

APCYF Meeting | April 26, 2017 | Notes

Attendance: Michael Brown, Dave Carlson, Bart Devon, Sheila Fleischhacker, Barbara Gomez, Alicia Guajardo, Judy Hadden, Anne O'Brien, Devanshi Patel, Christine Schaubach, Anne Vor der Bruegge, Tricia Rodgers, Jim Tuomey, Cheryl Johnson, Susan Noack, Sam Stebbins, Rick Strobach, Siobhan Grayson, Rebecca Hjelm, Sally LaBonte, Michael Swisher, Bill Briggs, Maria Ceballos, Janetta Brewer, Kim Durand

Opioids in Arlington Discussion

The focus of this meeting was Opioids in Arlington with guest speakers presenting information from their respective perspectives – Susanne Sommerville with Adult Behavioral Health, Tom Walker with Encore Recovery, and several Arlington Police Officers who work with Susan Noack.

Rebecca Hjelm was also able to present some preliminary data around drug use from the Youth Risk Behavior Survey.

After the presentations, we broke into small groups for further discussion. These notes were compiled from each of the tables.

OBSERVATIONS:

- Quadruple number of overdoses – why wasn't that mentioned at all in the news or in the community?
- CVS will counsel parents about alternate drugs
- Pot is cut with other drugs
- Locally, it is not bad "yet"
- Treatment is such a last resort - they have to be "really" bad off to get into crowded programs.
- Lack of synchronized data from different sources - How many overdoses are reported as unexplained deaths?
- Marijuana, oxycodone and Percocet are gateway drugs to heroin, which is much cheaper.
- Fentanyl can be fatal at .25 gm
- No (youth) arrests or overdoses reported for heroin or opioid in Arlington this year.
- 12 fatal heroin adult overdoses last year, no youth.
- Wealthy families send their addicted youth out of town for treatment.
- With heroin, the window of time between first use and fatal overdose is much shorter than with crack or other drugs.
- Parents are in denial or ignorance.
- Street value on some of the prescription is surprising.
- Chemicals that are used in pot and other drugs are new and alarming.

NEXT STEPS (from discussions at the meeting):

- Parents need to send a clear message of no substance abuse/use to their kids.
- Put pressure on APS to share data.
- Make it urgent to parents so they'll pay attention now.
- Education in the community – parents, students and family.
- Training about drugs – talk about the gateway issue for younger kids.
- Put pressure on APS to allow law enforcement in and give parents a reality check.
- Let police into the schools.
- Point out exponential increase in overdoses in Arlington.

- Work with family systems.
- Do outreach with dentists/doctors on what and how much they prescribe.
- Commercials in the theatres
- Get more information to parents
- Need teen involvement
- Convene a series of parent/community education and awareness: possible community conversations or smaller gatherings providing basic information, similar to this meeting.
- Look at the NAMI Ending the Silence presentation for a possible model - according to the detective at our table there are parents of young adults who have over-dosed who would be willing to talk to other parents.
- We could also ask Tom Walker for some help with finding recovering young adults.
- Educate parents and families during sports information nights.

NOTE: The Planning and Development Committee met on Monday, May 1 and narrowed down the list of potential next steps:-

- Work on sharing data in a helpful manner – sharing across departments, agencies, and APS.
- Support forums put on by and information provided by others.
- Use the APCYF Facebook page and e-mail subscription list to share articles, additional resources, and links to websites for parents and others to do additional research/reading on their own at their convenience.
- Work to have information available at the 9th grade orientation meeting for parents.
- Provide articles to faith community, civic associations, Next Door and other vehicles.
- Reach out to parents regarding potential overuse of painkillers for things like tooth extraction and athletic injuries, as well as easy means for disposing of unused pills.
- Messaging to doctors about over prescribing pain medications.
- Include something in the legislative package regarding prescription medication.

NEXT MEETING: May 31, 2017