

**CONTRA COSTA COUNTY ALCOHOL AND OTHER DRUGS ADVISORY BOARD MEETING
MINUTES
Wednesday, July 26, 2017
Alcohol and Other Drugs Services
1220 Morello Ave, Second Floor Large Conference Room
Martinez, CA 94553**

Members Present: Anne Sutherland M.D., Anthony Segovia, Antwon Cloird, Catherine Taughinbaugh, Courtney Cummings, Gary Eberhart, Guita Bahramipour, Michael Collins, Tom Aswad

Members Absent: Lanita Mims (U)

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

Member Liaisons: Sam Yoshioka - Mental Health Commission

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION
I. <u>CALL TO ORDER</u>	The meeting was called to order at 4:05 pm.	TOM ASWAD CALLED THE MEETING TO ORDER AT 4:05 PM WHEN QUORUM WAS MET.
II. <u>Review and Adopt the Agenda</u>	Tom Aswad opened the floor to adopt the agenda.	TOM ASWAD MMS CATHERINE TAUGHINBAUGH TO MOVE THE EVIDENCE BASED EFFECTIVENESS OF BUPRENORPHINE FOR OPIOID USE DISORDERS PRESENTATION NEXT ON THE AGENDA. MOTION APPROVED UNANIMOUSLY. <u>AYES:</u> Antwon Cloird, Anthony Segovia, Courtney Cummings, Catherine Taughinbaugh, Gary Eberhart, Tom Aswad <u>NOES:</u> None <u>ABSENT:</u> Anne Sutherland M.D., Guita Bahramipour, Michael Collins, Lanita Mims(U) <u>ABSTAIN:</u> None
V. <u>Evidence Based Effectiveness of Buprenorphine for Opioid Use Disorders.</u>	Ken Saffier M.D., lead physician with Choosing Change Clinics and family medicine practitioner with the Regional Medical Center presented to the Advisory Board on the Effectiveness of Buprenorphine for Opioid Use Disorders. These are a few of the main points from the presentation: <ul style="list-style-type: none"> • It is very hard to get off and successfully stay off of opioids. Approximately 80% - 90% of people who taper off opioids will go back to using an opiate at some point in their life. • Buprenorphine is a synthetic version of an opiate and longer acting than Methadone. • The three features of Buprenorphine that make it effective are: <ul style="list-style-type: none"> ○ It competes with other opioids and blocks their effects. 	ANNE SUTHERLAND M.D. ARRIVED AND BEGAN CHAIRING THE MEETING.

Evidence Based Effectiveness of Buprenorphine for Opioid Use Disorders Cont.

- There is a prolonged therapeutic effect for opioid dependence treatment
- There is a “ceiling effect” meaning that there is a maximum amount of the drug that can be taken while continuing to be effective and if you take over that amount it will stop working.
- According to the Diagnostic Statistical Manual (DSM) 5 when people are on Buprenorphine they do not meet the criteria to be diagnosed with a Substance Use Disorder as they do not experience any of the symptoms below:
 - Use in larger amounts over longer periods of time than intended
 - Unsuccessful efforts to cut down or quit
 - Excessive time spent using the drug
 - Intense desire/urge for the drug
 - Failure to fulfill major obligations
 - Continued use despite social/interpersonal problems
 - Activities/hobbies reduced
 - Recurrent use in physically hazardous situations
 - Recurrent use despite physical or psychological problems caused by or worsened by use
 - Tolerance
 - Withdrawal
- Buprenorphine has been shown to reduce craving behavior.

III. **Review and Approval of Draft Minutes of June 28, 2017**

Approval of the June 28, 2017 meeting minutes. The minutes were approved as presented.

TOM ASWAD MMS MICHAEL COLLINS TO APPROVE THE JUNE 28, 2017 MINUTES AS PRESENTED. MOTION APPROVED WITH TWO ABSTENTIONS.

AYES: Tom Aswad, Anne Sutherland M.D., Catherine Taughinbaugh, Courtney Cummings, Guita Bahramipour, Michael Collins

NOES: None

ABSENT: Antwon Cloird, Lanita Mims (U)

ABSTAIN: Gary Eberhart, Anthony Segovia

IV. **PUBLIC COMMENT**

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.)

- Tom Aswad reported that Support4Recovery (S4R) has funded two men for an SLE after treatment completion at Pueblos Del Sol. Tom also updated the Board on a S4R Board of Directors meeting in which they discussed advocating for a county tax on medical marijuana that would go towards funding adolescent treatment programs in Contra Costa. Tom updated the Board on the following activities that will be sponsored by S4R in celebration of

Recovery Month in September:

- o September 2nd 4th Annual Wheels 4 Recovery in Walnut Creek.
- o September 12th Recovery Month Proclamation at the Board of Supervisors

VI. AOD Staff Report

Fatima Matal Sol submitted the AOD Staff Report in writing prior to the meeting and made herself available for questions. The following are key points from the discussion:

- Contra Costa County is now three (3) weeks into the implementation of the Drug Medi-Cal Waiver.
- During the first week the Access Line received approximately 700 calls, some were multiple calls from the same people.
- Fatima gave a recap on the total number of people that we were able to place into treatment:
 - o Week one (1) placed 32 people
 - o Week two (2) placed 57 people
 - o Week three (3) placed 60 people
- During week two (2) Alcohol and Other Drugs Services (AODS) took care of the waitlist. After our providers trimmed the waitlist there were 90 people left to call. AODS staff was able to reach 25 people, the rest either did not answer, no longer interested in treatment, disconnected phones, or they were already placed into a treatment program.
- AODS is currently hiring two (2) more full time Substance Abuse Counselors to be permanently placed at the Access Line.
- Fatima Matal introduced Steve McNutt to the Advisory Board who is the Sobering Center Program Manager.

FATIMA WILL PLACE INFORMATION ON THE ADOLESCENT TREATMENT OPTIONS IN CONTRA COSTA COUNTY IN THE AUGUST STAFF REPORT.

VII. COMMITTEE HIGHLIGHTS

Executive Committee

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

Community Awareness

Guita Bahramipour thanked everyone for all of their work with the People Who Make a Difference Awards 2017. The award ceremony was on Tuesday July 18th and it was great to meet everyone and learn about what they are doing to make a difference in their communities.

COURTNEY CUMMINGS VOLUNTEERED TO SERVE ON THE COMMUNITY AWARENESS COMMITTEE

Programs and Services

Catherine Taughinbaugh reported that the Programs and Services Committee met prior to the Board meeting and they reviewed the Client Satisfaction Survey that was implemented at Ulikema house after their site visit. Overall the feedback on the program was very positive. The committee wants to visit East County Wollam next in early September. During the committee meeting they made suggested revisions to the

client satisfaction survey for incarcerated clients.

VIII. OLD BUSINESS

Sobriety Walk Report

Anne Sutherland M.D. reported that she attended the 3rd Annual Sobriety Walk in Richmond and thought it was an uplifting event. She also reported that halfway through the Sobriety Walk the group joined Men and Women of Purpose, at Nicholl Park where free backpacks were distributed to children that were stuffed with prevention materials. Anne Sutherland M.D. thought it was a great event and stated that she met a lot of great people.

IX. LIAISON REPORTS

Contra Costa County
Interjurisdictional Council on
Homelessness –Guita Bahramipour

Guita Bahramipour reported that during the last meeting they had a lengthy discussion about services that are available for seniors. At this meeting they also discussed how big the aging population is growing. There has been a 500% increase of older adults between the ages of 70-85.

Tobacco Prevention Coalition

Anne Sutherland M.D. reported that the Board of Supervisors voted unanimously for a ban on flavored cigarettes in Contra Costa County. She let the Board know that the city of San Francisco has a similar ban and big tobacco is filing a lawsuit against the city. Contra Costa will have to watch how it unfolds to see if they might be affected.

Mental Health Commission

Sam Yoshioka reported that the Mental Health Commission is reviewing their bylaws by creating an ad hoc bylaws committee. Sam also reported that the commission discussed a recent Grand Jury report on mental health services for at risk students in Contra Costa County. In this report, it requested that the Board of Supervisors add funds for six (6) more psychiatrists within the county and that they review the compensation for psychiatrists to become competitive within the market.

Consolidated Planning Advisory
Workgroup (CPAW)

Courtney Cummings reported that members of CPAW want to engage more with AODS and that she recommends that the Board members attend the next meeting on August 3rd because they have allotted a lot of time for our report.

**THE ADVISORY BOARD IS
REQUESTING A PRESENTATION
BY CPAW.**

Contra Costa County Prescription
Drug Abuse Prevention (MEDS)
Coalition

There was no report.

**MICHAEL COLLINS
VOLUNTEERED TO REPRESENT
THE BOARD ON THE CCC MEDS
COALITION.**

X. NEW BUSINESS

Alcohol License Initiatives. No

There are no new Alcohol License applications.

updates.

Marijuana Interdepartmental Workgroup: Adult Use of Marijuana Act.

Fatima Matal Sol reported that on Tuesday July 18th the Board of Supervisors entertained another presentation from the workgroup. The Board of Supervisors tasked the workgroup to develop two (2) ordinances for Marijuana one based on land use and one on public health. October will be the next hearing for the development of the ordinance.

Ricardo Simental, Monument Corridor Anti-Drug and Alcohol Coalition, reported that he attended a Policy and Development Committee Meeting in the city of Concord to discuss the development of a survey to get opinions on marijuana from the residents of Concord. The coalition gave their input on possible questions to ask within the survey. Concord plans to run the survey to 500 registered voters. Ricardo reported that the city of Concord is excited to get something moving quickly because of the revenue opportunity that recreational marijuana is giving us.

National Recovery Month 2017: *Join the Voices for Recovery: Strengthen Families and Communities.*

Guita Bahramipour reminded the Board that September is National Recovery Month and this year's theme is: *Join the Voices for Recovery: Strengthen Families and Communities.* To celebrate the month, the Board awards someone with the Recovery Champion Award every year. The nomination period is from Thursday, July 27th – Monday, August 14th. This is an opportunity for Board members to nominate a person and/or agency that is making a difference for the recovery community.

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.)

- Courtney Cummings declined receiving business cards.
- Isabelle Kirske informed the Board of Soulful Softball Sunday on Sunday August 27, 2017 at Nichol Park in Richmond. This is an annual community event and Antwon has requested that the Board table at the event.
- Tom Aswad reported that on September 10th from 11:00am – 3:00pm there will be a Behavioral Health Fair at the Concord John Muir Campus. There will be both Treatment and Prevention Providers in attendance and he is hoping that the AOD Board can attend and support the event.

XII. ADJOURNMENT

Meeting was adjourned at 6:13 PM.

MEETING WAS ADJOURNED AT 6:13PM.