



**BARNSTABLE COUNTY  
DEPARTMENT OF HUMAN SERVICES**

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**MEETING MINUTES--FINAL**

**REGIONAL SUBSTANCE USE COUNCIL (RSAC)**

Thursday, **December 5<sup>th</sup>, 2019**

**3:30pm -5:00pm**

**Harborview Room, Barnstable County Complex**

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**Members Present:** Jamie Binienda, Amy Doherty, Barbara Dominic, Elizabeth Griffin, Michael Jackman, Fiona Jensen, Kate Lena, Bruce Murphy, Heidi Nelson, Edye Nesmith, Judy Scarafile, Joe Trabucco, Corrie Vilsaint, Robin Wallace, Noel Sierra, Maura Weir

**Members of the Public:** Paul Dart (Pause-a-While), Jane Haist (ESCCI), Brian Smith, Jason Chorchos (CHC of CC), Sharon Dirac, Todd Whitridge, Maureen Linehan, Sarah Stewart (DYS), Cathy Connell (CC Children's Place)

**Barnstable County Staff:** Vaira Harik, Kim Slade, Maria Silva

**Guests:**

**Unable to attend:**

**Elected Officials: 0 Assembly of Delegates: 0 County Commissioners: 0**

- **Welcome and Introductions:** Meeting began at 3:31pm and introductions were made.
- **Approval of Minutes:** Chair Vaira Harik asked for a motion to approve minutes of September 5<sup>th</sup>, 2019 meeting, Heidi Nelson made the first motion and Judy Scarafile made the second. All in favor, none opposed. There were no minutes taken for the October 3<sup>rd</sup>, 2019 meeting since the time was used by RSAC members to attend a local meeting hosted by the RIZE Foundation for discussion of SUD recovery.
- **Workgroup Updates:**
  - **Prevention Workgroup – Kim Slade**
    - Supported communities implementing Sticker Shock on November 16<sup>th</sup>. About 14,000 stickers place on bags in package stores with the message, "Parents Who Host, Lose the Most" to raise awareness around the dangers and implications of providing alcohol to underage youth. Participating towns were Falmouth, Mashpee, Bourne, and Yarmouth.
    - Additional communities planning Sticker Shock events in the spring include Monomoy, Nauset, and Barnstable.

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***Creating a Healthy Connected Cape Cod***

*The Mission of the Department of Human Services is to plan, develop, and implement programs which enhance the overall delivery of human services in Barnstable County and promote the health and social well-being of County residents through regional efforts that improve coordination of services.*

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- Will begin work after holidays on “Every Day is Take Back Day”, raising awareness regarding proper prescription medication disposal.
- **SAPC**
  - Mini grant RFP to be released before the end of December with a due date of Jan 10<sup>th</sup>. Must focus on underage substance use prevention and have a Letter of Participation signed as a SAPC community. At present “SAP Communities” include Falmouth, Mashpee, Dennis, Yarmouth, Sandwich, Harwich, Chatham, and Nauset School District.
  - MyChoiceMatters.com – in the last 90 days we’ve had approximately 6,000 different users visit the site with almost 8,000 sessions. Most viewed pages have been the vaping and employer toolkits. These high view rates are attributed to the paid advertising we are placing with YouTube and Facebook.
  - On the topic of vaping – new tobacco laws were recently signed. A quick reference flyer is available.
- **MOAPC**
  - Z-Cards are available. They provide wallet-sized overdose response instructions, and info on treatment resources.
  - The MOAPC and SAPC grants have run for 5 years in length and will end on 6/30/2020. The source of the funds is the federal Substance Abuse Block Grant administered in MA via DPH/BSAS. BSAS will be issuing an RFP in the spring for the Block Grant funds to which SAPC and MOAPC communities can apply for onward funding. Barnstable County Dept of Human Services (BCDHS) will apply for this funding.
- **OD2A (Overdose Data to Action)**
  - BCDHS has been awarded OD2A funding of \$300,000 for the period 1/1/20 – 6/30/23 by DPH/BSAS. The CDC has made overdose prevention funding available to the states (see <https://www.cdc.gov/drugoverdose/od2a/index.html>).
  - *“Overdose Data to Action is a 3-year cooperative agreement that began in September 2019 and focuses on the complex and changing nature of the drug overdose epidemic and highlights the need for an interdisciplinary, comprehensive, and cohesive public health approach. Funds awarded as part of this agreement will support state, territorial, county, and city health departments in obtaining high quality, more comprehensive, and timelier data on overdose morbidity and mortality and using those data to inform prevention and response efforts”* (CDC).
  - The OD2A work in Barnstable County will focus on continued support of recovery community planning and implementation by BCDHS staff and will support peer recovery-related programming at WellStrong and Duffy Health Center. Included in the OD2A budget is funding for full evaluation of the programs.

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- **Recovery Workgroup**

- Currently reviewing Action Plan and will update accordingly.
- Current initiatives include planning for anti-stigma campaigns around employment and sober homes.

- **Harm Reduction Workgroup – Vaira Harik**

- Sen. Cyr’s FY20 earmark of \$20K for the bulk purchase of Narcan has been received and in October the first 140 boxes were purchased and delivered to ASGCC (70 boxes) and to the CC Police Chiefs Association (via Sandwich PD, 70 boxes).
- Vaira presented information on overdose deaths in the towns of Barnstable County for the years 2014-2018.
- Sen. Cyr’s FY20 earmark of \$20K for study of preferred approach to expanding overdose follow up activities remains unspent. There was discussion of the Plymouth County Outreach program (<https://otf.plymouthda.com/project-outreach/>) which has implemented a database and multi-town process to follow up overdose deaths. Efforts to interest police departments on Cape Cod to participate have been unsuccessful thus far. Post overdose follow up is clearly an evidence-based practice and we are trying to see if and how that can be expanded and improved on Cape Cod. Presently, Gosnold has a successful program which provides OD follow up in partnership with police departments.

- **Treatment Workgroup – Heidi Nelson**

- Deidre Calvert is new director at BSAS. On January 24<sup>th</sup>, 2020 she will be visiting Duffy Health Center and will also meet with the Treatment Workgroup to discuss BSAS priorities.

- **Presentation by Noel Sierra, MOAR (Massachusetts Organization for Addiction Recovery)**

In 1991 MOAR was formed in direct response to the diminishing health care coverage and lack of clinician reimbursement for addiction services. Maryanne Frangules is the Executive Director. MOAR’s mission is to organize recovering individuals, families, and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions. MOAR has sat on four state commissions addressing Medication Assisted Treatment, Section 35, Substance Misuse Prevention, and Recovery Coaching. It supports the implementation of the landmark systems reforms for recovery coaching, criminal justice reform, diversion programs and co-occurring residential treatment.

Many handouts attached.

Noel covers the Southeast region, from Quincy to Cape Cod and the Islands. His role is to organize recovering individuals and families and friends in a collective voice. Recovery coach training opens one’s eyes to the stigma that is out there. MOAR is pushing to change that, and is working on getting the community involved, and asking representatives to support recovery.

Vaira asked Noel if MOAR has frontline recovery coach services and assists people find treatment? MOAR does provide some recovery coaching services. MOAR is planning its activities for Cape and

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Islands and collecting info of what we need and how MOAR can help. MOAR provides information and advocacy, and has programs which provides education to persons in recovery to educate them on sealing CORIs, obtaining housing, telling their recovery stories, communication skills, and seeking treatment for past trauma in order to assist them in moving forward in their recovery. MOAR is connected with the PIER Recovery Center in Hyannis and is in the process of setting up addiction recovery education access services.

### ➤ **Member Updates:**

- **Amy Doherty – Wellstrong** – Cape Cod Community College will be offering a peer recovery coach academy followed by an internship which will take place at WellStrong.
- **Maura Weir – CCCC** – a presentation followed by discussion regarding grief after overdose death will take place on 12/10.
- **Jamie Binienda – Cape Cod Alcohol Coalition** – ‘Posters and Coaster’s campaign is being implemented one town at a time, beginning with Yarmouth. Are also working on a parent’s pledge with all school administrators. Working on future campaign-- ‘Week without a Drink’. Senior citizens have a huge population of substance users that goes unreported.
- **Edye Nesmith – Cape Cod Council of Churches** – December 19<sup>th</sup>, 2019 at 5pm is the annual service of remembrance for homeless persons. Its being held at the Federated Church on Main Street Hyannis. 19 homeless individuals have lost their lives in 2019.
- **Fiona Jensen – Calmer Choice** – Calmer Choice has partnered up with ‘Sharing Kindness’. They are also working with kids that have lost parents and are being raised by grandparents.
- **Jason Chorches – The Community Health Center of Cape Cod** has been selected to participate as an “anchor” agency in an important research and treatment initiative with Boston Medical Center called the **HEALing Communities Study (MassHEAL)**. MassHeal is a 4-year study funded by the National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), and SAMSHA with an aggressive goal to reduce opioid overdose deaths by 40%. This project will specifically focus on the Communities of **Sandwich and Bourne** which have experienced a disproportionately higher incidence of overdose deaths per capita. MassHeal will focus specifically on the full implementation and communication of evidenced based treatment as a means of reducing overdose deaths.
  - Katie Riconda has been assigned as our MassHeal community engagement facilitator and advisor by BMC.
  - A “kick off” meeting was held in mid-November with Boston Medical Center. At this meeting, we learned about the parameters of the research project and other general information. In attendance at this meeting were representatives from CHC of Cape Cod, Vaira, MassHeal operations/leadership several BMC research assistants, and representatives from Bourne and Sandwich including Trudy Avery, Beth Griffin, Terri Guarino, Carly Cote, Maureen Wickland, and David Sampson.
  - This group (and others interested) will serve as the “steering coalition” for the project. They are interested in any stakeholders representing Bourne and Sandwich who may be interested in participating and are also looking for a nomination to the BMC/MassHeal Consumer Advisory Board.

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- Next Steps for MassHeal Steering Coalition:
  1. Over the next week they will organize our first Coalition meeting and begin planning, outreach and engagement activities.
  2. They will provide regular updates to this group as well as to the MOAPC.
  3. There will be limited funds available for communications/materials, a nurse coordinator and outreach. Again, if anyone is interested in participating, please let them know.
  
- **Bruce Murphy – Yarmouth** - Participated in sticker shock campaign which included 9 liquor stores in town.
  
- **Beth Griffin – Bourne** - Bourne also participated in sticker shock campaign. Has organized 2 open-house activities recently.
  
- **Corrie Vilsaint – Harvard/MGH** – Corrie just published a study on the subject of discrimination against people in recovery. The group would like to hear more about her findings.
  
- The next meeting of the RSAC will take place on February 6, 2020.
  
- **Adjournment**

Chair asked for motion to adjourn at 5:02pm, Bruce Murphy made the first motion and Edey Nesmith made the second motion. All in favor, none opposed.

**Respectfully submitted by:** Maria Silva, Human Services