

**Substance Abuse Services Commission
Meeting of September 13, 2017
DHHS Building, 41 Anthony Avenue, Augusta, Maine
Conference Room C**

ATTENDANCE

Members Present:

Peter McCorison, Provider, Aroostook County, Chair for SASC (Phone)
Bill Lowenstein, Pres. Of the Board of Sexual Assault & Response Services
Tim Cheny, Education, Choopers Guide (Phone)
Matthew Braun, Young People in Recovery (Phone)
Irene Laney, Clinician in Private Practice
John Yasenachak, Associate Professor, Husson University
Bruce Campbell, Clinical Director, Wellspring/BARN

Members Absent/Excused:

Darren Ripley, Coordinator, Maine Alliance for Addiction Recovery
Debra McIntyre, School Counselor, SAD #31 Howland
Diehl Snyder, MD, Mt. Desert Island, Behavior Health
Scott Gagnon, Director, AdCare Maine
Robert Rogers, Kennebec Behavioral Health
Representative Richard Malaby, Legislature, House District 136

Office of Substance Abuse and Mental Health Services and Prevention Services, CDC:

Tom Connors, Associate Director, Representing for Sheldon Wheeler, SAMHS – Absent
Christine Theriault, Program Manager, Tobacco and Substance Use Prevention Services, CDC – Absent

Guests:

Deborah Doiron, AdCare Maine, Recorder
Malory Shaughnessy, Executive Director, Alliance for Addiction & Mental Health Services (phone)
Victor Dumais, Treatment & Recovery Manager, SAMHS
Lorrie Mitchell, Treatment & Recovery Manager, SAMHS - Absent

**Substance Abuse Services Commission Meeting
September 13, 2017
DHHS Building, 41 Anthony Avenue, Augusta
Conference Room C**

SEPTEMBER DRAFT MINUTES

DRAFT Date:	September 14, 2017	SASC Approved:		
Signed: Recorded by: Deborah Doiron, AdCare Maine				

Meeting Convened: 9:00 A.M.

Adjourned: 12:00 PM

Meeting Convened: By Bill Lowenstein, Representing Peter McCorison, Chair of the SASC

SEPTEMBER AGENDA

- Introductions, Public Comments, Review of August Minutes and Preliminary Agenda for September

New Business:

- SAMHS Update, SAMHS Representative
- Prevention Update, Christine Theriault, Prevention Manager, Maine CDC
- Peter McCorison will report out on intern search from universities to assist the SASC members with projects
- Media Message Improvements – invite 2 or 3 media staff regarding language used in newspaper articles
- Work on Report Card
- Dora Mills and possible next steps with UNE

Old Business:

- Open Commission Seats – updates on search for new members
- Prepare agenda items for meeting on October 11, 2017

12:00 Adjourn Meeting

Next Meeting Location:

DHHS Building, 41 Anthony Avenue, Augusta, Me
Conference Room C
Wednesday, October 11, 2017
9:00 – 12:00 Noon

September 13, 2017 SASC Meeting Summary

Bill Lowenstein, Representing Peter McCorison, Chair, SASC Introductions, Public Comments, Review final draft of the August Minutes and Preliminary Agenda for September.

Bill Lowenstein welcomed and thanked members and guests for attending the meeting. Introductions were given. Bill Lowenstein asked members, if there were any public announcements. He also asked if there were any additions to be included in this agenda.

Bill Lowenstein invited guest Isaac Axtell from MAAOM to the table and asked him to brief the members on why he came to the meeting and what his interest are. **Isaac Axtell** began by telling members his organization heard about a Bill #185 to establish a pilot project for Medicaid coverage for persons with substance use disorder. The bill included treatment using NADA acupuncture. This type of acupuncture has been used throughout the country by different organizations for substance abuse addiction, mental illness, and PTSD. This summer his organization had a NADA training presented by Laura Cooley. Laura has worked a lot in New Hampshire and Vermont to get legislation passed around addiction, detox technicians and other substance use legislation. MAAOM has since formed a committee called the Maine Public Health and Wellness Committee to help serve these affected populations. The committee members also sit on the Maine Opioid Task Force. This is where he learned of the SASC monthly meetings. Right now Isaac is working with Amy Curtis from SAMHS on a design and plan for the pilot project. Isaac has given Amy Curtis various research articles and position statements from Federal Bureau of Criminal Justice. Also gave her a literature review from nada. NADA is not a stand-alone treatment, but is given as an adjunct of standard care. Isaac stated he would like to be a part of these comprehensive treatment plans.

Bill Lowenstein mentioned to Victor Dumais a one year pilot project done for OSA on acupuncture. Bill states this would have been 10 or 15 years ago between Maine Medical Center and CAP Quality Care. He is not sure if there are any reports on file at SAMHS regarding the outcome of this project.

Tim Cheney stated that he is in current discussions of trying to bring this option into his Portland facility, using a community acupuncture approach, by doing multiple people at the same time to reduce costs and also offer a group setting. He has connected with a provider in the Portland area who has a lot of experience and is interested in bringing this option into the Grey Street facility in Portland. Tim Cheney states he would like to use this holistic approach and to add this option to their facility's portfolio.

Isaac Axtell will connect with Tim Cheney to do more discussions. Isaac also mentioned that his organization does have some technicians in the Portland area.

Bruce Campbell stated that he has seen some of this treatment in residential care facilities when people are detoxing off opioids. This is another tool for our portfolio of options. Bruce then asked if the acupuncture would conflict with medication assisted treatment. Tim Cheney stated there would be no conflict and that it helps stabilize your body. Tim states this is neither an antagonist, nor agonist. This option helps with the balancing out of any physical complications, while going through phase one in substance abuse treatment.

Victor Dumais stated that he isn't as well versed on this procedure, but believes the idea of having your whole system working well together is healthy. In general, he feels that the healthier the body is, the better chance MAT will work.

Review of the August SASC Minutes: The August minutes were reviewed. A motion to accept minutes followed and then was seconded. The August 9, 2017 minutes were approved by all the Commission members.

Conclusions or Actions and Responsible Lead Person; timeline if applicable:

Deb Doiron will forward the approved August minutes to Mickey Young for posting to the SAMHS website in the SASC section.

NEW BUSINESS

- **SAMHS Update, Tom Connors, Associate Director, SAMHS – Absent**
Victor Dumais from SAMHS updated members regarding the Recovery RFP – he stated that the RFP is in the scoring process right now.
- **Prevention Update, Christine Theriault, Tobacco & Substance Use Prevention Manager, Maine CDC – Absent, with explanation and apology**
- **Peter McCorison will report out on intern search from universities to assist the SASC members with projects** – Peter reached out to UNE and talked with them about potential social workers doing an internship. There was some talk that often internships are primarily for social work and usually focuses more on micro. He also reached out to the University of Southern Maine, Masters in Public Health. He talked with Kelli Fox. Peter has not heard back from her yet. The initial contact was potentially favorable.
- **Media Message Improvements – invite 2 or 3 media staff regarding substance use addiction language used in newspaper articles** – Bill Lowenstein stated he didn't get a chance to make contacts for this month's meeting. Topics discussed by members:
 - 1) Effectively encourage changes in language used by the media in order to reduce stigma;
 - 2) Change societal perceptions regarding substance use and addiction through a series of positive news stories, articles and videos on websites; a more balanced approach, instead of always highlighting the bad stuff;
 - 3) Emphasize or highlight all the good aspects of having people in recovery, their accomplishments and the resources and support the recovery community can offer to their peers;
 - 4) Life in Recovery - Providing the public with information on recovery and showing the public the return on this investment
 - 5) Faces & Voices training for media staff
 - 6) Cultivate working relationships with journalists
 - 7) Invite media staff to next meeting
 - 8) Collect and publish data on Recovery Capital

9) Improving WITTS data base for collecting information – invite data staff person from SAMHS

Bill Lowenstein: Next Steps – Bruce Campbell will reach out to Eryn Rhoda to see if she can attend the next Commission meeting in person or by phone. Tim Cheney will contact Don Carrigan.

Irene Laney made a list of what she sees as important when presenting to the media:

- 1) Importance of language – bring in some articles from William White to pass along to media staff;
- 2) Talk with media about emphasizing more stories of positive recovery experiences and outcomes;
- 3) Research to see if there is some kind of media literacy program available to media, such as U-tube videos and also checking in with the broadcasting school at Husson – John Yasenachak will bring this subject up at the University
- 4) Cultivate different media relationships in varying communities; make sure that we are convincing the leadership of these media institutions on the importance of language changes regarding addiction and stigma; The Commission to prepare a package to present to media of what we want to accomplish;

- **Work on Report Card – this will go on the agenda for October**

- **Dora Mills and possible next steps with UNE** – Bill Lowenstein updated the SASC members regarding his search to find someone to do another cost report on the cost of addiction in Maine. The last cost report was completed in 2010, using 2008 data. Bill states that a lot has changed regarding circumstances back then and what we are facing now with all the opioid issues. Bill said that he has e-mailed Dora Mills to see if they would be interested in doing this project. He states UNE is interested, but their center is all grant funded and right now do not have any extra funds to move on this project. Bill described some next possible steps. Bill states Dora Mills recommended another level of contacts at UNE that he and Matt could schedule a meeting with to continue discussions regarding this project. Bill also asked if anyone had any other ideas for possible funding. Bill mentioned the Maine Health Access Foundation or possibly Robert Wood Johnson. Bruce Campbell offered another solution in coming up with data. He stated that the Surgeon General's report came out last year, using 2015 data. He has used this data trend line in terms of economic cost for his information gathering. He states all the trends look the same. He has developed a one page document that he can share with the members. Bill said that the Commission would like to create a document to provide to the legislature and candidates for next year. Peter also states that it could really assist the new legislature and governor for making important decisions regarding substance use and addiction.

OLD BUSINESS:

- **Open Commission seats – continued updates on search for new members.**

Peter McCorison has been talking with Andrew Brace regarding SASC members filling out renewal forms and sending in resumes. Andrew has not received everyone's forms yet, so Peter reminded and encouraged members to get these forms in soon. Peter than updated members on positions that are still open. These positions are a superintendent, lawyer, elementary school educator; and possibly a doctor's vacancy.

Other Topics of Discussion:

Federal Block Grant information – in the past SAMHS has always presented information to the SASC members.

Malory said there is a Quality Improvement Council website link to the grant for 2018 – 2019. Malory will send the link to members. This Council advises on the block grant.

Formal Request - Make a formal request from SAMHS for some specific data sets. Tim Cheney will identify the data sets the Commission is looking for. Peter McCorison will make request from Sheldon Wheeler at SAMHS. Peter will also send Sheldon a copy of the latest Report Card. Bill also suggested having Anne Rogers attend our next meeting or someone from State Epidemiology.

- **Prepare agenda items for meeting on October 11, 2017**
 - 1) Report card
 - 2) Update from Bill and Matt on progress with UNE
 - 3) Media with Eryn Rhoda from BDN; include her around 10:00 on agenda
 - 4) Open seats on the Commission

Meeting Adjourned: 11:20

Next Meeting: Wednesday, October 11, 2017 from 9:00 AM to 12:00 Noon

Location: DHHS Building, 41 Anthony Avenue, Augusta, Me., Conference Room C
Please enter the DHHS building at the front entrance lobby. Deborah Doiron will sporadically check the lobby for SASC members prior to meeting. The last check will be around 9:00. Any members arriving after 9:00, should call 287-2595 for representative from SAMHS to come and let you enter the building.