

BARNSTABLE COUNTY  
DEPARTMENT OF HUMAN SERVICES

**Substance Use Prevention and Harm Reduction:  
Selected Activities**

Presentation to the Cape Cod Assembly of Delegates  
November 7, 2018

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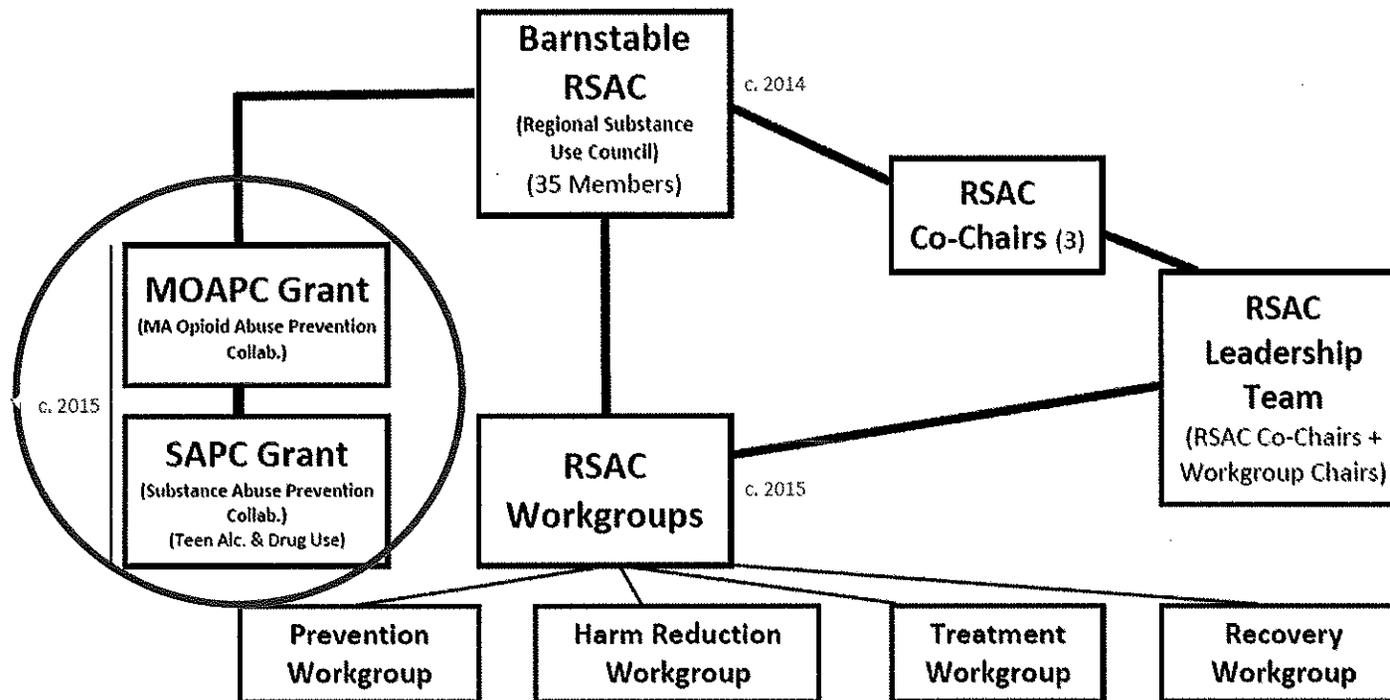


# Addressing Substance Use

- Since 2014 the Barnstable County Dept. of Human Services has convened the Barnstable County Regional Substance Use Council (RSAC).
- The RSAC membership is a diverse group of stakeholders that includes:
  - Town representatives (all 15 towns invited, most participate)
  - Healthcare and treatment professionals
  - Members of the recovery community
  - Prevention and recovery specialists
  - Elected officials
  - Law enforcement officials
  - Community coalitions

# RSAC Organizational Chart

**Barnstable Regional Substance Abuse Council (RSAC)**  
**Organizational Chart**  
As of 10/31/17



**Backbone Staff:** RSAC/MOAPC/SAPC Coordinator – Barnstable County Dept. of Human Services Staff



# Selected Activities for Discussion Today

- 1. Opioid Overdose: Analysis and Recommendations**
- 2. Youth-Focused Substance Use Prevention**



# **Analysis of Opioid-Related Deaths in Barnstable County, 2004-2014**

**Published in 2017**

# Barnstable Co. Human Services Dept's Analysis: Opioids and the Workforce

- Barnstable County Human Services Dept. conducted an analysis of opioid-related death records, and extended the analysis to further describe sub-populations at disproportionate risk.
- We looked at:
  1. Age, gender, race (confirmatory, relative to county's demographic profile and relative to known features of opioid epidemic)
  2. Education level of decedents
  3. Decedents' employment, with occupational sub-categories.

# Results: By Education

Total Deaths Due to “Poisoning by Opioids” in Barnstable County, 2004-2014 = 281

Percent of Opioid Overdose Decedents with <b>High School Education or Less</b> (n = 193)	<b>69%</b>
Versus Percent of Barnstable Population age 18+ with Education Level = HS/GED or Less	<b>31%</b>

(Source: US Census Bureau, for 2015)

# Results: Deaths Among Trades/Service Workers (Employment & Education)

Opioid-Related Deaths Among Trades/Service Workers = 182 of 281

Percent of all Opioid Overdose Decedents Employed in the Trades & Service Industries* (n = 182/281) (Range = 19-41, Mean & Median = 39)			<b>65%</b>
Versus Percent of Barnstable Population Employed in the Trades/Service Industries* (Source: US Census Bureau, ACS 2011-2015)			<b>46%</b>
* Includes "Homemaker" (n = 17)			
<b>Gender</b>	Male	<b>81%</b>	
	Female	<b>19%</b>	
<b>Education</b>	H.S. or Less	<b>81%</b>	

# Findings

1. Persons with educational attainment of H.S. graduate or less are disproportionately over-represented among opioid-related deaths.
2. Persons working in trades and service industries are disproportionately over-represented among opioid-related deaths.
3. Likely interaction of occupational injury, opioid prescription, and self-medication.
4. Need for employment and housing assistance for STW youth/young adults and persons in recovery.
5. Need for additional inquiry economic context, culture, and practices of trades and service industry workers and of STW youth/young adults.

# Preliminary Recommendations

## A. Actions that can be taken now:

1. Engage employers and employees to disseminate substance use prevention and education strategies.
2. Increase promotion and dissemination of Narcan.
3. Assist youth and young adults entering/in the STW population.

## B. Further inquiry needed:

1. Trades/Services Workers
2. STW Youth/Young Adults

# Employer Toolkit

## ACCESS THE FOLLOWING EMPLOYER TOOLKIT DOCUMENTS AT

<https://www.mychoicematters.net/employer-toolkit/>

### Section 1. General Information on Substance Use

- 1.1 Surgeon General Calls on Employers to Combat Opioid Epidemic
- 1.2 Real Cost of Substance Use
- 1.3 Facing Addiction in America: General Facts and Recommendations
- 1.4 Opioid Use Disorder (OUD) Facts

### Section 2. Workplace Policies: Injury Prevention

- 2.1 Total Worker Health
- 2.2 Seven Ways to Improve Operations without Sacrificing Worker Safety
- 2.3 OSHA Recommended Practices for Safety and Health Programs

### Section 3. Workplace Policies: Benefits and Employee Assistance

- 3.1 An Employers Guide to Workplace Substance Abuse
- 3.2 The Proactive Role Employers Can Take: Opioids in the Workplace
- 3.3a to 3.3d Plan, Develop, and Implement a Workplace Drug Policy (Sample)
- 3.4 Benefits Toolkit: Addressing Opioids in the Workplace (Sample)
- 3.5 About Employee Assistance Programs (EAPs)
- 3.6 REACH EAP for Cape Cod

### Section 4. The Law and Substance Use

- 4.1 Opioid Epidemic & Workplaces: Summary of Employment Law Considerations
- 4.2 Employment Law Presentation and Sample Policies:
  - Reasonable Accommodation Policy (Sample)
  - Massachusetts Sick Time Policy (Sample)
  - Massachusetts Substance Use Policy (Sample)
  - Last Chance Agreement (Sample)

### Section 5. Additional Resources and Information

- 5.1 Surgeon General's Advisory on Naloxone
- 5.2 Employers Urged to Stock Opioid Overdose Antidote
- 5.3 Finding Quality Treatment for Substance Use Disorders
- 5.4 How to recognize and respond to an opioid overdose (Flyer)



# Youth-Focused Substance Use Prevention

# Cape Cod Substance Use Prevention

## Continued Support For:

1. School prevention programs
2. Community coalitions

## Community, Parent, and Youth Education

1. Marijuana
2. Vaping
3. Underage Drinking

# Marijuana Infographic

## MARIJUANA & PARENTING

WHAT YOU NEED TO KNOW

Based on a report by Barnstable County Department of Human Services

IN MASSACHUSETTS, RECREATIONAL USE OF  
MARIJUANA IS ILLEGAL FOR ANYONE UNDER 21.



### TEEN BRAINS ARE STILL DEVELOPING

Marijuana use interferes with healthy brain development.



### YOUTH WHO REGULARLY USE MAY HAVE

- Challenges learning
- Memory problems
- Anxiety & depression



### MARIJUANA IS MUCH STRONGER NOW

Since 1995 THC content has tripled - **this is not the pot that you grew up with.**

### TEENS SHOULDN'T USE MARIJUANA

Teens who use increase their risk of addiction to marijuana and other substances later in life.

### DELAY FIRST USE AS LONG AS POSSIBLE

The longer teens delay first use and regular use, the less likely they are to become addicted.

### WHAT TEENS BELIEVE

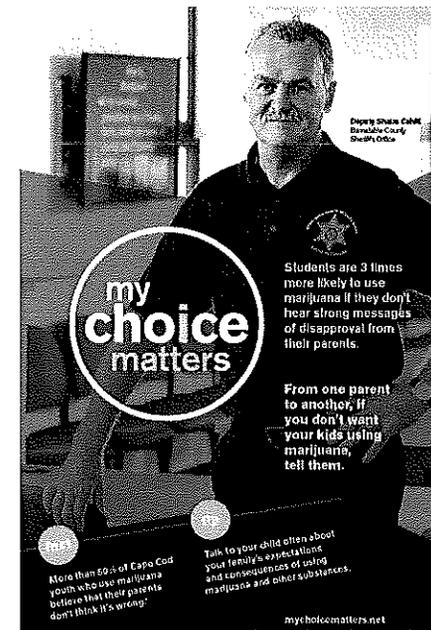
50% of Cape Cod youth who use marijuana believe their parents think it is okay. **What parents say matters.**

1. Facts on youth marijuana use.
2. How to respond if the child is using marijuana.
3. What to say to the child if the parent uses marijuana.

# MyChoiceMatters.net

My Choice Matters is a public education campaign being delivered via posters, flyers, social media, internet search engines, and YouTube.

1. Local facts related to drug use
2. Photos and descriptions of selected drugs of concern on Cape Cod.
3. Tips and Resources for parents and youth.
4. Finding help for substance use problems.



# Thank you

## Contact information

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**Barnstable County  
Regional Substance Use Council**