

**Town of Barnstable  
Human Services Committee  
Meeting Minutes  
Tuesday, July 11, 2017**

**Names in BOLD indicate action items.**

**Present:**

Scott Fitzgerald (chair), Robin Gunderson, Heidi Nelson (recorder), Stacie Peugh, and Steven Xiarhos

**Absent:**

Christopher McMillan, Meaghan Mort, Heather Strassel and Jen Cullum, Town Council Liaison

**Guests:**

Beth Albert, Director of Human Services, Barnstable County

**Order:**

The meeting came to order at 5:00 p.m.

**New Member**

We welcomed Steven Xiarhos as a new member of the committee. Steve is the Deputy Chief of Police for the Town of Yarmouth, and lives in Barnstable. He looks forward to serving actively on the committee as a way of being involved in his community.

**Minutes**

The minutes of the June 13, 2017 meeting were approved as written (Gunderson motion, Peugh second).

**Public Comment**

None.

**Discussion**

Scott introduced today's discussion by reminding the committee that over the past two meetings we have been reviewing the community health needs assessment prepared by Cape Cod Healthcare. At the last meeting, we reviewed the list of suggested areas for future committee focus. They are copied here below:

- Insurance coverage especially for low-income and non-English-speaking residents
- Learning about the services offered by the two health centers located in Barnstable
- Physical activity and healthy food
- Mental Health First Aid Training to first responders
- Emphasis on supporting caregivers
- Cancer prevention, education and screening
- HPV prevention through vaccination
- Recovery support for addiction

- Detection and treatment of Sexually Transmitted Diseases (Chlamydia is on the rise)
- Hepatitis C
- Lyme and other tick-borne illnesses
- Promotion of community-based services for behavioral health

Heidi introduced our guest for today, Beth Albert, who is the Director of Human Services for Barnstable County. We invited Beth to share information about what services are available to address the above issues. Beth shared an overview of the work of her department, which is divided into four areas: Homelessness, Aging, Healthy Food, and Mental Health/Substance Abuse. The County convenes the Health & Human Services Advisory Committee, the Regional Network on Homelessness, the Regional Substance Abuse Council and a newly formed Healthy Aging Coalition, bringing together senior services providers.

Beth offered the following information:

Insurance Enrollment: the key agency with a focus on low-income and Limited English Proficiency residents is the Community Action Committee of the Cape and Islands (CACCI), which is our regional CAP (Community Action Program) agency. They receive federal funding and are a major provider of information and resources. The community health centers also do outreach and enrollment, and Cape Cod Healthcare, the Councils on Aging and the Falmouth Service Center are also places where residents can enroll for insurance and other benefits. She suggested that if we chose this as an area of focus, the goal would be to get the word out about these existing resources.

Mental Health Training for First Responders: the local chapter of the National Alliance on Mental Illness has been offering crisis intervention training for local police departments. Kevin Marshal on Nantucket has also been involved in crisis intervention training. The Cape & Islands Behavioral Health Coalition has also advocated for training for first responders, and highlighted local activities at their summit last fall. The Alzheimers Association offers training to first responders in handling urgent situations involving persons with dementia. Beth suggested that a goal of the committee could be to track how many first responders in the Town of Barnstable have been trained.

Evidence-based practices supporting caregivers: Beth highlighted the work of the following organizations-

- Alzheimers Family Support on the Lower/Outer Cape has adopted the New York University model
- NAMI family to family program
- Hope Health
- Elder Services of Cape Cod
- Councils on Aging
- The new Aging network supported by the county, focusing on Age Friendly Planning for the Cape

The Aging network has conducted a needs assessment that demonstrated a need for more work on support for caregivers.

Recovery support for addiction: Beth highlighted

- PIER Recovery Center, operated by Gandara on Main Street in Hyannis;
- Parents Supporting Parents and Learn to Cope, both for parents. Beth is not sure if they have regular meetings in Barnstable;
- Sober socials at the Cultural Center of Cape Cod in South Yarmouth
- Mashpee Drop-in Night, which brings service providers together once per month at the CHC of Cape Cod

Access to healthy foods: Beth talked about the work of the Cape Cod Hunger Network, which is led by the food pantries. We had a discussion about the lack of a food pantry in the town of Barnstable, and the YMCA's summer food delivery program. Beth also mentioned that the Prevention and Wellness Trust Fund focuses on healthy eating to prevent and control chronic disease.

STDs/Hepatitis C/HPV: Beth mentioned AIDS Support Group of Cape Cod and Health Imperatives, as well as the community health centers. STD education is also provided in the schools. We discussed that we don't have a solid understanding of what is required in the schools.

Other: the committee discussed the lack of a substance abuse prevention coalition in Barnstable, although the town had applied for a Drug Free Communities grant in the past. The County has provided data analysis and support for substance abuse prevention models to share with the towns and the schools. The RSAC is emphasizing evidence-based programming such as Life Skills and SBIRT screening.

### Next Steps

The Committee will reconvene in August to review the issues and the gaps, to help us determine an issue for focus.

### Adjournment

The meeting adjourned at 6:05 p.m.

Respectfully submitted,



Heidi Nelson  
Duffy Health Center and Secretary to Committee

**The next meeting of the Committee is scheduled for Tuesday, August 8, 2017 at 5:00 p.m.**