

# RSAC

## Barnstable County Regional Substance Use Council



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**ISSUE: #83**

**June 6, 2019**

### Greetings!

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

### SPOTLIGHT

## Recovery Cafe



On April 30th, 2019 the **Recovery Workgroup of the Regional Substance Use Council (RSAC)** hosted a World Café-style event addressing sober housing on Cape Cod. More than just a method, the World Café is a way of thinking and being together sourced in a philosophy of conversational leadership.

This event, held at Camp Wingate-Kirkland, involved 32 participants including ...[READ MORE](#)

### LOCAL NEWS

**HAVE AN**

**ANNOUNCEMENT FOR**

**OUR NEWSLETTER?**



# Joint Committee on Mental Health, Substance Use and Recovery Listening Session in Barnstable

Senator Julian Cyr and State Rep. Marjorie Decker will host a Listening Session in Barnstable for the Joint Committee on mental health, substance use, and recovery.

**WHEN:** Monday, June 10, 2019 | 2:00 PM - 3:30 PM

**WHERE:** Barnstable County Complex in the Harbor View Conference Room (in Old Jail Building) 3195 Main Street, Barnstable Village

Read more information [HERE](#)

Get Involved

**Next RSAC Meeting**

**RSAC Workgroups**

## Lynne Griffin at the My Choice Matters Parent Summit | May 19, 2019

On May 19, 2019, the **Barnstable County Regional Substance Use Council** hosted its **3rd Annual My Choice Matters: Parenting to Prevent Substance Use Summit**. In this video, author and educator Lynne Griffin discusses her presentation: **Vulnerable Children: What Parents Need to Know About Anxiety, Depression, and Substance Use**. To learn more about Lynne Griffin go to

[www.lynnegriffin.com](http://www.lynnegriffin.com)

To find out more about the My Choice Matters campaign, please visit [www.mychoicematters.net](http://www.mychoicematters.net)

More Info

**RSAC Information**

Last published:  
**[RSAC Newsletter](#)**

**Behavioral Health Information and Service Directory**

**SAMHSA**

**MasTAPP**

Find Help

The Massachusetts Substance Use Helpline logo, featuring a colorful circular icon and the text "The Massachusetts Substance Use HELPLINE 800-327-5050".

**Emergency Hotlines**

**Support Groups**

In This Issue

**SPOTLIGHT: [Recovery Cafe](#)**



My Choice Matters: Parent Summit 2019

Read Lynne Griffin's article, "**Vulnerable Children: The Art and Science of Prevention**" [HERE](#).

## Yarmouth Police Join 'No Alcohol Until 21 Pledge Week'

[SAVE THE DATE Listening](#)

[Session](#)

[Lynne Griffin at My Choice](#)

[Matters Parent Summit](#)

[Yarmouth Police Join 'No](#)

[Alcohol Pledge Week'](#)

[Sexual & Domestic](#)

[Violence Awareness](#)

[Training](#)

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[Recovery](#)

[Cape Cod Chamber of](#)

[Commerce News](#)

[Don't Be a Fool: Lose the](#)

[JUUL](#)

[Hurricane Response and](#)

[Opioid Use Disorder](#)

[ONDCP News](#)

[ASGCC Employment](#)

[Opportunities](#)

[Mashpee Substance Use](#)

[Task Force](#)

The Yarmouth Police, in conjunction with Dennis-Yarmouth Regional High School Senior Graduation Week, join friends and neighbors in taking the Cape Cod Parents Pledge. Read more [HERE](#).

## Sexual & Domestic Violence Awareness Training

There are still seats available for the upcoming collaborative seminar offered by the Cape and Islands District Attorney's Office, Independence House and the Immigration Resource Center.

### PRESENTATIONS:

- Enhancing Trauma-Informed Responses to Survivors of Domestic and Sexual Violence
- Best Practices for Addressing Unique Difficulties in SDV Cases
- Domestic and Sexual Violence and Immigrant Communities

### WHEN: (choose one of two locations):

- June 7, 2019 / 9 AM - 1PM / Eastham Public Library, 190 Samoset Rd., Eastham
- June 14, 2019 / 9AM - 1PM / Mashpee Police Department, 19 Frank E. Hicks Dr., Mashpee

See more information [HERE](#).

## Yogis United on June 8th

Come support this amazing teen program! **RecoveryBUILD Alternative Peer Group (APG)** where teens enjoy fun, sober activities and receive support around their substance use from a licensed Counselor and Peer Recovery Mentors. **June 8th** at Monomoy High School. Community Wellness Fair, All Levels Yoga Class and Community Gathering with complimentary delicious food donated by Organic Market!



## YOGIS UNITE FOR RecoveryBUILD

June 8th, from 10:30-2:00pm!  
At Monomoy Regional High School:  
75 Oak Street, Harwich, MA 02645

Doors OPEN at 10:30 am to shop in the Wellness  
Vendor Marketplace! Class from 11:30-1:00.

### Community Gathering to follow!

Yogis from around Cape Cod are teaming up to raise funds and awareness for RecoveryBUILD, a program created by Behavioral Health Innovators, Inc. 501(c)(3), to support local teens struggling with substance use challenges. This program combines fun social activities with the support of a licensed counselor and peer recovery mentors.

On June 8th, there will be a yoga class taught by Stephanie Briody, Jill Abraham, Leigh Alberti, and Susannah van der Wende at the Monomoy Regional High School from 11:30-1:00pm. Bring your friends, create a team or set your own personal fundraising goals! Minimum donation is \$50/adult, \$10/ MS or HS student. All checks should be made payable to: Behavioral Health Innovators, Inc. (BHI, Inc)

Don't forget to come early to shop the Wellness Vendor Marketplace for amazing merchandise and stay after class for the Community Gathering!

For more information on RecoveryBUILD, visit:  
[www.bhinnov.org](http://www.bhinnov.org) or contact Stephanie Briody at: (609) 203-9520.  
Please register for this event by signing up on the event page at  
[www.firstgiving.com/event/bhinnov/Yogis-Unite-for-Recovery-Build](http://www.firstgiving.com/event/bhinnov/Yogis-Unite-for-Recovery-Build).

## Get Outraged Cape Cod

### A Dinner Conversation on Anti-Vaping & Anti-Substance For Parents and Their Children

**WHEN:** Wednesday, June 12th, 6:00 PM

**WHERE:** Cape Cod Regional Technical High School, 351 Pleasant  
Lake Avenue Harwich, MA

**WHAT:** This event is for parents and students in 7th-11th grade. The evening will include presentations from Gianna Jimenez, Physician Assistant, and Dan Rodrigues, Duffy Health Center, on the ill effects of vaping and other substance on students' health. Billy Terranova, Principal of Cape Cod Regional Technical High School, will provide an overview on vaping and the new age of marijuana. Dinner will be served at no charge. Register [HERE](#).

## Listening Session on Creating a Behavioral Health Ambulatory Treatment System

**Executive Office of Health and Human Services - Listening  
Session on Creating a Behavioral Health Ambulatory Treatment  
System**

**WHEN:** Tuesday, June 18, 2019 | 4:00 PM - 6:00 PM



**WHERE:** Cape Cod Community College, 2240 Iyannough Rd, West Barnstable, MA 02668  
See details [HERE](#).

## News from Learn2Cope

**Attend Knowledge is Power: A Conference for Families Struggling with Substance Use Disorder - featuring guest speakers and workshops.**

**WHEN:** Saturday, June 22, 2019

**WHERE:** Worcester Polytechnic Institute

For information please contact: Kim

Leman, [kleman@learn2cope.org](mailto:kleman@learn2cope.org)

**REGISTER:** [www.learn2cope.org](http://www.learn2cope.org)

## Like Addiction, Recovery Can Be Contagious

**DID YOU MISS THIS?** Read the article written by Jeanie Yaroch in the Opinion section of the Cape Cod Times, published on April 24, 2019.

"Kudos and congratulations to the Cape Cod Times for its new series Paths to Recovery. In 2010, the Times courageously undertook the enormous public service of shining a spotlight on our region's opioid crisis with its series Pills that Kill, and continued that work with the 2015 series Lost to Addiction. In both these earlier efforts, the Times brought to readers hard and uncomfortable truths about our community and its people, chronicling the spread and cycle of addiction and its devastating toll..." Read the entire article [HERE](#).

## National Conference for Recovery Schools in Boston

**WHAT:** 10th National Collegiate Recovery Conference

**WHEN:** June 29th - July 2nd

**WHERE:** Hyatt Regency in Cambridge, MA

**REGISTER** [HERE](#).

## Cape Cod Chamber of Commerce Recognizes Two for Distinguished Service Award

The **Mashpee Chamber of Commerce** recognized two women in the community for their service. The two winners for the Distinguished Service Award: Heidi Trottier and Gail Wilson. Read the full article in the Mashpee Enterprise [HERE](#).

## Don't Be a Fool: Lose the JUUL Presentation



**Don't be a Fool Lose the JUUL: A New Wave of Addiction** "Don't Be A Fool: Lose the Juul", presented at ASAP on April 11, 2019 at Nantucket High School, Christine Johnston of Springfield College.

## NATIONAL NEWS

### 1 in 2 Americans is Affected by Opioid Addiction

**Facebook** and **Partnership for Drug-Free Kids + Center on Addiction** - a leading national nonprofit working to transform how the nation addresses addiction - have teamed up to launch Stop Opioid Silence (SOS). Learn more [HERE](#).

### The Intersection of Hurricane Response and Opioid Use Disorder

"Hurricane season is just around the corner. If you are thinking about ways to prepare for the next hurricane, take a moment to consider this..." Read the article [HERE](#).

*By Rachel Kaul, Senior Policy Analyst, Office of the Assistant Secretary for Preparedness and Response (ASPR), May 6, 2019.*

### ONDCP Unveils Strategic Goals, Objectives in Fight to Reduce Overdose Deaths

The *White House Office of National Drug Control Policy (ONDCP)* released its **Performance Reporting System**, which outlines the goals and objectives for the National Drug Control Strategy, as well as the two- and five-year targets and metrics for tracking progress in achieving them. Read the full article, published on May 3, 2019 [HERE](#).

## ASGCC Employment Opportunities

The **AIDS Support Group of Cape Cod** saves lives through prevention, education and life-sustaining services that address public health crises to build healthy communities across the Cape and Islands.

Full-Time Positions, part-time positions, and seasonal jobs are currently available. Find out more information [HERE](#).

## 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**

***Drop-In Night has moved back to the  
Community Health Center of Cape Cod  
107 Commercial Street, Mashpee***

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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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Barnstable County



HUMAN  
SERVICES