

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

Saturday, January 26, 2019

Alcohol and Other Drugs Services

1220 Morello Ave, Second Floor Large Conference Room

Martinez, CA 94553

Members Present: Antwon Cloird (late), Catherine Taughinbaugh, Cynthia Chavez, Guita Bahramipour, Jonathan Ciampi, Kevin Orozco, Michael Collins, Talia Moore E.D.D., Tom Aswad, Victor Ortiz

Members Absent: Sienna Cowing (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>	Michael Collins called the retreat to order at 10:13 am.	MICHAEL COLLINS CALLED THE MEETING TO ORDER AT 10:13 AM.
II. <u>Review and Adopt the Agenda</u>	Michael Collins opened the floor to adopt the agenda.	TOM ASWAD MMS CATHERINE TAUGHINBAUGH TO ADOPT THE AGENDA AS WRITTEN. MOTION APPROVED UNANIMOUSLY. AYES: Michael Collins, Jonathan Ciampi, Tom Aswad, Guita Bahramipour, Victor Ortiz, Kevin Orozco, Cynthia Chavez, Talia Moore E.D.D., Catherine Taughinbaugh NOES: None ABSENT: Antwon Cloird, Sunita Frey, Sienna Cowing ABSTAIN: None
III. <u>Review and Approval of Draft Minutes of December 19, 2018</u>	Michael Collins opened the floor to approve the December 19, 2018 meeting minutes. The minutes were approved as presented.	TOM ASWAD MMS GUITA BAHRAMIPOUR TO APPROVE THE DECEMBER 19, 2018 MINUTES AS PRESENTED. MOTION APPROVED UNANIMOUSLY. AYES: Catherine Taughinbaugh, Guita Bahramipour, Victor Ortiz, Kevin Orozco, Cynthia Chavez, Talia Moore E.D.D., Jonathan Ciampi, Michael Collins, Tom Aswad NOES: None ABSENT: Antwon Cloird, Sunita Frey, Sienna Cowing ABSTAIN: None
IV. <u>PUBLIC COMMENT</u> 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.)	<ul style="list-style-type: none"> Patty Hoyt asked the Board to consider making a recommendation to the Board of Supervisors Legislative Committee to oppose SB 58 (Wiener). This bill would allow bars to stay open until 4am in nine (9) selected cities. Patty disseminated documents from the California Alcohol Policy Alliance (CAPA) for the Board to consider sending to their local elected officials. She also made a report available from CAPA on the harms of keeping bars 	

- open until 4am.
- Jonathan Ciampi reported that 12 individuals exited one house overdosing on Fentanyl in Chico. All 12 individuals and two (2) police officers needed Narcan administered to them because of the fentanyl. He stated that stories like this create a perception that Fentanyl is very lethal which can scare first responders from wanting to address the issues associated with it.
 - Michael Collins stated that Fentanyl can be absorbed through the skin, but it takes a while. He also stated that individuals who have been abusing Fentanyl most commonly smoke it which makes it airborne.
 - Jaime Rich stated that for the past four (4) years the Contra Costa Medication Education and Disposal Safety (CCC MEDS) Coalition has hosted the Dose of Awareness 5K Walk/Health Expo. She shared that the event has been postponed until March 2020 to grow the event. In lieu of the walk, she explained that the coalition will host a film festival at Brenden Theatre from 1 – 3pm on Sunday, March 24, 2019. The event is free and open to the public, and a flyer will be shared once it is available.
 - Catherine Taughinbaugh reported that the Partnership for Drug Free Kids has partnered with the Center on Addiction and will become one organization. She reminded the Board that parents can call the Partnership's hotline and speak with a counselor or parent coach trained in the Community Reinforcement and Family Training (CRAFT) approach for free.
 - Tom Aswad stated that Support4Recovery (S4R) will host two meetings in February with the Sober Living Environment's (SLE) Recovery Residences in Contra Costa County to discuss their new grant with Alcohol and Other Drugs Services (AODS). He also shared that Dr. Kan will present on the benefits of Suboxone hoping that more SLE's will accept residents who are taking the medication. Finally, Tom shared that in 2018 S4R funded 70 housing grants, and during the month of January 2019 they already funded 10 grants.

V. Developing Group Agreements & Ground Rules. Warm-up activity & setting the context for the planning retreat.

Victor Ortiz began the retreat by facilitating the development of outcomes, group agreements and ground rules which are as follows:

- Assess the current status and progress against the 2018 Goals and Objectives.

- Develop the 2019 Goals and Objectives for the AOD Advisory Board and its Committees.
- Assess challenges or constraints to goal achievement.
- Develop plans to achieve goals and address constraints.
- Agree to next steps, roles, and responsibilities, etc.

THERE WAS A GENERAL CONSENSUS ABOUT THE DESIRED OUTCOMES FOR THE RETREAT.

VI. Review the AOD Advisory Board mission and the 2018 accomplishments.

Review and discuss the existing goals and objectives, current strengths and weaknesses, and current limitations.

Victor Ortiz began the review of the 2018 accomplishments and the Board’s mission by asking Fatima Matal Sol to give a brief overview of the Alcohol and Other Drugs Advisory Board. Below are a summary of her statements:

- Fatima read the mission as “to assess family and community needs regarding prevention and treatment of alcohol and other drug-related problems, provide resultant findings and recommendations to the Health Services Department and the Board of Supervisors. The Board also serves as an advocate for these findings and recommendations to the communities that we serve.”
- She reminded everyone that when they attend Board meetings they do not represent themselves, but the community as a whole. She said that her hope is that Board members go into the community and identify any needs as they pertain to AOD within the boundaries of the Brown Act and Better Government Ordinance.

VII. WORKING LUNCH

The Board entertained a brief 15 minute break.

VIII. Board Goals and Objectives for 2019.

Brainstorm priority goals and objectives to address during 2019.

Victor Ortiz facilitated a discussion with the Board to review the 2018 Goals and Objectives and to decide on goals, activities, and key priority areas, that could remain, in 2019 through a selection/elimination process. Below are a few key points from the discussion:

- There was consensus that the newly appointed members and the new structure of the Board are an asset. With more Board members being considered “at-large” they are able to have more of a relationship with all five (5) supervisors instead of the one (1) who appointed them.
- There were mixed feelings about whether the community was knowledgeable about the existence of the Board.
- Due to the stigma and shame associated with Substance Use there was agreement about addressing this in 2019.
- Host a midyear review in which they look at the Goals and Objectives for 2019 to gauge their progress.

Victor Ortiz facilitated a discussion with the Board in which he asked “What would make participating in this Board meaningful over the next year?” Some of the responses are listed below:

- Focus efforts on one or two larger activities that achieve a larger impact.
- Learn from subject matter experts, as well as learn about what SUD Treatment and Prevention Services are available.
- Increase the community’s knowledge about how to access Substance Use Disorder (SUD) Treatment Services, as well as work toward streamlining the process.
- Victor wanted to ensure that the goals and objectives for the Board included activities such as being in attendance of meetings between providers and AODS staff.

IX. Committee Workgroup Session.

Break into committee’s and develop activities that align with the previously discussed goals and priorities for 2019.

Committee Membership.
Appoint/reappointment of committee chairs.

Victor Ortiz then divided the large group by committees to discuss goals and objectives for 2019.

Michael Collins appointed Board member’s to the appropriate committees.

- MICHAEL COLLINS APPOINTED:**
- **VICTOR ORTIZ TO CHAIR THE PROGRAMS AND SERVICES COMMITTEE.**
 - **CYNTHIA CHAVEZ AND KEVIN OROZCO TO THE COMMUNITY AWARENESS COMMITTEE.**

X. BREAK

The Board entertained a brief 10 minute break.

XI. Debrief Committee Action Plan with the Full Board.

Report back on the small group discussion.

After the committee discussions the Board reconvened as a whole to debrief. Below are key themes from each committee’s report out:

- Executive Committee:
 - Prevent meeting cancellations by effectively ensuring quorum.
 - Invite subject matter experts to educate the Board on different topics such as the SUD Treatment and Prevention Services available, a training on ASAM, a training on Marijuana, etc.
 - Hold regular meetings with the AODS Program Chief to ensure the alignment between the work of the Board and AODS.
- Programs and Services Committee:
 - Develop one (1) chart of the continuum of care to assess critical issues that affect the AODS programs and services.
 - Support the recommendations within the “*Increasing Collaboration*

Across Contra Costa's Drug Medical Organized Delivery System", specifically focused on ensuring collaboration between AODS staff and providers.

- Understand the evaluation metrics currently in place in order to evaluate the effectiveness of the programs and services being implemented.
- Community Awareness Committee:
 - The second goal for the Board should be reworded from "Support the reduction of youth use and access of alcohol and marijuana" to state "Support the reduction of Substance Use and Access." This change expands the goal so that the committee can address substance use among all ages.
 - Continue creating awareness within the community about services available through tabling at events and meeting with community members.
 - Review and update the AODS webpage as needed.

XII. Closing Activity

Victor Ortiz concluded the retreat by summarizing a list of immediate tasks with assignments and timelines, as follows:

- E-introduce Victor Ortiz to Trisha Seastrom, AODS Program Manager to ensure that the Programs and Services Committee be in attendance of the next provider workgroup meeting.
- Invite providers to attend upcoming Board meetings in order to present about their program.
- Draft the 2019 Goals and Objectives as agreed in the retreat.

- Tom Aswad disseminated the flyer about S4R's event with the local SLE's and invited Board members to attend both meetings.
- Isabelle Kirske shared copies of an email from Dr. White which included a list of Behavioral Health updates corresponding to 2018, and planned activities for 2019.
- Fatima Matal Sol formally thanked Victor Ortiz and Isabelle Kirske for their work on hosting the retreat.

XIII. 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.

XIV. Adjourn

Michael Collins adjourned the meeting at 3:59pm.

**MEETING ADJOURNED AT
3:59PM.**