

Substance Abuse Committee
December 20, 2017

Present: Brian Hart, Jennifer Emery, Linda Waite, Jody Lynn Mosher, Megan Wise, John Alves, Ellie Collins, Erin Doyle

Excused: Linda Waite, Lisa Willson

Minutes:

Approved without changes

Director of Community Services Report – Brian Hart

- **Tompkins Detox/Stabilization Proposal:** (Attachment 1 was handed out) The proposal includes 20-24 beds, several services and a collaboration with many human services agencies, law enforcement agencies, and the Court system. Due to the current epidemic, the proposal should be approved as OASAS is in support of it. Even though this is a regional resource, typically what happens is that most of the beds are utilized by the County they are in. A member of the SARA Coalition wanted to invite the Mayor of Ithaca to speak at a meeting about their controversial plan to inject street drugs brought into the facility by the consumer. Brian Hart denied the request stating discomfort in giving the impression that he and the county support this practice that has tremendous liability concerns. The question was asked if this Clinic was actually approved. No one is aware of the approval at this time, but heard that one staff member from Cayuga Memorial was taking a position in this Clinic.
- **Reversing the Stigma:** (Attachment 2 was handed out) This OASAS sponsored documentary will be shown on January 16th 2018 at the Journey Center in Horseheads with a panel discussion to follow. They are hoping for a good turn out and are encouraging all to attend and to share the information and invite others. It was mentioned that Glove House's Evening Support will be attending, as well as some Coalition members.
- **Conference of Local Mental Hygiene Directors:** There was a pilot project related to substance abuse services in County Jails. The data showed that 57% of inmates have some sort of substance abuse, and 68% of those with substance abuse return to jail. The problem is that neither OMH nor OASAS have a strict budget line for services in jail. There are some federal dollars available but not enough. Family Services has some funds to utilized for medications and connecting them with treatment after they are released from jail. Trinity has also done some work in the jail. The problem with Trinity is by providing these free services it has a negative impact on their state reported productivity of clinical staff. The Proposal is to ask OASAS for 12.8 million annually, which would translate into approximately \$150,000 for Chemung County. Family Service staff noted that the relationship with Trinity in the jail is going well.

Sharing by Community Members

- **I-Matter:** Hoping to close soon on the women's house. It is located at 465 Water Street, Elmira, NY 14901. This house is almost "move in ready" and it has 8 beds.
- **Crisis:** Question was asked how the Crisis line was going now that it is being covered by the Tompkins County Suicide Prevention line. Hasn't taken affect yet. Asked Dr. Alves if he is seeing an Impact and he said yes, they are seeing more people, and some from Thompkins County.
- **Trinity school age survey:** From the data we have learned that a shocking number of children in a younger age group are either using or are exposed to drugs/alcohol. They are currently working with children at Cohen Middle School 3 days a week to educate them. The Focus Groups are children in 10th grade. Still have not heard anything from Horseheads, and they need to get in touch with Elmira City School District and Notre Dame to get something set up in the new year.

The next meeting is scheduled for January 17, 2017.

****Attachments are on next page****

ATTACHMENT 1



Alcohol & Drug Council of Tompkins County

PROPOSED DETOXIFICATION AND STABILIZATION PROJECT

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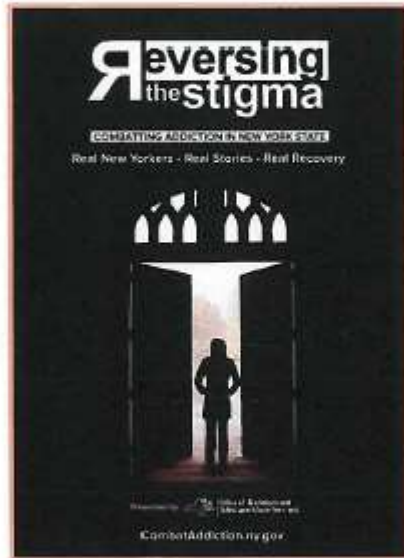
Alcohol and Drug Council of Tompkins County, Inc., (the Council) is a private non-profit safety net provider that is licensed by the State Office of Alcohol and Substance Abuse Services (OASAS) to provide outpatient community based substance abuse treatment services, as well as substance use prevention and education programming. Treatment components include assessment, diagnosis, intensive treatment (several days a week), individual/group therapy, aftercare treatment and support, and referral to other services as appropriate. The Council, established in 1965, has a long history of providing needed services within the community, and of adapting those services to be in alignment with the most current research in the field of alcoholism and substance abuse. This is evident in the ongoing progression of the Council from a community education and referral service in the early years to the current use of evidence based programming in a community wide prevention program. In addition, the treatment component, which began in 1982 with the treatment of alcoholism, has evolved into the current program which uses evidence based strategies to treat individuals with addiction to alcoholism and other substances.

The need for a local community based residential detox/stabilization program has been identified by OASAS, The Ithaca City Plan, The Tompkins County Local Governmental Unit Plan, and anecdotally many human service agencies, law enforcement agencies, and the Court system. Based on a comprehensive community needs assessment, the Council is currently developing a 20 -24 bed community based residential detox/stabilization program situated in Tompkins County, and serving surrounding communities when possible.

Over the past several years, with the closing of the hospital detox programs, accessibility and timeliness of detox services has been very limited and, at times, unavailable. The proposed community based residential detox/stabilization program will be licensed by OASAS and will by necessity meet all the appropriate OASAS regulations for Residential Services. These regulations define detox/stabilization services as providing a "safe environment in which a person may stabilize withdrawal symptoms, severe cravings, psychiatric, and medical symptoms before referral or transition to another program or element of structured treatment recovery" (Part 820.3b). The stabilization element is intended to treat individuals who are experiencing mild to moderate withdrawal symptoms with medically-directed care that will treat acute problems and assist with adjustment to early recovery. Improved medications, a holistic approach to recovery, and community support services make this an efficient and cost effective way to manage most withdrawal symptoms outside of a hospital setting.

The program will provide a full complement of services that will assess, manage, and monitor withdrawal symptoms with or without medication as needed, and offer medical and clinical support during early recovery. In addition, the program will offer specific interventions to teach skill development for the management of cravings and addictive behaviors, professional counseling to address lifestyle, attitudinal, and behavioral issues that contribute to addiction, individual/group therapy to address issues of depression, anxiety and other symptoms of mental illness, and vocational support as needed. Care coordination will assist the individual in attaining the appropriate level of care for further treatment, and referrals to appropriate human service agencies for assistance with housing, transportation and other services as appropriate.

ATTACHMENT 2



The Substance Abuse Regional Alliance (SARA) will hold a public viewing and panel discussion of "Reversing the Stigma" on January 16th, 2018. Join us from 6:00-7:30 PM at The Journey Center - 116 Breesport Road Horseheads NY 14845

In 2015, opioid overdose deaths rose by 16 percent across the country compared to 2014, while in New York State, deaths rose by more than 28 percent, to a total of 2,184. Last year, approximately 232,000 individuals received treatment for a substance use disorder in OASAS-certified treatment programs, with an average daily enrollment of about 98,000.

"Reversing the Stigma", a film produced by OASAS and the New York State Media Service Center, highlights the work being done in New York State to combat addiction and reminds viewers that addiction is a chronic disease that is treatable. The film, narrated by acclaimed television journalist Laurie Dhue, profiles multiple people in various stages of recovery, who share their stories and experiences. Dhue, a former television news anchor who hosted programs on CNN, MSNBC, and Fox News, speaks throughout the film about her own nearly two-decades-long struggle with addiction, as well as her own recovery process. Along with interviews from New Yorkers in recovery, care professionals and New York State leaders, the documentary also examines stigma and the steps New York State is taking to address addiction and support people whose lives it has touched.