

Rice County Chemical Health Coalition Provider Team

August 12, 2009 12:00 to 1:30 pm

Present at the Meeting: Gary Braun, Shelly Cole, Sue Fillipi, Yvette Marthaler, Kris Matson, Kathleen Meier, Anne Meyer-Ruppel, Zach Pruitt, Kathy Sandberg, Sarah Shippy, Maynard Speece, Erica Staab, Sandy Wetzel, Andy Yurek

Introductions and Updates:

- Information was shared on a presentation on grief at St. John's Church in Northfield on September 16, 2009, from 6:30-8:30 p.m.
- Family Focus is now licensed to provide dual diagnosis services. There will be a group during the mornings beginning in the fall.
- Kris is starting a fellowship this fall at the University of Minnesota. She hopes to do research related to chemical dependency. If group members have suggestions of potential topics that would be of benefit to local efforts, please contact her.

Halfway House:

Sue reported that West Hills Lodge has received the go-ahead by the Rice County Commissioners to pursue the halfway house project. The residence would be a West Hills Lodge program serving females and located in Northfield. The next steps involve setting up community meetings and meeting with the Northfield City Council. There will also be a meeting with the Northfield Police Chief.

Sue heard from a source at the state level that existing programs requesting a license for another site will receive a quicker decision regarding their application.

It was suggested that a group representing this Team and other Coalition members might help to plan community meetings. The work group volunteers include Yvette, Kris, Zach, Kathy, Sandy.

Sue also mentioned that she needs to look into transportation so that residents can attend meetings and work. Yvette mentioned the Step Sisters group as a possible resource. Sue also reported that they would need a variance to accept clients using Suboxone, which she will pursue.

Zach suggested putting together a Frequently Asked Questions document as a means of conveying consistent and accurate information to the community. Yvette asked the group for some sample questions. The following questions were generated:

- What is a halfway house and what is its purpose? Do halfway houses work? If so, why?
- Does the house have to be a step-down from an inpatient facility or can it be an option for outpatient clients?
- How many people will be served? How many will be in the house at any time?
- What does the programming look like?
- How and when will the house be staffed?
- What kind of monitoring is provided?

- What is the difference between a halfway house and a sober house?
- Where do people go after a halfway house? What resources are available?
- How long will people typically stay in the halfway house? (60 to 120 days)
- What kind of addictions do people in halfway house programs have (alcoholics, drug addicts, etc.)?
- What kinds of criminal history do halfway house residents have?
- What are reasons for halfway house placement? Does being homeless alone qualify someone?

It was suggested that the message should be that addiction and recovery are a community-wide issue that require community-wide solutions.

Recovery Support efforts:

- AA Information and Membership: No one will be able to represent AA as a member of this group due to the restrictions of Alcoholics Anonymous, but a representative will be coming to a future meeting to talk about AA.
- Recovery Month is September. Last year, the Provider Team did proclamations declaring Recovery Month for Faribault, Northfield and Rice County. The Team also circulated flyers around the community supporting people in recovery. We would like to expand on this a bit this year. There is again a website that provides information about events that are planned around the State and other information. Our goal could be to garner more support from the community to support recovering people. Kathy will have a column in the *Faribault Daily News* at the end of August. Zach suggested that the information about the halfway house could dovetail really well. It was suggested that we time the Northfield proclamation with the halfway house presentation to the City Council. Maynard suggested that the Chamber, Rotary or others may be willing to help in some way. The Recovery School students may be able to help distribute materials. Erica suggested a way for recovering people to recognize those in the community who have supported them with a pin or some other symbol.
- Support for young adults in recovery: The 12-Step group was not able to be maintained and we are looking for other ways to provide support. Sarah suggested that chemically-free activities in the community are important. Gary suggested that an adolescent halfway house in the area is also needed. Yvette offered to call Fountain Centers. A question came up about making a connection with The Key, perhaps inviting them to come to a meeting. Kris suggested that the Team might explore a system of supportive relationships in the community. Andy mentioned that faith-based organizations might be a resource. Sarah said she has connection with fathers in recovery who have gotten involved in coaching and they might be a resource.

Initiatives:

- Buprenorphine- Kris reported that the Northfield Hospital's Opiate Agonist Therapy (OAT) Clinic is going well. The schedule is usually full, but there are always some no-shows. Kris sees some patients outside of the OAT clinic, especially younger patients. Shelly mentioned that when calling the referral number, it is important to mention Northfield. The group also discussed various approaches to treatment and the use of

medications to help and support a process of recovery. Kathleen spoke about the Northfield Hospital's Rural Flex Grant project and its efforts to educate physicians in the region about addiction (specifically opiate addiction). Dr. Charles Reznikoff will be providing a session for physicians in the region later this fall. Topics will include identifying medication-seeking patients, managing patients with addiction issues, and dealing with issues around pain management. The grant is also working on developing and refining pain management protocols for addicted patients followed by staff training. Community and school education sessions have been and will be provided. A DVD is being developed and the Take It To The Box program will be operational this fall.

- Outpatient Treatment- Omada has been busy all summer with adolescents and the numbers seem to be consistently high. Treatment sessions are Monday and Wednesday afternoons. Transportation is available from Faribault.
- Physician Education- See above. Anyone who might be interested in helping with the education event is welcome to participate. Please let Kathleen Meier know!
- Take It To The Box- The program will be operational beginning on September 22nd in both communities. Community members can then take no longer needed prescription and over-the-counter medicines to boxes in the Northfield and Faribault Police Departments 24 hours per day, seven days per week. Extensive education campaigns will be conducted involving many partners.
- Parent Support Group- The group had 5 parents at the last meeting. Meetings continue the first Tuesday of the month at 7:30 p.m. at Omada. The next meeting is September 1st.
- Grief Group- Sandy shared that this group meets the 3rd Monday of the month at 7:30 p.m. at the Main Street Moravian Church in Northfield.
- Drugs 101 video- Copies are available and the video is also running several times per day on Faribault Community Television (FCTV). It is also available on the Rice County Chemical Health Coalition website (www.ricecountychc.com).

DHS Grant Opportunities:

There are two RFP's for grants – one is to develop recovery organizations that are not treatment based and one for chronically homeless. Check the DHS website for more information (www.dhs.state.mn.us – Click on “Disabilities” and then “Alcohol and Drug Abuse”).

If any agency is interested in applying and would like support from the Team and/or staff, please let Kathy or Zach know.

Next Meeting:

Wednesday, November 18, 2009

Noon-1:30 p.m.

Northfield Community Resource Center (1651 Jefferson Parkway)