



**Behavioral Health Task Group  
Meeting Minutes  
December 21, 2018  
9:30 am to 11:00 am  
Adams State Service Center**

**Call to Order** - Welcome & Introductions done by Committee Chair: Kym Alvarado

Rosemary Bachman made a motion to approve the October meeting minutes. Kim Jones seconded the motion. November meeting minutes were approved unanimously by the committee.

**Attendees: 24 Total- 3 new attendees**

**\*Janet Urdahl (La Red) will be co-chair with Jenna Montalbano for 2019**

**Action Items:**

- SCHC and this committee to host a forum or focus group around Seniors – they are not in the forefront – do we want to form an ad-hoc committee around Seniors?
- Hosting a training around Eating Disorders - consider forming a small ad-hoc committee first
- Working with Roseanne Foust and Dr. Nagel around Narcan training
- Come to January's meeting with one specific goal in mind for this committee group
- Narcan – making sure distribution and training is advantageous to Sussex
- BHS Consortium meeting – Cheryl will send out the next meeting date
- Meetings for January - What about our seniors, eating disorders and ACES and trauma informed care – how about bringing the Resiliency Documentary?
- GOALS FOR 2019 – BRING THESE SUGGESTIONS TO THE JANUARY MEETING
- Speaker suggestions: Insurance Commissioner, Dr. Julius Mullin, Trauma Informed Care, ACES training, CIS's Keith Bosco and Alan Scott to present info on the benefits of individuals with disabilities to employment, and what CIS does to ensure success.

**Guest Speaker:** Jo Wardell – Tobacco Cessation Program Manager – Contractor with the state (jo.wardell@optum.com)

- We have found that many people are familiar with the Quit line, but don't know all of the programs that are offered
- Tobacco/Nicotine and Smoking – the number one cause of death
- Nicotine is addictive – There is no safe way to smoke
- Lung cancer is up 30%
- It is not willpower, it is an addiction – it takes an average of 6 quit attempts – we need to build the therapeutic alliance
- DE Quit line has been around since 2000 – tobacco settlement fund was used (Former Governor Ruth Minner) to create a tobacco cessation program –
- Anyone 18 years or older is provided resources – no cost – no income verification – just need to call and

enroll

- Smoking is expensive – Quitting is FREE – focus on the quit date
- Telephone is 5 sessions (motivation, support and follow up) and free products to help (patch, gum and lozengers – over the counter items) 8 weeks of products are provided
  - Can re-enroll after 1<sup>st</sup> session so there is a continuum of product and services – unlimited enrollment
  - Gum and lozenges need to be “parked” on the membrane – not to be chewed or swallowed – education is important
  - Nasal spray etc. are covered free of charge but a script is necessary (7 FDA approved products)
- 38 licensed health care professionals will meet with patients 3 times who are seeking to quit
- How to access?
  - Call the Quitline
  - Meet individually with face to face coach (fill out form and fax)
- Provider education is critical – handing out brochures is not effective
  - It is critical that the patient is ready to quit –
  - 90% increase of referrals in the past few months – (fax referral)
- After faxing the referral, clients will be called within 72 hours, once they accept services, their provider receives a report back (providers scan into the EMR)
  - Non-DE residents? Not eligible for DE Quit line, but other states have opportunities
- Juuls have 17% of the market – not a lot of information about them yet –
  - Epidemic (62%) of youth are using juuling – looks like a USB drive – it doesn’t smell – it can be easily hidden – equivalent to 100 cigarettes

Criteria for Cessation Coach?

- Licensed as a health care professional
- 38 coaches total in the state and 22 in Sussex

Are the coaches being used?

- One client sees 45 patients/month (this particular coach is working within the prison system)

How are the kids getting Juuls?

- It is not regulated, it can be ordered easily on Amazon

18% is the average number of smokers in DE – the national average is 14% (this is 18 years or older – this does not include our youth)

- On average, it takes 6 attempts to quit – this includes people who go cold turkey, and those who use products
- Rate of relapse – its important to encourage a quit date – it enhances relapse
- Optum does not do group setting sessions, but will do group presentations (lunch and learn with the clinical staff)
- Any thought of using certified drug and alcohol social workers? (yes)
- Billable/Reimbursable expense for providers – 100% if they do comply – ACA box can be checked by providers – Providers can get 100% if they mention cessation program – the referral provides a paper trail and can prove that they have addressed a tobacco cessation program
- Coaches are paid by Optum –

## Partner Updates:

- BHC – broken into 6 small committee groups to meet the upcoming goals
- Looking at policy, procedure, data, stigma, access to treatment etc.
- This consortium is solely focused on addiction – but they will move into Alzheimers, eating disorders, autism, issues within the mental health spectrum
- Kim Jones update: shared a Gaudenzia conference in March – 26<sup>th</sup> annual women and children's conference with Elizabeth Smart and Candy Finnegan from Intervention – Kim will send information electronically
- Rosemary (Courageous Hearts) – provided 2 equine psychotherapy sessions for Gaudenzia – have govt funding for Veterans
- Beebe – Feb 9<sup>th</sup> – Large Health fair – movement classes and a room full of vendors as well as screenings - also Mental Health Tool Kit training for 2/4/19 – looking for location
- HealthyDelaware.org – please begin to use for free brochures, posters, etc. all free – (Cancer Consortium)
- DE Thrives is another good place for resources (free) (Maternal Child Health etc...)
- A youth task force needed in every committee – we need to form an official youth task group
- Immunizations was an issue within the Health Committee – specifically for the homeless population and the Hispanic population – Do we need to look at this within this group?

## Adjourn

Next BHTG Meeting –

January 18, 2019 – Adams State Service Center, Georgetown - 9:30 am -11:00 am

Mark your calendar - Next Quarterly Meeting - January 17th – Univ. of DE, Cooperative Ext, Route 9, Georgetown – 8:30am to 10:30am