

# BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

## MEETING SUMMARY

<b>Date:</b> April 6, 2017 4:00 PM	<b>MEETING PLACE:</b> Harborview Conference Room, Barnstable County Complex	
<b>NEXT MEETING:</b> June 1, 2017, 4:00 PM, Harborview Conference Room, County Complex	<b>RECORDING:</b> Kathie Callahan, Barnstable County Human Services	
<b>MEMBERS PRESENT:</b> Beth Albert, Roger Allen, Deirdre Arvidson, Karen Cardeira, Beth Cummings, Chris Greeley, Lisa Guyon, Paul Hilton, Mary LeClair, Donna Mello, Heidi Nelson, Ruth Provost, Kathy Quatromoni, Sam Tarplin, Gail Wilson, Regina Yaroch		
<b>Unable to attend:</b> Patty Mitrokostas		
<b>Members of the public:</b> Rachel Berggren, Jamie Binienda, Stephanie Briody, Beth Bowman, Trudy Avery, Kelly St. Romaine, Robin Wallace, Amy Doherty, Kim Leman, Fiona Jensen, Geri Moore, Stephanie Tobey-Roderick, Gail Costa, Maureen Linehan, Karen Carll, Beverly Costa-Ciavola, Julie Showalter,		
<b>DHS Staff:</b> Vaira Harik, Kim Slade, Melissa Janiszewski		

- **Welcome and Introductions:** Beth Albert chaired the meeting. Introductions were made by individuals.
- **Minutes of February 2, 2017 Meeting:** Motion by Ruth Provost, seconded by Kathy Quatromoni to accept the February 2, 2017 minutes as written, unanimously approved.
- **RSAC Staff and Working Group and Action Plan Updates:**
  - **MOAPC – Melissa Janiszewski:** Melissa reported that she is working on a Death Certificate analysis for Cape Cod to look at opioid deaths between 2004 and 2014. Data shows that 69% of deaths were individuals in the trades, 72% were male. The data will determine next steps in this work. The MOAPC grant will fund 10 scholarships for a two-day training by the New England School of Addiction. The Intervention/Harm Reduction working group is planning a “Train the Trainer” workshop to conduct Narcan trainings. Partnering with Pharmacies. Also working on creating a rack card around the 911 Good Samaritan Law with information on how to respond to an overdose. Beverly Costa-Ciavola reported that there is a high incidence of men with depression attempting/completing suicide and often times related to drug overdose.
  - **SAPC – Kim Slade:** Working with MassTapp on capacity building with community members. Partnering with Cape Cod Healthcare and the Mom’s Do Care initiative. Engaging community members around trauma-informed care. Looking at co-occurring disorders. Working with schools to assist them with prevention programs. Reviewing student survey results and compiling data. Working on My Choice Matters website and hope to go live soon.
    - Beth Albert reported that Kim and Melissa have been attending trainings to receive their prevention specialist certification which is mandated as part of the MOAPC and SAPC grant agreement.
  - **Prevention Work Group:** Lisa Guyon reported that this work group meets monthly and is always looking for new members. Group is moving forward with plans for a second My Choice Matters Parent Summit. Working on putting together extra-curricular packages to distribute to Recreation Centers. RSAC is promoting National Prescription Take Back Day on April 29, 2017. Will include pet medications

also. All 15 Police Departments on Cape Cod have drop boxes located at the police stations and unused Rx drugs can be dropped off any time during the year.

- **Recovery Work Group:** Sam Tarplin reported that this group is working on an event for mid-May with the focus being on families in recovery and providing resources on Cape Cod. Promoting the My Choice Matters campaign.
  - **Treatment Work Group:** Heidi Nelson & Roger Allen: Treatment Working Group work plan we have a task to promote Buprenorphine Waiver Training on the Cape. We invited Colleen Labelle who is the MAT technical assistance specialist for Mass., to our treatment working group meeting on March 20 to talk about planning a training. There are two waiver trainings, Colleen thinks the best is offered by SAMHSA and this certification is almost ready to go. We are going to schedule a training for the Cape, with capacity to train 75 to 150 providers. We need to identify a space, BMC will provide food and CEUs. The working group also has a task to do an assessment of treatment capacity in Barnstable County. Vaira is contacting Margaret Anshutz who is the author of the CHIA report, Access to Substance Use Disorder Treatment in Mass.,' to see if she can guide us. Three months ago we had a presentation by the SUD point person at DCF; next we hope to host the point person on SUD from DMH.
  - **Intervention Work Group:** Meetings are held at the Barnstable Police Dept. Working on Narcan Train the Trainer trainings, rack cards to inform the public about the 911 Good Samaritan Law and reporting overdoses. Also working on PSA's for the community.
  - Beth Albert reported on the successful Legislative Forum held in February. DHS staff is following up with Representatives Whelan, Fernandes and Viera who were unable to attend. Have also met with State Senator Cyr for follow-up and support of RSAC.
- **Presentation – Barnstable County Alcohol Coalition – Investigator, Jamie Binienda, MA Alcoholic Beverages Control Commission (ABCC):** Jamie gave a brief overview of the ABCC, the agency that regulates the alcohol industry. The Commission handles judiciary cases without the need for the legislature to sign off. The Licensing Division processes alcoholic beverage licenses. There are more than 24,000 licenses in the Commonwealth. The Investigative Division performs license application investigations. The objectives of this division are to 1) prevent the sale or delivery of alcoholic beverages to underage individuals, 2) prevent the sale of alcoholic beverages to intoxicated individuals, 3) prevent the sale of alcoholic beverages that are illegally imported or purchases allowing for tax evasion and to prevent the tampering of alcoholic beverages, 4) prevent illegal gambling, 5) prevent the sale or delivery of illegal narcotics, 6) prevent undisclosed ownership of licensed establishments by individuals or criminal organizations and 7) provide suppliers, wholesalers and retailers of the alcoholic beverage industry with a fair and even playing field to conduct their licensed business. Programs of the ABCC include: Operation Safe Prom & Graduation, Data Driven Impaired Driving Prevention, and Minimum Purchase Age Compliance Checks.

Jamie noted that reports on arrest data have established that 75-80% of violent crimes such as assaults and domestic violence are alcohol related. Excessive alcohol consumption in the U.S. is responsible for an average of 80,000 deaths each year and cost \$223.5 billion. About 3 million violent crimes occur each year where alcohol was involved. A review of 88 studies concluded that greater outlet density was associated with a variety of public health and safety concerns. An effective way to reduce alcohol-related harms is through alcohol control policies.

What Can We Do?: Jamie would like to see the Operation Safe Prom & Graduation program be brought to all towns on Cape Cod as well as Data Driven Impaired Driving Prevention. The Investigative Division of the ABCC conducts surveillance in bars to monitor the establishment in regards to over-serving alcoholic beverages to customers. This method of enforcement has shown a 90-95% reduction in OUI's. Minimum Purchase Age Compliance Checks, surveillance at bars and liquor stores has resulted in a 50% decrease in the failure rate in MA since 2001.

Jamie is part of a new initiative, The Cape Cod Alcohol Coalition which will focus on Alcohol License holders, local Licensing Board Associations, a Social Norms campaign and Social Host Marketing Plan. This is the first county-wide coalition of this type in the Commonwealth. RSAC will be involved in supporting this Coalition with the hopes of dovetailing initiatives. The ABCC supports the creation of this Coalition also. The first meeting is scheduled for April 10, 2017. Complete presentation attached.

➤ **Member Updates:**

- **Lisa Guyon:** Moms Do Care Program has 30 women enrolled, still space available.
- **Regina Yaroach:** Students Achieving Recovery Together (START) is a student club at Cape Cod Community College and meets every Wednesday, 2-3:00 PM in North 107. Goal is to promote awareness, support, compassion, and change around the issues of addiction and recovery. If you are in recovery, or if your life has been impacted by a loved one's addiction, you can join START. The Chelsea L. Joslin Students in Recovery Financial Award supports the educational goals of students in recovery. Apply now for Fall 2017 awards. Applications are due by April 21, 2017. Fairwinds – Nantucket is offering recovery coach training. Contact Tess Pearson, Coordinator for more information.
- **Karen Cardeira:** Falmouth Public Schools viewed "Hidden in Plain Site" with 100 parents in attendance. Falmouth will hold discussions about bringing all groups and key players together to collaborate on substance use issues.
- **Gail Wilson:** Mashpee Substance Use Task Force is a multi-disciplinary collaboration designed to promote community awareness of substance use through education, prevention and treatment to build a healthy, safe and drug-free community. A Drop-in Night to provide substance use information, education and treatment resources options will be held on the first Tuesday of the month beginning June 6, 2017 from 4-8 PM at the Community Health Center of Cape Cod, 107 Commercial St. in Mashpee.
- **Mary LeClair:** Housing Assistance Corp. is working with Gosnold to assist in locating housing for individuals leaving treatment.
- **Ruth Provost:** The Boys and Girls Club of Cape Cod hosted a Narcan Training provided by Donna Mello of the AIDS Support Group of Cape Cod & Islands. The Club also conducted a substance use survey and are in the process of analyzing the survey results.
- **Beth Cummings:** The Sandwich Substance Abuse Committee is looking at collaboration between organizations. There will be a question on the ballot regarding the town of Sandwich opting out in allowing marijuana shops in the town.
- **Sam Tarplin:** Exploring funding sources for a PIER Center in Falmouth. Working on another short film around why society reacts differently to different races dying from substance use.
- **Donna Mello:** AIDS Support Group offers free testing, overdose education, and conducts street outreach. They are seeing an increase in overdoses.
- **Kathy Quatromoni:** Continue to work with schools to provide education and resources.
- **Drug Take Back Kiosks:** can be found in Cape Cod Hospital and soon in Falmouth Hospital.
- **Roger Allen:** Working on more treatment resources for pre-sentenced inmates, providing treatment plans, motivating inmates who are opioid users to seek Vivitrol treatment, providing Narcan training for inmates and coordinating after care groups in Hyannis after inmates are released. Also looking at an after care group in Falmouth.
- **Karen Cardeira:** Town of Falmouth has new by-law making the sale of synthetic marijuana illegal. They will also have a ballot question in May opting out of allowing marijuana shops in the town.
- **Deirdre Arvidson:** May 24<sup>th</sup> the Cape Cod Chapter of the MA Association of Public Health Nurses, monthly meeting will feature Justin Alves ACRN, CARN, BSN from MDPH who will be speaking on the biological effects of cannabinoids, health effects, risks of use in

special populations, and implications of the new policies. The meeting will be held in the Harborview Conference Room from 7:30-7:00 PM and nursing CEUs are available. RSVP to [darvidson@barnstablecounty.org](mailto:darvidson@barnstablecounty.org). Open to the public.

- **Amy Doherty:** Wellstrong is a fitness recovery community advocating fitness and mindfulness that enable adolescents, young adults and people of all ages to find the inspiration and motivation they need to win their battles with addiction.
  - **Geri Moore:** SMART Recovery® (SR) is an abstinence-oriented program designed to help you find solutions to any addictive behavior. SR is science-based, so you will learn some of what scientists know about your problem(s), as well as effective and practical ways to deal with those problems. They offer cognitive behavior therapy groups in East Falmouth, Plymouth and Nantucket.
  - **Stephanie Roderick & Gail Costa:** Reported that they have 2 staff members working on substance abuse issues in the Wampanoag tribe. The tribe is putting together a resource directory and working with the tribe health clinic on assisting clients with substance use disorders to connect to resources.
  - **Beverly Costa-Ciavola:** Grandparents raising Grandchildren group note that many grandchildren are under their care due to substance use issues with the children's parents.
- **Adjournment:** Kathy Quatromoni motioned, seconded by Sam Tarplin to adjourn the meeting. Meeting adjourned at 5:30 PM.
- **Next meeting:** scheduled for June 1, 2017 @ 4 PM in the Harborview Conference Room in the County Complex.

Respectfully submitted: Kathie Callahan, BCDHS