

Access to Services Action Team
 Virtual Meeting
 Natick, MA
 1:00 PM - 2:30 PM
 Wednesday, January 19th, 2022



Attendees (8):

Name	Organization	Sector Represented
Alyson Blumenthal	JRI	Other organization involved in reducing substance misuse
Lizzy Chalfin	Natick 180 / Natick Health Dept.	Natick 180 staff
Astrid Dretler	Natick 180 / Natick Health Dept.	Natick 180 staff
Kayla Guzovsky	JRI	Other organization involved in reducing substance misuse
Lt. Chad Howard	Natick Police Dept.	Law Enforcement
Tiffany Spigarolo	Metrowest Medical Center	Health care organization & religious / fraternal organization
Katie Sugarman	Natick 180 / Natick Health Dept.	Natick 180 staff
Annette Ziegler	Natick Public Schools	Schools

Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve meeting minutes	Meeting minutes from Nov. 17th, 2021 were approved by a majority vote. They will be posted to the Town of Natick website.
3. Updates and announcements	<ul style="list-style-type: none"> a. Community messaging about accessing naloxone and/or treatment - Natick 180 developed 2 flyers recently (one for Thanksgiving and one for winter) which include information and resources. 1000 copies of the Thanksgiving flyer and 500 copies

	<p>of the winter flyer were distributed throughout Natick, and shared multiple times electronically.</p> <ul style="list-style-type: none"> b. Youth Mental Health First Aid - Two upcoming trainings are scheduled: one for community members on 1/25 and 1/26 from 6-9 pm; one for Natick Community Organic Farm staff on 1/18 from 9a-4p. c. Upcoming community education events - Tonight, Natick 180 and the First Congregational Church are co-hosting a virtual event with Families for Depression Awareness (7-8:15pm). The event will focus on Addressing Family Stress and Depression. d. Available Coalition leadership positions - There are still 2 at-large positions available to serve on the Natick 180 Steering Committee. We are also looking for a Chair for the ATS action team. It is possible that Jessica Cliff, former chair, could fill this role once she resumes her position at the Natick Health Department. e. Status of Rise On Smart Phone App, Rise On Mobile Health Van, and syringe service program - The Natick Board of Health voted last week to approve a syringe services program through the RiseOn Van. We will coordinate w/ JRI to launch this service. The Rise On smartphone app is in its final phase of development and should be ready to go soon. It will be a great resource. There will be a live chat feature, and individuals can identify the location of the mobile health van. The Natick Housing Authority is anxious to bring the van to its properties. f. Other: <ul style="list-style-type: none"> -There is an upcoming Health and Wellness Fair at NHS. The fair will be held during Equity Day on 3/18/22 from 11am - 1 pm. Natick 180 is requested to have a presence there - please reach out to Annette to reserve a booth. -Metrowest Medical Center - beds are at capacity, and everything is exploding due to the current health care challenges. Psychiatric beds in MA are impossible to get and the waiting lists are extensive. The psychiatric needs are overwhelming. Anecdotally, it appears that overdoses and mental health issues are heightened. Alcohol is of particular concern as there have been 2 alcohol-related fatalities recently. Many more severe cases of alcohol withdrawal are being seen at MWMC. Of note, Tiffany Spigarolo announced she is leaving the chaplaincy position with the MWMC and a new person will fill this role on the ATS action team.
<p>4. Post Overdose Support Team</p>	<p>Katie will set up a meeting next week to get back on schedule with monthly POST meetings. No new ODs have been reported recently.</p>

<p>(POST) updates</p>	<p>There was one incident at NHS involving a student who had taken too much cough medicine. The student went to the hospital but was not admitted as an inpatient and was released the same day, which was a frustrating scenario. The NPD / School Resource Officers were aware and are following up.</p> <p>LABW will begin a new session in March. This may need to be offered in other languages going forward.</p> <p>NE HIDTA (High Intensity Drug Trafficking Area) - this crime report shows illicit drugs are now being packaged in small plastic vials as opposed to baggies. This packaging is used primarily for powdery substances such as cocaine and fentanyl.</p> <p>The report also showed more cases of marijuana being laced with Fentanyl (not necessarily in Natick but regionally). This leads to an increased potency. One encouraging factor shared by JRI is that it is unlikely for people to overdose on fentanyl that is present in cannabis because it is not as potent when it is combusted. This is important information to share with parents.</p> <p>Anecdotally, JRI and MWMC have heard about a new batch of heroin laced with methamphetamine in the past few weeks. JRI's clients have shared this information.</p> <p>There is now an 8 mg formulation of Naloxone available through the state. Katie is researching this formulation, and will help advise first responders as to whether it makes sense to move in this direction. It is double the amount of the current formulation. Would it cause a more volatile situation if the dose is too strong or abrupt? 4 mg plus additional 4 mg if needed seems to be sufficient. Every NPD cruiser has 8 mg total on board.</p>
<p>5. Review Draft Action Plan Items</p>	<p><u>Priority areas previously identified:</u></p> <ul style="list-style-type: none"> ● Wider dissemination of recovery videos from Recovery Month 2020 - Natick 180 is regularly sharing them via social media accounts on "Transformation Tuesdays." It is easy to operationalize this task. ● Develop video of recovery resources for youth and young adults - need to curate ones that are specifically for youth. Natick 180 should aim to have this ready by the NHS wellness fair, in both a printed and electronic version. ● Host a public forum and/or focus groups with people in recovery to gather insight about needs and resources - it is currently hard to assist people suffering from alcohol use disorder. It would be informative to hear directly from consumers of these services.

	<p>Recruitment is challenging but JRI can assist in helping to identify and recruit folks (Natick community members specifically). The goal would be to learn what the barriers are to accessing services, barriers to recovery, what works, what doesn't, what the triggers are that lead people back into active use after sobriety. JRI will begin to document a list of things that they hear from clients. Common triggers are trauma history, life / family circumstances. We also want to gather examples of where systems are falling short or are failing people. Housing (or fear of losing it) and transportation are commonly expressed concerns.</p> <ul style="list-style-type: none"> • Address geographic “gap” in services (i.e. the fact that the SUD treatment services are not located in Natick) Rise On Van & drop-in location are potential solutions to that problem. This group is continuing to discuss how to better connect folks to services. The Natick Housing Authority is interested in having the Rise On van at their properties, as soon as possible (February?). Another idea is to pilot something over the summer when needs are greatest. Uber Health is one service that helps with harm reduction - it helps people get people to their appointments or to detox. • Develop and pilot grief outreach response team after fatal OD (via MW Health Foundation funding) - Framingham was awarded a grant to begin winter 2022. The JDP clinical supervisor who oversees clinicians are on board for working on this model. Consultants have been contacted and will work together with us. There are more families in need who have lost loved ones to OD. Partners on this outreach team will include Heartplay and Jeff's Place. Heartplay will provide staff and clinical expertise in terms of what a response team might look like and will develop the clinical components. Heartplay works with people in the early stages of grief. Jeff's Place will assist with focus groups and evaluation. An advisory committee is being developed. The goal is to have a model developed and ready to pilot at the end of the summer. Initial meetings will occur as soon as February. <p>Natick 180 will set up a timeline and organize the above list into action items.</p> <p>A valuable resource that provides detailed services: Metrowesthub.findhelp.com</p>
8. Set next meeting date/time & adjourn	February 16, 2022 from 1-2:30 pm