

Minutes
Mental Health and Wellness Committee
Assessor's Office
May 28, 2019
3:00pm

Attendance:

Committee

Randy Jackson (Chair), Cody McEwen, Tom Malcolm (Fire Chief), Craig Worster (Police Chief)
Lori Santerre (Human Resources/General Assistance)

Public

Kyle Leathers (East Millinocket Selectman), Jane Danforth (Thrive Penobscot/MRH),
Susan D'Alessandro

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. Presentation by Kyle Leathers (East Millinocket Selectmen) and Jane Danforth (Thrive Penobscot) relating to the formation of a regional coalition on Opioids and Mental Health.

Chair Jackson opened discussion before the presentation to lay a foundation of his hopes to reorganize the committee structure through the three towns. The hope is to form a regional coalition to address opioids and mental health in a collaborative way without duplication or hinderance of other community efforts.

The proposed coalition would be formed between the towns of Millinocket, East Millinocket, Medway, Woodville, and Lincoln. A previous meeting with Health Access Network (HAN) determined Lincoln's current program Save-a-life can be essential in helping with this issue. They currently also cover this area and have two recovery coaches that live in Millinocket. HAN also has resources in Millinocket, Medway, and Lincoln.

Both Kyle and Jane presented on what has taken place outside of Millinocket since the initial 'Opioids in our Community' regional meeting. They were part of a small group of people (including Chair Jackson) that met with Gordon Smith, the newly appointed State Director of Opioid Response, to talk about the need for resources in the Katahdin Region. As a result, Gordon committed to coming back to participate in another community forum, assist with connecting us with available State resources, and to help develop a plan of action specific to our region.

One resource Gordon mentioned was training for recovery coaches that could start immediately with assistance from the Bangor Area Recovery Network (BARN) out of Brewer. The State was providing them with funding to do so.

Kyle and Jane reported they visited the BARN to learn about the program and how recovery coaches could be utilized in our area. They learned that we currently have 6 trained recovery coaches from Millinocket. It was suggested by the BARN that while they can provide training, we don't need more trained until we get a system in place to effectively utilize this

service delivery model. Some of the coaches have been meeting regularly on their own and will be an asset to the coalition we are planning to form. Because we have coaches trained that aren't currently being utilized, training more right away is not a high priority.

Cody clarified that if a coalition is formed the town committee would be disbanded officially but all members of the current committee would be invited to take part in the regional coalition. Public involvement in this coalition was stressed as beneficial and local efforts would be needed to advertise this coalition throughout each community.

After the presentation Chair Jackson laid out a plan for moving forward on this:

1. Randy will draft an initial regional coalition invitation letter to send to key stakeholders that would be known to benefit the organization.

2. Kyle will check with Deb Rountree at Katahdin Regional Higher Education Center to see if it could be used as a venue for the coalition.

- Initial invitations include community leaders, fire/police chiefs from each community, current committee members from each community, local providers, and concerned community members.

3. Randy will research providers and ask about involvement in Suboxone Detox Training and/or three day Clonidine treatment.

- Question of struggling ER staffing brought up. How might this impact current programming and can they handle detox efforts? It is unknown but connections with these providers will still be attempted.

4. Randy will contact Gordon Smith for meeting ideas/guidance.

5. Once the coalition is scheduled and the formation is approved, advertising through the local paper, facebook, and town website/calendar will take place.

Meeting adjourned at 4:00pm.