

BARNSTABLE COUNTY REGIONAL SUBSTANCE ABUSE COUNCIL

MEETING SUMMARY

Date: May 3, 2018 4:00 PM	MEETING PLACE: Harborview Conference Room, Barnstable County Complex
NEXT MEETING: June 7, 2018, 4:00 PM, Harborview Conference Room, County Complex	RECORDING: Kathie Callahan, Barnstable County Human Services
MEMBERS PRESENT: Jamie Binienda, Elizabeth Griffin, Lisa Guyon, Suzie Hauptmann, Judge John Julian, Patty Mitrokostas, Elizabeth Mooney, Heidi Nelson, Ruth Provost, Katie Riconda, Judy Scarafile, Gail Wilson, Regina Yaroch	
Unable to attend: Chris Greeley, Ann Marie Askew, Kathy Quatromoni	
Members of the public: Karen Carll, Alyse Denary, Nicole Gomes, Angelica Moore, Maureen Linehan, Barbara Prindle-Eaton, Barbara DePasquale	
DHS Staff: Beth Albert, Vaira Harik, Kim Slade	

- **Welcome and Introductions:** Beth Albert chaired the meeting until new co-chairs were appointed. Introductions were made by individuals.
- **Business:**
 - **RSAC Leadership – Co-chair vacancies:** Beth reported that the Regional Substance Use started in January 2014 and she has convened the meetings since that date, until last year Ray Tamasi and Cheryl Bartlett were also co-chairs of the Council . The Leadership Committee has discussed new leadership for the Council and nominates Vaira Harik – Department of Human Services, Lisa Guyon Cape Cod Healthcare Community Benefits Director, and Judge John Julian as the new co-chairs. Beth Albert motioned, seconded by Ruth Provost to approve the slate of co-chairs – unanimously approved.
 - **Minutes of February and March 2018:** Ruth Provost motioned seconded by Judy Scarafile to accept the February 1 and March 1, 2018 minutes as written, unanimously approved.
- **Discussion of RSAC priorities for next year, includes updates from Work Group Co-Chairs:**
 - **Judy Scarafile, Harm Reduction Work Group:** Over the past year have worked on the My Choice Matters Campaign, developed flyers, how to recognize an opioid overdose adherable wall posters and rack cards. All have been distributed broadly. The rack cards were distributed to pharmacies where a general mandate was passed that allows the purchase of Narcan without a prescription. Judy noted that people continue to have difficulties requesting and paying for Narcan from some pharmacies, and she also noted that social stigma continues to discourage the public from requesting Narcan. She noted that CVS has signage instructing customers to call or email their corporate office with any problems purchasing Narcan. Gail Wilson, of Mashpee, noted that the Walgreens in Mashpee has been willing to work with the Mashpee Substance Use Taskforce to help address this problem. First responders and the AIDS Support Group of Cape Cod distribute Narcan to people using opioids and to their friends and families free of charge. With assistance from members of the Harm Reduction workgroup, a PSA was produced by the Barnstable County Dept of Human Services' MOAPC program that features Jeanne Flynn (a mother whose son died from opioid overdose) and encourages people who see a person overdosing to call 911 and to stay with the patient until emergency personnel arrive. Judy has been speaking and educating

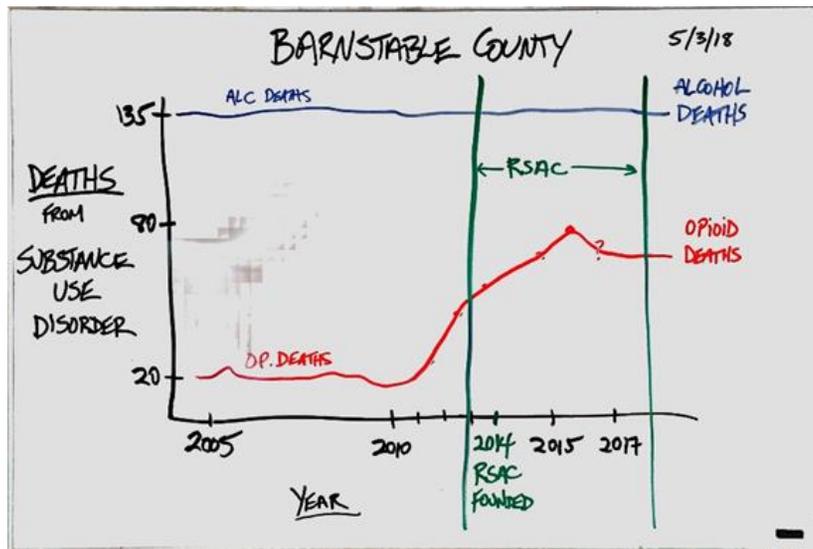
groups on opioid overdose issues. She has also been giving Narcan Train the Trainer seminars and to date 10 individuals have been trained to go out to the public with opioid education and Narcan trainings. The group is updating their Action Plan. They have accomplished some of their initial goals and they are adding new goals. A strong focus will be the structural issue with pharmacies and distribution of Narcan.

- **Heidi Nelson, Treatment Work Group:** Focus for the past 4 months has been updating the Action Plan. Action Plan will include making services available in the correctional system, assessing treatment capacity, but need more data to appropriately assess capacity needs, and are looking at Medication Assisted Treatment (MAT) as well as in-patient services. Group worked on content for the RSAC's Cape Cod Substance Use Resource Guide. There has been discussion of combining RSAC's Resource Guide with Cape Cod Healthcare's Resource Guide but ultimately it was decided to keep them separate since the content focus varies. Discussed the new SOAP – Structured Out-patient Addiction Program—at the Community Health Center of Cape Cod. Group discussed how the Department of Public Health is approaching substance use. She noted that nursing students at Cape Cod Community College only receive 2 hours of substance use training and there is a need for additional training and education for providers as well. Sponsored Suboxone trainings on the Cape. Pam Ciborowski, Lead Nurse for the Barnstable Public School District, presented to the group on implementing SBIRT – Screening, Brief Intervention and Referral to Treatment—to grades 7 and 9. Heidi noted that there is a lot of screenings of individuals for substance use but not a lot of referrals for services. The need for parents to give their permission for referral services could be a barrier to this process. Heidi suggested that there is some intersection between the Treatment and Recovery Work Groups and perhaps they could work together in some areas.
- **Regina Yaroch and Amy Doherty, Recovery Work Group:** Group has discussed “what does recovery mean”. Would like to focus on raising profile of recovery in the community. Event planned with speakers in Hyannis. Discussion about a Family event – Families Recover Too. Have two goals to move forward: 1) Making sure those in recovery have access to services and 2) helping to shape Cape Cod into a recovery community. Group has developed a Statement of Purpose: *The RSAC Recovery Working group is a subcommittee of the Barnstable Regional Substance Use Council (RSAC) dedicated to facilitating access to a continuum of recovery supports for people and families in recovery from addiction to alcohol and other drugs. We are also committed to building on Cape Cod a community that welcomes and values individuals in recovery.* Other goals: be intentional about increasing membership, and look at gaps for individuals accessing services after leaving treatment. Develop a recovery oriented system of care. Recovery should be a shared goal of all working groups.
- **Lisa Guyon, Prevention Work Group:** Lisa reported that this group has a large membership. They are taking a cross-sector approach and looking at prevention in lots of different ways. Kim Slade has done a great job leading these efforts. The Group has planned and implemented two successful Parent Summits, assisted in development and launch of the My Choice Matters campaign, supported the Drug Take-Back efforts, developed high risk youth assessment. Lisa noted that this group has been meeting monthly and at today's meeting they discussed switching to a quarterly group meeting with special team projects with smaller groups. Another goal is to bring town substance use coalitions together to support the work of RSAC. They recognize that there is something to be lost with the shared experience of monthly large group meetings but hope that small group team projects may be more productive.

They are also recommending changing the meeting times of the RSAC, which currently is 4-5:30 PM on the 1st Thursday of the month. Discussion of changing the time of the RSAC meetings to 3-4:30 PM also took place.

- **RSAC Priorities:** Beth distributed and reviewed the first RSAC Agenda with her notes as chair from January 30, 2014, 4 ½ years ago. The agenda highlighted what the group wanted to achieve going forward. Beth noted that RSAC is making great progress and several items on the initial agenda have been accomplished. Lisa Guyon thanked Beth for her leadership for the past 4 ½ years.

Vaira Harik directed the group's attention to the RSAC organizational chart. She also reviewed the number of opioid-related overdose deaths by county for MA residents between 2005 and 2016, noting that opioid-related deaths increased from an annual number of 20 (2005) to 80 (2016), with dramatic year over year increases in deaths beginning in 2012. She suggests that the annual number of deaths from opioid-related overdose may be stabilizing in the 70 to 80 range, based upon recent trends.



Concurrently, alcohol-related deaths have remained 1. More numerous than opioid-related deaths for the duration of the period (approx. 135 annually), and 2. An endemic problem on Cape Cod that does not receive the attention and efforts to remediate it that it deserves.

Vaira reminded the group that the RSAC was founded due to concern over jump in opioid deaths, and suggested that it was time for the RSAC to review its priorities and strategies for the next phase of the opioid crisis, perhaps placing increased emphasis on alcohol use disorder and death, and on creating a recovery community on Cape Cod. Vaira then guided the group in a discussion of these and other priorities for "RSAC 2.0", the group's next phase.

RSAC members agreed to refer the discussion of priorities and strategies for RSAC 2.0 to the RSAC Leadership Team.

- **Adjournment:** Meeting adjourned at 5:10 PM.
- **Next meeting:** Scheduled for June 7, 2018 @ 4 PM in the Harborview Conference Room in the County Complex.

Respectfully submitted: Kathie Callahan, BCDHS