

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: October 5, 2017 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex
NEXT MEETING: November 2, 2017, 4:00 PM, Harborview Conference Room, County Complex	RECORDING: Kathie Callahan, Barnstable County Human Services
<p>MEMBERS PRESENT: Beth Albert, Jamie Binienda, Beth Cummings, Christine Greeley, Lisa Guyon, Suzie Hauptmann, Paul Hilton, Judge John Julian, Mary LeClair, Kim Leman, Donna Mello, Patty Mitrokostas, Kathy Quatromoni, Judy Scarafile, Sam Tarplin, Robin Wallace, Gail Wilson, Regina Yaroch</p> <p>Unable to attend:</p> <p>Members of the public: Senator Julian Cyr, Patrick Johnson – Senator Cyr’s office, Amy Doherty, Cindy Horgan, Amanda Haddad, Bruce Murphy, Donna Beers, Pat Cawley, Barbara Prindle-Eaton, Martha Taylor, Rachel Berggren, Carl Alves, Jeanne Flynn</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 June 1, 2017 Meeting:** Motion by Kathy Quatromoni, seconded by Patty Mitrokostas to accept the June 1, 2017 minutes as written, unanimously approved.

- **RSAC Staff and Working Group and Action Plan Updates:**
 - **RSAC Leadership – Beth Albert:** RSAC meetings will move to a monthly meeting schedule except no meetings will be scheduled for July & September. The leadership team is assessing nominations for new co-chairs.
 - **SAPC – Kim Slade:** Working with parents and schools on substance use prevention. My Choice Matters: Phase One - posters are now being displayed in five school districts with hopes to encompass all by December. Phase two – next two posters and radio ads are in post-production. Received a donation from the DA’s office that is assisting with radio and other advertising. Offering a three-part training series this fall in partnership with the Moms Do Care grant through Cape Cod Healthcare. Next training is Wednesday, October 11th on Incorporating Tobacco Education and Treatment into Substance Use treatment. November training will offer Compassion Fatigue. SAPC is supporting the evidence-based prevention curriculum used in multiple Cape Cod school districts. Five communities have come together and are organizing a collaborative approach to offering the LifeSkills parent curriculum which provides substance use prevention strategies and resources. We are the first region in the state to offer this. Program focuses on communication, monitoring, modeling, discipline, and warning signs of substance use. Hope to be able to offer to parents as a continuation of our Parent Summit, *My Choice Matters: Building Parent Muscle*.
 - This year’s Parent Summit is scheduled for November 5th, 11 AM-3 PM at the Cape Codder Resort in Hyannis and is supported by Cape Cod Healthcare, Barnstable School district and the Cape Cod Foundation. It will feature speakers Jon Mattleman and Cindy Horgan, addressing growing grit and protective factors as well as the secret lives of teens. This year participants will be able to attend all workshops offered. Registration is already open with links on social media, the RSAC and department newsletters as well as

www.bchumanservices.net. A flyer with registration information will be sent out as soon as it is available. Please use social media and networking connections to promote this event.

Finalizing the next issue brief which focuses on providing parents who legally use marijuana, WITH recommendations on preventing or delaying the onset of their teen's use.

- **Prevention Work Group, Co-chairs Lisa Guyon and Patty Mitrokostas:** Helping with coordination of the Parent Summit and distribution of substance use prevention materials.
- **Recovery Work Group, Co-Chairs Sam Tarplin and Brian Robbins:** Sam reported that the 2nd Annual Recovery Fest was held recently. This work group will meet soon to discuss the direction of the group and their next project.
- **Treatment Work Group, Co-chair Heidi Nelson:** Heidi was not present – not report at this time.
- **MOAPC – Presentation: An analysis of Opioid-Related Overdose Deaths on Cape Cod, Implications for the Straight-To-Work Population – Vaira Harik and Melissa Janiszewski:** Vaira: MOAPC (Massachusetts Opioid Abuse Prevention Collaborative) is funded by BSAS (Bureau of Substance Abuse Services) in local municipalities across the Commonwealth to prevent the misuse of opioids and opioid overdoses. Barnstable County Dept. of Human Services is a MOAPC grantee. Barnstable County's MOAPC work is integrated with the work of the Barnstable County Regional Substance Use Council. Vaira reported that findings of a death records review by the Medford MOAPC (Mystic Valley Public Health Coalition) staff showed a high number of deaths from opioids among tradespeople (2012-2016). Barnstable County MOAPC staff decided to replicate this work to gain greater insight into sub-populations on Cape Cod that may be at disproportionate risk for opioid-related deaths. Barnstable County MOAPC conducted a similar analysis of opioid-related death records and extended the analysis to further identify sub-populations of disproportionate risk: age, gender, race; education level, and employment with occupational sub-categories. Both quantitative and qualitative methods were used.

Following the death records analysis and a literature review, two sub-groups were identified for study: Persons in the trades and service industries and non-traditional high school students. Began to focus on the "straight-to-work" (STW) population defined as persons who have gone straight from high school into the workforce, frequently finding work in the trades and service industries. Vaira reviewed data and found there were 281 deaths due to "poisoning" in Barnstable County between 2004-2014. The percentage of decedents employed in the construction trades was greatly in excess of their representation in trades/service industries (38% vs. 14%).

Melissa reviewed Findings: 1. Persons with educational attainment of H.S. graduate or less are disproportionately represented among opioid-related deaths; 2. Persons working in trades and service industries are disproportionately represented among opioid-related deaths; 3. Likely interaction of occupational injury, opioid prescription and self-medication; 4. Need for employment and housing assistance for STW youth/young adults and persons in recovery; and 5) Need for additional inquiry economic context, culture and practices of trades and service industry workers and of STW youth/young adults.

Preliminary recommendations were made including actions that can be taken now, and further inquiry that is needed. Next steps reviewed including: 1. Review by RSAC, relevant agencies and employers and members of the public; 2. Development of an action plan by the RSAC with likely assignment to RSAC workgroups for work on particular recommendations and 3. Pursue recommended areas of further inquiry. The full report can be found on the Department of Human Services website at <http://www.bchumanservices.net/publications-data/rsac-publications-data/>.

Discussion: Look at access to opioids prescription vs. non-prescription; look at large companies and also very small companies; look at associated stigma and offer additional education; look at seasonal workers; get additional media coverage around this issue. Noted that STW individuals are often in unstructured jobs and are isolated.

- **Harm Reduction Work Group – Co-Chairs Donna Mello and Judy Scarafile – Presentation: Good Samaritan Project, Melissa Janiszewski:** In 2013 the Massachusetts Opioid Abuse Prevention Collaborative (OAPC) was developed to support the implementation of local policy, practice, systems, and environmental change for three key purposes: To prevent the misuse of opioids; To prevent and reduce unintentional deaths and nonfatal hospital events associated with opioid poisonings; To increase both the number and capacity of municipalities across the Commonwealth addressing these issues. The mission of the RSAC Harm Reduction Workgroup is to reduce the number of opioid related deaths on Cape Cod through education to key stakeholders and impacted individuals on practices and policies that reduce overdose fatalities by: Promoting Opioid Overdose Education and Naloxone Distribution training opportunities and Naloxone availability; Improving the understanding and application of 911 Good Samaritan Law via policy and practice review; Providing technical assistance to local employers about substance use disorder, overdose prevention and best practices to reduce opioid death.

The goals of the Barnstable County Harm Reduction Workgroup are to: Educate the general public on Good Samaritan Law; and increase annual number of opioid related 911 calls from the public. Long term goals include: Reducing barriers for help seeking individuals; reduce opioid overdose death for Barnstable County; and Increase education on “How to Recognize and Respond to an Overdose”. Melissa updated the group on the key accomplishments in 2016-2017. In 2014 the Governor of Massachusetts declared a public health emergency in response to a surge in opioid related overdose deaths statewide. She reported on Barnstable County opioid death rate compared to the state rates which have dropped between 2014 and 2016. In 2012 Massachusetts passed the 911 Good Samaritan Law to encourage people to call 911 during an overdose emergency. There is a statewide campaign, “Make the Right Call” that has been initiated. Barnstable County received a one-year grant of \$13,000 in funding from the Cornerstone Charitable Foundations in October 2016 to promote the Good Samaritan Law and produced a Video and PSA, Opioid Overdose Rack cards, and Opioid Overdose bathroom hangers for public restrooms. Barnstable County has applied for additional funding in September 2017 to assist with the dissemination of 9-1-1 Good Samaritan Law video and PSA through repeated radio and online messaging.

Melissa showed the 9-1-1 Good Samaritan video that has been recorded by Jeanne Flynn, a parent who lost her son to an overdose. Jeanne was also in attendance and briefly spoke to the group regarding the benefits of the Good Samaritan Law. Lisa Guyon inquired as to producing the video and alternate languages. She offered translation services from Cape Cod Healthcare.

- **Adjournment:** Meeting adjourned at 5:30 PM.
- **Next meeting:** Scheduled for December 7, 2017 @ 4 PM in the Harborview Conference Room in the County Complex.

Respectfully submitted: Kathie Callahan, BCDHS