

MINUTES  
East Greenwich Opioid Task Force  
January 16, 2019  
Town Hall, 125 Main Street, East Greenwich, RI 02818

Committee Members in Attendance: Kelly Matson, Carolyn Mark, Bob Houghtaling, Bob Siminski, Jeff Heath, Matthew Larsson, Christine King, Laurie MacDougall

Others Present: Sheri Shunney, Allie Lewis-East Greenwich Pendulum

1. Welcome and introduction

Mr. Houghtaling welcomed the members to the meeting.

2. Approval of the November 14, 2018 meeting minutes:

Motion to approve the minutes as presented was made by Carolyn Mark

Second by: Kelley Matson

Vote to approve: Unanimous

3. .Presentation by Bob Houghtaling-Drug Program 2018-2019 Mid-Year Report

Mr. Houghtaling gave an overview of his statistics on his drug program. Copy of the presentation attached.

The members present noted the following:

- The presentation was complete and thorough
- The presentation must be given to the Town Council
- Possible budgetary implications of the recommendations were discussed
- The presentation will be made to the School Committee
- Carolyn Mark requested that longitudinal data be added to the study
- He was commended for his incisive and complete presentation on WPRO this morning

Mr. Siminski provided the attached recommendations. The thoughts were reviewed individually with the group. The group supported the thoughts and will discuss them for possible adoption at the next meeting.

4. Updates

A. Talking with Teens Program-November 29, 2018

- The meeting contained valuable dialogue

B. Vaping Forum- December 5, 2018, Police Community Room

- Well attended, valuable information shared

C. High School Health Fair- December 6, 2018

- Will have a lasting impact

D. Community Health Fair January 13, 2019

- Goals and Possible Vendor list attached
- Planning meeting to be held January 23, 2019 at 10:30am at the Swift Center

## 5. New Business

### A. Kelly Matson-pilot program with Pharmacy Students and Consult the Pharmacist Program with seniors.

- URI Pharmacy Students will be presenting to students health education, medical safety, tobacco, and career education.

### B. Community Forum Focus Groups (reschedule date)

- Group that planned Forum to conduct focus groups. Meetings are in the process of being scheduled.

### C. Drug Take Back Program with Police

- Scheduled for April 27, 2019. Scheduling and details have to be finalized. Rotary interested in participating.

## 6. Open Discussion

- Mr. Siminski asked if the location of the meeting could be changed because of parking. After a brief discussion all agreed that the next meeting will be held at the Swift Center. Bob Houghtaling to make the necessary arrangements.
- Mr. Siminski suggested Christine King, Rachael Longo, Community Resource Manager and Charlotte Markey be on the Task Force as the liaison to the senior citizens.
- The group will attempt to schedule a meeting with our representatives to discuss the issue of the age by which vapes can be purchased.

## 7. Set Next meeting

- Next meeting March 20, 2019, 2:30pm, Swift Community Center
- Agenda items due in two weeks

## 8. Adjournment

Motion to adjourn at 3:43pm was made by Kelly Matson

Seconded by: Christine King

Vote to approve: Unanimous

Minutes submitted by Bob Siminski

## East Greenwich Drug Program 2018–2019 Mid-Year Report

The East Greenwich Drug Program is currently in its 35th year of operations. This report will provide detail pertaining to activities/services offered from July 1, 2018 until December 27, 2018. Significant emphasis will be placed on client statistics, as well as, a compilation of prevention/education initiatives.

### **CLIENT STATISTICS**

#### **Client Contacts**

Total Clients Seen .....	118
Clients Under Age 18.....	53
Clients 18-21 .....	8
Clients Over Age 21 .....	57

#### **Client Concerns Below 18**

Alcohol (Primary) .....	4
Drugs (Primary Non-Prescription) .....	10
Prescription Medications.....	1
Vaping.....	14
Mental Health* .....	24

\*(13 acknowledge using alcohol, marijuana, or other substances)

#### **Client Concerns 18-21**

Alcohol (Primary) .....	1
Drugs (Primary) .....	2
Prescription Medications .....	1
Mental Health.....	2
Community Service .....	2

#### **Client Concerns Age 21 & Over**

Parent Support.....	44
Alcohol .....	2
Prescription Medications .....	3
Drugs (Non-Prescription).....	3
Mental Health.....	5

\*(Of these, 6 clients were 65 and older, parenting–2, mental health–3, drugs–1)

#### **Major Concerns**

Alcohol.....	7
Drugs (Total).....	20
Mental Health.....	31
Parent Support .....	44
Community Service .....	2
Vaping .....	14

**Referral Sources**

Police/Hearing Board ..... 6  
Schools .....27  
Court ..... 2  
Parents .....46  
Self .....34  
Town Officials ..... 1  
Other Therapists ..... 2

**REFERRAL FOR SERVICES**

In-Patient..... 2  
Out-Patient (11 Youth)..... 15  
Hospital (All Adults)..... 2

**PREVENTION INITIATIVES**

- Youth to Youth Summer Conference – 44 Attended
- Safety Town–present to adults
- Safety Town–present regarding medications
- Teen Center ongoing
- Citizens Who Care–Liaison
- Adult Philosophy Club
- Veterans Group
- Youth to Youth Club–advise
- Philosophy Club–advise
- Dead Poets Society–advise
- Civic Action Club–advise
- Interact Club–advise
- Character Education–Hanaford and Eldredge
- Suicide Forum–with Interfaith Counseling and Rev. Malone
- Opioid Forum –Drugs and Spirituality (with Opioid Task Force, Christine King, Rev. Malone)
- Talking with Teens Forum
- Opioid Forum –with Rotary Club
- High School Health Fair–with Citizens Who Care
- Four Legs to Stand On–with Citizens Who Care
- Present to 8 Cole classes
- Present to 4 High School classes
- Present at Faculty In-service–Social Emotional Learning
- Write 6 Pendulum Articles
- Write 8 articles for local news sources
- QPR Suicide Prevention Training
- Milk and Jammies II
- Liaison Juvenile Hearing Board
- Chair Opioid Task Force
- Assist Vaping Forum –with Police
- Attend statewide Governor’s Opioid Forum
- Present John Tassoni Show
- Wall of Honor Chair
- Write informational articles for List Serve
- Fezziwig Fundraiser–Youth to Youth

- Skills Building Group–assist/Shoreside
- Field trips – Mixed Magic Theatre
- Truancy Court – Monitor/assist students
- Attend/Participate High School Social Services meetings
- Address Cole Middle School Teachers – Social Emotional Learning

**TEEN CENTER**

**Total (Friday Evenings) ..... 19**

Mixed Magic Theater ..... 1

Community Cleanup..... 1

Holiday Party..... 1

Pizza Social Evenings..... 4

Christmas Movie Night ..... 1

**Total Teen Center Events .....27**

**UP AND COMING EVENTS**

- Talking with Teens Forum ..January 2019
- Opioid Task Force .....January 14, 2019
- Community Health Fair .....March 2019

It should be noted that the Drug Program networks closely with the local Police, schools, Fire Department and Municipal Government. In addition, parent groups, local businesses, service providers and youth are extremely supportive of many of the services listed.

**SUMMARY**

In recent years a number of new trends have become evident. The most salient being; mental health concerns, opioid misuse and vaping. The latter, being the most commonly abused substance by local youth. Also, 4 clients have reported using LSD.

These new challenges have been addressed in classroom and community presentations. It should also be noted that the district’s Opioid Task Force continues to meet and examine ways of combating substance abuse/mental health concerns.

Social-Emotional-Learning along with enhanced clinical support (Recovery Coaches, Treatment Centers) should receive significant emphasis. On top of this, additional efforts at offering viable prevention/early intervention services should be prioritized.

Finally, cultural norms and attitudes towards drug use continue to receive attention. Substance abuse does not evolve from a vacuum. The program’s end of year report will offer statistics pertaining to these trends and dynamics.

## BACK UP MATERIAL TO ITEM (3)

### Some thoughts on the Report made by Bob Houghtaling and the Opioid Task Force

- My comments are made with the possible legalization of marijuana by the state of Rhode Island and understanding that if it does not happen, Rhode Island remains an island between Massachusetts and Connecticut
- Congratulations Bob on an excellent presentation as noted in the Pendulum, it shows that there is a great deal ahead of us
- Appoint Bob Houghtaling as the convener of the Task Force
- Members be allowed to add items to the agenda prior to publication
- I am proposing that the name of this group be changed to the East Greenwich Substance Abuse and Mental Health Council
- That a representative of the senior citizens be added to the group because of issues that seniors have with drugs
- That the council coordinate substance abuse services to the citizens of the town that will allow the sharing of services when possible
- That the organized the Opioid Forum conduct focus groups within the community as a follow up from the fall forum
- That students continue to be part of this group
- Seek community groups which would be willing to assist the council (The Rotary Club has already expressed an interest)
- Because of the proposed to legalization marijuana, contact our legislators to increase the age to purchase e-cigarettes to 21. This is necessary because of its potential use in these devices

By: Bob Siminski

BACK UP MATERIAL TO ITEM (4 D)

- Community Health Fair
- March 13 from 4-8

Previous Vendors to approach

- *Hidden in Plain sight- Kent County Regional Coalition-Kathy Sullivan, director*
- *Cognitive behavior therapy and coaching- Ben Johnson, PhD, director and clinical psychologist and his entire team*
- *Prov. Behavioral Health and wellness: Mindfulness & Stress Management -Jannette Rey, PhD Lic. Clinical Psychologist*
- *RI dermatology institute- Caroline Chang, MD, FAAD*
- *Elite Physical Therapy- Dr. Michael Naba*
- *Ciresi Chiropractic- Dr. Angela Ciresi*
- *Sojourner House- Kassie Hawkin*
- *Day One- Taylor DelTafu*
- *RICARES- Diego Arene- Morely linda Marzelli*
- *Kent County Regional Coalition-Kathy Sullivan, directorLife coach Heather Kilgore- specializing in eating disorders*
- *URI school of Pharmacy*
- *EQ parks and Rec department-Cathy Bradley, Rachel Longo and Tyler*
- *Youth to youth- Austin and Kaylee*
- *Nutritionist - Wendy Leonard*
- *Sheri doing CPR*

Need to contact-

- *Ask about vna contacts ( blood pressure readings)*
- *Jenny Miller- Private senior services coordinator*
- *PONI - Michelle Mackenzie (Narcos administration)*

- Abbie Stenberg 603-9170 Anchor house teen recovery center
- Fire department -
- Police department - Bert and Chris- what resource officers do
- Rotary
- CWC
- Bring drugs for disposal resource????
- Ask senior services- ? medicare rep, ?taxes,

### Marketing

EQ news, patch, Pendalam, DLM, Rocky Hill, West bay Christian academy, Hendriksen, Toll Gate, nursing homes, Church

Call up nursing homes to see if they can bas residence

### Goals:

Hidden in Plain site- Health and Wellness and introduce the community to available resource.

---