

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: February 1, 2018 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex
NEXT MEETING: March 1, 2018, 4:00 PM, Harborview Conference Room, County Complex	RECORDING: Kathie Callahan, Barnstable County Human Services
<p>MEMBERS PRESENT: Ann Marie Askew, Shaun Cahill, Beth Cummings, Dennis Cunningham, Chris Greeley, Elizabeth Griffin, Lisa Guyon, Suzie Hauptmann, Michael Jackman, Judge John Julian, Mary LeClair, Kim Leman, Patty Mitrokostas, Heidi Nelson, Edye Nesmith, Sean O'Brien</p> <p>Unable to attend: Jamie Binienda, Katie Riconda, Kathy Quatromoni</p> <p>Members of the public: Mike Leach, Leo Blandford, Dikke Hansen, Ashley Gallagher, MD, Nancy Bucken, Karen Gardner, Yvonne Nickerson, Trudy Avery, Bruce Murphy, Beverly Costa-Ciavola, Maureen Linehan, Patricia Nadle</p> <p>DHS Staff: Vaira Harik</p>	

- **Welcome and Introductions:** Vaira Harik chaired the meeting. Introductions were made by individuals.
- **Minutes of December 2017 Meeting:** Chris Greeley motioned, seconded by Heidi Nelson to approve the minutes of December 7, 2017, unanimously approved.
- **Staff Updates:**
 - Staff Changes – Vaira Harik reported that Melissa Janiszewski, MOAPC Program Specialist resigned and Vaira has taken on many of the responsibilities of this position. New staff has been hired, Gioia Persuitte, who will be starting on February 5, 2018.
 - Program Updates:
 - SAPC: Vaira reported that Kim continues to move forward with the many aspects of the work of SAPC grant. Kim is working on an Issue Brief around reducing the risk of youth substance use when the parent uses legal marijuana. This is in the final editing states and there will be an infographic to accompany the Issue Brief.
 - MOAPC: 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 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:** Group is working on updating Action Plan.
 - **Recovery Work Group, Co-Chairs Brian Robbins/Vacant:** No report
 - **Treatment Work Group, Co-chairs Heidi Nelson/Vacant:** Heidi reported that this group is updating their action plan and continues to look at treatment capacity. The Correctional facility is now providing services to individuals awaiting trial. Judge Julian reported that

when he makes a referral, it is with the understanding that the person will receive of 30+ days of treatment, counseling and resources post incarceration.

- **Harm Reduction Work Group, Co-Chairs Donna Mello/Judy Scarafile:** Michael Jackman reported that the last meeting focused on barriers to access Narcan. Narcan training takes place but it is difficult to acquire product. Discussions will focus on policies for access and financial barriers. The work group is also updating their Action Plan. Given the reported opioid deaths in the straight to work population, trades, service industries and individuals with limited education, the workplan will include providing information to employers to recognize employees under the influence of substance use. Vaira met with Mr. Sanborn, Superintendence of the Cape Cod Technical High School in Harwich regarding substance use effects on technical students going to work in the trades. Vaira asked RSAC members to disseminate the report to their networks.

- **Presentation – Substance use treatment programs at the Community Health Centers on Cape Cod:**
 - **Community Health Center of Cape Cod – Karen Gardner, CEO and Yvonne Nickerson, Program Director:** Karen and Yvonne gave an update on the Community Health Centers Addictions Programs. The programs include MAT (Medication Assisted Treatment), SOAP (Structured Outpatient Addiction Program) and Step Forward, a pre-contemplative and contemplative group session. Goals and objectives of these programs are to increase access and capacity, harm reduction, and continuous improvement in outcomes. The MAT program is in Bourne and Mashpee. Addictions groups and individual counseling take place at Falmouth, Bourne and Mashpee. The SOAP program is starting in Mashpee in February. Addictions programming is open to all, regardless of ability to pay, and regardless of where the client receives their primary care. CHC of CC signed an MOU with Cape Cod Healthcare Primary Care practices. Currently, outreach is taking place to specialists – ER, jail, police, fire and community. Drop-in nights are also held regularly at CHC of CC in Mashpee and Narcan education is provided.

 - **Duffy Health Center – Heidi Nelson, CEO:** Since 2006 Duffy Health Center has been a leader on Cape Cod in evidence-based opioid addiction treatment services in the primary care setting. The MAT program offers primary medical care, counseling, monitoring by doctors and nurses, hepatitis C treatment, services for pregnant women, services for teens and young adults using opioids and recovery support. With a capacity of 440, their current patient panel for MAT is 333. Duffy accepts MassHealth and Connector Care insurance products only. They will assist people with enrolling in health insurance and other benefits. Duffy partners with Cape Cod Healthcare for the Moms Do Care program, providing community connections and support for pregnant women with substance use issues. Duffy is the clinical partner with Behavioral Health Innovators in developing the Alternative Peer Group, offering an after-school and weekend program for teens struggling with addiction issues. Located at the PIER Recovery Center, the APG is scheduled to open April 1, 2018. A part-time licensed clinical social worker is based at the PIER Recovery Center.

 - **Harbor Community Health Center – Nancy Bucken, Exec. Director and Ashley Gallagher, Medical Director:** Harbor is working collaboratively with Gosnold. Harbor has 2 facilities providing substance use services – Hyannis and Plymouth and is working with Beth Israel Deaconess in Plymouth to identify individuals in need of services.

 - **Outer Cape Health Center – Dikke Hansen, Director of Behavioral Health and Leo Blandford, Director of Community Based Care:** Currently there are 3 sites providing substance use services - Provincetown, Wellfleet and Harwich. With the expansion of a new site

in Harwich Port, Outer Cape Health is hoping to double their case load at the new facility with expanded services and outreach workers. Individuals who are struggling with opioid use disorders involving such substances as heroin, morphine, and other prescription painkillers may benefit from treatment such as their Office-Based Opioid Treatment (OBOT) program. OBOT is a form of medication assisted treatment (MAT). Our OBOT care involves the use of medications such as Suboxone and Vivitrol to eliminate the drug cravings and painful withdrawal symptoms that typically occur when an opioid-dependent individual stops using his or her substance of abuse. OBOT also includes a therapeutic behavioral health component, frequently in the form of group counseling, to help achieve and sustain long-term recovery. Outer Cape Health will assist with barriers to care i.e. transportation, keeping clients engaged in programs, wait lists, and insurance barriers. There is a deficiency of PCP's, therapists and psychiatrists on the outer cape which hinders timely access to care. The towns of Truro, Wellfleet and Eastham have combined funding of \$20,000 to hire a navigator to assist individuals with accessing care and resources.

- Trudy Avery distributed information on Caron's Toolbox: a collaborative approach to supporting Student Success, professional training for schools and child-serving agencies on Cape Cod. The free Toolbox event will be held on February 7, 2018 in the Harborview Conference Room in the Barnstable County Complex.
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- **Adjournment:** Meeting adjourned at 5:30 PM.
- **Next meeting:** Scheduled for March 1, 2018 @ 4 PM in the Harborview Conference Room in the County Complex.

Respectfully submitted: Kathie Callahan, BCDHS