

RSAC

Barnstable County Regional Substance Use Council



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ISSUE: #79

February 6, 2019

Greetings!

Welcome to the newsletter from Barnstable County Regional Substance Use Council.

SPOTLIGHT

Bourne Addiction Fighting Group Continues the Battle in 2019

A report drop in opiate overdoses in Bourne is cause for cautious optimism, officials say. Read the rest of this article from Bourne Enterprise [HERE](#).



NATIONAL NEWS

Watch and Share this 15 Second Video

ANNOUNCEMENT FOR

OUR NEWSLETTER?



Get Involved

Next RSAC Meeting

RSAC Workgroups

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In This Issue

[Bourne Substance Free Coalition in the News](#)

[Watch this Video](#)



An Epidemic Is Spreading - Vaping

Free E-Cigarette Quit Program for Teens & Young Adults



Truth Initiative[®] has expanded its quit-smoking resources to include a first-of-its kind e-cigarette quit program. This innovative and free text message program was created with input from teens, college students and young adults who have attempted to, or successfully, quit e-cigarettes. The program is tailored by age group to give teens and young adults appropriate recommendations about quitting. The program will also serve as a resource for parents looking to help their children who now vape.

To access the new e-cigarette quit program, users can text "QUIT" to (202)

804-9884.

ONDCP Releases National Drug Control Strategy Report

The **Office of National Drug Control Policy** has released a new report that outlines the White House's priorities for addressing drug trafficking and use. Per **ONDCP**, the [National Drug Control Strategy](#) is designed to achieve three interrelated goals: preventing drug use initiation, promoting treatment services that lead to long-term recovery, and reducing the availability of illicit drugs in the United States. Read more [HERE](#).

Access Helpful Resources from the U.S. Surgeon General's Website on E-Cigarettes

[Free E-cigarette Quit Program](#)

[ONDCP Releases National Drug Control Strategy](#)

[Vaping | New Laws](#)

[Report on Recovery Coaches](#)

[Dr. Mary T. Bassett Presents April 2](#)

[Yoga for Addiction Recovery](#)

[Gosnold's Annual Polar Plunge](#)

[News from ASAP | Guest Speaker Diana Clark February 12](#)

[Mashpee Substance Use Task Force](#)

Go to the [U.S. Surgeon General's](#) website to download the Surgeon General's Advisory on e-cigarettes, read fact sheets, parent tips, watch video PSA's, and access other resources [HERE](#).



STATE NEWS

Vaping Prohibited in All Workplaces under the Massachusetts Smoke-Free Workplace Law

Vaping Prohibited in All Workplaces under the Massachusetts Smoke-Free Workplace Law: As of December 31, 2018, the use of vaping products was prohibited in all Massachusetts workplaces, schools, restaurants, bars and taxis that are subject to the state's 2004 Smoke-Free Workplace Law. Vaping products are electronic nicotine delivery systems that include e-cigarettes, vape pens, ehookahs, tanks, mods, JUULs and more. Read more [HERE](#).

Report On Recovery Coaches In Opioid Use Disorder Treatment

Report on Recovery Coaches in Opioid Use Disorder treatment yields promising results and policy recommendations. RIZE

Massachusetts released a report in January by the University of Massachusetts Medical School's Commonwealth Medicine division on recovery coaches, a peer support professional used in treatment for individuals with opioid use disorder (OUD). The report was commissioned to study the effectiveness of recovery coaches, define and examine their role in treatment, and understand current payment methods. Read more [HERE](#).



Ounce of Prevention 2019



Save the date | April 2, 2019
KEYNOTE SPEAKER Dr. Mary T. Bassett
Director, Harvard FXB Center for Health and Human Services.
at the DCU Center in Worcester, MA.
Sponsored by
[Massachusetts Department of Public Health](#).

**If you are deaf or hard of hearing, or a person with a disability, please contact Jennifer Fahey at AdCare Educational Institute, Inc. at (508) 752-7313; TTY (508) 754-0039 or email: jennifer@adcare-educational.org, prior to March 12, 2019.*

LOCAL NEWS

Yoga for Addiction Recovery

Yoga for Addiction Recovery is moving to a new date and time starting in February on **Tuesdays from 6:45 - 7:45 PM** at the **Veterans Memorial Community Center**, off Winslow Street in Provincetown.



The class is **free for Provincetown residents** and **offered by donation to participants from other towns**. For more information, contact the Provincetown Health Department at 508-487-7020 or the Provincetown Recreation Department at 508-487-7090.

Gosnold's Annual Polar is Plunge February 23, 2019!



Watch to get the details then click [HERE](#) to register.

News from Alliance for Substance Abuse Prevention Nantucket

Next Alliance for Substance Abuse Prevention (ASAP) Meeting

WHEN: Monday, February 11, 2019 | 5:00 PM

WHERE: Nantucket High School Conference Room (entrance in the hall of whale next to library). New members and guests are welcome.

Upcoming Talk: Parenting Strategies: The Risky Teenage Years

SPEAKER: Diana Clark, Author of *Addiction Recovery: A Family's Journey*

ABOUT: The teenage years are a period of enormous growth, physically, psychologically and mentally. Once somewhat predictable, parents often describe their teenagers as strangers

whose moods are erratic and dramatic. Please join Diana Clark, JD, MA of Turnbridge for a presentation about these potentially perilous years. The presentation will include a discussion of "normal" teenage behavior, behavior that deviates from the norm and healthy ways to address concerns.



WHEN: February 12 | 6:30 PM

WHERE: Nantucket High School LGI

COST: Free

RESOURCES

Mashpee Substance Use Task Force Drop In Nights



This drop-in event provides substance use information, education, and treatment resource options from local organizations. No RSVP required.

This is an opportunity for someone struggling with addiction to get immediate help along with family members and friends. The night is also open for the community at large to learn about the resources available. There is free Narcan training and light refreshments. This night is open to anyone.

The first Tuesday of the month

4:00 PM - 7:00 PM

Now at Mashpee Public Library

64 Steeple Street, Mashpee, MA 02649

Posting of articles submitted for publication in the Barnstable County Regional Substance Use Council E-Newsletter is at the discretion of the Department. All articles must be submitted in text format to comply with the Americans with Disabilities Act. To request this newsletter in alternate formats, please call Sonja Sheasley, Communications Project Specialist at the Department of Human Services at (508) 375-6896.



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