

# BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

## MEETING SUMMARY

<b>Date:</b> December 3, 2015 4:00 PM	<b>MEETING PLACE:</b> Harborview Conference Room, Barnstable County Complex
<b>NEXT MEETING:</b> February 4, 2016, 4:00 PM, Harborview Conference Room, (top of the hill in the County Complex)	<b>RECORDING:</b> Kathie Callahan, Barnstable County Human Services
<b>MEMBERS PRESENT:</b> Cheryl Bartlett, Roger Allen, Deirdre Arvidson, Karen Cardeira, Dennis Cunningham, Sara Cushing, John Fortes, Chris Greeley, Elizabeth Griffin, Linell Grundman, Vaira Harik, Samantha Kossow, Mary LeClair, Sheila Lyons, Jessica McHugh, Patty Mitrokostas, Heidi Nelson, Judy Scarafile, Sam Tarplin, Gail Wilson, Regina Yaroch	
<b>Unable to attend:</b> Kathy Quatromoni, Ruth Provost, Randy Hunt, Paul Hilton	
<b>Guests:</b> Greg Battles – Franey Medical Laboratories, Denise MacFarlane – Sandwich resident, Brian Mannal – State Rep., Barbara Milligan – United Way, Cape Cod, Jennifer Schmidt – BC Human Services – SAPC Grant Program Specialist, Patty Watson – Barnstable County Human Services, Brandy Bates – American Addiction Centers, Brendan Clark – Town of Barnstable Youth Commission, Fiona Jensen – Calmer Choice, Noah Hoffenberg – HAC, Owen Fletcher – Rep Brian Mannal’s office, Cynthia Klopfer – C.C. Family Resource Center, Bruce Murphy – Town of Yarmouth Health Dept, Seth Rolbein – office of Senator Dan Wolf	
<b>Unable to attend:</b> Beth Albert, Ruth Provost, Randy Hunt, Paul Hilton, Kathy Quatromomi, Edye Nesmith	

- **Welcome and Introductions:** Cheryl Bartlett facilitated the meeting. Introductions were made by individuals.
- **Minutes of October 2015 Meeting:** Motion by **Linell Grundman**, seconded by **Heidi Nelson** to accept the October 1, 2015 minutes as written, unanimously approved.
- **RSAC updates – Samantha Kossow, Coordinator:**
  - Working groups are meeting every other month alternating with RSAC general meetings
  - Samantha is working on a slide deck to include basic RSAC info for use by Council members for presentations etc.
  - The resource guide is posted in the web portal. Working on a resource brochure for distribution, first draft to be out soon
  - There have been a number of events in the community, including the play “Balm in Gilead” at Cape Cod Community College included panel and an event by Sandwich Waves of Hope from Addiction called Hidden in Plain Site.
  - Coalition training scheduled for January by Samantha, Jessica and Vaira
  - Working on #StateWithoutStigMA campaign. This state-wide campaign stresses changing the way you think about, talk about and treat people with addiction. Samantha distributed certificates for this campaign and encouraged attendees to add their name and town to support the initiative. Group photo will be taken at end of meeting and posted on social media to show support for this campaign.
- **Working Groups:**
  - **Prevention Work Group:** Lisa Guyon and Patty Mitrokostas co-chairs. Patty explained the purpose of this work group will be to build a cross-sector working group to address and implement prevention and intervention action steps as outlined in the RSAC Action Plan 2015-2020. The goal is to coordinate work as a region, develop a strong plan and well-position the RSAC for future funding. The format of the group will be a larger work group with three sub-groups focused on four key areas of activities related to the action plan: Comprehensive School-based

Initiative, Media Campaign and community education, and Harm Reduction. Meetings will be held every other month alternating with RSAC membership meetings with on-going communication between meetings, sub-group meeting as frequently as needed. The composition of the work group will include coalition representatives, schools, court officials, community organizations, MOAPC & SAPC grant members and others with work/interest that aligns with prevention elements of RSAC Action Plan. Jessica McHugh noted that the MOAPC grant focus will be on overdose education, looking at best practices and coordinating a needs assessment for distribution. The community education team is divided into two sub-groups. Group 1 will do research into a comprehensive media campaign looking at other campaign models currently being used. Group 2 will look at costs of outreach and develop a scope of work. The School-based group is looking at existing work being done and new/additional programs that can be added. Members will visit schools to determine what programming and groups already exist in an attempt to not duplicate efforts. A spreadsheet will be put together with Vaira's assistance.

- **Recovery Work Group:** Sam Tarplin and Brian Robbins co-chairs. Sam noted they have had their first meeting. Goal would be to use resources compiled by RSAC to nurture community recoveries and address stigma. They will promote a centralized database of resources and compile a list of Sober Houses that are fully accredited. The next meeting is scheduled for December 16, 3:30 – 5:00 at the Peer Recovery Center in Hyannis.
  - **Treatment Work Group:** Heidi Nelson & Vaira Harik co-chairs. First meeting was held in November. This is currently a small group and is looking for additional participants. The next meeting is scheduled for December 14 at 2:00 PM at Duffy Health Center in Hyannis. This group will look at items such as: are there enough beds to accommodate the current needs; out-patient options with wrap-around services, treatment needs on Cape Cod, a coordinated entry system and re-entry needs post incarceration.
- **MOAPC/SAPC Updates:** Jennifer Schmidt was welcomed as the recently hired SAPC Program Specialist.
- MOAPC/SAPC meeting was held earlier today in Boylston, MA. RSAC received kudos for the great work already being done. Jessica McHugh reported that MOAPC grant activities will focus on community education, a media campaign, technical assistance, and student/athlete education. Vaira Harik reported that RSAC has been regionally organized and received two grants: the Massachusetts Opioid Abuse Prevention Collaborative (MOAPC) and the Substance Abuse Prevention Collaborative (SAPC). Vaira is currently bringing Jennifer up to speed on the direction of SAPC and work done thus far.
- **Town Coalition Reports:**
- Chris Greely reported that the Yarmouth Drug Awareness group is now an official Town Committee. This group is working on identifying future activities, an Action Plan and a Town meeting Forum.
  - Linell Grundman reported that Sandwich Waves of Hope designed an informational card on underage drinking and distributed to all liquor stores in Sandwich for distribution to patrons.
  - Gail Wilson reported that Mashpee Cares is an official Town Committee. This group is working on prioritizing their efforts and be pro-active vs. reactive relative to current community drug issues.
  - Patty Mitrokostas reported that the Falmouth Prevention Partnership Sticker Shock program will be expanding to Mashpee. The Falmouth Prevention Partnership was created through a Drug Free Communities Grant in 2008. The Partnership is working on an Action Plan. Karen Cardeira reported that the Falmouth Substance Abuse Commission is looking at prevention efforts in a younger age group of children at the grammar school level, perhaps as young as 3<sup>rd</sup> & 4<sup>th</sup> grade.
  - Dennis Cunningham reported that Wellfleet is looking at implementing stronger community policing efforts using existing models in other communities. Dennis wrote and reviewed an 8-page community newspaper which will be distributed in Wellfleet. We will make this PDF of the newsletter available to Council members when it is finalized. Dennis noted that there are very limited resources on the outer Cape to help in the treatment of addiction.

➤ **Updates from Representatives:**

- Regina Yaroch – Cape Cod Community College: reported on the upcoming HBO special film addressing heroin addiction on Cape Cod. The film features the lives of 6-7 young people actively using heroin. A screening of the film will be held at 4C's on December 17<sup>th</sup> and will be broadcast on HBO on December 28. Conversation of the importance of RSAC to shape conversation with the community about this film. Jessica McHugh and Samantha Kossow will draft a unified statement from RSAC to be released to the press. Need to identify individuals from RSAC who will be point persons to address questions from the public and the media. 4C's will have resource materials available at the screening on campus.

➤ **Adjournment:** -The meeting was adjourned at 5:45 PM.

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

Respectfully submitted: Kathie Callahan