

**CONTRA COSTA COUNTY ALCOHOL AND OTHER DRUGS ADVISORY BOARD MEETING
MINUTES
Wednesday, May 24, 2017
Alcohol and Other Drugs Services
1220 Morello Ave, Second Floor Large Conference Room
Martinez, CA 94553**

Members Present: Anne Sutherland M.D., Tom Aswad, Anthony Segovia, Antwon Cloird, Guita Bahramipour, Catherine Taughinbaugh

Members Absent: Lanita Mims (U), Gary Eberhart (U), Michael Collins (E), Courtney Cumming(U)

Staff Present: Fatima Matal Sol - AOD Program Chief, Isabelle Kirske - AOD Prevention Coordinator

Member Liaisons: Sam Yoshioka - Mental Health Commission (E)

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION
I. <u>CALL TO ORDER</u>	The meeting was called to order at 4:03 pm.	ANNE SUTHERLAND M.D. CALLED THE MEETING TO ORDER AT 4:03 PM WHEN QUORUM WAS MET.
II. <u>Review and Adopt the Agenda</u>	Anne Sutherland M.D. opened the floor to adopt the agenda.	ANTWON CLOIRD MMS GUITA BAHRAMIPOUR TO ADOPT THE AGENDA AS PRESENTED. MOTION APPROVED UNANIMOUSLY. <u>AYES:</u> Antwon Cloird, Catherine Taughinbaugh, Anthony Segovia, Guita Bahramipour, Anne Sutherland M.D., Tom Aswad <u>NOES:</u> None <u>ABSENT:</u> Lanita Mims (U), Gary Eberhart (U), Michael Collins (E), Courtney Cummings (U) <u>ABSTAIN:</u> none
III. <u>Review and Approval of Draft Minutes of April 26, 2017</u>	Approval of the April 26, 2017 meeting minutes. The minutes were approved as presented.	ANTWON CLOIRD MMS GUITA BHARAMIPOUR TO APPROVE THE APRIL 26, 2017 MINUTES AS PRESENTED. MOTION APPROVED UNANIMOUSLY. <u>AYES:</u> Catherine Taughinbaugh, Antwon Cloird, Tom Aswad, Anne Sutherland M.D., Guita Bahramipour, Anthony Segovia. <u>NOES:</u> None <u>ABSENT:</u> Lanita Mims (U), Gary Eberhart (U), Michael Collins (E), Courtney Cummings (U) <u>ABSTAIN:</u> None
IV. <u>PUBLIC COMMENT</u> The public and Board members may comment on any agenda item of public interest within the jurisdiction of the Alcohol and Other Drugs Advisory Board. (Maximum three minutes per speaker.)	<ul style="list-style-type: none"> • Antwon Cloird reported that he witnessed Sam's Market on 31st and Cutting selling single cigarettes and not asking for ID. He asked for guidance. • Catherine Taughinbaugh presented an article on Adverse Childhood Experiences which shows the connection between mental health and substance use. • Tom Aswad reported that in a 6 day span 	

Public Comment Cont.

Support4Recovery (S4R) received 6 grants to fund people living at a Sober Living Environment (SLE). S4R was able to fund all 6 grant requests. S4R received a \$21,000 grant to fund people in need of housing. Currently, S4R averages about \$351 per month towards sober living. Tom reported that the need for housing is growing and hopefully some Substance Abuse Prevention & Treatment Block Grant (SAPT-BG) funds can be applied towards sober living.

V. AOD Staff Report

Fatima Matal Sol submitted the Staff report in writing as requested by the Executive Committee. She made herself available for questions. She highlighted the following points:

- The current AOD treatment provider contracts have been extended for 6 months. Effective July 1st there will be changes in the managed care plan requirements so AODS is waiting to hear from the state.
- Once the Drug Medi-Cal contract gets approved by the Board of Supervisors our treatment providers will switch to Drug Medi-Cal billing.
- AODS Administration is meeting monthly via conference call with providers to update them on the progression of the waiver.
- Effective July 1st all of the AOD clients will have to go through the Access Line in order to receive treatment services.
- AODS plans to certify both Adult EI Portal and West County Youth Clinic as Drug Medi-Cal Clinics.
- The Advisory Board was asked to send one person to the Assisted Outpatient (AOT) planning meeting so if anyone is interested in attending on behalf of the Board please let Fatima know.

ANNE SUTHERLAND M.D. HAS REQUESTED A PRESENTATION ON DRUG MEDI-CAL FROM START TO FINISH DURING THE STAFF REPORT IN JUNE.

VI. COMMITTEE HIGHLIGHTS

Executive Committee

The Executive Committee did not meet, did not make quorum.

Community Awareness

The Community Awareness Committee meeting is after the full Board meeting.

Programs and Services

The Programs and Services Committee discussed the Recovery Support Services document and made the suggestion that the Recovery Support Specialist should be someone who is in recovery themselves.

DURING THE JULY COMMITTEE MEETING THEY WILL FOCUS ON IDENTIFYING QUESTIONS TO BE INCLUDED IN THE CLIENT SATISFACTION SURVEY FOR THE JAILS.

The committee also reviewed the client satisfaction surveys and they reported that people overall seemed satisfied by the program they were in. The committee would like to

implement a similar survey in the jails to find out why people relapsed.

VII. OLD BUSINESS

SB 384 (Wiener) Alcoholic beverages: hours of sales.

Anne Sutherland M.D. opened the floor for discussion on SB 384 (Wiener) Alcoholic beverages: hours of sales.

**CATHERINE TAUGHINBAUGH
MMS ANTWON CLOIRD TO SEND
A LETTER TO THE BOARD OF
SUPERVISORS REQUESTING A
LETTER TO BE SENT IN
OPPOSITION TO SB 384(WIENER)
ALCOHOLIC BEVERAGES: HOURS
OF SALES. MOTION APPROVED
UNANIMOUSLY.**

AYES: Guita Bahramipour, Anthony Segovia, Catherine Taughinbaugh, Antwon Cloird, Tom Aswad, Anne Sutherland M.D.

NOES: None

ABSENT: Lanita Mims (U), Gary Eberhart (U), Michael Collins (E), Courtney Cummings (U)

ABSTAIN: None

SB 378 (Portantino) Alcoholic beverages: licenses: emergency orders.

Anne Sutherland M.D. opened the floor for discussion on SB 378 (Portantino) Alcoholic beverages: licenses: emergency orders.

**ANTWON CLOIRD MMS
CATHERINE TAUGHINBAUGH TO
SEND A LETTER TO THE BOARD
OF SUPERVISORS REQUESTING A
LETTER TO BE SENT IN SUPPORT
OF SB 378 (PORTANTINO)
ALCOHOLIC BEVERAGES:
LICENSES: EMERGENCY
ORDERS. MOTION APPROVED
UNANIMOUSLY.**

AYES: Antwon Cloird, Catherine Taughinbaugh, Anthony Segovia, Guita Bahramipour, Anne Sutherland M.D., Tom Aswad

NOES: None

ABSENT: Lanita Mims (U), Gary Eberhart (U), Michael Collins (E), Courtney Cummings (U)

ABSTAIN: None

VIII. LIAISON REPORTS

Contra Costa County Interjurisdictional Council on Homelessness –Guita Bahramipour

Guita Bahramipour reported that they heard a presentation from STAND on Domestic Violence. They no longer provide referrals, they now partner with the Family Justice Center. Guita reported that they are also working with the Housing Authority to address Section 8 Housing in order to free up more housing. Guita informed the Board that she has been advocating for more Sober Living Environments (SLE's).

**THE BOARD REQUESTED AN
OVERVIEW OF NO PLACE LIKE
HOME AND THEY WOULD LIKE
FATIMA TO REACH OUT TO
LAVONNA FROM HEALTH,
HOUSING AND HOMELESS.**

Tobacco Prevention Coalition

Anne Sutherland M.D. attended the May coalition meeting. They discussed that there was a \$2 cigarette pack increase. Electronic Smoking Devices and liquids are now federally regulated. The tobacco purchase age is now 21 years of age or older. They also discussed their most recent meeting with the Board of Supervisors and how the coalition is trying to ban menthol cigarettes, increase the pack size.

Mental Health Commission

The Commission met and discussed business then closed the meeting to entertain a public forum on the Mental Health Services Act (MHSA) Three Year Plan.

Consolidated Planning Advisory Workgroup (CPAW)

There was no CPAW report.

Contra Costa County Prescription Drug Abuse Prevention (MEDS) Coalition

The MEDS Coalition meeting report was included in the Staff Report.

IX. NEW BUSINESS

Alcohol License Initiatives. None.

No new Alcohol License Initiatives.

Marijuana Interdepartmental Workgroup: Adult Use of Marijuana Act.

There was no report, the workgroup has not reconvened.

Mental Health Public Forum Report

Anne Sutherland M.D. attended the Mental Health Public Forum in which they discussed the 3 year MHSA strategic plan. Anne Sutherland M.D. brought up 2 items: Substance Use Disorders needs to be integrated into Mental Health and there needs to be more funding for SLE's in order to keep people clean and sober after leaving a residential treatment program.

X. Use of Pharmacotherapy by John Muir's Center for Recovery Behavioral Health Services.

The Board entertained a presentation from Dr. Fred Von Stieff an addiction medicine specialist with John Muir Health's Center for Recovery. Some of the main points from his presentation were:

- In 1952 there was the heroin epidemic and doctors introduced methadone as a treatment option. It was a very effective form of treatment so methadone treatment locations opened up around the nation.
- Methadone is now the number one drug that leads to overdoses. If a patient is taking methadone and then they take a drug of any kind it increases the likelihood that they will overdose.
- 90% of all of the pills produced around the world are consumed in the United States, which only has 5% of the world's population.
- Dr. Von Stieff projects the United States will have a pain epidemic in 2050 when everyone in the United States has a tolerance to pain medications.
- 54,404 people died last year of some form of an overdose. Approximately, 20,000 of those were due to heroin specifically.
- In 2004 a large OxyContin company went to Oregon and hired a firm to come into CA

Use of pharmacotherapy presentation continued.

- and develop the Free Pain Act.
- With the Free Pain Act doctors had to prescribe patients anything they wanted for pain or they would be sued.
- Suboxone was developed to help people get off of Opiates; however, it is also an opiate and is the same schedule as Xanax. Suboxone works in a similar way to Xanax because it releases a lot of dopamine, thus making it a very addictive drug.
- Dr. Von Stieff has used Suboxone in his practice for 10 years, however, he uses it sparingly because the relapse rate is 61%.
- If doctors take a patient off of Suboxone, 25% will likely go into withdrawals leading them to relapse.
- If patients relapse on Suboxone there is a higher chance of overdose.
- Doctors are writing prescriptions for Suboxone without knowing how to get people off of it. Suboxone is a hard medication to take people off of and there has not been any prescription guide that has been developed to assist with this process.
- Dr. Von Stieff uses Suboxone sparingly when detoxing people off of opiates. He is now spending a lot of time detoxing people off of Suboxone that have been placed on that medication from other doctors.
- Suboxone is lifesaving but doctors are still figuring out what the long term effects are.
- Opiates are the strongest form of anti-depressants because of the level of dopamine that is released in the system.
- When the California Society of Addiction Medicine approves a doctor to write prescriptions for Suboxone they do not give doctors any information about how to get people off of the medication.
- There is no detox methodology for Suboxone, tapering is the only option which can lead to withdrawals.
- Dr. Von Stieff has detoxed approximately 30,000 people and 15,000 of those people were using opiates.
- Naltrexone is a shot that is given to people after they have detoxed from Opiates which blocks receptor sites so Opiates cannot get in and release dopamine. Patients who have received the Naltrexone shot do not crave Opiates once they have been given the shot.
- During the most recent American Society of Addiction Medicine reported that there are too many prescriptions for Suboxone in the United States doctors need to focus on

detoxing patients and getting them onto Naltrexone and treat their depression and/or anxiety with other methods.

XI. PUBLIC COMMENT

The public and Board members may comment on any item of public interest within the jurisdiction of the Alcohol and other Drugs Advisory Board. (Maximum three minutes per speaker.)

- Guita Bahramipour reported about a new drug that she has heard is going around the high schools called "Jewel."
- Tom Aswad stated that S4R is working on coming together to advocate for what services are needed within the AOD community.
- Isabelle Kirske passed around a flyer for the 3rd Annual Sobriety Walk in Richmond as well as she made available the most updated AOD Care Card.

THE 3RD ANNUAL SOBRIETY WALK IN RICHMOND IS ON SATURDAY, JULY 15TH.

XII. ADJOURNMENT

Meeting was adjourned at 6:15 PM.

MEETING WAS ADJOURNED AT 6:15PM.