Falmouth Human Services Committee

Remote Meeting Notes

Tuesday, February 2, 2021

Call to Order at 4:33pm; Confirming Member Access; Introduction to Remote Meeting; Meeting Ground Rules

- **Members Present**: Kerin Delaney (Co-Chair), Larry Langer (Co-Chair), Barbara Sullivan, Suzie Hauptmann (Director), Susan Clondas (Admin); Deb Berglin; Ellen O’Donnell; Sharon Sodekson; Milene Chioatto; Ellen O’Donnell; Johnny Hatem
- **Guests Present**: Amy Doherty and Danielle Alexandrov from WellStrong, Inc.

Agency Highlights: WellStrong, Inc.

- In March prior to pandemic, they had 105 active members and were able to switch to virtual classes and meetings within a week of shutdown
- During the last six months, 257 people have participated in at least one WellStrong program. Of these, 192 have registered with addresses, and 90 are Falmouth residents.
- 14 hours of programming per week has consisted of online, outdoor, and small indoor classes, programs and meetings.
- Since COVID shut down and going remote, they have found that many people who were once in Falmouth during or following treatment services and who have since moved away, have continued to participate in virtual classes and meetings.
- As a service during the pandemic, they are still offering some of their online programs to people who have not registered as members.
- Certified recovery coach has worked with 17 different clients combining traditional recovery coaching and SAMHSA’s Whole Health Action Management curriculum.
- Since they are not able to do outreach and marketing through presentations to local inpatient and outpatient facilities, they created a film called “WellStrong Signature Series” that will be offered to treatment centers. This series consists of four videos that 1) Explain the benefit of physical, mindful, and spiritual wellness as part of recovery, and 2) provides shorter versions of yoga, meditation and fitness classes that can be used by clients at the facilities.
- Due to pandemic fundraising dropped 15% during 2019/2020. Received first round of Federal PPP and has filed for a second round.

**Approved January 1, 2020 Minutes**: Larry Langer made a motion to approve corrected minutes for posting; Ellen O’Donnell seconded and the Committee was all in favor

**Director’s Report** – Suzie Hauptmann gave an update on the department’s December 2020 activities.

- Vaccines – assisting with other depts. in supporting residents – primarily senior center. Literally things are changing moment to moment – but there is good communication and inter-dept teamwork happening to lessen the frustration and assist Falmouth residents
- Current census is at about 51 active cases – same as last month
- Mark’s meditation group and men’s group underway
• BTEO collaboration – Mark is providing in-kind temporary clinical assistance for the duration of the season
• No longer doing limited in person appointments with residents since Falmouth’s cases were on the rise.
• Sue continues to work on website improvements
• Season of Change: Coping During Covid – February 24 6pm
• Suzie met with Clergy group 1/29 – with Kerin
• There was an excellent turnout for the presentation last week that Liz helped to organize – on State loan re-payment programs
• Mark’s building – submitting a plan to the State historical preservation. Upon approval, renovations can begin. Attended a walk through with PJS, JS and architect
• Met with finance Committee last week – it was a good opportunity to share with the Finance Committee member what we do. No questions or reservations. Just impressed.

Old Business:

• **Strategic review process for Mental Health and Substance Use surveys** -
  o Suzie Hauptmann is working with IT Department to gain access to multi-lingual surveys
  o Kerin Delaney suggested simplifying the process by sending out the Provider surveys first; general discussion Committee Members were in favor of this.
  o Once the survey is finalized the distribution plan list from last month’s meeting will be reviewed

New Business:

• **FY22 Town funding** – Request for proposals will be announced and legal ads will be sent to Falmouth Enterprise for the categories of Mental Health $20,000; Substance Use $20,00 and General Support Services for $9,500 and posted to websites by end of next week

Committee member updates and reports:

• Kerin Delaney – Falmouth Service Center is started a “Client Choice Model” of food distribution in parking lot and clients are responding well, there continues to be prepackaged food bags for distribution and for the Senior Center distribution.
• Kerin Delaney – Announced the new program with CCRTA for delivering prepackaged foods to Falmouth shut-ins due to COVID and other reasons being coordinated at the Falmouth Service Center registered 10 households on the Upper Cape last week. Registration through Falmouth Human Services. (Those 60+ should still contact the Senior Center).
• Ellen O’Donnell – ASGCC has been open in Falmouth location since the beginning of December on Monday, Wednesday, and Fridays by appointment for testing and NARCAN. Falmouth residents starting to reach out. Doing testing at Recovery Champions twice a month. On Tuesdays once a month they are training via Zoom on overdose education and NARCAN.
• Deb Berglin – Announced the two upcoming workshops on marijuana sponsored by Boston University School of Social Work, Falmouth Commission Substance Use and Gosnold registration
filled up in 5 days with 14 people currently on a waiting list. Falmouth residents will be top priority to fill any open slots. Also, announced BU Cape location is opening up for students each year instead of every two years. BU intern will be interviewing at Human Services for placement in the fall.

**Items for future agenda:**

- Inviting local agencies to provide updates via Zoom at next meeting. Suzie Hauptmann will reach out to Alzheimer’s Family Support Center.
- Kerin Delaney will invite Judy to the next meeting to express change to the Town Charter where the Human Services Committee is no longer part of the Town Charter
- Deb Berglin suggested Committee Members could do a strategic planning process in June to determine Committee goals for the following year.

**Adjourn:** Deb Berglin made a motion to adjourn at 5:48 pm; Johnny Hatem seconded; Committee members were all in favor

Next meeting: Tuesday, March 2, 2020, 4:30-6:00pm

Respectfully submitted by: Susan Clondas