

**CONTRA COSTA COUNTY ALCOHOL AND OTHER DRUGS ADVISORY BOARD MEETING
MINUTES**

Wednesday, December 19, 2018

Alcohol and Other Drugs Services

1220 Morello Ave, Second Floor Large Conference Room

Martinez, CA 94553

Members Present: Catherine Taughinbaugh, Jonathan Ciampi, Kevin Orozco, Michael Collins, Sienna Cowing, Talia Moore E.D.D. (late), Tom Aswad, Victor Ortiz (late)

Members Absent: Antwon Cloird (E), Cynthia Chavez (E), Guita Bahramipour (E), Sunita Frey (E)

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

Member Liaisons: Sam Yoshioka - Mental Health Commission

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION
I. <u>CALL TO ORDER</u>	Tom Aswad called the meeting to order at 4:12 pm when quorum was met.	TOM ASWAD CALLED THE MEETING TO ORDER AT 4:12 PM.
II. <u>Review and Adopt the Agenda</u>	Tom Aswad opened the floor to adopt the agenda.	<p>JONATHAN CIAMPI MMS CATHERINE TAUGHINBAUGH TO ADOPT THE AGENDA AS WRITTEN. MOTION APPROVED UNANIMOUSLY.</p> <p>AYES: Jonathan Ciampi, Sienna Cowing, Kevin Orozco, Catherine Taughinbaugh, Michael Collins, Tom Aswad</p> <p>NOES: None</p> <p>ABSENT: Antwon Cloird, Cynthia Chavez, Guita Bahramipour, Sunita Frey, Talia Moore E.D.D., Victor Ortiz</p> <p>ABSTAIN: None</p>
III. <u>Review and Approval of Draft Minutes of November 28, 2018</u>	Tom Aswad opened the floor to approve the November 28, 2018 meeting minutes. The minutes were approved as presented.	<p>JONATHAN CIAMPI MMS MICHAEL COLLINS TO APPROVE THE NOVEMBER 28, 2018 MINUTES AS PRESENTED. MOTION APPROVED UNANIMOUSLY.</p> <p>AYES: Jonathan Ciampi, Sienna Cowing, Kevin Orozco, Catherine Taughinbaugh, Michael Collins, Tom Aswad</p> <p>NOES: None</p> <p>ABSENT: Antwon Cloird, Cynthia Chavez, Guita Bahramipour, Sunita Frey, Talia Moore E.D.D., Victor Ortiz</p> <p>ABSTAIN: None</p>
<p>IV. <u>PUBLIC COMMENT</u></p> <p>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.)</p>	<ul style="list-style-type: none"> • Tom Aswad referred to the housing grants provided by Support4Recovery (S4R) and how he had recently learned that some Sober Living Environment (SLE's) do not accept residents receiving Medication Assisted Treatment (MAT). S4R is interested in sponsoring a MAT training for SLE's. • Jonathan Ciampi recommended inviting Dr. Saffier to provide a training on MAT to the SLE's because he is one of the prescribing doctors. • Fatima Matal Sol shared that a judge in the 	

District Court of Texas ruled that the Affordable Care Act (ACA) is unconstitutional with 20 other states supporting that ruling. This decision may impact the Drug Medi-Cal Organized Delivery System (DMC ODS) Waiver in the future, but there are no changes yet.

- Jonathan Ciampi stated that he learned that local chambers of commerce have leadership development activities where citizens do a 12 month curriculum to learn how cities operate. Every year they select a project and one of the leadership teams has selected naloxone distribution. They will focus on getting Naloxone in all of the places they can such as: libraries, police departments, schools, etc.
- Logan reported that Discovery House is a residential treatment facility for men. He shared that they just hosted their Annual Holiday event in which they provided food and gifts to the residents and their families. He added that it was a great event with a large turnout of both alumni and current clients. Logan also stated that throughout the year the Alumni Association hosts other activities like an annual campout at Lake Barryessa, a home run derby softball game, and a "Bridges to Housing" subcommittee that assists with grants for sober living.
- Fatima Matal Sol suggested that Board members attend the Discovery House Annual Holiday event in 2019.
- Michael Peterson shared that he is teacher with the SPIRIT program as well as a Community Support Worker in the Office for Consumer Empowerment. He shared that the Wellness Recovery Action Plan (WRAP) is currently offered at Discovery House to help clients develop wellness and action plans for coping with stress. He also said that the Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes WRAP as an Evidence Based Program.

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 and highlighted the following items:

- She suggested that the Board receive monthly progress updates from the detox provider in West County on the implementation of the new location.
- She shared that if anyone is interested in receiving the full External Quality Review (EQRO) report to please let Isabelle Kirske know and copies will be made.

**INCLUDED IN THE REPORT
WERE THREE
RECOMMENDATIONS.**

- Increasing communication

- Fatima shared copies of the document “Increase Collaboration Across Contra Costa’s Drug Medi-Cal Organized Delivery System” for the Board to review and introduced Gene from Oxford House which is a Recovery Residences provider that is going to begin operating in Contra Costa.
- Gene stated that Oxford House is comprised of safe, affordable, and democratically run houses with a nationwide relapse rate of 10%. They have been in operation since 1975 and are listed on SAMHSA’s webpage as a “Best Practice.” There are currently 2,600 houses nationwide.
- He plans to get the first house up and running within Contra Costa in January 2019. He said that generally, one house can accommodate 6 – 10 people and shared that they are supportive of MAT allowing residents to continue their medication while living at an Oxford House.

- with contract providers.
- Review data reports available to AODS.
- Develop a plan for the Implementation of Electronic Health Records

VI. COMMITTEE HIGHLIGHTS

Executive Committee

There was no update as there was no committee meeting.

Community Awareness

There was no update as there was no committee meeting.

Programs and Services

There was no update as there was no committee meeting.

VI. Board Member Nominations

Election of Board Officers: Chair & Vice Chair for 2019 Calendar year term.

Tom Aswad reviewed the election process, and suggested that members would vote for one position at a time. The names of the individuals nominated for Chair were read out loud. The nominee was: Michael Collins for Chair.

Name	# of Votes
Michael Collins	IIIIIIII (8)

The names of the individuals nominated for Vice Chair were read out loud. The nominee was: Jonathan Ciampi for Vice Chair.

Name	# of votes
Jonathan Ciampi	IIIIIIII (8)

VIII. OLD BUSINESS

AOD Advisory Board retreat in January 2019.

Victor Ortiz indicated that the retreat will be taking place on January 26, 2019 from 10:00am – 4:00pm. He discussed the purpose of the retreat and things that can derail achieving the goals of the retreat. Below are the key points of the discussion:

- The retreat is going to be used as a planning event to assess where the Board is and where they want to go.
- During the retreat, the Board would leave

MICHAEL COLLINS WAS ELECTED THE 2019 CHAIR.

AYES: Jonathan Ciampi, Victor Ortiz, Sienna Cowing, Kevin Orozco, Talia Moore E.D.D., Catherine Taughinbaugh, Michael Collins, Tom Aswad

NOES: None

ABSENT: Antwon Cloird, Cynthia Chavez, Guita Bahramipour, Sunita Frey

ABSTAIN: None

JONATHAN CIAMPI WAS ELECTED THE 2019 VICE CHAIR.

AYES: Michael Collins, Catherine Taughinbaugh, Talia Moore E.D.D., Kevin Orozco, Sienna Cowing, Jonathan Ciampi, Tom Aswad, Victor Ortiz

NOES: None

ABSENT: Antwon Cloird, Cynthia Chavez, Guita Bahramipour, Sunita Frey

ABSTAIN: None

with goals and activities for the 2019 calendar year.

- Personal agendas can derail the purpose.
- Everyone in attendance needs to be clear about the purpose of the Board.

Marijuana Interdepartmental & Social Host Ordinance Workgroups.

There was no update.

IX. LIAISON REPORTS

Contra Costa Council on Homelessness

There was no report.

Tobacco Prevention Coalition

Isabelle Kirske shared the report submitted by Cynthia Chavez. The Tobacco Prevention Coalition discussed that they conducted a survey in Concord and San Pablo about smoke free living environments, and they found that 98% of survey respondents want to live in smoke-free environments. In Cynthia's report she also shared that the FDA is planning to ban the sale of some flavored e-cigarettes including flavored cigars and menthol cigarettes.

Mental Health Commission

Sam Yoshioka shared that the Mental Health Commission is working on their report to the Board of Supervisors and are beginning to plan their retreat. He also said that the commission is developing a site visit protocol and was interested in learning about sample protocols.

CCC Medication Education & Disposal Safety (MEDS) Coalition- Chris Janssen

Isabelle Kirske shared that the CCC MEDS Coalition heard a presentation from Andrew Haydon the Pharmacy Director for Contra Costa Health Plan. He shared what the Health Plan has been doing to address the opioid epidemic which includes:

1. Sending a letter to co-prescribers of opiates and benzodiazepines which have led to a decrease in 20% of co-prescribing.
2. As of October 22, 2018 all prescriptions over 120 Morphine Milligram Equivalent (MME) will be denied at the pharmacy. The 120 MME can be either in one prescription or across multiple prescriptions for pain patches, pills, etc.
3. Reduce the duration of the initial prescription to 7 days. This will go live during the first quarter of 2019.
4. The drug Soma has been removed from the list of drugs that the Health Plan will cover.

X. NEW BUSINESS

Alcohol License Initiatives. 13530 Byron Highway, Byron, CA 94514.

Isabelle Kirske reminded the Board of the assessment that was completed by Cynthia Chavez and Paulina Fregoso that was shared during the November 2018 AOD Board Meeting. She shared new information that had been gathered such as a map of the area of Byron and Discovery Bay that shows the On

**CATHERINE TAUGHINBAUGH
MMS JONATHAN CIAMPI
RECOMMEND THE DENIAL OF
THE ALCOHOL LICENSE
APPLICATION.**

AYES: Jonathan Ciampi, Victor Ortiz, Sienna Cowing, Kevin Orozco, Talia Moore E.D.D., Catherine Taughinbaugh,

and Off-sale alcohol outlets, schools, parks, playgrounds, and the Byron Boy's Ranch. She added the recommendation by the Byron Municipal Advisory Council (MAC) which denied the license due to its proximity to other nearby licenses. Finally, she shared the results of an interview that she had with a Substance Abuse Counselor at Pueblos Del Sol in Brentwood, a local Driving Under the Influence (DUI) program, who stated that he believes this new license will lead to an increase in DUI's.

Michael Collins, Tom Aswad
NOES: None
ABSENT: Antwon Cloird, Cynthia Chavez, Guita Bahramipour, Sunita Frey
ABSTAIN: None

Opportunity to purchase land in Richmond to be used as Recovery Residences.

There was no report.

Behavioral Health's Rapid Improvement Event. Report.

Victor Ortiz reported that he listened to the final report out at the Board of Supervisors Chambers that detailed the week long Behavioral Health's Rapid Improvement event that looked at how clients access Behavioral Health Services. Victor stated that he was very impressed by how thorough the event was and that he was interested to learn how this will affect AOD services.

VICTOR ORTIZ AND TALIA MOORE E.D.D. WERE INTERESTED IN LEARNING MORE ABOUT PARTICIPATING IN THE STEERING COMMITTEE.

Review approved legislation from the 2017-2018 legislative cycle.

Tom Aswad opened the floor to review the list of approved legislation from the 2017-2018 legislative cycle. The list is not comprehensive of all legislation that was approved during the cycle. There was no discussion.

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.)
Public comment cont.

- Victor Ortiz was interested to know if anyone presented the Opioid related program featured in "60 Minutes" at the beginning of the meeting. He said that while the program was a month old, he learned that they reduced the price for naloxone from \$4,000 to \$400.
- Logan shared that he spoke with a few Kaiser social workers who were unsure about how to access Substance Use Disorder (SUD) treatment services, and asked that the Board continue to get the word out about how to access treatment services in Contra Costa, including outreaching to the local hospitals.
- Michael Collins stated that there are Kaiser hospitals in Concord, and he would be interested in looking if they are aware of how to access SUD treatment services within the county.
- Fatima Matal Sol shared that while Walnut Creek Kaiser is not utilizing the Access Line Richmond Kaiser actively refers clients to detox through the Access Line.
- Talia Moore E.D.D. suggested to electronically survey Kaiser Employees to see if they are aware of how to access SUD Treatment services.

- Kevin Orozco shared that he has called the Access Line multiple times for assistance and that they are very helpful.
- Fatima Matal Sol shared that she completed five (5) focus groups with outpatient treatment providers to discuss the implementation of the waiver and learned that on average clients began to receive treatment within 5 days of contacting the Access Line. Additionally, she was interested in learning if clients are moving through the different levels of care, and she spoke with two (2) clients who have transitioned between levels. Finally, Fatima shared that she was notified by clients in residential treatment of an increase in needles in bathrooms at the homeless shelters.

XII. ADJOURNMENT

Tom Aswad adjourned the meeting at 6:10pm.

**MEETING ADJOURNED AT
6:10PM.**