

**2Council on Aging
Board Meeting Minutes March 1, 2023**

Members Present: Robert Kucharavy, Judith Perkins, Linda Williams, Arlene O'Reilly, Erin Lynch, Abby Camp, and Nancy Swain

Staff Present: Jerico Mele, Laura Stewart

Guest Speaker: Jason Bridges

Meeting called to order 1:30 pm remotely online.

Approval of Agenda: Arlene moved to accept; Nancy seconded. All approved.

Review of the Minutes:

Approval of February's minutes. Moved to approve next month. All approved.

1. **Robert:** Introduced Jason Bridges, Executive Director of Fairwinds to discuss new initiatives in mental health and how they might be a resource to the elderly

2. **Jason:**

1. Over the last six months, needs have accelerated, there was a waiting list of 5 months. We added staff and now have no waiting list. Further discussion on details of emergency protocols, staff and hours.
2. We are now able to stabilize many
3. Relationship building in the past year: Mass Health is centralizing all behavioral health in communities across the state, we applied and were awarded the funding. This enables us to expand and increase later hours and be open seven days a week as part of Mass Health mandates. This is called "CBHC" Community Behavioral Health Center for Nantucket. More details discussed.
4. We now meet with the Police, dispatch on problem solving. Also Fairgrounds House, discussed more details, pointed out there are different challenges with dementia and geriatrics. We are in a better position now to help with the right staff. Hospital is great, we are contracted to go up there and do all the crisis in the ER. Followed by details. And, we are working with the schools offering 30-minute sessions, we support the schools however they need us. Addiction Solutions is also one of our partners.

Robert: Does anyone have questions for Jason?

Jerico: I've been working with you Jason on behavioral health initiatives, and have gotten updates on the cbhc model. But, originally there was big gap or problem is the people on the ground level not knowing who to call on a urgent basis. This new revision - centralized one-stop shop for behavioral health that means there is one line to call, so from there do you reach out or connect them to other resources are necessary?

Jason: We are 24/7, yes we refer them and our phones can actually transfer them wherever they need to go so the call is not dropped. More details on levels of crisis levels, businesses calling more often, logistics with dispatch, etc.

Arlene: What about NAMI and Gosnold? Are they merging under your umbrella?

Jason: No. Gosnold is on the cape and manages detox. We do refer them all the time. NAMI is more an educator and advocate, funding for private practices. More details about hours and staff needs. The biggest improvement I see is system level change, everyone is talking and problem solving. More work to do.

Abby: How does this relate to our elderly? What percentage of demographics do you serve?

Jason: We have a meeting with Our Island Home to improve how we can serve them. Stats are not in front of me, but elderly age category starts at 65?

Arlene: 55+ is the official number.

Jason: Then 40% would be 55+. More details on other demographics and medicare.

Robert: Jude's question is: What does "CBHCS" stand for?

Jason: Community Behavioral Health Center. There are 25 CBHCS in MASS. More details on centers. A lot of uninsured and MASS Health go through these CBHCS's

Jerico: Would like to follow up with you Jason on details, looking to clearly define if this covers all things relating to crisis and mental health.

Abby: What is the category for the 55+ - drinking, pills, etc?

Jason: Kids are increasing in need, this started during COVID. Addiction + mental health is usually occurring together, it jumps up October-November, and then again in the Spring. I don't have anything defined for the 55+ group. More discussion on profiles.

2. Next Agenda

Robert: We have two new members to the council. Erin and Abby, please tell us about yourselves.

Erin: Expecting in June, living here 7 years and has worked at Island Home, has been running a home care businesses. Gave back ground on degrees and stay.

Abby: 35 years community member, on HDC for 16 years, I am 72 years old and in good shape, however my friends are failing on one way or another. I'm interested in helping out the elderly community .

Robert: Next we have a big event coming up - Senior Man and Senior Women of the Year!

Laura please tell us about it.

Laura: The information has been sent out to everyone, it covered timeline and what needs to be done and when. Press release was sent to I&M, and it will go out our newsletter, QR code on posters for community bulletin board and advertising. Last year we had 30-40, you will review it and discuss it at your May meeting and decide on the two people. More details on how people qualify and changes over time and how we discuss this in May meeting. Announcements and celebration lunch will be in June.

Robert: Brief update on the NHA On the Road program, (Sept-April/May) bringing history to seniors. February was focused on the Fire of 1846. The seniors had loads of stories that they told us about other fires on the island. It was a great discussion, some I never heard of. March we are focused on highlighting 6-8 prominent historical women of Nantucket. More details on how they present

3. Jerico Report:

1. Reviewed if anyone has questions on behavioral health initiatives, the Town has an alliance of various organizations to have collaborations, etc.
2. Contract review awards for Human Services programs. \$600,000-\$800,000 a year in Human Services. This year, we have \$650,000 to award to Human Services programs and an additional \$175,000 will be awarded to substance abuse programs. The money came from sales tax on recreational cannabis sales on island.
3. Grants - Mary Anne is not here today, helping with handyman grant and helping Laura with getting additional computer education through the Salt Marsh.
4. Covid I am getting ready for the fall helping to support some state-run converted clinics on the island for COVID situation. Our recent waste-water test, fairly low compared to where we've been. It is as low as it can be. Expecting spikes after school vacation. We will put a mask mandate back in place at Salt Marsh for two weeks after school vacation.
5. Questions?

Laura: Confirm the 21st for masks?

Jerico: Will determine as we continue to test waste water. Being done 3 times per week.

Arlene: Updates on Memory Cafe?

Jerico: Starting operations in June/July after they receive funding. Going quite well after discussions with CFN.

4: Laura Report: Activities Report is self explanatory. Any questions.

Arlene: Dates on future events looks incorrect, do we need to correct?

Jerico: As long we note in the minutes that those dates were in the Past. This report represents two months.

5) Robert: Home modification program we will take up next month.

Open to comments or questions:

Robert: two members talked to Mary Anne about going back to in-person meetings. How's does everyone feel about that?

Arlene: Can we continue with hybrid option? People who want to meet in person can, but also have the option to join virtually? From my standpoint, virtual is a better option for time management.

Jerico: Yes, we can offer hybrid.

Robert: Would we vote on this?

Jerico: In general, you cannot go mandatory in-person meetings. If you want to go hybrid, it would be up to MaryAnne and Robert to decide.

Robert: Can I get a sense from the council what they want? Nancy, Arlene, Jude would like hybrid options.

Robert: Motion to close:

Nancy motioned to close, Arlene seconded. All in favor.