

CATTARAUGUS COUNTY HEROIN/OPIOID TASK FORCE

June 9, 2017, 10:00 a.m., Meeting

Good Times of Olean, 800R East State Street, Olean, NY 14760

PRESENT:

Bill Aiello, Mayor City of Olean
Mindy Baker, Trainee Recovery Coach, Genesis House
Lori Ballengee, Allegany Co. Public Health Dir.
Steve Beattie, Pastor of Pentecostal Church in Olean
Bob Bell, Fire Chief City of Olean
Derah Black-Day, CARES Dir. Of Program Oper.
Faye Briggs, Volunteer Coord. Genesis House
Jeff Ciminesi, Prevention Coord STHCS
Dawn Colburn, Director of SNI, Seneca Strong
John Congdon, Regional EMS Coord.
Anne Constantine, CEO of Horizons in Erie Co. **
Trevor Cummings, Citizen of Catt. Co.
Dennis Feldman, Officer in Charge, Gowanda Police Dept.
Jene Gardner, CARES Clinical Director
Joseph Giglio, New York State Assemblyman**
Larry Green, Officer, Gowanda Police Dept.
Heidi Hartley, District Director
Barb Hastings, Legislator
Christa Heckathorn, Catt. Co. Training Officer
Staci Holcomb, Res. Coord. City of Olean Drug Tx. Court
Cindy Irish, Parent
Donna Kahm, So. Tier Health Care Syst. Pres. /CEO
Michael Kalsman, MD, SNI Medical Director
John Kiernan, Trainee Recovery Coach, Genesis House
Sue Labuhn, Legislator
Debra Lacher, Catt. Co. Health Dept., Adm. Sec.

Rachel Linderman, CARES Comm. Coord.
Meghan Linn, Citizen of Catt. Co
Cathy Mackay, Catt. Co. Director of Aging
Gail Mayaux, UPC Exec. Director
Rick Miller, Olean Times Herald Reporter
Williams Mills, MD, Chief Medical Officer-OGH
Robert Morgan, Citizen of Catt. Co.
Maureen Negron, ESI Emp. Assistance Group**
Mary O'Leary, Dir. of Community Services
Mike Prutsman, Executive Dir. of CARES
Elizabeth Robinson, House Manager, Genesis House
Jeff Rowley, Chief of Police City of Olean
Janet Roy, RN, Nurse Manager
Julie Schmidt, NY Senate District Coordinator
Mike Sharbaugh, Deputy Probation Director
Kim Shay, Director of Nursing OMG
Ann Shoup, Trainee Recovery Coach, Genesis House
Brad Spink, Catt. Co. Coroner
Howard VanRensaleer, Jr., Catt Co. Coroner
Don Watkins, Board Member of Genesis House
Kevin Watkins, MD, Catt. County Public Health Dir.
Tim Whitcomb, Catt. Co. Sheriff
Peter Wilson, Seneca Strong
Ann Zimmerman, MD, UPC
Nicole Zink, CPS Case Supervisor Dept. of Soc. Serv.

****Guest Speaker**

Dr. Kevin Watkins introduced Assemblyman Joe Giglio who gave the taskforce an update on the resources, funding, and progress at the State level.

Assemblyman Giglio stated that he needed the input of those attending the meeting, regarding the opioid issues that are faced on a daily basis, and how the state could assist through resources. Two years ago a report on heroin use, treatment, prevention and education efforts in NYS was completed by the Assemblyman, a former New York City Police Officer, and an attorney. He stated that some of the things they did were to reach out to different people including those in recovery. Initial problems identified were getting people into recovery, and adding additional diversion programs. Groups like the Cattaraugus County taskforce who meet regularly are the source that can provide the state with what direction and what resources are needed in communities like Cattaraugus County. The state has established a continuing education program for doctors, dentists, and nurses as it was determined that some medical providers were not trained to handle these addiction situations. Funds has been made available for more recovery beds which fortunately, Cattaraugus County will personally see this benefit. In the State of New York, there is rarely a sense of urgency, but this is one case where we are seeing things move quickly.

The Office of Alcoholism and Substance Abuse Services (OASAS) created a dashboard on how to access available recovery beds, and the state is trying to get more recovery beds regionally, as those in recovery need their support systems nearby. Funds have been allocated for peer counseling, and a need to reach out to potential users at an earlier age is still unmet. Tools have been created for advocacy programs.

Areas where there is still a great need for improvement include, enhancing what has already been done, long term rehabilitation, housing, jobs, and helping users escape communities that have negative influences toward recovery. The 2016-2017 NYS budget invested nearly \$200 million through the New York State Office of Alcoholism and Substance Abuse Services (OASAS). This investment includes \$66 million for residential treatment beds, including counseling and support services for roughly 8,000 individuals; \$38 million to fund medication-assisted treatment programs that serve approximately 12,000 clients in residential or outpatient settings; \$25 million in funding for state-operated Addiction Treatment Centers; \$24 million for outpatient services that provide group and individual counseling; and \$8 million for crisis/detox programs to manage and treat withdrawal from heroin and opioids.

Assemblyman Giglio went on to state that the state has increased its investment to strengthen and improve programs for opioid recovery: \$22.5 million on expanded capital programs of which \$10 million will go toward state operated OASAS services and \$12.5 million on operating expenses. In addition, another \$57 million will be allocated to community base providers.

He added that when individuals are convicted and go into the correctional facilities there is no interventions in place to treat them on either the mental health or the addiction side. Another problem is contraband and drugs getting into the prison system despite concrete efforts to reduce it. He went on to say that synthetic drugs, especially fentanyl is leading to more recorded deaths than ever before. He summarized by stating opioid addiction is a disease. The floor was opened up for questions and suggestions:

-Dr. Kalsman asked about more state control and education for physicians, nursing staff, and other providers. Assemblyman Giglio answered that we need better training when prescribing and training to recognize when things have gone too far.

- A comment was made from the audience that money should not be distributed per capita, but distributed per person would be a better scenario especially in rural areas like ours.
- A question from the audience was what kind of diversion programs are available? Assemblyman Giglio stated that there is drug court, and either law enforcement, or social services can also help with the diversion program.
- -A comment from Howard VanRensaleer, Jr., coroner, stated that there has been great progress since the taskforce has been formed as he is seeing less cases of overdoses than he has seen in the past. However, last Thursday he had an overdose case in Gowanda who was the third son to die in that family of a heroin overdose in the last 13 months. When the mother arrived, she stated she has been trying to get help for her children but was not able to get any assistance.
- Rev. Beatty asked what happens to inmates when they get discharged. There seems to be no solid exit plan, they are dropped off and they must fend for themselves which creates more problems. Assemblyman

stated that it is a legitimate concern, we need to provide more information to them to let them know where they can go for help, they need long term recovery programs with support and training for jobs, housing.

- Legislator Hastings asked if there are any best practices that are being implemented in schools and universities in New York State. CARES has programs such as teen intervenes, and we are looking into programs that would start as early as third grade. Are there policies in place for employees? Assemblyman answered that Employee Assistant Programs (EAP) is used to direct the employee to the services they need.
- Stories from the community were shared by those in attendance. Assemblyman stated that a new child protection act was voted on Wednesday as secrecy is such a problem. We need to identify the problem, use the power of the purse to fund it and give the agencies the tools to fight it.

Mrs. O’Leary introduced Anne Constantino, President & Chief Executive Officer (CEO) for the Horizon Corporations in Buffalo, New York. Mrs. Constantino has been an integral part of the western regional planning consortium, their goal is to make treatment effective. In Erie County alone there have been over 100 deaths year to date for 2017, with the loss of over 1,000 people in their county in the past four years. Erie County’s task force approach is mainstreaming, coordinating and consistent comprehensive care.

- Integration of family support and education - families are your army of support.
- Patient treatment access - people have to know where to go when in a crisis.
- 90% of addicts relapse in the 1st year - focus on education and catching the relapses as fast as you can.

Solutions:

- Teams of people including peers should be trained to do intervention.
- Safe injection sites, clean sterile environments where people get education, healthcare, support, and counseling.
- Evidence based practices prove that medication assistant therapy is one of the most effective tools for this type of addiction. Interim dosing settles down the craving and starts to clear the brain so people can make choices about treatment.
- Comprehensive disease management is an approach to addiction that needs to be long term.
- Advocacy is our job and we need to know that there is hope for recovery.

Dr. Watkins asked if there were any safe injection sites in Erie County. Mrs. Constantino answered that there are none in New York State yet but there is lots of talk in regards to this happening.

Dr. Watkins stated that at our last meeting it was asked “what were employers doing for those who are addicted to heroin or other opioids”. He introduced speaker Maureen Negron, Vice President of Client Services ESI, Employee Assistance Group to share that answer. Ms. Negron stated that the company is an Employee Assistance Program, whose purpose is to help their employers assist their employees with various issues. Their goal is to get employees back to full productivity and substance abuse is one of the top issues that are faced by employers today.

The Employee Assistance Program provides:

- 24 hour/365 days a year access to master and doctorate level counselors
- administrative referral to get an individual the help they need
- immediate care and case management for various situations
- coverage for both the employee and their family members

Ms. Negron stated that employers need to be concerned as recent statistics show that:

- 70% of those who use drugs are employed
- 26% have a substance abuse in their family
- 60% of workers state that they know someone who has come to work under the influence
- 75% of injured workers under workers compensation are given opioids for pain medication
- Employees with family members who have a substance abuse issue have a rate of calling in sick 3 times more often and are 4 times more likely of losing their job.

The biggest challenge employer's face is educating their employees about the stigma that is attached with substance abuse. Company culture needs to change, employers need to change the way they look at employees in recovery, they need to be willing to hire them and support them. Employers also need to be proactive and provide assistance for their employees. She suggested that employers should have their health insurance audit the amount of opioids that are being prescribed to their employees, especially those in worker compensation cases.

County Reports:

- A.) Health Department-Dr. Watkins reported that year to date there has been (11) deaths in the county secondary to heroin and opioid use.
- B.) DSS- Nicole Zink stated that there are a total of (1,088) temporary assistance recipients in the County of which (96) referrals were made to addiction treatment, (7) of them went inpatient, and (24) are seeking medication assisted treatment, overall 11.3% are receiving drug treatment. January through May there have been a total of (795) reports to child protective services, 40.6% having a drug allegation. Making it more difficult for the department as there is an increase need to find more foster homes.
- C.) Probation- Mike Sharbaugh reported that a recent grant has allowed probation officers to go out after hours and on weekends to conduct prevention education on substance abuse. Probation officers are also taking part in the party patrol, where they go to local party spots that are known to be local hangouts where drugs may be being used. He stated his officers are finding that more and more substance abuse is occurring in the home either in front of the parents, with the parents, or in the absence of parents. He informed the taskforce that the office of probation is making plans are to expand prevention education with the recent grant received.
- D.) Sheriff – Sheriff Tim Whitcomb reported that the sheriff's office role in this epidemic remains multi-faceted in that they are proactive and reactive. He stated that they currently have more resource officers than ever, with 6.5 officers assigned to schools within Cattaraugus County. He added that somethings are trending downward, e.g. the special response team was called out at a higher rate for drug warrants last year than this year, and the need to administer narcan are far less this year compared to previous years. He informed the taskforce that the sheriff's office has recently become more involved with the Southern Tier Drug Task Force.
- E.) Community Services- Mary O'Leary stated that within the Personalized Recovery Oriented Services (PROS) program there are (36) clients out of (92) who have a co-occurrence substance abuse disorder. There are (15) who have a co-occurrence opioid disorder, there is (1) person on suboxone, and (16) individuals engaged in treatment at both CARES and the Foundations for Changes PROS program, the number of individuals with substance abuse issues in treatment at Foundations for Changes is (14). The Community Services Clinics have about (1,802) active clients with a 20% rate of substance abuse diagnosis, but that also includes nicotine. The Medication Monitoring Clinic through Counseling Services has a significantly higher rates of substance abuse. The clinic at PROS remains the same as before.

Seneca Nation of Indians (SNI) Report:

A.) Dawn Colburn reported that the SNI have (8) peer counselors in the ongoing outreach program that are being utilized. That group has reached out to (275) individuals in the past year including (159) in Allegany territory, and (116) in Cattaraugus territory. Out of that group, there has been (109) individuals admitted into the inpatient treatment program, there were actually (136) admissions, but (27) of those were repeat admissions. She stated that the program, Seneca Strong has reached out to (44) individuals who are incarcerated, the peer counselors have meet with them during visitation days trying to engage them. She informed the taskforce that there is a huge need for recovery housing, we have seen (71) individuals in the past year who could have used recovery housing if we would have had it. A drop in facility has been built, for individuals who need a safe place to hang out with recreational activities; the goal is to create a recovery community. The nation has been doing a lot of prevention work, including recent partnering with the sheriff's department. Elite lacrosse players were brought in, which drew approximately (36) youth, to engage them about drug prevention and the lacrosse players were able to visit with the Salamanca school district. This outreach allowed us to speak to over (500) students grades 7-12, (191) were native students. This upcoming fall, scheduled visits at the Gowanda school district, (755) students, and the Silver Creek school district, (540) students, has been planned. Once a month peer counselors will go in and present to every gym class. Ms. Colburn reached out to the taskforce to see if they would like to partner in this endeavor. Holistic services are huge and Seneca Strong is beginning to explore and use a multitude of these facets as they are showing very promising results.

Counsel on Addiction Recovery Services (CAREs) Report:

A.) Mike Prutsman reported that the status of the new recovery facility in Weston Mills is still in the approval process. This will provide an additional (20) beds in Cattaraugus County for residential treatment. He stated that it is anticipated that ground breaking should occur by next month and the new facility should be built by the first of next year. He added that CAREs is looking to expand its Medication Assistance Treatment (MAT) program to all of their satellite facilities. The MAT facility provides vivitrol, and suboxone treatment options. Currently this service is offered at the Olean site but CAREs would like to offer this service at the Machias, Gowanda, and Salamanca sites as well. The OASAS Subcommittee will focus on prevention. The recent events in our county this past week reported that there were (4) overdoses. We need to focus on caring for ourselves and each other.

Dr. Watkins wrapped up by stating that the events of this past week have really brought the community together and it might be beneficial to create a community forum. He reminded the taskforce to visit the new website at <http://www.recoveryincattco.org/> and provide Donna Kahm with any inputs. He asked the taskforce to review the new resource list, and distribute it throughout our community for others to access.