

# BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

## MEETING SUMMARY

<b>Date:</b> December 1, 2016 4:00 PM	<b>MEETING PLACE:</b> Harborview Conference Room, Barnstable County Complex
<b>NEXT MEETING:</b> February 2, 2017, 4:00 PM, Harborview Conference Room, County Complex	<b>RECORDING:</b> Kathie Callahan, Barnstable County Human Services
<p><b>MEMBERS PRESENT:</b> Beth Albert, Chasity Armstrong-Menard, Deirdre Arvidson, Cheryl Bartlett, Shaun Cahill, Karen Cardeira, Christine Greeley, Beth Griffin, Linell Grundman, Lisa Guyon, Michael Jackman, Rick Knowlton, Mary LeClair, Sheila Lyons, Donna Mello, Patty Mitrokostas, Heidi Nelson, Brian Robbins, Judy Scarafile, Gail Wilson, Regina Yaroch</p> <p><b>Unable to attend:</b> Roger Allen, Kathleen Mooney, Randy Hunt, Kathy Quatromoni</p> <p><b>Members of the public:</b> Rachel Berggren, Beverly Costa-Ciavola, Jamie Binienda, Barbara Milligan, Robin Wallace, Jennifer Dyer, Sean O'Brien, Karen Carll, Jane Haist, Cindy Horgan  DHS Staff: Vaira Harik, Kim Slade, Melissa Janiszewski</p>	

- **Welcome and Introductions:** Beth Albert chaired the meeting. Beth thanked County Commissioner Sheila Lyons for her support over the past several years as a County Commissioner and for her involvement in the work of the Council. Sheila applauded the work done by the Council since its inception in January 2014 and for bringing awareness both to County government and to the public about the status of substance use on Cape Cod.
- **Minutes of October 6, 2016 Meeting:** Motion by Rick Knowlton, seconded by Donna Mello to accept the October 6, 2016 minutes as written, unanimously approved.
- **RSAC Working Group and Action Plan Updates:**
  - **Prevention Work Group:** Patty Mitrokostas & Lisa Guyon reported that a coordinated effort produced a successful My Choice Matters: Parenting to Prevent Substance Use on 11/20/16 with 250 attendees. Evaluation results were distributed. Kim Slade was thanked for her hard work in coordinating the event. My Choice Matters public media campaign will continue to be promoted with radio ads and print.
  - **Recovery Work Group:** Brian Robbins reported that the group is planning a community event for the spring. Stephanie Briody will be attending a work group meeting to talk about a Recovery High School on Cape Cod. Group is looking at Sober House regulations and bringing BSAS trainings to Cape Cod.
  - **Treatment Work Group:** Heidi Nelson reported that the work group met in October, presentation from Christina Kelly who spoke about her efforts to bring a patient assessment center model to Cape Cod. The Moms Do Care Grant will provide for training of Emergency Department staff to provide treatment and planning solutions for pregnant women experiencing drug issues and overdoses. Cape Cod Healthcare will add a Recovery Coordinator to their staff to do addiction screenings on their medical floors. Moms Do Care program through BSAS has provided free treatment for 75 women with Opioid Use Disorders over the past 3 years on Cape Cod. Moms Do Care uses an integrated system of medical and behavioral health care including access to medication assisted treatment (MAT) and recovery support throughout the pregnancy and postpartum

period through the use of peer recovery coaches. Also connects moms with services through DCF. Cape Cod Healthcare received the NAS award (Neonatal Abstinence Syndrome) from the Vermont Oxford Center for their work in this area. New regulations at the State level that hospitals are required to report SEN babies (special educational needs).

Will work with other working groups on planning a legislative forum within the next few months. Beth will convene a meeting with RSAC co-chairs, working group co-chairs and Michael Jackman of Congressman Keating's office to begin this effort.

- **Intervention Work Group:** Donna Mellow & Judy Scarafile reported that the work group meets on the third Thursday of the month, 11 AM – 1 PM at the Barnstable Fire Station. Donna noted that there is a lack of people who are trained to do trainings on administering Narcan. Donna & Judy organized an overdose informational program at Cape Cod Community College. Would like to education to small groups on the use of Narcan. Will be creating community outreach partners to continue education goals.

➤ **Presentation – The Opioid Crisis and the Role of Medical Treatment, Colleen LaBelle, BNS, RN-BC, CARN, Boston Medical Center Program Director, State Technical Assistance Treatment Expansion Office-Based Treatment with Buprenorphine (STATE OBOT B):** Colleen reported that there is an increasing trend of rising morbidity and mortality in white males in mid-life age. Deaths from Fentanyl overdose are on the rise and there is an increase in opioid-related fatalities both unintentional and undetermined. Traces of heroin and/or fentanyl are found to be present in the vast majority of opioid-related deaths. Overdose deaths from illegally made, non-pharmaceutical Fentanyl increased by 80% from 2013-2014. There were 5,500 Fentanyl overdose deaths in 2014 alone. Heroin is now being laced with a terrifying new substance – Carfentanil. Since 2005 drug overdoses now take more lives every year than traffic accidents. Shifting pattern of more heroin deaths vs. prescription drugs. Post-incarceration there is a risk 50 times more likely for an overdose. 18-24 year olds are at 10X risk of death compared to 45 years and older. Recommend access to treatment post incarceration, after care, overdose education and treatment in prison.

The Opioid Epidemic: 5 million Americans report using prescription opioids for non-medical reasons. 1 in 5 pregnant women report using opioid prescriptions during pregnancy. In June 2016 the Addiction Policy Forum launched #129aDay, an awareness and action campaign. #129aDay represents the number of individuals who die each day from a substance use disorder. At the National Prescription Drug Abuse & Heroin Summit on March 29, 2016 President Obama proclaimed this a disease. On March 26, 2015 U.S. Health and Human Services Secretary Sylvia M. Burwell announced a targeted initiative aimed at reducing prescription opioid and heroin related overdose, death and dependence. The President's FY 2016 budget included critical investments to intensify efforts to reduce opioid misuse and abuse, including \$133 million in new funding to address this critical issue. The Secretary's efforts focus on three priority areas that tackle the opioid crisis, significantly impacting those struggling with substance use disorders and helping save lives.

1. Providing training and educational resources, including updated prescriber guidelines, to assist health professionals in making informed prescribing decisions and address the over-prescribing of opioids.
2. Increasing use of naloxone, as well as continuing to support the development and distribution of the life-saving drug, to help reduce the number of deaths associated with prescription opioid and heroin overdose.
3. Expanding the use of Medication-Assisted Treatment (MAT), a comprehensive way to address the needs of individuals that combines the use of medication with counseling and behavioral therapies to treat substance use disorders.

In August 2016 the U.S. Surgeon General sent letters to 2.3 million American health professionals, asking them to lead a national movement to turn the tide on the nation's prescription opioid epidemic. The Surgeon General urged clinicians to visit a website his office launched, [www.TurnTheTideRx.org](http://www.TurnTheTideRx.org), where they can pledge their commitment to combating opioid misuse by enhancing education for treating pain, by screening

patients for opioid use disorder, and by leading a shift in the public perception of addiction so that it is treated as chronic illness rather than as a moral failing.

Economic Impact: Most people in need are not getting treatment. Addiction is a chronic disease that requires continued care. The Drug Enforcement Administration (DEA) has developed a program for youth around what drugs do to the brain. Detox is not very effective with low rates of retention in treatment and high rates of relapse post-treatment. The Comprehensive Addiction and Recovery Act (CARA) introduced in 2016 will help to combat the current drug epidemic in our country. This legislation would: Expand the availability of naloxone to law enforcement agencies and other first responders, improve prescription drug monitoring programs to help states monitor and track prescription drug diversion and to help at-risk individuals access services, shift resources towards identifying and treating incarcerated people who are suffering from addiction, and prohibit the Department of Education from including questions about the conviction of an applicant for the possession or sale of illegal drugs on the Free Application for Federal Student Aid (FAFSA) financial aid form. This legislation could also expand prescribing privileges to nurse practitioners and physician assistants.

➤ **RSAC Representative Updates:**

- Linell Grundman: The Town of Sandwich will be sponsoring a workshop for officials, professional municipal staff, substance abuse prevention professionals/advocates, and interested community business and non-profit partners concerning the new recreational marijuana law. The working will be held on Monday, December 12, 2016, 3-4:30 PM at the Sandwich Town Hall.
- Vaira Harik: The Department of Human Services received a \$13,000 grant from the Cornerstone Charitable Foundation to support the 9-1-1 Good Samaritan Law video and PSA production.
- Beverly Costa-Ciavola: The Commission on the Status of Grandparents Raising Grandchildren and the Office of the Attorney General recently completed the "2016 Information Exchange and Listening Tour." The Commission and the AGO visited the eight communities including Bourne and heard from over 450 grandparents and other kinship caregivers as well as providers, social workers, probation officers, and elected officials on various topics including trauma of opioid addiction on children. Two life-skills trainings have been held and they are working with the Dept. of Public Health to bring more trainings to our region.

➤ **Adjournment:** 5:30 PM.

➤ **Next meeting scheduled for February 2, 2017 @ 4 PM in the Harborview Conference Room in the County Complex**

Respectfully submitted: Kathie Callahan, BCDHS