

Winnepesaukee Public Health Council (WPHC)

Franklin Savings Bank Welcome Center

February 2nd, 2017 3-4:30 PM

In Attendance: Shelley Carita (Executive Director, Partnership for Public Health), Susan Laverack (PPH), Jennifer Groleau (PPH), Kelley Gaspa (PPH), Rich Crocker (Elder Rights Coalition), Susan Wnuk (Community Action Program for Merrimack-Belknap Counties), Scoop Welch (Granite United Way), Rachel Saliba (Tilton School), Rick Silverberg (Health First Family Care Center and CCNTR), Kathy Randazzo (Genesis Behavioral Health), Alida Millham (Citizen Representative, PPH BoD), Margaret LaBrecque (Commandant, NHVH), Paul Branscombe (Town of Gilmanton), Kirk Beattie (Laconia Fire Department), Jim Wells (City of Franklin), Susan Smith (Citizen Representative), Marge Kerns (LRGHealthcare), Daisy Pierce (Navigating Recovery), Robin Collen-Zellers (LRGHealthcare), Dr. Paul Racicot (LRGH Recovery Clinic), Corey Gately (LRGH Recovery Clinic)

**Agenda: Facilitator: Rick Silverberg**

1. Review Minutes: The Council reviewed January 5, 2017 meeting minutes. There are no adjustments to be made.
2. Presentation: LRGHealthcare Recovery Clinic – A Medication-Assisted Treatment Program – Dr. Paul Racicot and Corey Gately
  - Dr. Paul Racicot explains how Suboxone is a receptor blocker which is a safer and effective way to treat opiate addiction. It also offers savings to hospitals and has a large community benefit. The use of Suboxone as a treatment cuts the death rate of users down to 50%. Many people ask Corey Gately “Well isn’t it going from one substance to another?” She explains that this theory is not true; many of the patients live a happy and health lifestyle once being admitted in the intensive outpatient program using a medication-assisted program. Dr. Paul Racicot explains that the average male IV user spends around \$300-\$500 per day on their addiction. The average female spends \$100-\$200. Reducing the amount of people with substance misuse problems on the street though this type of program reduces the amount of crime seen in the city. Corey explains that they believe in abstinence against all substances in their program. 90% of patients make it though the program.
  - Questions: Robin Collen-Zellers (LRGHealthcare) asks how employers are responding to someone who is in the recovery process using a medicated-assisted program. Corey explains that most employers are ok with them being in recovery. She explains that the jobs that they are employed through are typically not high paying jobs. Employers like that the employee is not impaired while on the job. Susan Wnuk (CAP) asks if there is a commonality between addicts and if the damage that has been done can be recovered. Dr. Paul Racicot replies that there is a common story. The addict will start using substances in junior high through college. Crystal- meth users will have irreversible paranoia if they stop in their 30’s. Gateway drugs prevent the frontal lobes in the brain from developing. The frontal lobes do not fully form until after 18. Corey explains that we live in a culture that teaches children at a very young age that there is always a substance to cure an ailment. This is where she believes that we need to take a different approach to teaching children about substances at an early age. Rick Silverberg (Health First) asks Corey to explain about how counseling works in their program. Corey explains that counselling is required for the same amount of time in the program. So if a patient is in treatment for 2 years then they will require 2 years of counseling. Daisy Pierce (Navigating Recovery) asks how the LRGHealthcare Recovery Clinic tests to make sure that the patient is not abusing Suboxone. Corey replies that they test, do counts, and also do drug screenings which are very rigorous and monitored. Susan Laverack (PPH) asks where most of their patients live. Dr. Paul Racicot explains that 75% of patients are from Laconia and Gilford. Dr. Paul Racicot explains that expanded Medicaid is what funds most of the patients’ treatment at their facility.

### 3. Workgroup Updates-

- i. Access to Behavioral Health-Workgroup has not met for 3 months. Rick Silverberg suggests that they meet at the Health First in Laconia. Marge Kerns plans on reemerging the access workgroup. Rick plans to stay active with advocacy work.
  - ii. Community Health Services Network- Rick Silverberg gives general overview of program. Increasing access to behavioral health service with healthcare. The community will be working together to lower the cost of healthcare by working as a partnership.
  - iii. Substance Misuse and Suicide Leadership Team-PicWell-Kelley Gaspa explains next meeting is in March. The team is also reporting on substance misuse and suicide. The PicWell team is looking to create a regional resource list with services offered in the community. Kelley explains that this will be a living and breathing document and changes will be made from time to time.
  - iv. Aging and Disability Workgroup- Rich Crocker explains the importance of falls prevention. The rate is higher than overdosing. CAP will hold classes taught by certified trainers to teach seniors about mobility. Next class will be offered at the Franklin Trip Center in Franklin next month. Caregiver support- Survey in community was implemented but did not get much response. Rich Crocker spoke about Powerful Tools Workshop which is being offered to caregivers to help learn the challenges they may face while caregiving.
  - v. Healthy Eating, Active Living (HEAL) - Susan Laverack announces that HEAL is teaching cooking classes in the community.
  - vi. Emergency Planning Council- Susan Laverack-Meets quarterly at the Laconia Fire Department, next meeting 7:30 AM March 10<sup>th</sup>-training on incident command center. Target audience, nursing homes etc.
  - vii. Financial Stability Partnership FSP-Cash Coalition-VITA tax services are being offered to families who earn less than 65k per year. The service is facilitated by a qualified individual and will help with the set up of myfreetaxes.com. Pru with Bridges Out of Poverty will be speaking on March 9<sup>th</sup> 5:30 to 7:30 PM.
- Alida Millham would like to stimulate presentations to the community. Marge Kerns suggests that the Council creates a list of effect spots to do presentations. Marge Kerns suggests to the Council that a list be created with effective locations to do WPHC presentations. Shelley (PPH) would like to form a group or speaker's bureau that would represent PHAC to provide outreach into the community. Council members who will be on the speaker's bureau will be Shelley Carita, Rich Crocker, Rick Silverberg, Alida Millham, and Paul Branscombe.

4. Next Meeting-The next meeting will be held at the Franklin Savings Bank Welcome Center in Tilton NH (behind the Tilton Diner) on March 2nd, 2017 at 3pm. Presentations- Emergency Preparedness Susan Laverack