

RCASA Board of Directors



December 15, 2016

Call the meeting to order

“RCASA’s mission is to strategically address our substance abuse problem that youth in Reading, Massachusetts abuse alcohol, prescription drugs, tobacco, and other illegal drugs at unacceptably high rates that emerge early in adolescence, happen frequently, and indicate heavy use. To realize our mission, we will promote a healthy community environment using the strategic prevention framework to ensure everyone who lives, works, or goes to school in Reading can enjoy an optimum quality of life.”

CELEBRATE

Lynn Dunn, R.N., RMHS and Mary Ellen Kirwan, R.N. completed the Integrated Health Screening & SBIRT Pilot Project with support from Julianne DeAngelis for 9th graders at Reading Memorial High School. Nurses screened 304 students during the process and two were referred for additional services. Special thanks to RMHS Principal Adam Bakr, Carmen O’Rourke, Lynn Dunn, Mary Ellen Kirwan, Julianne DeAngelis Officer Michael Muolo, and the Wilmington Public Schools for their support in executing our pilot project. Erica McNamara and Lynn Dunn presented as 2 members of a larger presentation team led by Dr. Doherty to the School Committee on 12/13/16 regarding SBIRT and RCASA projects (slides attached)

FOCUS ITEMS

Board of Director Updates

- Board leaders participated in Board of Selectman meeting to learn more about the proposed changes to marijuana, tobacco, and alcohol policies. More details on upcoming public hearings will be disseminated. The state ballot question on recreational marijuana use 21+ was passed. Local voters did vote against Q4. Special thanks to members that wrote letters and that were involved in educating the community.

Grant News/ Director’s Updates

- The Reading Hospital Trustees awarded \$2,000 to RCASA to support a portion of the INTERFACE Referral Project. RCASA’s application to Winchester Hospital for INTERFACE was not awarded.

- The Project AWARE (\$50,000 per year for 2 years) and STOP ACT (\$48,951 per year for 4 years) grants will be closing out at the end of this calendar year. Final reports will be shared with the Board next year.
 - Sara Burd was sponsored by the PROJECT AWARE grant to complete her certification as a Mental Health First Aid instructor for the adult module in Buffalo, NY in November.
 - Erica McNamara was sponsored by the STOP ACT AND DRUG FREE grants to complete the POSITIVE CULTURE FRAMEWORK training in San Diego, CA in December.
 - RMHS Health Educators and their students participated in the MA Youth Summit at the Tsongas Arena in Lowell with the support of transportation funding through RCASA's grant. Dr. Doherty also chaperoned a team from the Reading Rotary to attend the summit. **The Youth Summit on Opioid Awareness** educated young people, educators and other adults about the growing opioid epidemic and encourage healthy decision-making. Participants viewed IF ONLY, the film we screened in 2015. We look forward to engaging Reading youth that attended in afterschool club work in January.
- The Drug Free Communities Grant renewal is slated for January 2017 (\$125,000 per year for 5 years, we are in Year 7 of our project)
- Sustainability planning for RCASA will be a focus of board meetings in 2017, including best practices from other coalitions.
- Reading Police and RCASA were invited to participate in the WHITE HOUSE DATA DRIVEN JUSTICE Project, a weekly phone/web-based resource to learn about best practices throughout the county on diverting teens and adults away from the criminal justice system used data informed strategies. The National Association of Cities and Counties will coordinate the initiative during the presidential transition process so resources will continue to be available.
- INTERFACE REFERRAL SERVICE for Reading was launched on 11/1/16. Twelve Reading families have accessed the service since the official launch. We look forward to continued promotion of the service. Flyer attached.
- Former Chief of Police (James Cormier) has engaged RCASA as a prevention partner in his new role as New England HIDTA leading the HEROIN RESPONSE STRATEGY across the eastern seaboard. RCASA Director has met with HIDTA staff to exchange resources and assist with networking of their public health analyst to our regional projects. The Heroin Response Strategy (HRS) is an interdisciplinary approach that unified public health and public safety entities at the federal, state, and local level.
- Community Education: The Director presented at the Citizen Police Academy at the Reading Police Department on substance abuse and local resources. She taught two classes in Mental Health First Aid in November. She presented to the Child Development class at Reading Memorial High School on Substance Exposed Newborns and Fetal Alcohol Syndrome.
- The Director provided technical assistance to elementary health teachers in developing their 10 lessons for HEALTH EDUCATION on 11/8/16 and 11/18/16.

- Chief Segalla, Lt. Abate and RCASA Director participated in the WOBURN SUBSTANCE ABUSE ROUNDTABLE to address common challenge sin addressing opioid issues. RCASA connected members of this roundtable with key resources and exchanged data and information. Advocates Psychiatric Emergency Services is a featured provide at the roundtable (based in Waltham, provides emergency stabilization services at Winchester ED- they cover different geographic region than Eliot Emergency Stabilization.
- ACTIVE PARENTING OF TEENS training was conducted for seven parents at weekly night sessions on Tuesdays throughout November. The group will continue meeting in January.
- RCASA staff assisted our regional partners in the MYSTIC VALLEY PUBLIC HEALTH COALITION on collecting death data, hosting meetings and exchanging resources on best practices.
 - Lauren Dustin, Regional Coordinator came to Reading this month to train our Health Director and Health Inspector on the Opioid Bathroom Safety Project to raise awareness on worker safety and overdose prevention.
 - RCASA staff and Board of Health Member (John Costigan) participated in the Mystic Valley's initiative on reducing overdoses amongst TRADE LABORERS. The region has hosted three meetings with the Middlesex Sheriff's Office to bring together laborers, regional, state and federal partners to address this issue. Since 2012, over 40% of fatal overdoses in the Mystic Valley region were individuals who worked in the trade labor industry.
- BREAKING POINTS Film and Panel Discussion on 11/30/16 was well received by the 30 adult participants (program attached). Special thanks to Julianne for coordination and to our panelists including Susan Hooper, General Education Social Worker at RMHS and Margaret Hannah, representing INTERFACE REFERRAL SERVICE.
- Lt. Richard Abate and Erica McNamara were featured presenters at the Middlesex District Attorney's Eastern OPIOID TASK FORCE (slides attached) on 12/15/16.
- Julianne DeAngelis continued to work with Det. Fitzgerald to accept diversion referrals. Julianne also trained Jacqueline Callahan, the new Health Educator at RMHS to co-lead the Chemical Health course that we offer monthly. Special thanks to Asst. Principal Tom Zaya for referring students for Chemical Health and working with our program to educate students.
- The RCASA Director met with School stakeholders to begin the 2017 Reading Youth Risk Behavior Survey Coordination process. Parent info will be sent out prior to holiday break.

Attachments:

- Marijuana Advisory for Municipalities
- White House Data Driven Justice Project
- INTERFACE REFERRAL SERVICE
- Breaking Points Program
- Excerpts from School Committee presentation on SBIRT and RCASA on 12/13/16 & Middlesex DA presentation on Reading Diversion on 12/15/16

EXCERPTS ON SBIRT AND RCASA SHARED WITH BOARD OF DIRECTORS

OUR JOURNEY TO IMPROVE STUDENT SUCCESS

THE MTSS FRAMEWORK IN THE READING PUBLIC SCHOOLS

Reading School Committee Presentation

December, 2016

Sara Burd, Director for Social Emotional Learning

John Doherty, Superintendent of Schools

Courtney Fogarty, Data Coach

Lynn Dunn, Director of Nurses

Erica McNamara, Executive Director, RCASA

Presentation Topics

- How Our Journey Began
- Why Are We Doing This?
- Multi-tiered System of Supports
- School Transformation Grant Update
- Outcomes
- Systems
- Data
- Practices
 - *SBIRT*
 - *Health Curriculum*
 - *RCASA Resources and Upcoming Projects*
- Final Thoughts
- Questions

FULL PRESENTATION
TO SCHOOL
COMMITTEE WAS
CONDUCTED ON
12/13/16



SBIRT PILOT PROJECT FALL 2016

Presented by Lynn Dunn, RN
Director of School Nurses

New Freshmen Screening Approach

Parent letter and opt out sent home to families

Screening program in Nurses Office (instead of field-house)

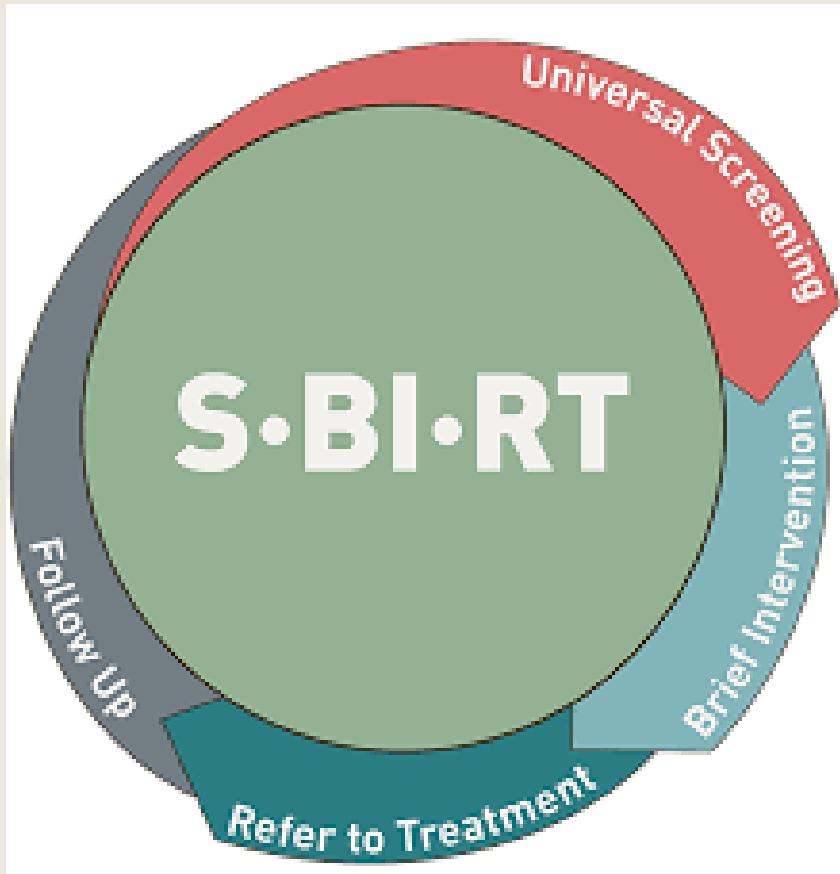
5-15 min per student on Tuesdays

Vision, hearing, postural & SBIRT stations

Staff notified & Main office called students down

Parents, students, & teachers could opt out if testing or important class work would be missed

What is SBIRT?



Screening, Brief Intervention, and Referral to Treatment is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, dependence on alcohol & illicit drugs

How would a student experience SBIRT?



- Brief explanation to student
- Direct to screening room.
- Share handouts
- Begin CRAFFT-II (interview tool to identify substance use In past year)
- “I’m going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential.”



Handouts:

- CRAFFT to read along
- Brain Scan photo w/resources
- Helpline Wallet Card



SCREENING



NO

Healthcare professional reinforces positive behavior

YES

Healthcare professional asks further questions to assess level of use



HIGH-RISK USE

SEVERE USE



BRIEF INTERVENTION

REFERRAL TO TREATMENT

SOMEBODY
FINALLY
ASKED ME

Screening

Low Risk

No Further
Intervention

Moderate Risk

Brief
Intervention

Moderate to
High Risk

Brief
Treatment

Severe Risk,
Dependency

Referral to
Specialty
Treatment

Post-Screening

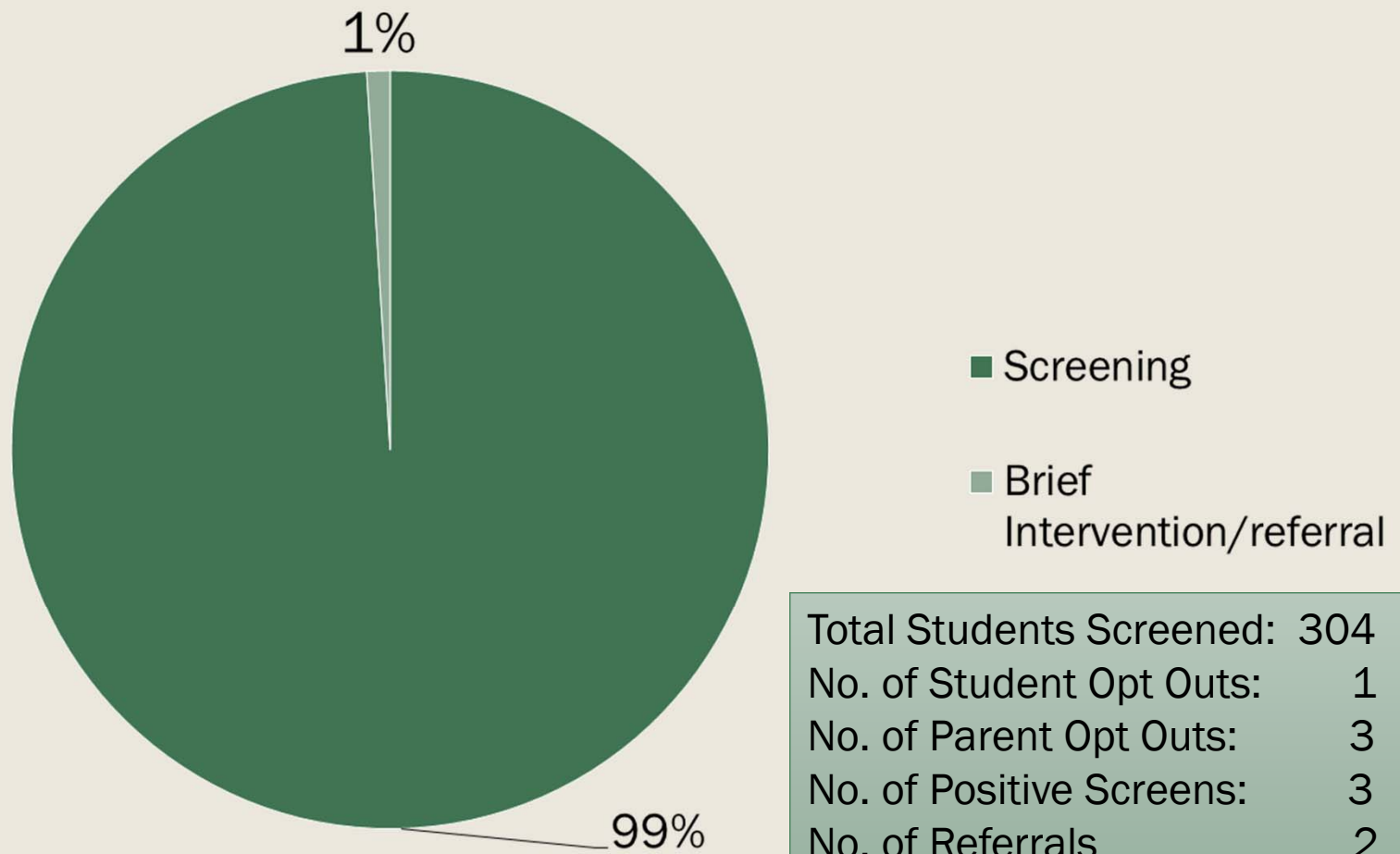
Confidential documentation entered (with ability to pull non-identifying info for state)

Schedule follow-up meeting with students as needed and/or determine if parent phone call is needed

Ongoing follow-up

SBIRT Pilot Fall 2016-RMHS

N=304 freshmen students



Total Students Screened:	304
No. of Student Opt Outs:	1
No. of Parent Opt Outs:	3
No. of Positive Screens:	3
No. of Referrals	2
No. of Refused Referrals	1



HEALTH CURRICULUM

School Committee Meeting
December 13, 2016

Health Topics (1-5)

Grade Level	Topics	Class Taught
Grade 1	Nutrition Stay Well	Physical Education
Grade 2	Human Body Systems – Your Body Fighting Germs Nutrition	Physical Education
Grade 3	Health, Well-Being, and Self-Concept Emotions, Feelings, and Stress Peer Pressure and Friendships Recreational Safety Nutrition Hygiene	Health
Grade 4	Health and Well-being Emotions, Feelings, and Stress Safety and First Aid Nutrition Hygiene	Health
Grade 5	Health and Well-being Drugs, Alcohol, and Nicotine Nutrition Hygiene Puberty	Health

Health Topics (6-12)

Grade Level	Topics	Class Taught
Grade 6	Nutrition and Our Bodies	Physical Education
Grade 7	Human Growth and Development	Physical Education
Grade 8	Safe and Healthy Choices	Physical Education
Grade 9	Intro to Health	Health
Grade 11	Health Issues	Health
Grade 11-12	Child Development Elective	Health

NEW RESOURCES & UPCOMING PROJECTS

Presented by Erica McNamara, MPH

Director of RCASA



**Reading
Coalition
Against
Substance
Abuse**

New Resource Rolled Out-11/1/16

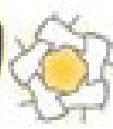
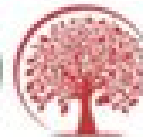
Need help finding mental health care?



WILLIAM JAMES
COLLEGE

INTERFACE Referral Service

PARTNERS IN PREVENTION



Reading
Coalition
Against
Substance
Abuse

The **Town of Reading** has contracted with a unique **HELPLINE** service staffed by **licensed clinicians** that can help children, teens, & adults in Reading become connected with **mental health care**. Get provider matches that meets your specific needs, accepts your insurance & has available appointments.

Call 1-888-244-6843 (toll free) • M-F • 9am-5pm

<https://interface.williamjames.edu/>

RCASA Educational Programs for Parents/Adults

Fall 2016

- Hidden in Plain Sight (125 parents visited)
- RCASA 10th Annual Meeting & Breaking Points (screened 2x) & Panel Discussion (100 adults reached)
- Mental Health First Aid: YOUTH, ADULT, PUBLIC SAFETY MODULES

Winter
2017

- Active Parenting of Teens & 4th edition
- Youth in Action clubs

Spring
2017

- Spring Parents Night featuring speaker
- Continued community education

2017 Youth Risk Behavior Survey Data Collection

Bid process for survey consultant

Parent information released before holiday break (with FAQs, Opt out info, and Parent viewing schedule)

High school students will take the survey in January

Middle school students will take the survey in January & February

Questionnaire improvements – CDC recommends new question on concussion and minor wording amendments for key questions.

Data results presentation (fall 2017)