

Minutes  
Mental Health and Wellness Committee  
Council Chambers  
April 26, 2019  
3:00pm

Attendance:

Committee

Randy Jackson (Chair), Cody McEwen, Tom Malcolm (Fire Chief)

Public

Nichole Morrison (Health Access Network), Dr. Katie Adams (Health Access Network)

Meeting called to order by Chair Jackson at 3:00pm.

I. Review of minutes of last meeting

Minutes reviewed and no changes were made.

II. Round table introductions

III. Brief review of presentation by Gordon Smith, Esq.

Chair Jackson had some initial comments from the reading of Bob Peterson's letter to the committee. He informed the committee that Bob had contacted KVHC and learned of similar plans the organization is constructing to combat opioid issues facing the community.

Chair Jackson continued with a review from a presentation held at the Katahdin Higher Education Center with Gordon Smith and other fellow leaders throughout the region surrounding the opioid crisis. Information was presented about a follow-up discussion from the initial 'opioids in our community' discussion and is tentatively planned for this June. There is program support at the state level designated at \$1 million to help address the problem. Half of that support is for Emergency Rooms and the other half is for Recovery Coach programming. Gathering as much info as possible from providers, physicians, and nurse practitioners will help aid in problem solving.

Dr. Adams raised a question on an earlier point; to whether a portion of state funds for recovery coaches were going to actually fund the cost of the training for an individual or if it was to conduct that programming. She noted that providers that receive little to no state funding struggle to find funds to pay for the cost of training and can be a hinderance of program success.

IV. Presentation by Nichole Morrison RN from Health Access Network:

A view into future plans/treatment of the Opioid crisis

Nichole gave an overview of Health Access Network (HAN). They have five medical providers and six behavioral health counselors. They form a symbiotic relationship to aid overall treatment to provide both medical assistance and counseling. HAN is growing very fast and a part of that process is reevaluating their own programming to make sure needs of the communities it serves can be met.

Currently a provider can only legally treat 30 patients in their first year. Then a provider can treat up to 100. This limitation in the first year is a strain on the patients that need the service but also the more patients being treated creates a strain on resources. Currently HAN is requesting services from 4 patrons a day who are not in the practice currently, though HAN can only treat patients given their resource constraints.

A point from the Gordon Smith presentation was brought up; a 72hr emergency room program for recovery is in the works. The efficiency of this program relating to longer term treatment is up to question.

Dr. Adams mentioned that currently the Lincoln and Medway sites have providers for opioid intervention. All parties agreed that it would be good to continue networking with other organizations such as Katahdin Valley Health Center (KVHC) and Acadia to coordinate programming to reduce barriers and wait times. Currently Acadia has a 1 year wait time for referrals. Looking in to programs such as Acadia Tele Health and Tele Health resources being implemented at Millinocket Regional Hospital.

Lincoln has a save-a-life program that could use more resources to implement more efficiently. They are looking for safe places to conduct their in person volunteer interviews and assistance. There was an inquiry by Chair Jackson if HAN could possibly provide a room at one of their facilities to aid in the given need. HAN reps agreed that this was possible and also added some faith based organizations are also trying to assist by providing spaces as well.

Chair Jackson requested we invite KVHC for the next meeting and that HAN reps would continue to network on the topics of providing recovery coach services and suboxone clinical services.

The committee decided that the next meeting would be May 28th and the location is TBD (council chambers vs. manager's office).

Meeting adjourned at 4:00pm.