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DENNIS TOWN CLERK

SUDAC
8-29-19

Attendance: John Adelizzi, Beth Albert, Rich Provencher, Cory Martinelli, Chris McCormick, Walter Phinney, Marion Prendergast, PJ Rainwater

Absent: Mark Lambdon

Selectmen Liaisons: Sheryl McMahon, Bob Mezzadri

Guests: Vaira Harik, Deputy Director, BSHS & Co-Chair of RSUC, Kim Slade, Prevention Specialist, BCHS

Public: Carol Connell (First Steps), Sharon Leder (Creative Outlets), Gary Forester, Nar-Anon Family Groups)

5:30 call to order with Introductions

Beth – Provided a brief introduction about BCDHS working on substance use since 2014. Is focusing the next few meetings on coalition building and information sharing from other groups on the Cape to provide a solid foundation for SUDAC.

October's meeting will be focused on Recovery with discussions from the recovery community and recovery center – as well as School Resource officers

Vaira Harik – Presentation on statistics and data from both Barnstable County and Dennis. Basis of the presentation was Substance use stats with a cost analysis.

63% of all substance use disorder related deaths are from alcohol, 31% to heroin/fentanyl and 7% to other drugs

Cost to Dennis is approximately \$4 million per year for opioid

Total opioid and other uses cost is approximately \$7 million per year

Discussion on how to address regionally through the Regional Substance Use Council (RSAC) – review of open meetings next one is being held on 9/5/19 @ 3:30 County Campus Harborview Room

Vaira reviewed the RSAC organization and how the RSAC workgroups focus is on the 4 pillars Prevention, Harm reduction, Treatment, Recovery –

Beth recommended that someone else from the council be a member of RSAC.

The other communities in the Coalition are

Falmouth, Monomoy/Lower Cape, Wellfleet, Yarmouth, Mashpee, Bourne, Dennis, Nauset/Outer Cape

Vaira briefly mentioned the possibility of Dennis becoming a Drug Free Community

Layout of resources available to other towns - Mashpee and Falmouth have a Human Service Department

Having a budget leads to sustainability Dennis has a starting budget of \$5000.00 low but a good start. – Several towns have staff support with the Coalitions – both Falmouth and Mashpee have Human Service Departments.

Chris McCormick wanted to where Barnstable falls in on this. Barnstable does not have a coalition - However, they are dealing with this by participate with RSAC – and RSAC works with the Barnstable School District, as well as Vaira is also closely working with the adult population and senior groups in Barnstable

Grants – SAPC

SAPC Substance Abuse Prevention Collaborative – Help to reduce underage drinking and other substance use. Dennis is part of the SAPC Community, qualifying for mini-grant funding
MOAPC Massachusetts Opioid Abuse Prevention Collaborative – grants to help prevent the misuse ad abuse of opioids. Dennis is not currently participating - one of SUDAC's first recommendations to the Select Board may be to recommend the town to participate in this.

A review of Barnstable County Opioid Related Deaths from 2004 – 2014

Total Opioid related deaths in Barnstable County = 281

65% of opioid related deaths were in Trades and Services

In contrast to 46% of deaths in Barnstable Population are in the Trades and Services

81% Male

19% Female

81% were high school graduates or less

How has the State and County been responding to overdoses? One way was through the increased purchases of Narcan.

Dennis received 6 boxes last year through the buy from \$20,000 earmarked by Senator Cry.

My Choice Matters Employer Toolkit – what substance use might cost a company

Mychoicematters.net

Kim Slade - Youth Focused Substance Use Prevention

My Choice Matters – a public education campaign based on social norms framework - reaching people through various internet outlets, posters and flyers visit web site mychoicematters.net

Material handed out information from My Choice Matters – all material is also available if needed for other presentations in the future.

Beth – the information handed out has been thoroughly vetted and is the best of the best

Handouts included in the MyChoiceMatters tool bag: any questions of if anyone needs more Kim can be reached at Kim.Slade@barnstablecounty.org

- Substance use resource guide
- How to recognize ad Opioid Overdose
- Tool Kit for Employers to show the true cost to a company of addition
- Infographics on Marijuana and Vaping
- Several other items all of which are available through the BCHS

Youth Focused Substance Use Prevention

Kim works School based programs, mychoisematters.net, community coalitions and community parent education.

2016 Gov Baker signed a mandate that all schools implement some kind of evidence-based prevention curriculum. Botvin Life Skills curriculum is currently being used in several towns on the Cape. DY is reviewing currently.

View local facts, information on specific drugs of concern here on the Cape, tips and resources for parents and youth and Cape specific resources on finding help for substance use problems. Please visit mychoisematers.net for additional information.

Kim developed an issue brief around marijuana and chose to do one on the issue of parents who are using marijuana legally. A result of this issue brief is a one-page infographic on the effects and prevention of underage marijuana use.

There has been an increase in vaping use by 50% increase in middle school and 80% in high school over from 2017 to 2018. This triggered the need for a vaping tool kit. This vaping tool kit "Escape the Vape" available on September 16th. Targeted to the youth not adults, and will provide the following resources: current trends, how to recognize signs of vaping and devices, sample policies and prevention and cessation tips.

Vaping infographic has also been created to explain the effects on youths.

SAPC Mini-Grants

Underage prevention grant - \$8500 to Yarmouth and DY High school
DY High School created videos, a PSA series of youth vaping, distracted driving and social posting
Beth PSA's are completed Police Chiefs from Dennis and Yarmouth helped with these and when is this being released to the public? Posted on social media waiting to see what the schools do to allow them to have the buzz associated. Beth commented that maybe next meeting they can se shown to SUDAC.

Public question from Sharon Leder- If an outside community group wanted to apply to the SAPC grants how would that be done?

Beth – the committees (SUDAC) work will provide recommendations on what we want to invest in and can not answer that at this time. But feels the ask would come from the committee (SUDAC).

Minutes: Marion moved to approve minutes as written
Cory seconded
Unanimously passed

Mission Statement:

"The Dennis Substance Use Disorder Advisory Council shall advocate for a healthy community by promoting best practices for the prevention, harm reduction, recovery and treatment of alcohol, tobacco and other substances."

Chris – Move to accept the proposed mission statement
Walter - second
Unanimously passed

Member resignation – due to person reasons Robin Elised resigned from the Council with that there is a need to elect a new Secretary.

Walter moves to rotate minute taker on a volunteer basis

Marion seconded

Unanimously passed

Marion volunteered to be secretary on record

Walter volunteered to be the minute taker for next months meeting

Kathy Cornell – Harwich Resident – First Steps Together – families in recovery for opioid and other recovery. Even though the requirement on the grant is the recovery is for opioid recovery they do not refuse anyone as long as they meet the requirements of 18 or older with children up to 5 years of age

4 members are working off of a 2-year grant

Beth how does this work with Mom's Do Care Program

Kathy – Cape wide and the islands and this group goes up to the age of 5 and works with men as well as women. Moms Do Care Program works with up to 3 years old and does not work with men.

Beth recommended Kathy go to the Dennis CCIT (Community Crisis Intervention Team) meetings – 3rd Thursday of the month 8 AM at the Dennis Police Department

SUDAC Next meetings are set for September 26th and then October 24rd

6:46 adjourn