

**Substance Abuse Services Commission
Meeting of November 12, 2014
State Office, DHHS, Conference Room C
41 Anthony Avenue
Augusta, Maine**

ATTENDANCE

Members Present:

Peter McCorison, Chair
Bill Lowenstein
Irene Laney
Ann Giggey
Scott Gagnon
Robert Rogers
Darren Ripley
Rep. Ann Dorney (phone)
Rep. Peter Stuckey

Members Absent/Excused:

Robert Creamer
Tom Leonard
Diehl Snyder, MD
Sen. Colleen Lachowicz
Rep. Carol A. McElwee
Rep. Katherine Cassidy

Office of Substance Abuse and Mental Health Services:

No representative from SAMHS for November Meeting

Guests:

Youth in Recovery Speakers:

Bryn Gallagher, Education Lead, YPR
Alex Klein, Employment Lead, YPR
Andrew Kiezulas, Chapter Lead, YPR

Anna Black, Project Coordinator, MYTREP, SAT-ED, SAMHS
Raya Kouletsis, Coordinator, MAPSA
Neill Miner, Director, AdCare Maine
Deborah Doiron, AdCare Maine, Recorder

**Substance Abuse Services Commission
Meeting of November 12, 2014
State Office, DHHS, Conference Room C
41 Anthony Avenue
Augusta, Maine**

NOVEMBER MINUTES

DRAFT Date: November 18, 2014	SASC Approved:
Signed: Recorded by: Deborah Doiron, AdCare Maine  1/14/15	

Meeting Convened: 9:00 A.M.

Adjourned: 12:00

Meeting Convened: By Peter McCorison

Agenda:

- General Meeting Opening: Introductions, Review July, August, September and October 8, 2014 Minutes; Public Forum

New Business:

- Presentation by Young People in Recovery
- SAMHS Update – Guy Cousins, Director, SAMHS

Old Business:

- Finalizing the MAT/MAR document
- Finalize Recovery Letter to be sent to Guy Cousins, Director, SAMHS and Mary Mayhew, Commissioner, DHHS
- Request Letter for SAMHS regarding Marijuana Information

Prepare Agenda Items for Next Meeting on December 10, 2014

Adjourn meeting 12:00

SASC Meeting – General Opening Statements

Peter McCorison, Chairperson Introductions and Public Guest Comments

Peter McCorison welcomed and thanked members and guests for coming to the meeting. Peter stated that in today's meeting the members will be given a presentation by some young people who are associated with a national organization called Young People in Recovery. The youth came to share with members their efforts to promote the pillar of Recovery in the State of Maine. Peter stated that the youth would be talking about their personal experiences and how important the role of recovery services and resources can be for young people seeking support for themselves during the recovery process. Peter McCorison then asked the members if there were any additions to be listed on the agenda. Nothing was added. Then introductions were given by everyone.

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

N/A

NEW BUSINESS - November Agenda

Topic #1 – Review of Minutes of Previous Meetings – July, August and September and October Minutes

Discussions: feedback on minutes

Bill Lowenstein made a motion to accept July, August, September and October Minutes. Irene Laney seconded the motion. All members present voted to accept the motion and all four sets of minutes were approved. Peter signed off on the minutes and gave to Deborah Doiron for the Commission records.

Conclusions or Actions:

- Motion accepted with corrections or amendments to be made to previous month's minutes, Responsible Lead Person – Deb Doiron**

Topic #2 – Presentation by Young People in Recovery (YPR)

Bryn Gallagher, Alex Klein and Andrew Kiezulas from Young People in Recovery each gave brief descriptions of their own personal experiences with alcohol and drugs and their road to recovery. Then they asked the members if anyone had questions. Rep. Ann Dorney asked how many YPR groups are available in the State of Maine. Andrew said that right now there is only one, which is located in Portland, but noted there are currently other groups who are looking into starting local Chapters. He said mentioned that Bruce Campbell, the Director of the Bangor Area Recovery Network (BARN) was interested in starting something like this in the Bangor area. Andrew states there are over 30 Chapters in the U.S. Ann Dorney asked if there was a definition of who is considered youth. Andrew believes that YPR chose the wording "young" because this was a new recovery movement. Andrew stated that the core membership of the group when this organization first began was young people. The age range of those involved is

currently up to approximately 25 years old, but YPR does not exclude anyone because of their age. YPR's philosophy is to assist anyone coming to them in need of recovery resources. Ann also asked the youth about outreach? YPR stated that this is not a recovery program, but a national grassroots advocacy group that promotes and helps sustain anyone's long term recovery. The YPR Chapters mission is to support young people in or seeking recovery by empowering them to obtain stable employment, secure suitable housing, and explore continuing education. Chapters also advocate on the local and state levels for better accessibility of these services and other effective recovery resources. People involved with this organization do not necessarily have to be in recovery. Anyone who has the desire to be involved in advocating or supporting other people in recovery is welcomed into the organization.

Ann also asked if there were any outreach services being offered to college campuses. Bryn stated that there are some. Bryn is currently collaborating and working with Becky Ireland from the SAMHS Prevention Team. She has also done some research on her own and finds that, aside from USM, there is limited efforts focused on recovery on Maine college campuses. She talked about establishing more resources on the UMO campus in Bangor. The youth also described the resistance and challenges with this population. They felt that they still needed to establish themselves. They have managed to do a very good job at USM and would now like to replicate this at other colleges throughout the State of Maine. They have been trying to get others to see their organization as hard working and reliable. They would also like to establish more peer support groups, like the one that is in place in Portland. Rob Roberts asked their interest in serving other geographical areas across Maine. Andrew stated he is in hopes of spreading out the message of YPR across the State. Ann asked what the process would be if other people wanted to join their organization. Andrew recommended going to the link for Youngpeopleinrecovery.org. Pamphlets and handouts were also handed out to the Commission members.

The youth described YPR as being a platform and framework of collaborating and educating people. Andrew stated that their organization is here to help anyone in recovery or seeking treatment and recovery.

Andrew described a Recovery ready community framework as: 1) getting resource lists developed and available for websites, 2) developing and disseminating resource pamphlets, 3) gathering information on whom to reach out to in the community; 4) gathering recovery residences information with a grading system like NARR; 1-4 rating for living arrangements; 5) community education – including talking about recovery to different people and organizations and discussing the different challenges of recovery; 6) finding recovery friendly employers – Youth Move, a National Youth Advocacy Group works with programs like Long Creek and peer support services; offering resume writing workshops to help explain gaps in their resumes.

Bill mentioned his experience with young people not feeling safe or welcome in recovery groups where the majority of people in the group are older. The youth felt addressing this is about educating people about the age stigma issues and also by making other options available. One of the youth stated that he always identifies himself as a person in recovery and that, in his view, it shouldn't matter how old the person is. A member asked the youth about their thoughts on preventing abuse in the first place. Bryn said that what would have been useful in her case to have had open and honest conversations with her parents about the risks and the consequences of alcohol and drug use.

Peter McCorison referenced SAMHS's efforts to promote the use of **Table Talks**, where groups of parents would meet and, through a facilitated conversation, learn how to talk with their children about the risks and consequences regarding alcohol and drug abuse. Andrew suggested instead of parents giving a lecture about what to do or not to do, that adults and youth should do activities together to set the stage for building a good relationship. Bryn also commented about parents showing youth what exists out in the community and to inform them about options for healthy activities they can experience and enjoy.

Andrew also spoke about **21 Reasons** and their effort to create a network of communication among local parents. He stated that parents should know whose house the youth are going to and becoming familiar with the parents of their friends. This can create open communication between the parents and create accountability among the parents. Andrew also strongly advocated for the use of **The Family Restored** program. He said Maine is struggling with limited treatment options, especially for the people coming out of detox or jails. This program was originally started as a parents meeting facilitated by people in recovery. It gives people an opportunity to ask important questions. This program has also started a non-profit scholarship fund to support people who are in financial need.

Alex talked about the YPR program in Vinalhaven. He stated that there was a small group of adults in attendance, but they were able to make some good connections through the school. Peter McCorison also talked about the **Prime for Life** program offered at SAMHS. This program teaches participants about the risks of the use of alcohol and drugs, helps them assess the consequences their personal choices about use, and invites them to consider alternate, less risky choices.

Anna Black asked the youth about what the SASC could do to help YPR get out their message. The YPR youth told the members it would be helpful to continue to invite them to more events like this or anywhere else the SASC thinks they might be informative. Andrew stated that he would like to apply for a seat on the SASC Commission. Peter McCorison informed the youth there were a few open seats and one of them is at the secondary education level. Peter said they could contact him or work through the office of SAMHS to make application. Then the application would be sent to the Governor's Office for review.

Bill Lowenstein made a motion for the SASC to support a nomination that someone from YPR be appointed to the open post-secondary position on the SASC Commission. Representative Ann Dorney seconded the motion and suggested that the Commission could write a letter of support to go with the YPR application for this position. The motion was approved by the members.

Scott Gagnon offered to help connect YPR with Bates College in Lewiston. Bill also said the sexual assault centers are involved with the various colleges and would be a good mechanism for introducing YPR to the college community.

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

- **Action:** The group voted to support the filling of a vacant position on the Commission with a representative of the YPR. **Timeline/Lead Person:** None specified.

Topic #3 – SAMHS Update – Guy Cousins, Director, SAMHS

Discussion:

There was no representative available from SAMHS for the SASC meeting.

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

N/A

BREAK

Old Business:

Topic #4 – Finalizing the MAT/MAR document

Discussion:

Peter stated that for this meeting the Commission will be working on the MAT recommendations to the DHHS Committee regarding increasing access and decreasing costs for MAT. Members discussed changing the language of Medication Assisted Treatment (MAT) to Medication Assisted Recovery (MAR). Peter stated that he added some material that people had sent him and changed the format to the document. Peter McCorison asked Rep. Peter Stuckey and Rep. Ann Dorney if they thought this document would be adequate for presentation to the DHHS Committee. Medicaid costs and substance abuse issues were also discussed. Peter said there was a brief that came out from SAMHSA that identified the health costs. Ann Dorney said this information would be very helpful for the Committee. Irene Laney mentioned the possibility of adding trauma informed treatment or screening, something like ACES. Peter stated that he senses the DHHS Committee wants recommendations on how the State of Maine can more effectively address the issue of illegal misuse of opiates in the State. Bill commented that the State invests more funds for treatment, than they do for recovery services, which would help to maintain a person's sobriety.

Peter talked about sending out an invitation to Commission members regarding a monthly meeting with the Opioid Treatment Providers of the State. Bill and Peter participated in this month's meeting, which was held at the SAMHS office. This opioid group discusses strategies, treatment fidelity, points of engagement and potential ways to expand services without necessarily creating more methadone clinics. They also talked about unbundling the funds for the MAT services. Representative Peter Stuckey stated that the paradigm shift would require a dual investment. Ann Dorney discussed the 2-year limit that was imposed on MAT. She feels the people at the legislature think that these people are done needing services at the end of the 2-year period, but that this is not the reality. Bill mentioned that because there are a lot of new legislators, and perhaps there should be some re-education efforts made.

Prevention Section:

Peter then asked the group how the Prevention Section looked to them. The group discussed the protocols for safe storage; new DEA rules offering some potential expansion for disposal before the patient has been discharged; and nursing home issues. Peter will work on this language some more. Scott suggested adding some language to the last paragraph regarding the Prescription Drug Task Force and the idea of possibly starting another one. The group also discussed how to

leverage the new DEA rules to facilitate access to better disposal methods for prescriptions given to patients in nursing homes.

Intervention Section:

Irene Laney noted that having social detox services is important. Rep. Peter Stuckey stated that the Legislature asks a lot of questions, because they need good information to help them make informed decisions. Peter McCorison suggested specifying bulleted information. Bill stated the Commission could do this in an advisory capacity, with bulleted final recommendations the Commission deems most important, for example – explore the need for an increase in social detox capacity in the State; look at unbundling the rate for MAT, etc.

Peter talked about engaging health care providers. A survey was sent out by SAMHS to rural health providers. The response they received from the health centers was that they were not interested in doing this evidence-based program. Darren stated that these health centers should at least be keeping watch of people, not just letting them go out on their own. Bill's concern is that these rural health programs are not screening people. Peter talked about the use of SBIRT and encouraging providers to use this assessment tool. Peter also feels there needs to be a stronger relationship between SAMHS and providers. Bill suggested that SAMHS could benefit from technical assistance from SAMHSA, the Center for Substance Abuse Treatment to look at the science and data.

The group discussed sober living homes and making mini grants available to them in order to rehab a house. Irene Laney announced there will be two new sober living homes coming to the Ellsworth area. Also discussed was the encouragement of forums in the community regarding sober living arrangements; outpatient detox at the health centers; treatment section under protocols; defining what social detox is more clearly; MHRT's. It was suggested that the Coalition for Addiction Treatment for methadone providers be moved to the next month's agenda for further discussion;

Recovery:

It was suggested that the group add some more information regarding sober living and recovery supports, and providing communities with TA. Darren suggested asking a couple of the sober living staff to come to the meeting and talk with the Commission. Irene Laney said she would ask the people in her area of Ellsworth who are going to be opening sober housing in the next three months to come and speak.

It was suggested that the group include something around stigma surrounding using MAT. Bill will work up something. Peter asked Scott and Rob to look at the prevention section, including reference to the new DEA rules. Peter will look at intervention section and language around social detox. Bill and Darren will work on the recovery section. Ann will look for misspellings.

Peter asked the members to send him track changes with their initials this week and then he will send out to the Commission for final approval the first of next week, and then mail to the Committee next Wednesday.

Additional Notes (drawn from discussion at the very end of the meeting, and moved to this agenda item): In the final report, the group needs to add text regarding engagement of the

medical community. This could include weekly news conferences at the hospitals on best practices and opioid addiction treatment. Scott Gagnon recommended checking with Gordon Smith from the Maine Medical Association. There was discussion of the need for an active plan to engage communities to use these best practices - possibly doing grand rounds, and working with the Coalition for Addiction Treatment for methadone providers.

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

- Irene Laney will contact the sober living staff from Ellsworth to see if they can come to a Commission meeting in the future.
- Peter will send out the final MAT/MAR Recommendations to the DHHS Committee by Wednesday, November 19, 2014.
- Deb will place the Coalition for Addiction Treatment for methadone providers as a topic on December's agenda for further discussion.

Topic #5 – Finalize Recovery Letter to be sent to Guy Cousins, Director, SAMHS and Mary Mayhew, Commissioner, DHHS

Discussions:

Peter will work with Deb to send the recovery letter to SAMHS for their review and action.

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

- Peter McCorison will send final approved Recovery Letter to Deb for delivery to SAMHS.

Topic #6 – Request Letter for SAMHS regarding Marijuana Information

Discussions:

Peter will follow-up with Guy Cousins on the Marijuana Legalization.

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

N/A

Topic #7 -- Prepare Agenda Items for the next meeting on December 10, 2014:

Agenda for December:

- Presentation from Marietta D'Agostino, Program Manager in the Medical Marijuana Program from the DHHS Licensing and Regulations Office. She will be presenting on the current Medical Marijuana laws;
- SAMHS Update: Bill asked if the Commission could ask SAMHS about issues regarding the Recovery website. He would like to see a list of Commission members on the home page of the SASC website;
- Commission Membership: Peter will reach out regarding representatives joining the Commission; he will contact the House and Senate about appointees to the Commission and he will follow-up with Ann Dorney on the physician position;

Adjourn Meeting: 12:00