

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: June 1, 2017 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex
NEXT MEETING: August 3, 2017, 4:00 PM, Harborview Conference Room, County Complex (cancelled)	RECORDING: Kathie Callahan, Barnstable County Human Services
<p>MEMBERS PRESENT: Beth Albert, Roger Allen, Ann Marie Askew, Karen Cardeira, Beth Cummings, Christine Greeley, Lisa Guyon, Sheila House, Mary LeClair, Donna Mello, Patty Mitrokostas, Kathleen Mooney, Heidi Nelson, Edye Nesmith, Ruth Provost, Kathy Quatromoni, Brian Robbins, Gail Wilson, Regina Yaroch</p> <p>Unable to attend: Judy Scarafile, Paul Hilton</p> <p>Members of the public: Rachel Berggren, Jamie Binienda, Beth Bowman, Robin Wallace, Amy Doherty, Fiona Jensen, Geri Moore, Maureen Linehan, Karen Carll, Julie Showalter, K.C. Myers – CCT, Christina Russel, Christine Wilcox, Deb Martin, Eleni Kontogli, Sean Parker, Elizabeth Mooney</p> <p>DHS Staff: Vaira Harik, Kim Slade, Melissa Janiszewski</p>	

- **Welcome and Introductions:** Beth Albert chaired the meeting. Introductions were made by individuals.
- **Minutes of April 2017 Meeting:** Motion by Ruth Provost, seconded by Mary LeClair to accept the April 6, 2017 minutes as written, unanimously approved.
- **RSAC Staff and Working Group and Action Plan Updates:**
 - **RSAC Leadership – Beth Albert:** Leadership Committee met twice to review the RSAC Governance Statement, in particular, leadership/co-chairs: structure, roles, and appointment, the RSAC Advisory Committee and RSAC membership composition. RSAC Co-chairs Ray Tamasi and Cheryl Bartlett now have other commitments and will no longer participate on the RSAC as co-chairs. Co-chairs will be appointed on an annual basis by a simple majority vote of RSAC representatives at the first meeting in a calendar year. Advisory Committee is now titled Leadership Committee. Changes are proposed to the Leadership Committee structure and composition. Composition of the RSAC: the Leadership Committee shall invite new representatives to join the RSAC. Changes reviewed. Sheila House motioned to accept the proposed changes to the RSAC Governance Statement, seconded by Lisa Guyon, unanimously approved.
 - **MOAPC –:** Life Skills materials have been purchased and will be distributed to 2 school districts, Barnstable and Sandwich. Materials also include a parent curriculum. Developing a packet of tools and recommendations and also a prevention curriculum being purchased for recreation centers.
 - **SAPC – Kim Slade:** Kim has been working on the My Choice Matters (MCM) campaign and accompanying website. Kim is working with the Cape Cod Alcohol Coalition to support their work. Kim reviewed the new MCM website, its content and design. Grouper Design helped in the design of the website and Kim and Melissa Janiszewski assisted with populating the content. Content includes helpline information, facts section, data, Q&A section, tips for parents and youth section, local coalition contact info, resources, MCM toolkit,

and other useful links to information and resources. Organizations can link on their website to this new website at www.mychoicematters.net. In the process of developing two new radio ads also.

- **Prevention Work Group, Co-chairs Lisa Guyon and Patty Mitrokostas:** Group reviewed youth survey data and is looking at next steps. In planning stages for the 2nd Annual Parent Summit for the Fall of 2017.
 - **Recovery Work Group, Co-Chair Brian Robbins:** Holding a Families Recover Too event on June 4th, 1-3:30, Sandwich Town Hall. Will be interactive, fund, educational and include story-telling messages around recovery, a Q&A panel with family support groups, and local family support resources. Planning Recovery Fest for September, working on ad also.
 - **Treatment Work Group, Co-chairs Heidi Nelson & Roger Allen:** Heidi noted that this group is always seeking new members. May 15th hosted Robin Wallace of DMH. Robin is available to DMH programs in the area also. Treatment group will host an educational event on Suboxone on Friday, July 28th at Cape Cod Community College. August meeting at 4 C's will include nursing program professors. Beth Albert noted that Roger Allen and Karen Cardeira will be retiring and on behalf of RSAC thanked them for their participation.
 - **Intervention Work Group, Co-chair Donna Mello:** Meetings are held at the Barnstable Police Dept. Completed Narcan Train the Trainer trainings with 10 new trainers having been trained to do overdose trainings to groups in the community and organizations. There are now a total of 13 trainers. Helped create rack cards to inform the public about recognizing an overdose, the 911 Good Samaritan Law and reporting overdoses. A total of 7,500 rack cards have been printed using MOAPC grant funds to be widely distributed.
- **Update on Prevention Partnership – Patty Mitrokostas:** The Prevention Partnership began as the Falmouth Prevention Partnership. In 2014 Gosnold established a Prevention Division incorporating the staff and programs of the Falmouth Prevention Partnership. Programs are raising awareness and educating our communities with forums, awareness seminars, professional educational events and information dissemination, all to help improve an understanding of substance abuse and emotional disorders. The United Way awarded the Prevention Partnership a strategic partnership grant to work with the Town of Yarmouth on substance use prevention.
- **Overdose Follow-up Programs on Cape Cod – Kathy Quatromoni:** Discussed the Norfolk County Cares Kits offer First Responder Programs through the Norfolk District Attorney's office. The Cares Kit goal is to distribute information and resources to friends, family and individuals effected by a recent drug overdose incident that could help them or their family member conquer their substance use disorder. Police and Fire Departments are asked to submit to the DA's office the addresses of all successful Narcan overdose reversals. This information will be for basic log information only. Kathy raised the question about what is being done on the Cape. Need to put together a list of programs and resources being offered after a drug overdose incident. Check in with town police chiefs, fire chiefs, Gosnold, AIDS Support Group, Cape Cod Healthcare and others.
- **Presentation – Analysis of Overdose Death Data, Barnstable County 2004-2014, Vaira Harik:** Vaira analyzed death records for Barnstable County for the 10-year period of 2004-2014 using MA DPH Registry of Vital Records & Statistics. Vaira's review of death records shows that of 411 deaths due to "poisoning" in Barnstable County 281 deaths involved opioid poisoning, with opioids being the primary cause of death in 209 cases. Of the opioid-involved deaths 201 (72%) were male and 80 (28%) female, and 64% of these deaths were persons employed in the trades. The majority of opioid-related deaths occurred in the age ranges of 25-44 (51%) and 45-64 (36%). Additionally, of the 411 deaths due to "poisoning", 91 involved "poisoning by alcohol" and alcohol was the primary cause of death in 16 of those cases. Of the alcohol-related deaths 61 were employed in the trades. A consultant has been hired using MOAPC grant funds to hold focus groups and key

informant interviews between April and June of 2017 with (likely) straight-to-work youth, incarcerated and post-incarcerated persons, and employers of trades people. The focus will be on risk reduction and harm reduction. Vaira noted that the data suggests targeting prevention and treatment efforts towards individuals in the trades.

Discussion: In the follow up discussion members of the RSAC suggested further avenues of inquiry and posed questions as to the reasons for over-representation of tradespeople among opioid-related deaths.

➤ **Member Updates:**

- **Gail Wilson:** The Mashpee Substance Use Task Force launched Monthly Drop-in Night on the first Tuesday of each month and will be held at the Community Health Center of Cape Cod beginning June 6, 2017, 4-8:00 PM. The drop-in night will provide treatment options, counseling and education to individuals and families struggling with substance use and addiction. Licensed clinicians will be available to speak one on one with all visitors. Narcan training will also be available from 6-8:00 PM. This drop-in center model is the first of its kind on Cape Cod.

➤ **Adjournment:** Meeting adjourned at 5:30 PM.

➤ **Next meeting:** scheduled for August 3, 2017 @ 4 PM in the Harborview Conference Room in the County Complex.

Respectfully submitted: Kathie Callahan, BCDHS