

# Brunswick County

## Substance Use, Addiction, and Mental Health Commission

### **Meeting Packet**

Thursday, September 5<sup>th</sup>, 2024

5:00pm - 6:30pm

Brunswick County Health Services Boardroom

Enclosed:

September Meeting Agenda (Page 2)

August Meeting Minutes (Pages 3 - 7)

Preventing ACEs Overview Sheet (Pages 8 - 11)

Quarterly Updates to BOC Schedule (Page 12)

# Agenda

Meeting scheduled for Thursday, September 5th, 2024, from 5:00pm - 6:30pm  
in the Brunswick County Health Services Boardroom.

- I. Call to Order
  - a. Approval of August Meeting Minutes
  - b. Agenda Approval
  - c. Attendance
  - d. Staff Reports & Presentations
    - i. ACEs & Prevention
  - e. Guest Reports & Presentations
  - f. Public Comment
- II. Quarterly Focus
  - a. Prevention
- III. Quarterly Update & Recommendations to Board of Commissioners
  - a. Quarter 3 Update on 10/21/2024 at 6:00pm
    - i. Content/Information
    - ii. Review of Deadlines
    - iii. Scheduling & Assignments
- IV. Assignments from Previous Meeting
- V. Discussion Topics & Commission Inputs
- VI. Project Updates
  - a. enCompass & Responding to Addiction
  - b. Naloxone Resolution Approval
  - c. International Overdose Awareness Day Events
  - d. Mental Health First Aid Trainings
- VII. Adjournment

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

August 1<sup>st</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 August 1<sup>st</sup>, 2024, in the Brunswick County Health Services Boardroom and on Microsoft Teams Video. All present participated in self-introductions after the call to order for new commission members present.

### A. Attendance

<b>Member Name</b>	<b>Position Held</b>	<b>Term Expiration</b>	<b>Present Y/N</b>
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-V
Jeremy Gunn	District 4	June 30 <sup>th</sup> , 2025	Y
Samantha Hickman	District 5	June 30 <sup>th</sup> , 2026	Y
Jennifer Faircloth	Board of Education	June 30 <sup>th</sup> , 2027	Y
Johnnie McAdams	Chief Superior Court Judge	June 30 <sup>th</sup> , 2025	N
Acacia Alston	Sheriff's Office	June 30 <sup>th</sup> , 2026	Y
Jeremy Seamon	Member-At-Large	June 30 <sup>th</sup> , 2027	Y-V
Laura Trueman	Member-At-Large	June 30 <sup>th</sup> , 2027	Y
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
<b>Guest Name</b>	<b>Agency/Title</b>		
Michelle Mills	Permanency Planning Coordinator - DSS (Virtual)		
Savannah Tenenoff	Brunswick Beacon		
Carla Colflesh	CEO - Medaci Wellness Institute		
Justin Mohaska	Operations Manager - Medaci Wellness Institute		
David Howard	Brunswick County Health Services, Health Director		

- B. Agenda Approval
  - Motion: Trueman
  - Second: Gomes
  - Changes/Comments: Agenda approved, pointed to cover Overdose Awareness Day/Month events under discussion topics.
- C. Approval of June 6<sup>th</sup>, June 27<sup>th</sup>, Meeting Minutes
  - Motion: Seamon
  - Second: Trueman
  - Changes/Comments: Meeting minutes from June 6<sup>th</sup>, June 27<sup>th</sup>, approved and signed by commission chair (Josh Torbich).
- D. Public Comment
  - Notes: None.
- E. Special Presentation
  - Notes: None.
- II. OLD BUSINESS
  - A. Needs Identification Survey Report
    - Notes: Torbich asked if we had any updates on data from Annual Opioid Settlement Funds meeting, this meeting we will discuss data on prevention and hear data that can assist with the "missing voices" from the survey – specifically from Michelle Mills with local DSS data. Trueman explained a bit to new members on the survey, data gathering, etc.
- III. REGULARLY OCCURRING ITEMS
  - A. enCompass & Responding to Addiction
    - Upcoming Trainings Scheduled: Responding to Addiction trainings scheduled for Senior Center Sites as part of the Anti-Stigma Initiative, and then a training at Hope Harbor Home.
    - Briefing on Recent Trainings: Follow up with Travis on past enCompass trainings/who have been attending and then numbers to identify target populations.
    - Notes: Discussion of nicotine replacement therapy/tobacco cessation program that CRCI is working with Travis on starting up. Explanation from Eberle of what enCompass is. Continued discussion of potential impact of training and best use of resources/time. Eberle was tasked with sharing the latest flyer for enCompass to Jennifer Lucas to let her know the training is available and trainers are ready/willing to teach.
  - B. Quarterly Update to the Board of Commissioners
    - Notes: Copies of schedule for the Updates from the commission to the BOC given to new members to have on hand.

#### IV. NEW BUSINESS

##### A. New Members

Notes: Introductions were completed following the meeting call to order. All new members present.

##### B. FY 2024 - 2025 Officer Positions

###### 1. Chair

- a. Eberle nominated Torbich for Chair, Seamon seconded, nomination approved by commission. Torbich will serve as chair for

###### 2. Vice Chair

- a. Torbich nominated Eberle for Vice Chair, Seamon seconded, nomination approved by commission. Eberle will serve as Vice Chair

Notes: none

##### C. Quarterly Focus - Prevention

###### 1. Preventing ACEs

###### 2. Brunswick County DSS Data

- a. From Michelle Mills, Permanency Planning Coordinator
  - i. Typically, combination of substance abuse and other factors, like domestic violence or mental health
  - ii. Active Cases over last 6 months, at least 80% of cases have concerns for substance abuse of 1 or more parents (128/160).
  - iii. 2023, 70 cases closed out successfully, only 20 of those were reunifications. Other 50 were either adoption, guardianship/custody with a relative. Not high rate of reunification.
  - iv. In 2024 so far, closed out 42 kids, only 10 of those with their parents.
  - v. Looking into data for pregnant women using substances or substances affected infants that they have gotten reports on.
  - vi. Mental Health Clinician will be connecting cases with community resources for substance abuse for parents, youth – teens especially. Trying to start meeting with 18-21 years old with LINKS staff member and kinship providers support groups to assist with life skills training and education on coping/support during this time.
- b. Struggling to find placement within county for foster children, large deficit in options. Decrease in therapeutic foster parents being patient/tolerant of foster children with behavioral issues. Torbich asked if Seahaven in South Carolina would be a good model – look into that. Trillium coverage is also hard to find for placement facilities, and placement for dual diagnosis is difficult to find as well. Best guess of need for foster homes is at least 50 as soon as possible that would be close to meeting a goal. Huge need for foster parents in Brunswick County due to high growth rate and challenges in successful

placement. Commission could work to advocate for need of foster care homes and encourage an agency/group/etc. to work on filling need of group respite/foster care setting (long term). Opportunities for advocacy and community engagement. Large number of children in care who are recommended for trauma informed therapy but lack of qualified providers in the area who are able/capable of working with children to implement trauma informed therapy techniques. Trillium is working to get the state to approve payment to therapeutic foster care providers to get payment while being trained; also working to propose a temporary evaluation facility for children to go to determine appropriate placement and interventions that are needed. Trillium focuses on promoting and offering preventative and in home services instead of group home settings to improve outcomes. Data/statistics on socioeconomic backgrounds and rates/initiation of substance use by youth and trends of this data. Prevention for children at risk, secondary prevention for adults to prevent the children being in a risky environment. Commission is interested in Seahaven staff members coming to share some of their information, data, outcomes, treatment modalities. There is a need for Court Appointed Special Advocates in Brunswick County that people can volunteer and get trained to do to make some sort of difference. Laura will be attending the august 15<sup>th</sup> JCPC meeting to speak about what the SUAMH Commission is doing and to understand/learn more about what the JCPC is working on.

### 3. Resources for Youth & Adolescents

#### V. DISCUSSION TOPICS

##### A. Data Gathering

Notes: none.

##### B. "One More Thing" Conference

Notes: Mr. Howard shares information on this programming during the NCACC and that commission members are encouraged/supported by administration to attend. Travis will be attending to represent staff. Jeremy may be able to attend if he can get someone to cover for him during drug treatment court – will follow up with staff.

##### C. International Overdose Awareness Day Event

Notes: Shared information on health services event being hosted and promise to share out to commission members. Ray Wood with DTC is working to host an event in Shallotte later in the day on that same day.

##### D. September Mental Health First Aid Training

Notes: Invited commission members to staff training and Eberle would like to better publicize observances and events for training in the county.

VI. COMMISSION INPUTS

Notes: Discussion of Responding to Addiction for school staff, lead into discussion of upcoming plans for October – Substance Use Prevention month? Torbich will share more concrete information and details on October activities in schools at the next meeting. New members orientation packet & catching up to speed information sharing that will be needed. Eberle volunteered to host an "orientation session" or materials to work with everyone. Torbich will be absent from next months meeting, Eberle will be in Canada. Trueman will lead/act as Chair for the meeting since neither Chair nor Vice-Chair will be present.

VII. ADJOURNMENT

Motion: Gomes

Second: Alston

There being no further business, the Brunswick County Substance Use, Addiction and Mental Health Commission monthly meeting was adjourned at 6:57 PM. The next scheduled meeting will be held at 5:00PM on September 5<sup>th</sup>, 2024, in the Brunswick County Health Services Boardroom in Bolivia, NC.

\_\_\_\_\_ Chairperson

## Preventing ACEs Overview

Adapted from Preventing Adverse Childhood Experiences (ACEs): Leveraging the Best Available Evidence, created by the CDC’s National Center for Injury Prevention and Control Division of Violence Prevention.

### What are ACEs?

Adverse Childhood Experiences

Potentially traumatic events that occur in childhood (ages 0-17) including the experience of violence, abuse, neglect.

- Factors that minimize a child’s sense of safety, stability, and bonding
  - Growing up in a household with Substance Misuse; Mental Health Problems
  - Instability due to Parental Separation; Incarceration
  - Attempted or Completed Suicide by a Loved One
  - Racial Discrimination
  - Poverty
  - Frequently Moving

### Effects of ACEs & Toxic Stress

Toxic Stress – prolonged activation of the stress-response system.

1. Disrupted neurodevelopment
2. Social, emotional, and cognitive impairment
3. Adoption of health risk behaviors
4. Impacts on life potential
5. Disease, disability, and social problems
6. Early death

### Prevention of ACEs

Strategy	Approach
Strengthen economic supports to families	Approach A: Strengthening Household Financial Security <ul style="list-style-type: none"> <li>• Earned Income Tax Credit (EITC)</li> <li>• Child Tax Credit (CTC)</li> <li>• Childcare and Development Fund</li> <li>• Work First Family Assistance Program</li> </ul> Approach B: Family-Friendly Work Policies <ul style="list-style-type: none"> <li>• Paid Maternity Leave</li> <li>• Flexible &amp; Consistent Work Schedules</li> </ul>

	<ul style="list-style-type: none"> <li>• Location of Workplace</li> </ul>
Promote social norms that protect against violence & adversity	<p>Approach A: Public Education Campaigns</p> <ul style="list-style-type: none"> <li>• Cycles of Abuse</li> <li>• Child Physical Abuse</li> <li>• Shared Responsibility for Child Well-Being</li> </ul> <p>Approach B: Legislative Approaches to Reduce Corporal Punishment</p> <ul style="list-style-type: none"> <li>• Prohibits Corporal Punishment in all Settings</li> <li>• Clear Statement in Law that all Corporal Punishment is Prohibited</li> <li>• Repeal of all Legal Defenses for Corporal Punishment</li> </ul> <p>Approach C: Bystander Approaches &amp; Mobilizing Men and Boys as Allies in Prevention</p> <ul style="list-style-type: none"> <li>• Green Dot</li> <li>• Coaching Boys into Men</li> </ul>
Ensure a strong start for children	<p>Approach A: Early Childhood Home Visitation</p> <ul style="list-style-type: none"> <li>• Nurse Family Partnership Program (NFP)</li> <li>• Healthy Families America</li> </ul> <p>Approach B: High Quality Childcare</p> <ul style="list-style-type: none"> <li>• Child Care Health Consultants</li> <li>• Child Care and Development Fund</li> <li>• Preschool Development Grant Birth through Five</li> </ul> <p>Approach C: Preschool Enrichment Programs with Family Engagement</p> <ul style="list-style-type: none"> <li>• Child Parent Centers</li> <li>• Smart Start</li> <li>• Head Start</li> </ul>
Teach skills	<p>Approach A: Social Emotional Learning Approaches</p> <ul style="list-style-type: none"> <li>• Life Skills Training</li> <li>• Good Behavior Game</li> <li>• Promoting Alternative Thinking Strategies (PATHS)</li> </ul> <p>Approach B: Safe Dating and Healthy Relationship Skill Programs</p>

	<ul style="list-style-type: none"> <li>• Dating Matters</li> <li>• Safe Dates</li> <li>• Fourth R</li> </ul> <p>Approach C: Parenting Skills and Family Relationship Approaches</p> <ul style="list-style-type: none"> <li>• The Incredible Years</li> <li>• Strengthening Families 10-14</li> </ul>
Connect youth to caring adults & activities	<p>Approach A: Mentoring</p> <ul style="list-style-type: none"> <li>• Big Brothers, Big Sisters</li> <li>• Communities in Schools</li> <li>• Community HOPE Mentoring (YMCA)</li> </ul> <p>Approach B: After-School Programs</p> <ul style="list-style-type: none"> <li>• After School Matters</li> <li>• Powerful Voices</li> <li>• 4-H</li> </ul>
Intervene to lessen immediate & long-term harms	<p>Approach A: Enhanced Primary Care</p> <ul style="list-style-type: none"> <li>• Safe Environment for Every Kid (SEEK)</li> <li>• Pediatric ACEs and Related Life-Events Screener (PEARLS)</li> <li>• ACE Questionnaire for Adults</li> </ul> <p>Approach B: Victim-Centered Services</p> <ul style="list-style-type: none"> <li>• Hope Harbor Home</li> <li>• Coastal Horizons Rape Crisis Center</li> <li>• RAINN’s National Sexual Assault Hotline</li> <li>• Carousel Center - Child Advocacy Centers</li> </ul> <p>Approach C: Treatment to Lessen the Harms of ACEs</p> <ul style="list-style-type: none"> <li>• Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</li> <li>• Cognitive Behavioral Intervention for Trauma in Schools (CBITS)</li> <li>• Multisystemic Therapy (MST)</li> </ul> <p>Approach D: Treatment to Prevent Problem Behavior &amp; Future Involvement in Violence</p> <ul style="list-style-type: none"> <li>• Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</li> <li>• Cognitive Behavioral Intervention for Trauma in Schools (CBITS)</li> <li>• Multisystemic Therapy (MST)</li> </ul>

	<p>Approach E: Family-Centered Treatment Approaches for Substance Use Disorders</p> <ul style="list-style-type: none"><li>• Combine Evidence-Based Treatments for SUD with Preventive Services</li></ul>
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