

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: December 7, 2017 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex	
NEXT MEETING: January 4, 2018, 4:00 PM, Harborview Conference Room, County Complex	RECORDING: Kathie Callahan, Barnstable County Human Services	
<p>MEMBERS PRESENT: Beth Albert, Ann Marie Askew, Jamie Binienda, Shaun Cahill, State Rep. Will Crocker, Chris Greeley, Lisa Guyon, Suzie Hauptmann, Paul Hilton, Sheila House, Michael Jackman, Judge John Julian, Mary LeClair, Heidi Nelson, Ruth Provost, Katie Riconda, Judy Scarafile, Sam Tarplin, Robin Wallace, Gail Wilson</p> <p>Unable to attend: Beth Cummings, Patty Mitrokostas</p> <p>Members of the public: Carl Alves, Amy Doherty, Barbara Prindle-Eaton, Stephanie Briody, Rachel Berggren, Linell Grundman, Lenny Thatcher, Mike Leach, Cindy Horgan, Marilyn – Cape Cod Times</p> <p>DHS Staff: Vaira Harik, Kim Slade</p>		

- **Welcome and Introductions:** Beth Albert chaired the meeting. Introductions were made by individuals. Beth welcomed new RSAC members Katie Riconda, ASGCC Prevention Director and Elizabeth Mooney, MOAR SE Coordinator

- **Minutes of October & November 2017 Meetings:** Mary LeClair motioned, seconded by Sheila House to approve the minutes of October 5, 2017 and November 2, 2017, unanimously approved.

- **Legislative Updates**
 - Congressman Keating – Mike Jackman, District Director: Congressman Keating is a strong supporter of the Comprehensive Addiction and Recovery Act of 2016 to authorize the AG and Secretary of Health and Human Services to award grants to address the prescription opioid abuse and heroin use crisis. He has authored and sponsored the STOPP Act (Stop the Tampering of Prescription Pills) which requires the use of abuse-deterrent technologies in prescription painkillers. Abuse deterrent technology is a critical component in prevention that includes both physical barriers to prevent misuse and pharmacological barriers to bring down the potency of these drugs when too much is consumed. Current legislation on co-prescribing requires that when a narcotic is prescribed, Naloxone is also prescribed, especially to individuals at risk of addiction. Massachusetts has a standing order for this practice. Congressman Keating sponsored the Safe Prescribing for Veterans Act which provides for a continuing education requirement for employees of the Department of Veterans Affairs authorized to prescribe medication. Such course shall include information on safe prescribing practices and disposal of controlled substances, principles of pain management, identification of potential substance use disorders and addiction treatment. Congressman Keating attended a meeting in Washington D.C. on the topic of a shift in the way people are finding their way to opioid addiction. Doctors reported that initially individuals were getting addicted through prescription medications but more recently more incidences of addiction are through the use of heroin. Doctors stressed the importance of medication Assisted Treatment (MAT). Looking at research into brain receptors for opioid addiction risks. Currently Bristol and Barnstable counties have the highest per capita overdose rates in the Commonwealth.

- State House – Representative William Crocker: Rep. Crocker is on the Joint Committee on Mental Health, Substance Use and Recovery. There are currently 130 bills on the table. The Criminal Justice Reform bill was passed in the House and the Senate with the Senate version being slightly different. The Diversion Program offers reduction in jail time for juvenile offenders of minor offenses. He is a proponent for more funding for detox programs inside of correctional facilities and statewide uniformity across counties with stable revenue streams. In regards to SUD legislation, in 2018 Rep Crocker will focus on securing a private funding source for prevention programming for youth in the schools and social service agencies.

➤ **Staff Updates:**

- Staff Changes – Beth Albert: Melissa Janiszewski, MOAPC Program Specialist resigned, job vacancy has been posted. Committed to keeping the momentum of the MOAPC initiatives going with the help of Vaira Harik.
- Program Updates:
 - Kim Slade, SAPC Program Specialist reported that the Parent Summit in November was a success.
 - Vaira Harik, Senior Project Manager conducted presentations on the Death Certificate analysis and the trades professions to the Mashpee Chamber of Commerce and the Cape Cod Human Resources Association. Vaira met with the Cape Cod Homebuilders and Remodelers Association to discuss beneficial approaches to substance use prevention for their membership. Vaira is assisting with staffing the Harm Reduction and Treatment work groups in the absence of a MOAPC coordinator.

➤ **RSAC Working Group Updates:**

- **Prevention Work Group, Co-chairs Lisa Guyon and Patty Mitrokostas:** Kim Slade reported that this group is discussing action plan for the upcoming year. Mike Leach will be attending the next meeting on January 4, 2018, 2:30-4:00 PM to present on Reefer Madness: Reframing the Conversation with Youth about Marijuana. The training provides an overview of the latest data and current trends in marijuana use among youth, research on marijuana and the teenage brain, perceived benefits, short-term vs. long-term effects of use, and cannabis use disorder. Training also focuses on ways to engage youth in understanding their patterns of marijuana use, their reasons for use, and developing alternatives to marijuana use while promoting open, positive communication and healthier life choices.
- **Recovery Work Group, Co-Chairs Brian Robbins/Vacant:** Sam Tarplin reported they are revising the original action plan and will be working on rebuilding a centralized location for resources. Discussions will continue how to reach addicts leaving treatment and get them involved in recovery programs.
- **Treatment Work Group, Co-chairs Heidi Nelson/Vacant:** Heidi reported that this group is re-looking at their action plan, compiling a list of accomplishments, and new initiatives going forward.
- **Harm Reduction Work Group, Co-Chairs Donna Mello/Judy Scarafile:** Judy reported that the group has a goal of expanding membership. Recognizing and Responding to Overdose rack cards have been widely distributed. This information has also been printed on wall hangers that are removable and repositionable to other locations. Vaira demonstrated how they work and noted there were some for distribution at the meeting.
 - Narcan Training: Judy and other trainers have been doing community presentations and trainings on opioid overdose and use of Narcan. Currently there are 10 trainers trained to go out into the community and to organizations to do overdose trainings.

➤ **RSAC Updates:**

- **Regional Post OD Follow-up Program Model - Judge Julian:** Regional program called “Project Outreach” – includes all of Plymouth County. PCO Hope (Plymouth County Outreach) combined with the East Bridgewater HOPE (EB HOPE) program. PCO HOPE is a collaboration of Public Safety Agencies and Healthcare Providers created to respond to the ever-growing number of opiate overdoses by conducting follow-up visits within 12-24 hours after an overdose. The program is not limited to those addicted to opiates, it is for everyone impacted by addiction. Two main aspects of the program are overdose follow-up and community outreach. Overdose Follow-up: After an overdose occurs in a participating community, the Project Outreach team of safety officials and healthcare providers determines the best course of action to help that person. If it is determined that in-person follow-up may be beneficial, a healthcare worker and safety official will go to the overdose victims home to discuss treatment options and help them into treatment if they choose to go. Community Outreach: Twice a month the PCO HOPE team hosts a drop-in center where a growing number of health care providers help individuals with treatment options and train and distribute Narcan for free. Drop-in centers are open for anyone who is looking for information about treatment. Family members and friends are encouraged to stop in and gather information and resources about treatment. Each town’s Police Crisis Intervention Team (CIT) is the unit responsible for coordinating with Project Outreach. CIT officers are available to assist individuals and their families with navigating resources. There is coordinated data collection on overdoses in each of 26 towns in Plymouth County and data sharing amongst the towns.

Judge Julian reported that several towns on Cape Cod are conducting OD follow up programs but towns on the Cape do not share OD data or coordinate follow up. Judge Julian asked the RSAC for assistance in with efforts to promote this Cape-wide program. Beth Albert recommended that PCO HOPE be invited to do a presentation at a future RSAC meeting to learn more about the model.

- **Lower Cape Prevention Partnership – Sheila House:** The Partnership was active 2012-2015. Current efforts to restart this group and re-energize its work. They are working on a National Drug & Alcohol week event. They are also working on promoting the viewing of the film “Angst” which features candid interviews with kids and young adults who suffer, or have suffered, from **anxiety** and what they’ve learned about it. The **film** includes discussions with mental health experts about the causes of **anxiety** and its sociological effects, as well as help, resources and tools.
- **Falmouth – Suzie Hauptmann:** Falmouth Substance Abuse Commission is building capacity and gaining traction for future initiatives.
- **Pier Recovery Center – Lenny Thatcher:** The Center, located at 209 Main St., Hyannis, provides a safe & supportive place for those exploring recovery and has developed Guidelines (distributed) to encourage positive and meaningful participation and recovery focused interactions. The Center supports all pathways of recovery through Peers helping Peers with a current membership of 300 and growing and 17 recovery coaches. The Center offers treatment referrals, after-care resources and navigating housing issues and more.
- **Yarmouth Substance Awareness Committee – Chris Greely:** Group is re-examining their Action Plan. Participated in the Sticker Shock program with 33 volunteers placing stickers on wine & beer bags in establishments that sell alcohol to remind customers that it is illegal to provide or serve alcohol to underage youth. In collaboration with the liquor stores stickers have been used to educate adults about the social host law in Massachusetts.

- **Heidi Nelson:** Duffy Health Center is partnering with Behavioral Health Innovators on starting an Alternative Peer Group (APG) program and currently has a job posting for a clinician.
 - **Gail Wilson:** Mashpee Substance Use Task Force along with the Mashpee Chamber of Commerce continue to host Drop-In Nights at the Community Health Center of Cape Cod to bring together local treatment and recovery agencies to provide clinicians, resources and treatment options for anyone struggling with addiction from drugs or alcohol and their family members and friends. Drop-In Nights are held on the first Tuesday of each month.
 - **Linell Grundman:** Town of Sandwich was successful in voting to keep medical marijuana facilities out of the town of Sandwich as well as eliminating the sale of vaping and other devices. The town also has an open position for a Substance Abuse Coordinator.
 - **Ruth Provost:** Distributed results of the Massachusetts Alliance Club survey outcomes, in comparison to the Centers for Disease Control's National Youth Risk Behavior Survey at the state and national level.
 - **Barbara Prindle-Eaton:** Mothers Helping Mothers Program, part of the Mothers & Infants Recovery Network, Inc. has expanded its group meetings to Harwich. Flyers distributed with days, times & locations for Hyannis, Falmouth & Harwich.
 - **Amy Doherty:** Well-Strong opened a facility in Falmouth for individuals in recovery.
- **Adjournment:** Meeting adjourned at 5:30 PM.
- **Next meeting:** Scheduled for January 4, 2018 @ 4 PM in the Harborview Conference Room in the County Complex.

Respectfully submitted: Kathie Callahan, BCDHS