

BARNSTABLE COUNTY REGIONAL SUBSTANCE USE COUNCIL (RSAC) DRAFT MEETING MINUTES

Wednesday, November 29th, 2018 3:30pm-5:00pm
Harborview Conference Room, Barnstable County Complex
3195 Main Street, Barnstable, MA 02530

Members Present: Jamie Binienda, Shaun Cahill, Pam Cibrowski, Amy Doherty, Bruce Murphy, Patrick Johnson, Elizabeth Griffin, Lisa Guyon, Tom Hostetter, Mary LeClair, Edye Nesmith, Ruth Provost, Judy Scarafile, Corrie Vilsaint, Gail Wilson

Guests: Joe Carleo, CEO, AIDS Support Group of Cape Cod

Members of the Public: Christina Russell, Danielle St. Peter, Jennifer Ellis, Brian Jenkins, Beth Bowman, Trudy Avery, Beverly Costa-Ciavola, Kate Manning, Brandy Bateo, Maureen Linehan, Karen Carll, Morissa Vital

DHS Staff: Vaira Harik, Beth Albert, Maria Silva



- **Welcome and Introductions:** Vaira Harik chaired the meeting which began at 3:34pm. Joe Carleo, CEO of the AIDS Support Group of Cape Cod, was introduced and his presentation was moved forward on the Agenda to follow Business.

- **Business:**
 - a. **Review and approve minutes of the October 24th, 2018 meeting.**
Vaira asked for a motion to approve the Minutes, so moved by Ruth, seconded by Judy – all in favor - no opposed or abstained.

 - b. **December 6th RSAC meeting is cancelled**
RSAC will reconvene in January when the Boston Medical Center team that is conducting the RACK Study (Rapid Assessment of Consumers' Knowledge) will present their results on the interviews with the active substance users on Cape Cod.

- **Presentation by Joe Carleo, CEO, AIDS Support Group of Cape Cod: "ASGCC Infectious Disease Surveillance Activity and Community Response to Substance Use Disorder".**

Joe introduced himself and provided a brief history of the ASGCC, which began in Provincetown and is now serving every town on the Cape and Islands. Their work has expanded from a focus on HIV to work on prevention of infectious diseases associated with substance misuse. Their mission is to save lives through prevention, education and life-sustaining services that address public health crises to build healthy communities across the Cape and Islands.

- First, the ASGCC is responding to recent epidemics of Hepatitis A, Hepatitis C, and opioids. There is currently an outbreak of Hepatitis A in Massachusetts and ASGCC they are encouraging vaccinations since Hep A is very transmissible. ASGCC has partnered with BCPH (Barnstable County Public Health)

Nurses to come to their Hyannis site to provide flu vaccinations and Hepatitis A vaccinations and they plan to continue this partnership.

- Second, regarding the retail sale of syringes there was a revision to the law in October by the Board of Registry of Pharmacy. As of December 1st the Board has removed restrictions on the purchase of syringes. Syringes will still need to be requested at the pharmacy counter, but no prescription or ID is necessary and there is no age restriction on the purchase.
- Third, ASGCC was awarded a 2-year RIZE grant. RIZE is an independent non-profit which is committed to harm reduction and addressing the opioid epidemic. ASGCC was awarded this grant because of its innovative approaches to harm reduction and to creating models that are replicable. ASGCC will be partnering with Duffy Health Center on this grant. ASGCC will be hiring a Health Navigator to provide outreach, support services, follow up and will assist people with transportation to meet with nurses at Duffy. For many Medically Assisted Treatment (MAT) can be more effective than undergoing detox alone.
- Fourth, syringe access and OEND training: All 5 towns on Martha's Vineyard voted in favor of supporting ASGCC's syringe access program and overdose education Narcan distribution. They are working with Health Imperatives who will be doing the testing and education on Narcan on the Vineyard. This work began on November 1st. ASGCC is also working with the Falmouth Board of Health to open a new location in Falmouth by January 1st to provide those same services. As a result, while people may be coming in for syringes they will also receive an array of additional services, and hopefully will become less reluctant to get tested because of the support that is given.

➤ **Welcome and Introductions** (continued): Attendees introduced themselves and stated their affiliations.

➤ **Member Updates**

- **Lisa Guyon** - In October Cape Cod Healthcare was asked to sit on the Recovery Coach Commission for the state of MA to make a set of recommendations to the MA legislature about the use of recovery coaches in different care settings. Cape Cod Healthcare has also launched a community health survey which is part of the greater community health needs assessment which poses questions on your personal health and perception of health in the community and is open thru 12-31-18. Everyone is encouraged to share this survey with their network and social media where possible.
- **Beth Griffin** – On October 26 the Bourne Substance Use Coalition worked w Rotary Club of Bourne/Sandwich and Chamber of Commerce in Bourne to host an opioid work force breakfast with the assistance of Gail Wilson. Narcan training for employers was demonstrated.
- **Trudy Avery** – The Bourne “Opioids and Our Workforce” Business Forum, held on 10/25/18, included a guest speaker who lives on the Cape and is the CEO of a tech company in San Francisco. He spoke about how his company has handled the disease from the Human Resource perspective. It was through the HR dept that they were able to help staff financially to seek treatment and cost expense was to the company. Vaira will follow up with Trudy to connect with that guest speaker.
- **Mary LeClair** – She is working with Gail Wilson on Drop-in Night and Wellstrong with Amy.
- **Patty Mitrokostas** – The Recovery Coaching Program is covered thru philanthropy and that continues to be a challenge in trying to cover the costs of those programs which are not reimbursable through

private insurance. There are presently nineteen Recovery Coaches at Gosnold. Recovery Coach services have recently become reimbursable through MassHealth at a rate of \$13 per day; this rate is not sufficient to fully cover Gosnold's cost of providing recovery coaching to MassHealth clients.

- **Judy Scarafila** – Once again they will implement bringing an active user to address the Harm Reduction Workgroup. They have found this interaction to be very useful to both parties.
- **Jamie Binienda** – Jamie presented at the Cape and Islands Town Manager's Association and identified three things that every town should adopt. First, every town with alcohol servers should have mandatory beverage service training. Second, every town should have an annual meeting with their licensees to review the ABCC law. Third, the package stores should display posters which discourage underage drinking and purchases by adults for persons who are under-age. Jamie plans to link distribution of the posters with the establishments' liquor license renewals. Coasters were also created with alcohol education-related trivia fact and will be distributed to bars and restaurants across the Cape.



- **Amy Doherty, Wellstrong** – Recovery Working Group update: Justin Campbell (Recovery Coach at CCHC) came to the meeting to become familiar with recovery resources and what their needs are and to look at different areas individually. He invited members from the Recovery Workgroup to discuss solutions. Wellstrong is celebrating its 1-year anniversary and is proud to be a support to the recovery community; Wellstrong provides services such as classes on yoga and meditation and seeks to support the spiritual, mental and physical self of persons in recovery. They are hosting an Open House on Friday November 30th to give tours and answer questions. They presently have eighty-six members which will be increasing because of a recent grant from Falmouth Human Services.
- **Ruth Provost** – The 2018 survey data just came in and it showed an amazing difference in behavior of kids who belong to the Boys and Girls Club. Ruth will get data to Vaira or will bring to the next meeting. The Boys and Girls Club is collecting toys over December 5-9 and distributing them in Mashpee in a "toy store format" from December 11-14th for families in need so they can do their shopping.
- **Heidi Nelson** – Duffy is partnering with Joe Carleo on the RIZE grant. The Treatment Working Group didn't meet in November, but there is a meeting on December 10th at 3pm. They will have a presentation by Kim Fisher of the Inpatient Adolescent Program at High Point.
- **Tom Hostetter** – The Barnstable Jail recently hired 2 new recovery coaches. The first clients will start receiving services under their post-incarceration/recovery coaching grant on January 2nd, 2019. They also hired a new licensed clinician. There will be 24/7 access to recovery coaches and they will be serving clients from 2 months pre-released to 6 months post-release.
- **Pam Ciborowski** – There was an education class provided to both students and staff in Barnstable Schools related to substance abuse, vaping and juuling. The Barnstable School District continues to implement SBIRT (Screening Brief Intervention and Referral to Treatment). Unless the school has written permission from student, they cannot contact the parent or guardian about the child's issues unless the nurse or counselor administering the SBIRT screening thinks that the child is a danger to themselves or others. Most kids feel like they have a problem.
- **Patrick Johnson** – Patrick reviewed progress in the Cape Cod-related projects funded via Senators Cyr's FY18-19 legislative earmarks. Sen Cyr is beginning work on FY19-20 legislative priorities.

- **Sgt. Jennifer Ellis, Barnstable PD** – In 2014 that the BPD began to work with the homeless population in downtown Hyannis. Officers Brian Jenkins and Danielle St. Peter work with Sgt. Ellis in the Community Impact Unit. Other police officers and 6 civilian community service officers support this community policing program.
 - With funding from the MA-DMH the PD runs a Community Crisis Intervention Team, which is a multi-agency team including members from: Yarmouth and Sandwich PDs, NAMI, CCHC, Duffy, AIDS Support Group, HAC, and Vinfen. This is a close-knit group trying to identify and serve individuals that are most vulnerable to homelessness. The outreach team includes Duffy, AIDS Support Group, HAC, and Vinfen and meets weekly to identify what's going on with the homeless population in Hyannis.
 - St. Ellis' officers conduct overdose follow up visits with Gosnold.
 - For the first time the Barnstable PD collaborated with the Barnstable Youth Commission at a Hyannis Youth Community Center event with Officer Morrison, where he is assigned as a school resource officer. They had over seventeen vendors at the event which was similar in format to the drop-in nights held elsewhere on the Cape (Mashpee). The event went very well, and parents were educated on vaping, and other substance use issues.
 - The Barnstable PD is working on an earmark request with Senator Cyr's Office.
- **Officer Brian Jenkins, Barnstable PD** – Reported that the number of overdose calls has gone down and that more people have access to Narcan.
- **Gail Wilson** – The Mashpee Drop-In Night is entering its 2nd year and has over 16 partners attending the monthly event. If people feel alone and struggling they come in and can see many providers in the same setting. Narcan training is also provided. Cape Cod Coffee is a sponsor of the Drop-In Nights and Mashpee schools make food for the event. Prior to each Drop-In Night there is a reverse 911 call from the Town of Mashpee to remind over 10,000 residents about the event.
- **Vaira** – The Barn. County Human Services Dept is working on 3 grants we just received (see attached press release). There is an 8 second video about the Good Samaritan Law which is playing on Facebook/Instagram and on YouTube on a pre-roll basis; the video has had over 159,000 views during the past 4 months. The cost per view is 2 cents.
- **Bruce Murphy** -Yarmouth – 3rd year for the Sticker Shock Program, which places stickers on bags in liquor stores in town. The stickers discourage purchase of alcohol for under-age persons.
- **Beth Albert** – Chris Greely and Kim Slade met with Yarmouth PD Chief Frederickson; they are very interested in all of the materials from My Choice Matters.
- **Sandwich Kiwanis Club** – has fully funded vaping program for Town of Sandwich.
- **Beverly Costa Ciavola** – The Falmouth Substance Use Commission has partnered with Falmouth Police Department for the Hidden in Plain Sight program with use of a mobile van. Ready to roll out in January 2019.
- Motion to adjourn by Vaira, so moved by all at 5:02pm.
- **Adjournment.**

Respectfully Submitted: Maria Silva, BCDHS