



# Brunswick County Substance Use, Addiction, and Mental Health Commission

## Brunswick County Substance Use, Addiction, and Mental Health Commission

### **Meeting Packet**

Thursday, August 1<sup>st</sup>, 2024

5:00pm - 6:30pm

Brunswick County Health Services Boardroom

Enclosed:

Meeting Agenda (Page 2)

June 6th, June 27th Meeting Minutes (Pages 3 - 8; 9 - 13)

### **Agenda**

Meeting scheduled for Thursday, August 1<sup>st</sup>, 2024, from 5:00pm - 6:30pm in  
the Brunswick County Health Services Boardroom.

- I. Call to Order
  - A. Attendance
  - B. Agenda Approval
  - C. Public Comment
  - D. Special Presentation
- II. Old Business
  - A. Needs Identification Survey
- III. Regularly Occurring Items
  - A. enCompass & Responding to Addiction
  - B. Quarterly Update to the Board of Commissioners
- IV. New Business
  - A. New Members
    - 1. District 4: Jeremy Gunn
    - 2. District 5: Samantha Hickman
    - 3. Board of Education: Jennifer Faircloth
  - B. FY 2024 - 2025 Officer Positions
    - 1. Chair
    - 2. Vice Chair
  - C. Quarterly Focus - Prevention
    - 1. Preventing ACEs
    - 2. Brunswick County DSS Data
    - 3. Resources for Youth & Adolescents
- V. Discussion Topics
  - A. Data Gathering
  - B. "One More Thing" Conference
  - C. International Overdose Awareness Day Event
  - D. September Mental Health First Aid Training
- VI. Commission Inputs
- VII. Adjournment

# BRUNSWICK COUNTY SUBSTANCE USE, ADDICTION, AND MENTAL HEALTH COMMISSION MONTHLY MEETING MINUTES

June 6<sup>th</sup>, 2024

5:00PM - 6:30PM

Brunswick County Health Services

25 Courthouse Drive, Building A, Bolivia, NC 28422

## I. CALL TO ORDER

The Brunswick County Substance Use, Addiction, and Mental Health Commission monthly meeting was called to order at 5:00PM on June 6<sup>th</sup>, 2024, in the Brunswick County Health Services Boardroom and on Microsoft Teams Video.

### A. Attendance

Member Name	Position Held	Term Expiration	Present
Kathleen Gomes	District 1	June 30 <sup>th</sup> , 2028	Y
Joshua Torbich	District 2; Chair	June 30 <sup>th</sup> , 2028	Y
William Eberle	District 3; Vice-Chair	June 30 <sup>th</sup> , 2025	Y
*Vacant*	District 4	June 30 <sup>th</sup> , 2025	N/A
*Vacant*	District 5	June 30 <sup>th</sup> , 2026	N/A
Meghan Wilson	Board of Education	June 30 <sup>th</sup> , 2027	N
Johnnie McAdams	Chief Superior Court Judge	June 30 <sup>th</sup> , 2025	Y
Jon Oliver	Sheriff's Office	June 30 <sup>th</sup> , 2026	N
Jeremy Seamon	Member-At-Large	June 30 <sup>th</sup> , 2027	Y
Laura Trueman	Member-At-Large	June 30 <sup>th</sup> , 2027	Virtual
Cecilia Peers	Trillium Regional Director	June 30 <sup>th</sup> , 2028	Y
Vacant	Local Mental Health Professional	June 30 <sup>th</sup> , 2028	N/A
Guest Name	Agency/Title		
Michelle Mills	DSS		
Savannah Tenenoff	Brunswick Beacon		
Carla Colflesh	Medaci Wellness Institute		
David Howard	Brunswick County Health Services, Health Director		
Travis Greer	Brunswick County Health Services, Health Educator		
Olivia Jarvis	Brunswick County Health Services, Health Educator		

- B. Agenda Approval  
Motion: Jeremy Seamon  
Second: William Eberle  
Changes/Comments: Agenda approved.
- C. Approval of April, May Meeting Minutes  
Motion: Jeremy Seamon  
Second: William Eberle  
Changes/Comments: Meeting minutes from April, May approved and signed by commission chair (Josh Torbich).
- D. Public Comment  
Notes: Introduction from new guests, Carla Colflesh, Medaci Wellness Institute; Michelle Mills, DSS, Permanency Planning Program Manager.
- E. Special Presentation  
Notes: None

## VIII. OLD BUSINESS

- A. Recommendations and Quarterly Update for County

### Commissioners

Notes: Chair Joshua Torbich requested any feedback from Laura Trueman, member-at-large, on the report to the county commissioners. Positive report, BOC were engaged, asked questions during and after the presentation, snapshot of what is currently happening in the county, state, country (OD, ER) reported on, current activities/initiatives reported on as well, results of community survey reported on (main themes), worked with staff - Ms. Jarvis, to highlight these. Commissioner Sykes was very tuned into the needs highlighted through the survey in terms of the transportation needs. Discussion of next steps included in report, want to identify and include information from "missing voices"; gather larger amount and "hard" data on needs in the county. Discussion of need for quarterly focus to better inform the quarterly reports to the county commissioners. BOC shared their own personal stories during the presentation and following the meeting. Interpretation of feedback from commissioners is that the SUAMHC can assist with providing information about county needs to the BOC to help them make decisions about proposals received, etc. Commendations given to Trueman for a job well done on presentation to BOC and media reports following presentation from fellow members on SUAMHC. Question regarding the next date for quarterly update, handout of calendar

created with dates and deadlines for quarter 3, quarter 4, and quarter 1 reports. Further discussion transitioned to SUAMHC membership and updates on the topic.

## IX. REGULARLY OCCURRING ITEMS

### A. enCompass & Responding to Addiction

Upcoming Trainings Scheduled: None

Briefing on Recent Trainings: May enCompass report, CRCI, 12 attendees

Notes: Eberle would like to schedule enCompass training in September, October, and November to ramp it up a bit. Trueman asked for an explanation of what Responding to Addiction is, Eberle gave a brief synopsis. Travis Greer and Olivia Jarvis are working with the 5 BSRI Centers to schedule Responding to Addiction trainings at each center. Report from Ms. Jarvis that 2-3 individuals have reached out to ask when the next enCompass trainings will be and how to become trained to deliver the material. Question from Ms. Peers on what the inclusion of mental health means, and discussion of addition to bylaws of mental health. Mental Health First Aid training proposed by Eberle, questioning if we can get individuals trained to deliver it/funding for that/setting up trainings. Ms. Peers shared that Trillium offers coordination and delivery of MHFA and other mental health related training for community members in service areas free of cost.

### B. Needs Identification Survey Report

Notes: Discussion of 'missing voices' from survey participants and suggestion from Torbich that the Mental Health "working group" could try to address this - especially for first responders.

## X. NEW BUSINESS

### A. CHESS App Coastal Horizons Brunswick

Notes: Decision to table this until the next meeting. Brief synopsis from Seamon - must be with a provider that is utilizing the app, not just coastal horizons however not just anyone. This is a safeguard for SI or HI to connect to a safety net. 24/7 Peer resources through chat or phone call, iPhone or android, powerpoint presentation has been shared to the commission members. Can be for an adult or a teen and provides free services to the client to assist with recovery and additional assistance. The app puts an alias instead of the person's real name, very interesting features. Seamon will share more next month.

## B. Quarterly Focus

Notes: Ideas suggested from Trueman - Prevention (preventing substance use and mental health issues for self-medication); in response to survey work to investigate/address housing and transportation, CRCI structure as example for housing sustainability as the work done by program participants for business ventures generates partial revenue to participants and then to CRCI to fund services; Addressing vulnerable populations, potentially as part of prevention. Torbich suggests prevention topic focused on middle and high school programs and housing. Also, discussion of previous meeting comment from Seamon on adolescent services. Torbich asked if Seamon is can lead a committee on quarterly focus of Mental Health incorporation to be addressed by SUAMHC in the same way as SUD. Ms. Peers offered to gather data on Child mental health and SUD services to share. Seamon agreed to lead this committee/information gathering work. Input from Carla Colflesh (guest) asking if the county has any sober living/halfway houses etc., answered that there are currently 2 Oxford Houses, 1 men's and 1 women's, women's recently opened. Discussion of what sober living housing and supportive housing looks like without creating a "crutch" and supporting the development of independence for those in recovery to build sustainable sobriety. Input from Michelle Mills (guest/DSS representative) on this struggle with families involved with DSS - parents and families are doing well in recovery, doing well with mental health treatment, and then cannot find appropriate housing in the area which becomes a "final barrier" preventing them from reuniting/returning custody. Input from Mr. Howard to remind SUAMHC to keep in mind the Healthy Opportunities Pilot Program and what it is designed to address. Commission members encouraged to observe the outcomes of this program. The program is designed to address SDOH that the commission has discussed are needs. Referral to program has been at a very high volume according to Ms. Peers with Trillium, and questions on referrals followed. Q: Are there capacity limits to the HOP program? A: Trillium can determine HOP eligibility from referrals, and can connect/provide contracted services, but the organizations providing the services have shared that they will reach capacity very quickly, which could affect that concern. Food and Housing are the most utilized services in our area. There is discussion and trials of services available - i.e. Transportation concerns are not solely addressed through uber or Lyft vouchers but through funds being given to repair a car or like address lack of service organizations in rural areas. Trueman requests that DSS present on how many children, families are involved, give a snapshot of the county. Then a subcommittee could work to research what could be valuable or helpful to the children relative to prevention. Ms. Mills can provide that information, Ms. Jarvis will share the

details of the information request. Protective Factors that can be put in place for these children should be discussed by the committee.

## XI. DISCUSSION TOPICS

### A. FY24 - 25 Budget Proposals Related to Substance Abuse

Notes: Tabled until next month. Trueman stated she feels it is important to understand the proposed expenditures and where that money will go to, etc. and that SUAMHC sees that the money is meeting the needs of the county - i.e. support. Essentially staying informed and providing necessary information. Request from Chair Torbich that staff update financial document of proposed expenditures, and that it includes updated information. Mr. Howard discussed adding this new information into the proposals put forward that will need resolutions to spend the opioid settlement funds.

### B. Commission Membership

Notes: Acacia Alston from the Sheriff's office will be the new designee, taking Jon Oliver's place in this role. Not yet official but communicated via word of mouth through SUAMHC. Discussion of supporting Ms. Alston following her presentation at the same BOC meeting for the ARROW program. Data gathering was assigned to Ms. Jarvis to find the evidence-based model for in-jail MAT/MOUD programs and the NC-TAC webinar that discussed Pitt and Cumberland Counties already existing programs. Board of Education representative Meghan Wilson has resigned. Trueman reminded members of this and Torbich shared that Steve Barger reached out to him this morning to discuss the resignation of Mrs. Wilson and that the other individual originally interviewed at the same time will fill that vacancy. Trueman also asked about the local mental health clinician. Novant Psych - Heather Strickland suggested but she may be unable. Carolina Dunes is another option for looking at a local mental health clinician member. Ms. Peers suggested also asking if one of the mobile crisis units staff members would be interested in participating - she will reach out to RHA Health Services Mobile Crisis and Integrated Family Services Mobile Crisis. Applicants must fill out open application on county website and then the BOC must review/approve new appointees. Trueman asked if Torbich can reach out to the BOC to notify them of the absentees

### C. Data Gathering

Notes: None

## XII. COMMISSION INPUTS

Notes: Trueman requests a "working group" on the issue of SDOH/Mental Health to come back to the SUAMHC with a presentation on what they can do for Mental Health ideas and presentation from Trillium on run-down of services and scope and coverage (geographically and services). Seamon was nominated by Torbich to be head of Mental Health subcommittee. Discussion of by-laws and mental health addition, concerns about becoming too broad and wanting to remain motivated/productive. Trillium gives an annual update to the BOC, but Ms. Peers shared they are able to give more frequent updates if that is something the SUAMHC would like to suggest. Mr. Howard shared that staff could assist with organizing/structuring work by making connections, building committees to gather information/data and make suggestions so that the workload is not solely falling on SUAMHC members. Annual Opioid Settlement Meeting on June 27<sup>th</sup>, from 9am-11:30am at BCC. July meeting moved to June 27<sup>th</sup> following the Annual Opioid Settlement meeting. Attempt to reserve the space for a longer time period. Cancel July 4<sup>th</sup> meeting.

## XIII. ADJOURNMENT

Motion: Gomes

Second: Seamon

There being no further business, the Brunswick County Substance Use, Addiction and Mental Health Commission monthly meeting was adjourned at 6:40PM. The next scheduled meeting will be held at 12:00PM on June 27<sup>th</sup>, 2024, following the Annual Opioid Settlement Funds meeting in the Second Floor Conference Room at the David R. Sandifer Administration Building in Bolivia, NC.

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Chairperson

## **BRUNSWICK COUNTY SUBSTANCE USE, ADDICTION, AND MENTAL HEALTH COMMISSION MONTHLY MEETING MINUTES**

June 27<sup>th</sup>, 2024  
12:00PM - 1:00PM

Location: Second Floor Conference Room in the David R. Sandifer Administration Building at the Brunswick County Government Complex.

I. CALL TO ORDER

The Brunswick County Substance Use, Addiction, and Mental Health Commission monthly meeting – taking the place of the July meeting – was called to order at 12:00PM on June 27<sup>th</sup>, in the Second Floor Conference Room in the David R. Sandifer Administration Building. No video meeting scheduled.

A. Attendance

Member Name	Position Held	Term Expiration	Present?
Kathleen Gomes	District 1	June 30 <sup>th</sup> , 2028	Y
Joshua Torbich	District 2; Chair	June 30 <sup>th</sup> , 2028	Y
William Eberle	District 3; Vice-Chair	June 30 <sup>th</sup> , 2025	Y
*Vacant*	District 4	June 30 <sup>th</sup> , 2025	n/a
*appointment official following July 8 <sup>th</sup> BOC meeting*	District 5	June 30 <sup>th</sup> , 2026	n/a
*New appointment official on July 8 <sup>th</sup> BOC meeting*	Board of Education	June 30 <sup>th</sup> , 2027	n/a
Johnnie McAdams	Chief Superior Court Judge	June 30 <sup>th</sup> , 2025	Y
Acacia Alston	Sheriff's Office	June 30 <sup>th</sup> , 2026	Y
Jeremy Seamon	Member-At-Large	June 30 <sup>th</sup> , 2027	Y
Laura Trueman	Member-At-Large	June 30 <sup>th</sup> , 2027	N
Cecilia Peers	Trillium Regional Director	June 30 <sup>th</sup> , 2028	N
*Vacant*	Local Mental Health Professional	June 30 <sup>th</sup> , 2028	n/a

Guest Name	Agency/Title
Tyler Smith	CRCI, Inc. Chief Operations Officer
Savannah Tenenoff	Brunswick Beacon
David Howard	Brunswick County Health Services, Health Director
Olivia Jarvis	Brunswick County Health Services, Health Educator
Travis Greer	Brunswick County Health Services, Health Educator

B. Agenda Approval

Motion:

Second:

Changes/Comments: n/a, no formal agenda designated for this meeting as it commission members wanted to keep it more informal, to debrief from the Annual Opioid Settlement Funds meeting and the June 6<sup>th</sup> meeting, and to prepare for coming meetings.

C. Approval of June Meeting Minutes

Motion:

Second:

Changes/Comments: n/a, meeting minutes from June 6<sup>th</sup> will be approved at the August 1<sup>st</sup> meeting.

D. Public Comment

Notes: None

E. Special Presentation

Notes: None

II. OLD BUSINESS

A. Recommendations and Quarterly Update for County

Commissioners

Notes: Discussion of quarterly update schedule for presentations to the Board of Commissioners, and review of the timeline created for developing the updates.

III. REGULARLY OCCURRING ITEMS

A. enCompass & Responding to Addiction

Upcoming Trainings Scheduled:

Briefing on Recent Trainings:

Notes: None

B. Needs Identification Survey Report

Notes: None

#### IV. NEW BUSINESS

##### A. CHESS App Coastal Horizons Brunswick

Notes: None

##### B. Quarterly Focus

Notes: Topics to discuss for exploration and quarterly focuses are prevention; supportive housing for recovery; transportation; motivation for individuals to engage in services. Further discussion of motivating individuals to seek out services/come when they are ready, a program of “attraction” rather than seeking them out. The subcommittee headed up by Seamon designated to explore best practices for incorporating mental health data tracking and co-occurring MH/SUD. Discussion followed on prevention and where those best practice strategies can lead. Discussion of protective/risk factors/ACEs and what to explore as far as that topic. Jennifer - director of the children’s program at PORT - Seamon will be reaching out to her to ask if she will come discuss the need for services for youth and similar information. The upcoming Quarterly Report will focus on Prevention - understanding best practices for adolescents/kids; Ms. Jarvis will be sharing information on preventing ACEs at the next meeting. Go from population to treatment strategies, wide to narrow down pov as suggested by Mr. Howard when researching elements that lead to healthy kids and will produce healthy adults. Mr. Greer shared information regarding the JCPC Guiding Good Choices Curriculum. Coastal Horizons utilizes this prevention program for at risk families and youth through the JCPC but struggles to have individuals that genuinely want help or are ready to change.

#### V. DISCUSSION TOPICS

##### A. FY24 - 25 Budget Proposals Related to Substance Abuse

Notes: None

##### B. Commission Membership

Notes: Mr. Torbich requested clarification from Mr. Howard on SUAMHC vacancies and new appointments. Ms. Acacia Alston, the new Sheriff’s Office appointee, is present. The district 5 seat will be approved at the July 8<sup>th</sup> BOC meeting, that individual has been identified. The School Board appointee will be approved on July 8<sup>th</sup> as well. This leaves the District 4 and the Local Mental Health Clinician positions open. Ms. Gomes has identified an interested candidate for the LMHC slot (Heather Stoume) who lives in another county but works in Brunswick County. Discussed if living in the county is a requirement, Mr. Howard pointed out that the bylaws do

not state any residential requirements, nominees may live elsewhere but work in the county. Will request further clarification.

C. Data Gathering

Notes: Discussion of topics and missing information that needs to be gathered identified. Ms. Peers and Ms. Mills will be coordinated with to potentially share data and relevant information at the August meeting as determined in the prior meeting. PORT has residential services for youth in New Bern. Data desired: troubled youth and strategies/services/actions taken with them for coordination of services. Brief discussion of recent events of PORT Health Services with an investigation into an overdose death of an adolescent client following elopement and PORT Health was held liable despite it not being a “lock-down/involuntary” facility. Mr. Howard pointed out that this liability issue and the deterrent it causes for organizations not wanting to provide adolescent services could be shared with County Commissioners to discuss at NACC.

VI. COMMISSION INPUTS

Notes: No July meeting, this meeting takes the place of that meeting. June meeting minutes and this meetings minutes will be approved at the august meeting.

September brings the next BOC update from SUAMHC. Preparations will begin for that presentation. August agenda should have election of new officers added onto it.

VII. ADJOURNMENT

Motion: Kathleen Gomes

Second: Jeremy Seamon

There being no further business, the Brunswick County Substance Use, Addiction and Mental Health Commission monthly meeting was adjourned at 1:09PM. The next scheduled meeting will be held at 5:00PM on August 1<sup>st</sup>, 2024, in the Brunswick County Health Services Boardroom.

\_\_\_\_\_ Chairperson

