Albert, Deirdre Arvidson, Cheryl Bartlett, Dennis Cunningham, Linell Grundman, Lisa Guyon, Vaira Harik, Randy Hoskinson, Sheila House, Randy Hunt, Samantha Kossow, Mary LeClair, Donna Mello, Patty Mitrokostas, Heidi Nelson, Gerry Panuczak, Sue Rohrbach, Jean Talbert, Gail Wilson, Regina Yaroch</p> <p>Unable to attend: Ruth Provost</p> <p>Guests: Brian Robbins – Hyannis Peer Recovery Center, Virginia Mercure – Hyannis Recovery Support Center, John Fortes - MA Organization for Addiction Recovery, Cynthia Klopfer – Cape Cod Family Resource Center, Christine Greeley – Yarmouth Police Community Advisory Team, Drug Awareness Committee, Matthew Woodcock – Franey Medical Laboratories, Greg Battles – Franey Medical Laboratories, Trudy Avery – Caron, Gene Mitchell – Sandwich Waves of Hope, Paul Brown – Chatham Human Services Committee, Deborah Heavilin – Gandara, Robin Wallace – HABIT OPCO, Wareham, Beverly Costa-Ciavola – Cape Cod Neighborhood Support Coalition & Samaritans on Cape Cod, Denise MacFarlane – Sandwich resident, Edythe Nesmith – Cape Cod Council of Churches, Barbara ?</p>		

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

- **Minutes of August 2015 Meeting:** Motion by **Linell Grundman**, seconded by **Heidi Nelson** to accept the August 6, 2015 minutes as written, unanimously approved, Randy Hunt abstained.

- **Presentation: Recovery Support Center, Virginia Mercure, Manager of Prevention and Community Services, Gándara Center:** Ginny gave a brief history of the Center and its purpose. This type of Recovery Center started up in 2008 in Massachusetts with 6 centers. In 2014 3 more centers were added and in 2015 a Recovery Center opened in Hyannis at 209 Main Street on 9/4/15 for age 18 and over. The Hyannis Center is currently working on their accreditation. Brian Robbins, Director of the Center in Hyannis explained that Peer recovery engagement is member led. The Hyannis Recovery Center staff and members build on capacities that already exist within each member and across communities. The aim is to create greater possibilities for members to gain stability and create better lives. Support is provided by member to member and their families are supported to gain overall wellness. There are many paths to recovery: self-help (AA/NA), medically assisted treatment, peer facilitated individual and group support, smart recovery, faith-based, and other paths.

Recovery is commonly viewed as continuing abstinence from alcohol and/or drugs. An emerging definition goes beyond abstinence alone to include a full re-engagement based on resilience, health and hope with one’s family, friends and community. Recovery is a journey, both personal and shared. Many recovering people share strengths with each other, “giving back” to the larger geographic communities in which they live. Peer Support includes: Mutuality – giving and receiving help and support with respect based on shared experiences; Empathy – understanding through the personal experience of having been there; Engagement – shared personal experiences; Wellness – focusing on each person’s strengths and wellness; Friendship – promoting recovery through relationships and friendships. Relational support includes developing positive social connections with others in recovery, decreasing isolation i.e. learning positive social skills, creating and developing community and cultural connections with others in recovery, feeling a part of something.

Hyannis RSC staff members operate under DPH BSAS and Gándara guidelines. Members form a board that, along with staff, creates tools for peer governance. Hyannis RSC staff and members of the board engage in specific skill building workshops including evaluation, public speaking and more. Peer members govern by: articulating shared values, using critical incidents to discern ethical principles, drafting ethical codes, obtaining and incorporating feedback, building (and monitoring) organizational components, continually assessing and reassessing and meaningfully collaborating with staff. Recovery Values: Recovery - Recovery comes first in all that the Center does; Inclusion – Recovery is a big tent and there is room for everybody; Authenticity – members of the recovery community use their direct experiences to identify the problems and needs in recovery and find ways to address them; Participatory process – the full participation and commitment of individual members helps build strong, vibrant recovery communities; Leadership development – developing new leaders enriches the community and helps ensure the community's growth.

What supports are provided: Peer assistance with housing, educational and employment opportunities; building constructive family and other personal relationships; stress management assistance; alcohol and drug-free social and recreational activities, recovery coaching or mentoring, referrals to services including primary and mental health care, child welfare, and assistance with criminal justice systems, relapse support. The Center offers varied social events i.e. holiday parties, family gatherings, monthly luncheon or dinner, movies, music and poetry gatherings.

➤ **RSAC updates – Samantha Kossow, Coordinator:**

- September is National Recovery Month. In September and throughout the year, Recovery Month spreads the message that: behavioral health is essential to health, prevention works, treatment is effective, and people recovery.
- Cape Cod Council of Churches is collaborating with Regional Substance Abuse Prevention Initiative and the Barnstable County Department of Human Services to invite clergy participation in the C&I Recovery weekend, September 25-27th. Clergy members across Cape Cod are asked to help educate the faith community on addiction and recovery – what it means, what it entails, and how it is possible to find help.
- The staff of the Human Services Department and the Regional Substance Abuse Council has responded to a number of requests for information and technical assistance from community members and council representatives.
- A Coalition Roundtable was held in Sandwich on July 24th to share what towns are doing around substance abuse. Towns are doing great work and building capacity to move forward as a region. The group is currently being surveyed on topics for future trainings and plans to meet quarterly.
- The Behavioral Health web portal was launched a year ago and is continually updated so check it out for the latest news.

➤ **RSAC Structure, Beth Albert:** The Draft proposed revisions to the RSAC Governance Statement were distributed and discussed. Proposed changes included adding additional stakeholders, organizing leadership and defining structure and roles. Working group membership is open to those outside the Council to include a broader participation in RSAC activities. The backbone staff to support the working groups are the RSAC Coordinator, MOAPC Coordinator, SAPC Coordinator and the Department of Human Services staff. The first meeting of each working group will take place in mid-October. Frequently and formations of working groups will be determined as we move forward. **Patty Mitrokostas** motioned, seconded by **Linell Grundman** to accept the revised Governance & Structure document, unanimously approved on 9/3/15.

➤ **Implementing Action Plan 2015 – 2020:** The RSAC Action Plan Implementation Matrix was distributed and reviewed. On 9/15/15, 9:30 – 11:30 AM in the Lorusso Board Room at Cape Cod Healthcare, a meeting has been convened to discuss a coordinated primary prevention model for schools. Nine (9) school districts have been approached to participate in this initiative.

➤ **Updates from Representatives:**

- Jean Talbert: working on Sober House for Moms & Kids. Two new OB/GYN's on board to support treatment in pregnancy.

- Cheryl Bartlett: Cape Cod Healthcare was invited by DPH to participate in medically assisted treatment for pregnant and post-partum women and received grant funding to train professional staff to be certified in Suboxone treatment protocols.
- Randy Hoskinson: Moving on to a research team at UMASS Medical School in Springfield.
- Linell Grundman: Working With Denise MacFarland on the 5th Annual Overdose Vigil on September 20th.
- Gerry Panuczak: Chatham Human Services Committee is working with the Council on Aging, schools, Fire Department on substance abuse awareness campaign.
- Patty Mitrokostas: 10th Annual Prescription Drug Take Back Day will take place on September 26th in 15 towns across the Cape. Drop off boxes will be located in Police Departments across the Cape.
- Regina Yaroch: Narcotics Anonymous (NA) has offered to visit classes at Cape Cod Community College to outreach to students and faculty about awareness, prevention and treatment options.
- One Recovery Boston, September 13, 10 AM – 4 PM, University of Massachusetts Boston will feature a yoga-thon partnering the yoga and recovery communities to raise consciousness and raise funds for treatment scholarships for young people ages 16-26.
- Lisa Guyon: Cape Cod Healthcare will collaborate with Boston University School of Medicine to offer two more SCOPE of Pain trainings On October 21st & 22nd. 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. The Third Annual Behavioral Health Summit will showcase "Models of Promise" - connecting behavioral and physical health services across a continuum from collaboration to full scale integration of services. The Summit will be held on Friday, October 2, 2015 from 8:00 AM - 4:30 PM at the Hyannis Resort and Conference Center, 35 Scudder Rd. in Hyannis.
- Gail Wilson: The Mashpee Department of Human Services office is moving to the Mashpee Town Hall.
- Randy Hunt: Noted the RSAC on the great work that is being done and efforts to steadily move this initiative forward.
- Mary LeClair: Working with Angel House on related initiatives.

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

➤ **Next meeting scheduled for October 1, 2015 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan