

**BARNSTABLE COUNTY
REGIONAL SUBSTANCE ABUSE COUNCIL (RSAC)**

Addressing Substance Use on Cape Cod:
Action Plan, 2015-2020
Progress, Year 1

Vaira Harik, MSc.
Barnstable County Dept. of Human Services
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RSAC Deliverables, Planning Year

- *Analysis of Substance Abuse on Cape Cod: A Baseline Assessment* (delivered March, 2015)
- *Addressing Substance Use on Cape Cod: Action Plan, 2015 – 2020* (delivered August, 2015)

RSAC Deliverables, Year 1

- ☑ Workgroup Workplans (Prev-Interv., Treatment, Recovery)
- ☑ MOAPC and SAPC Strategic Plans (to BSAS)
- ☑ Year 1 Progress Report
- (Pending) Baseline Assessment Update

Action Plan Overview

The RSAC Action Plan:

- **Summarizes local scope of the problem**
- **Incorporates statewide planning** (e.g. Gov. Baker's *Action Plan to Address the Opioid Epidemic in the Commonwealth* [June 2015])
- **Summarizes county-specific epidemiological and cost findings** (via *RSAC Baseline Assessment*)

Action Plan Overview

The RSAC Action Plan describes the strategic priorities for the RSAC's work along the following five domains:

- **RSAC Core Functions**
- **Prevention Initiatives**
- **Intervention Initiatives**
- **Treatment Initiatives**
- **Recovery Support Initiatives**

Approach to Core Functions

- **RSAC Members to Contribute to the Following RSAC Core Functions:**
 - ✓ Attend Cape-wide Regional Substance Abuse Council meetings
 - ✓ Join Workgroup(s) in the Four Domains
 - ✓ Support Promising Practices and Programs
- **Barnstable County Dept. of Human Services Staff to Support Selected RSAC Core Functions:**
 - ✓ Convene and staff RSAC and its Workgroups.
 - ✓ Provide Surveillance, Information Management, and Technical Assistance.
 - ✓ Support Community Coalitions.
 - ✓ Identify and facilitate funding.

RSAC Core Functions

- **Establish and Maintain Cape-wide Regional Substance Abuse Council**
- **Convene and Support Domain-Related Workgroups**
 - Prevention and Intervention Workgroups have been combined into one.
 - Treatment Workgroup
 - Recovery Support Workgroup
- **Policy Change to Facilitate Prevention**
- **Facilitate Funding and Support of Identified Priorities**
- **Support Community Prevention Coalitions**
- **Establish Communications Strategy for RSAC**
- **Support Evidence-Based and Promising Practices and Programs**
- **Provide Surveillance, Information Management, and Technical Assistance**
- **Establish Legislative Agenda and Advocacy Plan**

Prevention Initiatives & Strategies

- **Public Awareness (General)**

- Media campaign via Grouper Design is in final design stage. Will provide general public awareness of the dangers of opioid use, and provides locally targeted prevention messaging about alcohol and marijuana aimed at youth.
- Support semi-annual Drug Take Back Day events.

- **Public Awareness (Targeted: Alcohol and Marijuana)**

- Media campaign via Grouper Design will build community capacity and raise awareness around the importance of teen alcohol and marijuana use prevention.

- **Education—Parents and Students**

- Yarmouth Social Hosting Town Hall (April, 2016)
- Media Campaign

- **Education—School Administrators**

- Educate school administrators on age-appropriate substance use prevention.

- **Grant Funding from Massachusetts Substance Abuse Prevention Collaborative (SAPC)**

- Convene SAPC Planning Committee.
- Identify SAPC Priorities and Strategies (TBD).
- Set forth 5-Year Plan for prevention of under-age drinking and drug use.

Intervention Initiatives & Strategies

(Harm Reduction)

- **Education—School Administrators**
 - Educate school administrators and coaches on best practices for responding to student substance use and recovery.
- **Education—Employers and Businesses**
 - Provide technical assistance to employers/businesses about substance use and addiction, to include: warning signs of employee use; policies and procedures; referral information for treatment; overdose prevention; and emergency situations at the workplace.
- **Grant Funding from Massachusetts Opioid Abuse Prevention Collaborative (MOAPC)**
 - Convene MOAPC Planning Committee.
 - Identify MOAPC Priorities and Strategies (pending finalization).
 - Set forth 5-Year Plan for prevention of opioid use and related deaths by means of selected intervention strategies.

Intervention Initiatives & Strategies (Continued)

(Harm Reduction)

- **Prescription Monitoring Program (PMP)**
 - Support and localize State initiatives per the Governor’s Opioid Action Plan.
 - Support statewide PMP.
 - Support local prescriber continuing medical education on management of patients with chronic pain (SCOPE of Pain curriculum).
- **Naloxone (Narcan) Availability**
 - Support and localize State initiatives per the Governor’s Opioid Action Plan.
 - Support increased retail availability of Naloxone (Narcan).
- **Good Samaritan Law**
 - Support and localize State initiatives per the Governor’s Opioid Action Plan.
 - Support implementation and awareness of 911 Good Samaritan Law.

Intervention Initiatives & Strategies (Continued)

(Harm Reduction)

- **Address alcohol abuse intervention and treatment for adults.**
 - SAPC grant funding to prevent alcohol use initiation and abuse is targeted at middle and high school children. However, the RSAC *Baseline Assessment* also identified alcohol addiction as a major contributor to adult substance use-related morbidity and mortality on Cape Cod. Thus, planning and funding to address alcohol abuse among adults (and the senior sub-population) is necessary.

Treatment Initiatives & Strategies

- Promote Access to Treatment Services

- Support and localize State initiatives per the Governor's *Opioid Action Plan*, to include:
 - Advocate for Central Navigation System to access treatment.
 - Promote establishment of a **Patient Assessment Center** on Cape Cod--an extension of Intensive Outpatient Treatment (IOP) [which is in the Governor's *Opioid Action Plan*].

- Work with existing access points to improve entry to treatment system:

- Provide SUD **Resource Guide** to CCHC ER, providers, & community, Cape-wide
- **Support outpatient treatment** modalities (e.g. MAT)
- **Risk screening** at multiple points of contact with patient (clinical or emergency contact and contact with law enforcement sector)
- **Liaise with local DCF and DMH staff** to address substance use

- Liaise with Sheriff's Office to Support Treatment to Incarcerated Individuals

- Explore options for expanding treatment to "held" (non-sentenced) persons in Jail.
- Support post-incarceration re-entry initiative at House of Corrections

Recovery Support Initiatives & Strategies

~~• Promote Access to Recovery Services~~

~~— Support and localize State initiatives per the Governor's Opioid Action Plan:~~

- ~~• Explore standardization of recovery wrap-around services (including MAT, consistent with the CHC model).~~
- Support accreditation of Sober Homes

– Topics for local focus:

- Work with (upcoming) Recovery Support Center (RSC) in Hyannis (managed by Gandara)
- Identify and disseminate substance use-related counseling toolkit to clergy to assist with supporting persons in recovery.

~~• Explore New Recovery Services~~

~~— Explore potential for a Recovery High School for Cape Cod.~~

– Support creation of Recovery Support Groups for teenagers.

~~— Liaise with BSAS to study creation of standardized Recovery Coaching model, with consideration of payment options.~~

~~— Liaise with the Mass. DPH/BSAS and the Mass. Executive Office of Health and Human Services (EOHHS) to support amending the CMS state plan to fund Recovery Coaches via use of community health workers (CHWs).~~

Recovery Support Initiatives & Strategies

Revised

- **Improve and Promote Services for People in Recovery**
 - Promote expansion of recovery coaching services in Barnstable County.
 - Encourage/provide information about **certification of sober/recovery housing**.
 - Look for and pursue opportunities for youth support and recovery services (includes **teen recovery support groups**).
- **Encourage Continued Development of Cape Cod as a Community that is Supportive of Recovery**
 - Reduce stigma associated with addiction.
 - Explore opportunities for collaboration with different sectors (e.g. law enforce., **clergy**, healthcare, business).

Barnstable County



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