



COUNTY OF HUNTERDON NEW JERSEY

HUMAN SERVICES ADVISORY COUNCIL LOCAL ADVISORY COMMITTEE ON ALCOHOLISM & DRUG ABUSE YOUTH SERVICES COMMISSION MENTAL HEALTH BOARD



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REFERENCE:

- ☐ Council
- ☐ Mental Health
- ☐ Youth
- ☐ Disability Services
- ☒ Substance Use Disorder
- ☐ Transportation

Approved January 19, 2022

LOCAL ADVISORY COMMITTEE ON ALCOHOLISM AND DRUG ABUSE

Regular Meeting

Wednesday, November 3, 2021, 2:30 p.m.
Via Webex

MEMBERS PRESENT

E. Sharp-Newton M. Logan
D. Laclair K. Schwartz

STAFF

S. Becker
S. Nekola

GUESTS/PACADA LIAISON

K. McKown
F. Crislogo

I. CONVENE: OPEN PUBLIC MEETING STATEMENT:

“This meeting is being held in accordance with the provisions of the Open Public Meetings Act, N.J.S.A. 10:4-6 – 10:4-21. Notice of this meeting has been provided in the Hunterdon County Democrat and the Courier News. A public notice announcing this meeting has also been placed in the lobbies of the Hunterdon County Department of Human Services, the first floor of the Main Street County Complex, 71 Main Street Building #1, Flemington, NJ; the first floor of the Route 12 County Complex, Building #3, 314 State Route 12, Flemington, NJ and County Clerk’s Office.”

The regular meeting of LACADA was opened at 2:30 p.m. with the reading of the Open Public Meetings statement. Introductions were made.

Introductions were made by all participants.

S. Becker stated she is with the Department of Human Services.

K. Schwartz stated he is a part of the recovery community and a recovery coach at Open Door Recovery Center.

D. Laclair stated she is a Case Manager for the Hunterdon County STAR Program; the Support Team for Addiction Recovery.

K. McKown stated she is the Program Coordinator for the Open Door Recovery Center.

F. Crislogo stated he is with the Hunterdon County Prosecutor's Office.

S. Nekola stated she is with the Hunterdon County Division of Social Work Services.

E. Sharp-Newton stated she is a LACADA member, as well as an architect working in behavioral health and addiction centers.

M. Logan stated she is a Lebanon Borough resident and community member.

II. MINUTES:

M. Logan made a motion and D. Laclair seconded to approve the minutes of September 15, 2021. All were in favor. The motion passed.

III. REPORTS:

- A. County Update: S. Becker stated the County is still working on wrapping-up issues for residents from Hurricane Ida. She also conveyed the County is coming to a close from the meetings for the year. She noted she included the 2022 LACADA Meeting Schedule with the November 3, 2021 packet.

S. Nekola added that M. O'Reilly compiled a resource information sheet the prior week that addresses COVID and Ida resources. S. Becker stated she will ensure she forwards that information to the committee.

- B. Municipal Alliance Program: S. Becker stated she did not have an update for this topic.

- C. PAC/PACADA Update: S. Becker stated a presentation on SoberFit 2 is scheduled for the November 18, 2021 PAC/PACADA meeting and invited all LACADA members and guests to join. She further conveyed she will be asking presenters Patrick Vitale and Kyle Midgley to attend LACADA as well to describe and educate about the sober living house located in Clinton, NJ for men. She had toured the house and said it is beautiful. This location has openings. There is another sober living house located within New Jersey. If anyone is interested in obtaining more information, please let S. Becker know.

- D. HSAC Update: S. Nekola confirmed there is no update at this time.

IV. UNFINISHED BUSINESS: No Report.

V. NEW BUSINESS:

- A. Presentation by Keith Schwartz from the Open Door Recovery Center on SBIRT, CRAFT and MAT Models – K. McKown began by thanking all for their time. She described herself as a woman in long-term recovery and celebrated 12 years sober this past August which was unbelievable. One day at a time; it is possible to get sober. She stated K. Schwartz is now working as a Peer Recovery Specialist and Recovery Coach at the Open Door Recovery Center. He has a lot of compassion for the community and a great addition to the center.

K. McKown will describe three different aspects on how to help people who are new in recovery, where to send them and where to refer. She stated The Open Door Recovery Center is a part of Prevention Resources, Inc. which is a non-profit organization with 50 years of history of providing services to Hunterdon County. They are a licensed Level 1 treatment facility funded

by County, State and Federal grants to provide information and services on Substance Use Disorders (SUD) and how best to provide services needed for recovery from the chronic disease of addiction. M. Logan asked how long has the Open Door Recovery Center been operable. K. McKown noted it has been at least six years as a recovery center. The center used to be located within the Harvest Family Success Center at the Park Avenue location. Right now, they are re-branding/re-inventing and putting themselves out there again since March/April of last year. K. McKown stated to contact her to refer people because she knows where to send people for help. She conveyed a new Victorian building had been purchased that is located on 5 E. Main Street. They share the space with Family Support and the Harvest Family Success Center. They also work in conjunction with the Salvation Army when they have larger events.

K. McKown explained the purpose of the training is to help our broader of the community understand the disease of the addiction, how to intervene with people at an early stage, which is of course, key and who to refer to. The first technique that is used is SBIRT: Screening, Brief Intervention, Referral, Treatment. She conveyed they only refer people to treatment when they are at the stage that they need it. The bottom line of SBIRT is to try to get people before they go down that road. There are three questions that are asked in the SBIRT training to see if the person needs to go further. Questions #1 through #3 asks during the past 12 months, on how many days did you (1) drink any alcohol? (do not count sips with family or religious events); (2) smoke any marijuana?; and use anything else to get high? (includes prescriptions, over the counter medications or anything you can sniff). If all three answers are no (score 0), then the person would be asked if they have ever ridden in a car driven by someone (including yourself) who was “high” or had been using alcohol or drugs. If they said no to all of them, then the full-length screening would be skipped and conversation about what has been going on. If there are more questions that need to be asked, The CRAFFT Interview would be covered and are more individualized. There is a scoring that will show a no risk, low risk, moderate or high risk. At every stage, the person can be helped in a different way. No risk is rare and typically occurs with younger teens. Low risk candidates answer yes to only one or two questions and they are given some advice and we coach them on how to not continue on that path. Moderate risk individuals who answer three or four questions are given a brief intervention therapy. High risk individuals are referred to the proper type of treatment.

MAR – Medically Assisted Recovery is really important. She conveyed she got sober in a 12-step program which is complete abstinence. The recovery community is saying all pathways to recovery are accepted. At Open Door, it does not matter what your pathway is; you are welcome to come in the door and you will be helped with whatever is needed. Medicated Assisted Recovery for opioids particularly is the gold standard to get people off the street drugs and the pills or anything that is taking them down.

It has been proven that it can be effective in the detox phase and sometimes people do not have to go through detox or if they if they had started a MAR, they won’t go through the same pain as they would without it. K. McKown stated that there are two substances that people can die in detox from. One is alcohol and the other is benzodiazepines. When people go through opiate withdrawal, they look like they are at death’s door, but they will not die from an opiate withdrawal. She also found by working in the field that one of the reasons people keeping using is because they do not want to hit that withdrawal because it is so painful. The goal is to lead a full recovery, including the ability to live a self-directed life.

There are three types of MAT treatment: an Agonist, a Partial Agonist and an Antagonist. They all do different things and play on the brain receptors in different ways. An agonist is a drug

that activates certain receptors in the brain so that if someone does try to get high and they are on a certain kind of medication such as methadone and they are using the proper dosage, they will not get high if they use heroin or pills on top of it. A partial agonist activates the opioid receptors to a lesser degree than a full agonist which is Buprenorphine (Vivitrol). When a patient gets a shot of Vivitrol, immediately the opiate levels rise and they are good for about two weeks then by the third week, they start crashing therefore by the fourth week, there are no defenses against using. K. McKown noted there is a treatment center in the County now called Flemington Treatment Services. The antagonist is a drug that blocks opioids by attaching to the opioid receptors without activating them. It makes the person numb if they are taking pills, heroin, or fentanyl.

CRAFT is Community Reinforcement and Family Training. This is a new approach to helping families, loved ones and allies who have people that suffer with substance use disorder. While working in the family support division for a couple of months last year, K. McKown learned about the promotion of self-care of the person who is caring for the individual substance use disorder. The center offers support groups and one-on-one peers for the families. Everything is free. CRAFT teaches how to react when your loved one is or is not using substances, how to get more of what you want to see from your loved one and less of what you don't, how to talk to your loved one so that you are more likely to be heard and how to take care of yourself along the way.

K. McKown put her contact information in the Chat Box for all to view. She explained if there is a need in referring anyone; if there are people who want to work one-on-one with a peer. She further explained peers are not sponsors, clinicians or doctors. They are just another person in recovery who is available to talk with someone else in recovery. This has been proven since the 1930's that this is the best technique to help people with addiction.

K. McKown referred to one her favorite slides: "What type of help do you need?" DETOX means Detoxification; INPATIENT REHABILITATION (IP); PARTIAL HOSPITALIZATION PROGRAM (PHP); INTENSIVE OUTPATIENT PROGRAM (IOP); OUTPATIENT PROGRAM (OP); RECOVERY SUPPORT SERVICES; HALFWAY HOUSE; OPIOID TREATMENT PROGRAMS (OTP) and SELF HELP/12 STEP PROGRAMS. She explained the center offers non-12 step meetings, dharma recovery meetings, which is a Buddha path meeting with no steps and an all-recovery meeting where everyone is welcome to attend. 12 step programs do not always work for everyone.

One of the slides K. McKown covered was an example of a Contract For Life; A Foundation for Trust and Caring. She explained that if a youth that needs help to not go down the road of substance use disorder. For a young person this sometimes help to have something in writing to say yes, I can do this and not go down that road.

The most frequently used medication for people with opioid use disorder are Naloxone (Narcan), Methadone, Suboxone, Vivitrol and Subutex.

K. McKown stated she will ensure S. Becker gets the slides from her presentation. She thanked everyone for their time and hope it was helpful. She will also forward a 7-question survey and asked for the committee to complete and email it back to her. Thank you.

M. Logan asked what the age group that attends the Open Door Recovery Center. K. McKown replied it is 18 and older right now, but there are youth programs at Prevention Resources, Inc.

M. Logan also asked if nutrition and wholistic health were also addressed by the center. K. McKown noted that was a great question and would like to bring in programming for subjects such as these. She would like to bring in yoga, healthy cooking, etc. and stated if anyone knew of a nutritionist to please help her get in touch with them.

Overdose Statistics: S. Becker indicated she attended a training provided by Prevention Resources, Inc. and learned that as of October 4, 2021, Hunterdon County is up to 25 fatal overdoses for the year. She stated this is the highest number that had been ever recorded. The numbers are trending up. She also stated she is trying to obtain how many Narcan distributions occurred from the State's website. She will continue to keep all updated.

Overdose Fatality Review Team Report Update: S. Becker reported the end of year report had been just submitted to the State. The next meeting is scheduled in January, therefore at that time, the information regarding the findings will be released. The information is expected to be generalized with no personal identified information. Five more cases are expected to be reviewed. This will be a work in progress all year long.

Hope One Update: S. Becker stated that at the last meeting, discussion about upgrading and enhancing the van took place. Operation Helping Hands approached DHS with an offer. They received a grant and will be joining the Hope One team, therefore the Department of Human Services Helping Hands and the Sheriff's Office will all be a part of Hope One. Given some of the shared funding, there is interest in purchasing a new van. They are very excited! More to follow.

Hunterdon County Prosecutor's Office Trends: F. Crislogo reported that as of October 12, 2021, there were 50 overdoses and 12 deaths. Historically, for the last four years or so, the numbers were trending down mainly due to Narcan. For some reason, the numbers are trending up, which isn't encouraging. It is difficult to explain the numbers. S. Becker asked if F. Crislogo could help educate the committee about an increase in stimulant use in Hunterdon County. F. Crislogo stated they are seeing a rise in methamphetamine. He believes it may be on the rise is obviously fentanyl. Fentanyl is being used in other products that people believe it is not, i.e., Xanax, cocaine, methamphetamine or however it is being placed into the body.

K. McKown conveyed the overdose rate in 2019 was 72,000 in the country. In 2020 with the pandemic, 93,000 people died in this country. In the recovery community, they are seeing people who have been so isolated which is the worst thing for a person. She believes that is one of the main reasons for the increase in deaths because people are not getting the face-to-face support they had been used to. She agreed with F. Crislogo that fentanyl is in everything. It's horrifying and a killer. E. Sharp-Newton added the mental health community has been feeling the effects as well especially with depression and anxiety. K. Schwartz added it's hard for non-addicted individuals to find it challenging to understand when people are within the heart of their substance use disorder, they are looking for fentanyl and will not avoid it. F. Crislogo stated Fentanyl is found within 98% of the products that are tested. Discussion ensued. S. Becker will continue to obtain updates and provide the data to the committee.

Drug Court Update: S. Becker stated she forwarded the letter with the request to change their name to recovery court on behalf of LACADA to the drug court. The court replied by thanking for the request, took it under advisement and conveyed they do not want a name change at this time. Atlantic County is the only county that had succeeded with this name change. S. Becker stated efforts will continue to educate and hopefully the change will eventually occur. K.

McKown added Prevention Resources, Inc. had also suggested the name change.

S. Becker advised she received a request to have a guest from the DEA to speak to the committee. She will pursue this request. F. Crislogo suggested to reach out to Chris Yokum who is head of the DEA in the area.

Marijuana Education: S. Becker raised the topic of marijuana education. It is legal now. What can be done about it? Is there a way to discuss some of the dangers of marijuana? There are pro-marijuana signs promoting the use of Delta 8. Is there anything the committee wants to do to promote education, take a stance, etc.? F. Crislogo stated that since it is legalized legislatively, it is still illegal in some sense in quantities, who makes it, who dispenses it, etc.? It is still illegal in some ways. He said there should be some caution in stating it is totally legalized. There are some avenues that allow it to be within the parameters of the law. He believes there are some people who think it is legal in every way, shape or form. S. Becker thanked F. Crislogo to raise that insight because there are still some confusions on the public's side. How do we educate the public what is legal; what is illegal; what can you do; what can't you do, etc.? She stated she got a lot of questions about DUIs and marijuana and people are very unsure of this territory. F. Crislogo explained DUI is three avenues to be arrested; impairment, impairment due to alcohol and/or drugs. The impairment in itself could lead to an arrest for DUI. There is no measurement right now for drugs. A blood test can be taken at the hospital. E. Sharp-Newton stated this is a tough topic, and more discussion and education is needed. Discussion ensued regarding a juvenile in a vehicle with possession. M. Logan suggested via the Chat Box to re-evaluate the presentation on marijuana given by Jerri Collevchio earlier this year.

S. Becker conveyed in 2023, the new updated plan will be required to be completed for the State. 2022 is the year for the Chapter 51. She asked the committee to think about some goals that they want to start spending Chapter 51 on in the next three years.

- B. Executive Session**: S. Becker conducted a review of outside agencies that contract with the County.
- C. Agency Reviews**: All agencies had been approved. Letters will be issued as appropriate.

A motion was made D. Laclair and seconded by M. Logan; the motion passed and there being no further business, the meeting was adjourned at 3:24 p.m. The next meeting of LACADA is scheduled for Wednesday, January 19, 2022, at 2:30 pm via Webex.