

Highland Community Collaboration Council  
Meeting Minutes  
May 13, 2019  
9:30am

The Highlands Community Collaboration Council had a meeting on May 13, 2019 at the Smyth County DSS conference room.

**Welcome and Introductions**

Chris opened the meeting at 9:30 and members introduced themselves. A sign-in sheet was passed around the room. He asked for additions or corrections to the agenda. There were 27 members in attendance today.

**Review and approval of Minutes of April 8, 2019 meeting**

Matt motioned and Russ seconded the minutes. All in favor. The minutes are approved

**New Business**

None

**Guest Speakers:**

: • Curtis Sizemore: Recovery Support Navigator/Probation and Parole District #23:  
Discuss MAT Program. One of 3 positions in the state. Focuses on detention and diversion centers. He provided 20 copies of the manual. The Vivitrol shot works so well, if they try to overcome it, they will use more drugs and overdose. There are some side effects, such as headache. It works with opiates and alcohol. The shot lasts for 28 days. It is good for those who work as it doesn't require a daily pill. Cumberland CSB currently has 35 people taking the shot. Patients are required to take a physical before being put on the shot to look for Hepatitis C and liver issues and are required to see a psychiatrist once a month. We try to have a wrap-around service for them. We have a food pantry and offer transportation services. This will not cause false positives on drug tests. Applications for Medicaid are completed before release. The psychiatrists at the CSB is available for prescription refills. This is a pilot program and we are hoping to see some expansion. Inmates in regional jails do not qualify for many DOC programs. There are 38,000 inmates in the DOC in Virginia. It is presumed that 80% of these have drug related offenses. The opioids are still present in coalfields. As you approach the 81 corridor it shows an increase in meth.

• Lorie Gates-Addison: Cumberland Mountain Community Services/Director of Child & Family Services: Discuss Regional ASAC Coalition. The "Are You Okay" program is a suicide prevention program. There are 2000 members of the Facebook group for ASAC. There is a regional suicide prevention conference on August 1 at the Southwest Virginia Higher Education Center. Kevin Hines jumped from the Golden Gate Bridge and survived. He says he just wanted someone to ask him if he was ok. While standing on the

ledge, a lady walked up to him. Instead of helping, she asked him to take selfies with her. He took five and then jumped. What we know about risk is that upon release from treatment they are in the riskiest situation. How many days do we have to get someone in for medication appointment after release? 7 days. Zero Suicide has 8 risk factors. Care and transition is one component. The research tells us that 68% of those who leave treatment make an additional attempt at suicide. The Bristol Crisis Center is one of 1 prevention centers in Virginia. It has been in existence for 40 years. There is a training manual for the Care and Transition program. It is a free program in Southwest Virginia. It is different than the on call system. If someone is being prescreened, we want to make sure that they get to where they need to be. Business cards were distributed to the group. There is a referral form and a release upon request. These are faxed to James Almarode. He makes the call to the person the next day.

### **June 2019 Council Presentations: Suggestions?**

Carly Bundy with Mindfulness and Nick Brown with the Recovery Court.

### **Sub-Committee Reports**

None

### **Re-entry Updates**

None

### **Local Coalition Updates**

#### **Sub-Committee Reports:**

*Housing Committee/ Service Integration Committee/ Grants/Finance Committee (Matt, Emma, Andy, Felisha, Andy and Linda)*

None

*Employment Committee: (Jimmy with DARS, Mike with VEC)*

None

*Mentoring Committee/ Substance Abuse Committee: (Ruth, Teresa, Chris, Chuck)*

None

*Public Relations Committee: (Kim, Manuel)*

None

*Executive Committee: (Chris, Kim, Felisha and Chris).*

None

### **Questions/Concerns/Comments/Announcements:**

Bland is having a resource fair on May 16<sup>th</sup>.

The job fair is still being organized. She has reached out to the Henderson Art Center in Marion. Tentative timeframe is June 14<sup>th</sup>.

ASAC had two sessions of Facets of recovery in April and just secured a \$500,000 grant.

ASAC Facebook can be found at ASAC Appalachian Substance Abuse Coalition. ASAC offers lots of training opportunities so contact them for those.

**Next meeting June 10, 2019. We meet the second Monday of each month.**

<http://www.highlandsgcc.org>

Please Like and visit us on Facebook at Highlands Community Collaboration Council

**The meeting adjourned at 11:29am.**

If there is someone you would like for us to invite to a future meeting as either a guest or member, please let one of us know.

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Respectfully submitted,

Chris Austin  
Secretary