

**Substance Use Disorder/ Mental Health Committee**  
**September 21, 2017**  
**Minutes**

**Facilitated by: Dr. Wanda Boone & Cindy Haynes**

**Meeting Outcomes**

**At the conclusion of the SUMH Meeting members will:**

- Identify which of the objectives in the State Opioid Action Plan to partner on and address at the local level.
- Ongoing implementation of Naloxone distribution and needle exchange.
- Describe the services offered by the Durham County Sheriff’s Department re: preventing overdose.
- Learn about Alliance’s plans to prevent Opioid misuse and overdose.
- Learn about the impact of untreated anxiety in adolescence and young adulthood

<b>Present:</b> Dulce Ramirez, Kay Sanford, Nancy Kneepkens, Wanda Boone, Lillie Armstrong, Hannah Chesterton, Jen Isherwood, Shareef Hameed, Denver Jameson, Cindy Haynes, Karen Verhaeghe, Laura Biediger, Katherine Ruiz, Jen Meade, Kendra Rosa, Paul Savery, Marissa Mortiboy			
<i>Guests:</i> Carlyle Johnson, Scott Compton			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
<b>Introductions and review of minutes</b>	<p>Kay Sanford’s name was corrected in the August minutes and the word county was corrected to counter on the last page.</p> <p>Since the August meeting, the location for the NC Harm Reduction naloxone kits distribution has changed to the Hayti Community Center.</p>		Marissa will make the edits and send corrected minutes to Cindy and Wanda.
<p><b>Anxiety in adolescence and young adulthood</b>            Dr. Scott Compton,            Duke pediatric mental health clinician</p>	<p>Pediatric anxiety foretells issues in adulthood such as depression, substance use, suicide ideation, etc. Patient-Centered Outcomes Research Institute (PCORI) funds large scale trials. Duke Integrated Pediatric Mental Health is planning to submit a PCORI grant application. The grant examines how to partner with pediatric practices to identify more children with anxiety and get more kids access to evidence-based treatments. The study will consist of phase 1 for 10 weeks and phases 2 and 3 for 12 weeks.</p> <p>In the study, diagnosed children will receive an online cognitive-based therapy (CBT). If children don’t respond to that treatment, they are randomized to receive face-to-face CBT or medication. Kids who don’t respond to second line treatment will be randomized into</p>	It was suggested to do a longer term study for better results.	<p>Kendra will send Marissa information on the letter of support to facilitate the process.</p> <p>Marissa will work with Wanda and Cindy to complete the letter and identify a committee</p>

	<p>combination therapy, intensified CBT, intensified pharmacotherapy or combination therapy. The study will also be conducted in Norway and a third recruitment site in Chicago. The project is seeking 1200 subjects. The goal is to define evidence-based practices that can inform family members and providers at the decision point in a real world setting.</p> <p>The ages for recruitment are between 7 and 17. Most of the sample will be between 7 and 12. Participants will need to have a smartphone with a data plan or internet access to participate.</p> <p>An advisory board has been involved in the planning and design of the study and will continue to be engaged if the study is funded. The advisory board will also help determine how to distribute results once the study is complete.</p> <p>The team requested a letter of support and a committee member to serve on the advisory board.</p>		<p>member to serve on the advisory board.</p>
<p><b>Opioid misuse and overdose prevention</b>  Carlyle Johnson,  Ph.D.  Director of Provider Network Strategic Initiatives, Alliance Behavioral Healthcare</p>	<p>Alliance Behavioral Healthcare (ABHC) is working with Paul Nagy on opioid prevention. Paul is facilitating the NC Division of Mental Health funded collaborative and conducting site visits. ABHC is working with partners besides providers for a community approach. They are working to promote integrated care and examine recommendations and social determinants of health.</p> <p>There is a population opioid workgroup within ABHC tying all of the factors together. They are seeing where they are aligned with the state's opioid prevention action plan.</p> <p>ABHC is distributing naloxone. They recently held a naloxone kit making party and dispensed 648. ABHC has a \$1.3 million grant from the state for medicated assisted treatment. As a result they have expanded contracts with methadone clinics in their catchment area to be able to see more uninsured patients. The grant funds are also for new clients, an additional 250 per month. ABHC will be examining accessibility and quality of care as well.</p>		<p>Cindy will send Marissa the NCACC toolkit to send out to the committee.</p>

	Each county in the ABHC catchment is taking a different approach to the opioid epidemic using the North Carolina Association of County Commissioners (NCACC) opioid plan for counties. Durham County is currently planning an opioid forum.		
<b>NC Opioid State Plan partnership with Together for Resilient Youth (TRY)</b>	<p>Wanda was a part of the state’s opioid action planning process for about two years. She helped develop the prevention part of the plan. TRY just received a five-year \$625,000 grant to address opioid misuse and opioid prevention. Wanda talked with public health director Gayle Harris about partnering with TRY on opioid prevention.</p> <p>The committee can decide if they would like to partner with try on the state action plan items. TRY has been involved with drug takebacks, partnering with the faith community on takebacks and providing information on opioid disposal. TRY donated five of the eight permanent medication dropboxes in Durham. TRY and the health department will be co-branding future opioid prevention activities.</p> <p>The current campaign is called Lock it! Drop it! More information can be found at <a href="http://www.durhamtry.org">www.durhamtry.org</a>. TRY has been working with the school system on policy changes to make sure naloxone is available at every middle and high school.</p> <p>TRY is assisting other county agencies with naloxone distribution. They are using multiple methods for each of the seven strategies for community change listed on their website.</p>		
<b>TRY’s acceptance into the Injury Free NC Opioid Prevention Academy</b>	<p>TRY was accepted into the Injury Free NC Opioid Prevention Academy. Individuals who attend the academy work on naloxone distribution and needle exchanges, learn about innovative strategies and bring information back to partners in the county.</p> <p>Joanie Ross with the health department will be a member of the team. The Sherriff’s Department will have a representative as well.</p>		Wanda will provide updates to the committee.
<b>Naloxone distribution in Durham County Jails and upon release</b>	<p>The Sherriff’s Department is now arming deputies with naloxone. The Durham County Sheriff’s Office will soon have 75 deputies and eight detention officers carrying the nasal spray, NARCAN.</p> <p>The jails are currently giving naloxone to anyone identified as opioid</p>		

	<p>users between intake and release. Within two weeks of being released, the risk for opioid overdose is very high.</p> <p>Durham County is the first county to give naloxone in an extended way to anyone in jail who is identified as an opioid user.</p>		
<p><b>Announcements</b></p>	<p>The next TRY meeting will be October 11, 10:30 am to noon at Golden Belt on the second floor.</p> <p>Youth and families did great sharing their stories around opioid overdoses at the September 16 TRY event.</p> <p>The Durham Recovery Celebration will be September 30, 2-6 pm at Durham Central Park. This is a fun, family friendly event.</p> <p>The Resilience Documentary will be shown at Durham Regional Hospital auditorium on October 17, 6 pm. There will be a discussion after the film showing and a chance to get involved in the community. There will be another showing on November 21.</p> <p>On October 12, Duke with NC Provider Board, panel for (Cindy)</p> <p>The ACES Summit Southeastern will be held October 19-21 in Asheville. The registration fee is \$299.</p>		
<p>Next Meeting: Thursday, October 19, 2017; 3:00 - 4:30 PM</p>			