



Joseph C. Sullivan
Mayor

Office of the Mayor

One JFK Memorial Drive
Braintree, Massachusetts 02184

781-794-8100

Braintree Community Partnership on Substance Use Meeting Minutes

March 22, 2017 – 6:30PM

Persons Present: Ed Woo, Brian Leary, Bruce Talanian, Robyn Houston-Bean, Kevin MacAleese, Laurie Melchionda, Edmund Bousaleh, Michael Baumgartner, Shannon Hume, Vicky Ruvido, Terri Murphy, Don Harrington, Jim Burke, Mary Kelley, Melonie Bennett, Jennifer Fay, Roger Medeiros, David Morgan, Lee Dingee, Andrew Marron, Marta Googins, Carolyn Loud, Jennifer Picard, Laura Crowley, John Griffin, Greg Ranieri, Jon Wilson, Marianne Barrett, Michael Owens

Meeting Commenced: 6:35PM

Minutes

Agenda Item: Welcome

Welcomes and introductions from group. Introduction of Speaker

Agenda Item: Speaker

Two Braintree parents spoke about their family's experience with addiction.

The first parent explained that her son was brought up through Braintree schools and youth programs in town. In the Sophomore year in high school he went through a sudden change. Schools/Police noted that it may be due to alcohol. As a parent she was unsure of the cause of the change but things got progressively worse over time. The son eventually joined the service which was helpful for a period of time but upon returning home after serving combat tours and being affected by PTSD, the son has reverted to old habits. The parent explained that her son overdosed on more than one occasion (family was not informed about it). There were several months of sobriety and then a relapse. She explained that her son is in a program out of state today and he is sober.

Questions raised: Did school/police downplay the alcohol? Parent replied that they did, and the teachers/housemasters/nurses all noted he was a good kid and that things would work out. She had countless conversations with each party. She relied on professionals for help. She notes that education for the town can help with this process.

Ed Woo noted how inspiring her story is. He noted how an initiative in Quincy called "project outreach" for non-fatal overdoses and how local pd's have improved their processes based on best-practice sharing and community education.

The parent noted that we need to have open communication and support families to help persons with

addiction and direct them to helpful resources.

Noted that stories from parents have helped to open up communication between citizens and government resources. Especially the parent/adult community.

Noted that due to the stigma of substance use it is hard to get parents to participate. We need to break the stigma.

Noted that part of the stigma is that this could never happen to their child and most think their children are falling into routine, alcohol habits associated with that age.

Noted that when we continue to share stories of honor roll students, good students, etc. that it really hits home with parents that it can happen to any child.

The parent explained that in hindsight a lot of signs were missed. But her son was an athlete, a good student and at the same time fighting his battle. She wishes if she knew his struggles she could have helped.

Mary from Sheriff's office: noted; families are starting to turn on the stigma – noting that parents are glad to hear when their family members are being helped. Instead of just saying “that’s not my son”

Parent Speaker #2 – Lived in Braintree 31 yrs.; 4 kids through Braintree school systems. Has one son who is chronic heroin user. He grew up in fortunate family, was popular in class, great student and involved. When looking at face of addiction you wouldn't look at his family. His son attended college out of state and when he came home to work post-college he started using and has relapsed since. Went through outpatient/inpatient processes – tomorrow he will be 5 months sober. Living in sober house in Chelsea. He joined partnership because prevention and education is most important thing, but also he didn't know where to turn when they first found out about his sons addiction. After a few years of different local resources that understated his addiction and indicated that he could continue to still smoke or drink as if it's not heroin. He noted that today he believes that with new resources available they would have been better off and saved time getting his son to the right support areas and helped his family to cope. Noted that his son went to a facility where the facilitators were in recovery themselves and it really helped with the process.

Another parent of a person with addiction commented in sympathy with the parents who spoke. Her biggest concern is after these programs, at least 30 days, she was afraid of unstructured sober houses, job opportunities – there were many obstacles to still overcome post-rehab. The recommendations post-rehab are not as easy done as said to complete. The day the person with addiction gets out it would be nice for companies to be ready to assist in job placement for these individuals. Noted that education is a large part of this effort, but wants more resources for persons with addiction who are trying to overcome these obstacles.

Guest noted; Holding for 6-month programs is encouraged; these programs have “get-well job” programs where companies are aligned to help and hire these individuals. And that there is no standard

of care – some need longer time than others and there’s nothing holding them to a set timeline.

Mary from Sheriff’s office: Half-way houses / Sober house – nowadays there is an accreditation to be operating in the state of MA. Governor Baker is following up on this with the opioid task force. But the post process – continuum of care – still has gaps in it but strides have been made. Holdings don’t have standards either.

Comment about both good and bad sober houses. Where the addict is mentally can determine his/her success. But noted that changes have been positive and in the right direction.

Member comment that sober homes is not recovery; they are for people to go to as last step and insurance doesn’t pay for it. Really a place for them to live with others who are still in recovery.

Guest – There’s a lot of bottleneck after detox; noted article recently in Globe.

Agenda Item: GP3 Design Logo Update

Logo has been decided; final logo passed around for review. Website also being constructed and separate committee is working on it. No comments noted on website or logo.

Agenda Item: South event “amazing healthy race”

Organize and event with fatal vision alcohol kit goggles. Description of event process and procedures was noted. Many community departments and organizations are involved to create a variety of events.

Students leave with a lot of education. Groups of 4; at least one student who is 15yrs old. 200 participants last year – from kindergarten to adults.

Req’s for a station:

Name your station; define clue to get a student to your station, what is skill or knowledge to learn, what are your instructions to complete it?

How can we help? Put a team together or volunteer at our station. If interested see Shannon or any steering committee leader. Also open to running multiple stations.

Agenda Item: Monthly Column / Elder Affairs Newsletter

How do we create more awareness about the partnership and where to get help?

- Can submit articles to press; social media; Can add to elder affairs newsletter
- Noted that Braintree Advertiser would be good option to add more information too

Mike noted that we can leverage twitter accounts associated with the town. Cross-posting to leverage all the different networks within town.

Lee Dingee noted; several civic associations that can help spread the word.

Marta noted that in our advertising we need to identify our resources.

Mike Owens – creating awareness we have to promote this group and Jessica, the coordinator. This group has to get more exposure to parents who can contact the office/committee for help. Still need to work with schools to add opioid education in schools and create other initiatives within the greater community; plus larger policy initiatives. 1st step is awareness of our current resources (group + Jessica) – maybe a direct mailer would help kick this off. List upcoming meetings and programs.

Shannon noted GP3 group is working on print collateral.

Ed Woo noted we can add a link to the GP3 website into the SeeClickFix dashboard which will be launching soon.

Agenda Item: Department Updates

Resource Center Committee – We have 5 resource centers (fire station 24/7, police station 24/7, plaza by police substation, town hall lobby, parks & rec building)

Police: Mandatory training as officers; next month we are training for dynamics with addiction. Noted that new members to partnership can look at this group as a think tank and networking opportunity. He noted how he learned how there are job opps for post-rehab citizens and he will note them and promote it them in his efforts. – Non-fatal overdose piece; Plymouth county has Project Outreach and he is impressed with their efforts so far and will invite them to come in and do a presentation. Ed noted his role in the community and how project outreach will help with his efforts and building a relationship with South Shore Hospital. He's excited about what's to come.

Schools: Presentation recently given to 8th graders at South & East about substance abuse; also, had presentation on suicide prevention. Have professional dev tomorrow for all of their staff from same presenters. 9th grade students went through brief meeting with counselors about substance use. Data will be compiled soon. Allows for quick intervention as well if needed. Educated about resources available if future need ever came about for students. Anonymous data is still being compiled, should be completed by end of this week. More information will be available at next meeting. Based on first impressions current substance use is small. Data will be sent to DPH.

*Ed Woo noted that Scituate has been doing a lot of surveys and they can speak to integrity of data.

*Greg; Scituate Rep: data shows that when we compare data year over year and don't see large swings in data that it shows that data has accuracy and is not skewed by false statements. These consistencies speak to the integrity of the data. Anonymity is key to getting faith of providers and accurate data.

Fire – 17 overdoses with 3 deaths since Jan 1st. Numbers mirror last year results.

Mayor's Office: SAPC & MOAPC

SAPC (Quincy, Milton, Braintree, Weymouth – underage drinking focused)

- The cluster is in the process of reviewing data that we have for each community and filling in the gaps where needed.
- Towns are asked to keep doing focus groups for a community assessment. Braintree did 2 focus groups at BHS recently and we will schedule 2 or 3 parent focus groups in the near future. Parents in the Partnership are welcome to attend one if interested.
- The cluster will develop a plan of action for each community that will involve the strategies that were decided on with the information we have. This includes a Social Norms campaign to address youth misperception about alcohol use among their peers.

MOAPC (Quincy, Braintree, Randolph, Stoughton, Weymouth)

- Several folks will be attending the National Rx & Heroin Summit the week of April 20. We can look forward to hearing back from the group at the April Partnership meeting to hear national news & updates on the opioid crisis.
- The cluster is in the process of updating the Logic Model and Strategic Plan because it's been 3 to 4 years since this grant started and a lot has changed. We plan to be choosing Intervening variables and strategies by May.
- Cluster is reviewing overdose data for 2017 at the next meeting.
- We are planning the parent focus groups and would like to schedule a focus group with young people 18 – 25. Ideas on how to invite 5-10 people in this age group is welcome. We can provide Dunkin Donuts gift cards to the young people who volunteer. Robyn LaFrance will follow up on dates for the focus groups.

Additional Updates:

Mike Owens noted that we should start encouraging people to try over the counter alternatives before prescriptions. Just wanted to note that we can start to educate on the alternatives available and we should be consistent in the messaging.

*schools noted that nurses will call home about education for individuals who will be prescribed alternatives to opioids when students are injured.

Dave noted – that our messaging to kids should be more general with more information going to parents. Commended Braintree's "get out the vote" with encouraging these initiatives.

Guest noted that Office of Drug Control policy (fed) is going to be closing. And the grant we want to apply for is under this department.

*Shannon noted that we haven't heard anything.

Shannon noted that if there are any community events that we can participate in, the committee will provide you with the supplies to participate.

If “Teen Rivals” attend our meetings they will get points. “Teen Rival” is a program within the schools; towns compete against another and points are awarded by showing up with coalition meetings.

Action/Follow-up Items

Task	Person(s) Responsible	Due
N/A		

Meeting Adjourned: 8:20PM

Next Meeting: April 26th in Town Hall

Note-Taker: Andrew Marron