



**Town of Provincetown
260 Commercial Street
Provincetown, MA 02657**

**Department of Health
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NOTES FROM THE HEALTH DEPARTMENT'S PUBLIC HEALTH SUMMIT OCTOBER 13, 2015

Attendees: Tom Donegan, Provincetown Board of Selectmen; Morgan Clark, Provincetown Health Department; Laura Marin, Provincetown Health Department, Steve Katsurinis, Provincetown Board of Health (PBOH); Dr. Janet Whelan, PBOH; Betty Williams, PBOH; Elise Cozzi, PBOH; Joseph Freitas, PBOH; Kevan Spoor, Provincetown Police Department; Michelle Jarusiewicz, Provincetown Housing Specialist; Chris Hottle, Provincetown Council on Aging (PCOA); Andrea Lavanets, PCOA; Liz Smith, Homeless Prevention Council; Pat Nadle, Outer Cape Health Services (OCHS); Sara Ireland, OCHS; Deborah Diamond, OCHS; Forest Malatesta, OCHS; Andy Lowe, OCHS; Kazmira Nedeau, OCHS; Dikke Hansen, OCHS; Monica Jalbert, Provincetown Schools; Annemette Cliggot-Perlt, Helping Our Women (HOW); Donna Szeker, HOW; Max Sandusky, Unit 10/AIDS Support Group of Cape Cod; Georgia Neill, Gosnold; Kevin Rosario, Gosnold; Kevin Grunwald, Cape Cod Hoarding Task Force

BREAKOUT SESSIONS REPORTS

SUBSTANCE ABUSE

Problems (Focused on crystal meth as there is a lot of attention on opioids currently and there is the OBOT program at OCHS)

- 1) Crystal Meth
 - a. Bigger problem in Provincetown than in other Outer Cape towns
 - b. Not a lot of resources to turn to or to refer to
- 2) Opioids – were not discussed

Local Solutions

- 1) Inventory of resources (No lead identified)
- 2) Community education forum with providers and consumer base (how to get to them?) (No lead identified)
- 3) Re-establishing Crystal Meth Task Force. Max Sandusky will coordinate (maxsandusky@asgcc.org)
- 1) Advocacy for Meth Detox/Rehab (No lead identified)
 - a. Incorporate small detox capacity in town (with ER @ OCHS?)
- 2) Drop-in center manned by volunteers to provide information and referral (No lead identified)

- 3) Link to information on Health Department's website
- 4) Find an outreach method to communicate with the population

MENTAL HEALTH

Problems

- 1) Access
 - a. Finding services close to home
 - b. Few acute care services on whole Cape
- 2) Services
 - a. Services are not being delivered/offered – supply far lower than demand
 - b. Hand-holding is not reimbursable
- 3) Delivery - Services are fragmented
- 4) Elder Seniors
 - a. Reluctant to access services
 - b. Stigma attached for mental health
- 5) Community Education
 - a. Make mental health visible
 - b. State level policy makers need to be better educated about local mental health needs

Local Solutions

- 1) Access
 - a. Urgent care should include mental health/substance abuse services (No lead identified)
 - b. Develop a plan for a seasonal ER @ Outer Cape Health (No lead identified)
 - i. Ask for state funding
- 2) Services
 - a. Not being delivered at ER
 - i. Build a communication network - local providers, ER, insurers – bring Cape Cod Healthcare to us to help us solve these problems. Morgan Clark will look into this (mclark@provincetown-ma.gov)
 - b. Community wide engagement
 - c. Mentor program – community mental health workers. Could have a counselor go out with police. Could pair people in recovery with a mentor. Morgan Clark will look into this (mclark@provincetown-ma.gov)
- 3) Delivery fragmentation
 - a. Formalize/facilitate care coordination across providers - Develop a release to be used across providers (No lead identified)
 - b. Trainings needed
 - i. Suicide prevention
 - ii. Peer mentors/community mental health workers
- 4) Elder seniors
- 5) Education (No lead identified)
 - a. Community education on visual problems/understand that people in the community need help
 - b. Tell Representative Peake and Senator Wolf of our needs

HEALTH & WELLNESS

Problems

- 1) Pantries lack fresh and healthy foods
- 2) School needs issue-specific wellness and prevention initiatives and trainings
- 3) Increasing bike helmets – for kids, guest workers, everyone
- 4) Sexually transmitted infections on the rise
- 5) Increase visibility of available resources at local events
- 6) Lack a published, easily available resource of locally-available health and human services
- 7) Missing a steady and reliable means of communicating to general public

Local Solutions

- 1) Pantry Inventory Improvement - Andrea Lavenets will coordinate (alavenets@provincetown-ma.gov)
 - a. Options for moving forward include:
 - i. Joining the Hunger Network to take part in their more diverse offerings for pantries
 - ii. Asking B-Street Garden to partner in encouraging gardeners to "plant a row"
 - iii. Reaching out to other community partners for healthier donations
 - iv. See if new Medical Reserve Corps coordinator will continue engaging volunteers through community gardening
- 2) School and Health Department will partner to find resources to meet specific training and education needs
- 3) Bike Helmet Outreach – Laura Marin will coordinate (lmarin@provincetown-ma.gov)
 - a. Partner with school, police, National Seashore, businesses, faith community, and possibly nearby towns to provide helmets to local children and workers who do not otherwise have access
- 4) STI awareness and prevention efforts
 - a. Health Department, County Health, and ASGCC/Unit 10 will coordinate to increase messaging and awareness about STIs and other sexually related illness like shigellosis that are on the rise locally
- 5) Increase visibility of available resources at local events - For more info, or if you have an event, contact Laura Marin (lmarin@provincetown-ma.gov). Laura will share information with Summit partners about upcoming events.
- 6) Published resource of locally-available health and human services – Provincetown Human Services Committee is working on. Contact Chris Hottle (chottle@provincetown-ma.gov for more info
- 7) Launch steady means of communication - Outer Town Crier email/calendar - is nearly ready to launch. Will be a clearinghouse of events and resources for Outer Cape residents in blog and email listserv form. For more info contact Morgan Clark (mclark@provincetown-ma.gov)

TRANSPORTATION

Problems

- 1) A lot of medical providers (specialists) are out of town
- 2) Finding a means of transportation is very hard for some people
 - a. Elderly
 - b. Low income families
 - c. Homeless
- 3) People aren't always aware of what resources are available and when (bus schedules, etc)

Local Solutions

- 1) Make/distribute brochures of what is currently available in town. Health Department will look into. Contact Morgan Clark (mclark@provincetown-ma.gov)
- 2) Make sure RTA posts the hours of operations at the different bus stops. Health Department will look into. Contact Morgan Clark (mclark@provincetown-ma.gov)
- 3) Providers (No lead identified)
 - a. Ensure that patients have a form of transportation if referring out of town
 - b. Increase the number of house calls to avoid transportation issues for the patients
- 4) Create a transportation fund under BOH. Health Department will look into. Contact Morgan Clark (mclark@provincetown-ma.gov)
 - a. Fund through grants
- 5) Partner with local cab companies: (No lead identified)
 - a. Buddy system/share a cab (coordinate appointments)
 - b. Vouchers based on lower negotiated rates
- 6) Create a bus/van system (No lead identified)