

RSAC

Barnstable County Regional Substance Use Council



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ISSUE: #91

February 11, 2020

Greetings!

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

SPOTLIGHT

Barnstable County Department of Human Services SAPC to Fund Six Cape Communities' Initiatives

Six Cape Cod Towns will receive funding from Barnstable County Department of Human Services SAPC Grant Funding will support various substance use prevention initiatives

Barnstable, Massachusetts, February 11, 2020- Recipients from several communities across Cape Cod will receive a grant up to \$6,000 from Barnstable County Department of Human Services through the Substance Abuse Prevention Collaborative (SAPC). Recipients will use funds to pay for various efforts addressing substance use among youth. Barnstable, Falmouth, Mashpee, Harwich, Yarmouth, and Dennis will receive funding to support one or more of the following projects:

- Vaping education
- Parent education with Hidden in Plain Sight demonstrations
- Parent forum on substance use
- Calmer Choice Mindfulness Program
- A documentary written and filmed by youth
- Books provided to youth with parents in recovery from substance use disorder
- Support to Mashpee Drop-in Night
- Youth Substance-free events
- Post-prom events
- Public Service Announcements

Read this press release in full [HERE](#).

NEWS & LINKS

Read this Morbidity and Mortality Weekly Report (January 14, 2020) Update

CDC, the Food and Drug Administration (FDA), state and local health departments, and public health and clinical stake-holders continue to investigate a nationwide outbreak of e-cigarette, or vaping, product use-associated lung injury.

- Younger age was significantly associated with acquiring THC-containing and

nicotine-containing products through informal sources (94% of those aged 13-17 acquired products through only informal sources compared with 62% of those aged 45-77)

Read the full report [HERE](#).

From Partnership for Drug-Free Kids: 40% of U.S. Counties Have No Providers Approved to Prescribe Buprenorphine

February 6, 2020 - A new government report finds 40% of U.S. counties didn't have a single healthcare provider approved to prescribe the opioid addiction medication buprenorphine in 2018. Read more [HERE](#).

ASAP Meeting - Nantucket

WHEN: Monday, February 10th | 5:00 pm

WHERE: Nantucket High School Conference Room

Attend this meeting and earn how you can help prevent substance misuse on Nantucket, have your ideas heard, and make a difference in our community.

Questions? Email nantucketasap@gmail.com

Also coming up...and open to the public:

Read Children's Mental Health Report

CHILDREN'S MENTAL HEALTH REPORT SOCIAL MEDIA, GAMING AND MENTAL HEALTH

Understanding the
online lives of children
and adolescents

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Their teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most. See the **Table of Contents** from the *Children's Mental Health Report - Social Media, Gaming, and Mental Health*:

Get Involved

Next RSAC
Meeting

RSAC
Workgroups

More Info

RSAC Information

Last published:
[RSAC Newsletter](#)

Behavioral Health
Information and
Service Directory

SAMHSA

MassTAPP

Find Help

 The Massachusetts Substance Use
HELPLINE
800-327-5050

Emergency Hotlines

Support Groups

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Read the full report [HERE](#).

How Social Emotional Learning is Supported through the Botvin LifeSkills Training Program (webinar)

This **FREE webinar** is designed to look at the **LifeSkills Training (LST) program** and the outcomes related to CASEL's five core competencies of social and emotional learning (SEL).

Under the federal education law, **Every Student Succeeds Act (ESSA)**, schools can expand their SEL programs that teach children self-control, to resolve conflicts, and to make responsible decisions and avoid risky behaviors. Research shows that these "soft skills" benefit children for their entire lives and can have a positive impact on schools.

Duration: 60 minutes

Register (space is limited):

- Friday February 7th at 11 am ET
- Tuesday February 11th at 3 pm ET
- Wednesday February 12th at 1 pm ET

After registering you will receive a confirmation email containing information about joining the webinar.



LifeSkills Training Elementary & Middle School programs are now aligned to CASEL's SEL competencies

Teen Wellness Workshop: A Workshop for High School Students and Adults

WHEN: Wednesday, February 12, 2020
| 8:30am-1:30 pm

WHERE: MIAA Office, Franklin, MA

FEE: \$40 per person includes light breakfast, lunch and materials

To register, contact: cbohmler@miaa.net



Nurturing Families in Recovery - Parenting Course

WHAT: This is an interactive 12-week parenting course. Participants will

- Explore the needs of individuals struggling with substance use disorders
- Focus on skill building and coping strategies
- Strengthen family bonds so that families can heal together

WHEN: Beginning March 2 - June 1, 2020 | Monday nights | 6:00 PM - 8:00 PM

WHERE: Upper Cape Tech, 220 Sandwich Rd., Bourne

Must register to attend. Call 508-771-4336 or email director@capecoalition.com

Attend a Substance Use Prevention Summit for Educators



Project Here is a product of the state that provides free resources to educators across Massachusetts to teach substance use prevention to middle school students (in grades 6-8) in order to empower students to make healthy decisions and promote social-emotional learning.

WHEN: March 10th | 8:30 am - 3:00 pm

WHERE: Simmons University, 300 the Fenway, Boston, MA 02115

This is a FREE summit for middle school educators to learn about using Project Here's resources to teach substance use prevention.

SUMMIT GOALS:

1. Learn skills to provide effective substance use prevention education to middle school students.
2. Foster educator connections to support work.

REGISTER [HERE](#).

Addiction Training for the Workforce Serving Youth & Young Adults

You are invited to the **Adolescent Community Reinforcement Approach (A-CRA) Training for Clinical Support Staff (221)**

WHEN: Friday, March 20, 2020 | 9:00 AM- 4:00 PM

WHERE: Rosebrook Event Center , 50 Rosebrook PL., Wareham, Massachusetts, 02571, (508) 322-9220

FEE: \$50 payable to AdCare Educational Institute, Inc.

Mail payment to: 5 Northampton Street, Worcester, MA 01605

****If you are paying with a personal check or company check, please include a copy of your registration confirmation email with the payment.****

Aging with Dignity Conference

Save the Date June 10, 2020

College of the Holy Cross, Worcester, MA

Aging with Dignity

A Conference on Preventing and Responding to Substance Use and Related Problems in Older Adults



Click [HERE](#) to download the 2020 Save-the-Date

Sober Curious Event to Support Duffy Health Center

The "**Zero Proof**" concept is in support of the sober/sober-curious movement that has gained a lot of momentum and cultural influence in the last few years, particularly in

major cities.

Zero Proof Cape Cod is modeled after the successful "chef's table" Zero Proof event that was started by Chef Gabriel Rucker of Le Pigeon, Little Bird Bistro and Canard in Portland, OR. The concept is a fundraising event where chefs from select restaurants curate a menu item and Zero Proof Libation (no alcohol) to showcase. Restaurants from the Lower and Outer Cape will feature signature menu items paired with signature Zero Proof Libations



Many Duffy Health Center patients are in active recovery and many more have diagnoses of substance use disorder. Several Duffy staff and board members are also in active recovery. Alcohol remains the number one abused substance on the Cape at a tremendous cost to communities and families. The creation of Zero Proof Cape Cod demonstrates commitment to those in the Duffy recovery community and beyond.

If you would like to learn more about Duffy Health Center and Zero Proof Cape Cod, please visit DuffyHealthCenter.org/zero-proof.

Event sponsorships are available. For more information, contact Sara Grambach, Director of Development and Community Relations at 508-771-7517 x104.

WHEN: Thursday, June 11th, 2020 · 6:00 p.m.

WHERE: [Wychmere Beach Club](#), Harwich Port

WHAT: RENOWNED LOCAL CHEFS · CURATED MENU · ZERO PROOF· LIBATIONS· COMMUNITY CELEBRATION

Webinar Series The Promise of Adolescence: Realizing Opportunity for All Youth

Join the the **National Academies of Sciences, Engineering, and Medicine** for a new webinar series, based on the recent report ***The Promise of Adolescence: Realizing Opportunity for All Youth.***

This report from the Board on Children, Youth, and Families examines the neurobiological and socio-behavioral science of adolescent development and identifies how these findings can be applied to four key sectors: health,

education, justice, and child welfare.

**This series began in January, however there are dates in February, March and April and May.*

Learn more [HERE](#).





Wellness on the Water Community Yoga Event

WHEN: Saturday, March 7, 2020

WHERE: Wychmere Beach Club, Harwich Port | 7:30 AM - 2:00 PM

WHAT: Each participant commits to an investment of \$200 - fund raised! - to attend the all-day, once-in-a-lifetime experience:

REGISTER:

Visit <https://www.duffyhealthcenter.org/yoga>



- 3 yoga sessions (slow, moderate & restorative) co-taught by 6 renowned yoga instructors from studios across the Cape; all levels welcome
- A light breakfast and healthy lunch, specially prepared for us by the talented chefs at Wychmere Beach Club
- A community celebration recognizing top fundraisers (with prizes!) and words of empowerment from a Duffy Health Center client speaker
- All money raised from Wellness on the Water benefits Duffy Health Center's programs and services.

Coverage Changes for Medicare Opioid Treatment Services

As of January 1, 2020, **Medicare Part B covers a new Opioid Treatment Program (OTP)** benefit. In the 2018 Substance Use Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act, Congress expanded access to opioid use disorder (OUD) treatment services and authorized creation of the OTP benefit, which provides Medicare beneficiaries with access to methadone for medication-assisted treatment (MAT) in an out-patient setting. This fact sheet describes the new OTP benefit and how it affects individuals dually eligible for Medicare and Medicaid. Read more [HERE](#).

National Alliance on Mental Illness (NAMI) Workshop



**Cape Cod
& The Islands**

WHAT: A free, comprehensive 8-week course designed specifically, for families and friends of persons managing a mental health issue. Family to Family offers education, support, and resources.

WHEN: Classes start Tuesday, March 3, 2020 from 6:00 - 8:30 pm

WHERE: Harwich

REGISTER: For information and registration call NAMI Cape Cod & The Island - 508-778-4277 Or email klemmon@namicapecod.org

RESOURCES

Alliance for Substance Abuse

Alliance for Substance Abuse (A.S.A.P.) on Nantucket is a cross-sector collaborative of community leaders, parents, youth, school administration and teachers, youth

development organizations, civic and volunteer groups, health care and business professionals, law enforcement and the media. Together they serve as the community-wide substance abuse prevention coalition known as A.S.A.P. Nantucket.

A.S.A.P.'s monthly meetings are held on the 2nd Monday of every month, unless it's a holiday (or August when there is no meeting) at 5:00 pm.

Anyone interested in substance use/misuse prevention is encouraged to join them. Please email nantucketasap@gmail.com for more information or with any questions about our work.

Tips for Teens | Quitting Vaping

TIPS FOR TEENS

Read more [HERE](#).

Nathan's Circle- A Grief Support Group

WHAT: A support group for adults who have experienced the loss of a loved one to addiction.

WHEN: The group meets the 2nd Tuesday of the month from 5:30 - 7:00 PM

WHERE: Barnstable Adult Community Center, 825 Falmouth Road, Hyannis

REGISTER: Call 508-771-4336 or email director@capecoalition.com

*Dinner is included

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.

WHEN: The first Tuesday of the month | 4:00 PM - 6:00 PM

WHERE: Community Health Center of Cape Cod, 107 Commercial Street, Mashpee

More information at www.itsnevertooearly.com.

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.

