

City of Cambridge

The Human Services and Youth Committee held a public hearing on Wednesday, June 1, 1994, beginning at 5:30 p.m. in the Sullivan Chamber for the purpose of considering issues related to alcohol education and alcoholism.

Present at the hearing were Vice Mayor Sheila T. Russell, Chair of the Committee, Councillor Kathleen L. Born and City Clerk D. Margaret Drury.

Vice Mayor Russell convened the hearing and explained the purpose. She explained the meeting would discuss alcoholism and other substance abuse and the treatment programs available in the City, both what is available and where the gaps are. The first program will focus on adults and the second on youth. Vice Mayor Russell next requested that those present introduce themselves. A list of attendees and their affiliations is attached. (Attachment A) She introduced Hilma Unterberger, Cambridge Human Services Commission, to serve as moderator.

Ms. Unterberger explained the origins of this program. She noted that almost everyone of importance in the field of substance abuse is present at the meeting.

Ms. Unterberger introduced Janice Kauffman, Director of Substance Abuse Treatment at North Charles, Inc. She described the services presently available at North Charles, Inc. The North Charles Institute, the methadone treatment program, began in 1971 and currently serves 180 intravenous heroin-dependent clients. All clients are actively involved in a comprehensive services program. She said the patient waiting list for Cambridge and Somerville is composed of 26 persons from Cambridge and 17 from Somerville, 3 homeless persons living on Cambridge streets. Ms. Kauffman said of the methadone patients, approximately 50% have been HIV tested and, 20% of patients tested have tested positive. They estimate that between 20-30% of the total methadone patient population is HIV positive. The patients require comprehensive services.

The second program is IMPACT - outpatient drug counselors. The program sees between 80 and 100 patients, 70% from Cambridge and Somerville.

Ms. Unterberger asked about the need for services. Ms. Kauffman said one need, evidenced by the waiting list, is increased services for intravenous drug users. A concern is how to meet the needs at the time the patient says "I'm ready." A major need for women is child care services. There are also needs for subsidized housing, especially short-term housing. Another area of need is for level four medicare beds.

need for women is child care services. There are also needs for subsidized housing, especially short-term housing. Another area of need is for level four medicare beds. There is also a need for day treatment.

Ray Kelly, Supreme Judicial Court, asked about the difference between the New Bedford and Cambridge methadone treatment programs. Ms. Kauffman said the New Bedford programs are larger programs, with services through the mental health programs. The patients receive their medication at different areas. It is very difficult to service 500 intravenous drug dependent patients at one site.

Gelma Coeho, Director of Substance Abuse Program, MAPS (Massachusetts Alliance of Portuguese Speakers), described their substance abuse programs. MAPS has two acupuncture clinics, walk-in, one in Cambridge, one in Somerville. Counseling is provided, both group and individual. MAPS also has an outpatient program. Counseling is provided in English and Portuguese. MAPS also provides driver alcohol education for first and second time offenders. The program for first offenders is a sixteen week program and the second offender program is for thirty weeks after an inpatient treatment occurs. MAPS also has a tobacco control program with twelve youths working with other kids, aged 14-19. There is also a youth program that runs educational activities at the schools and provides recreation opportunities for Portuguese speaking youth. At the acupuncture program, MAPS treats 30-40 people. They see 62 families in the outpatient program and 75 youth are involved in the youth program.

In response to a question from Vice Mayor Russell about any areas where there is a lack of services, Ms. Coelho replied that in child care and ESL (English as a second language) there is a service gap.

Luis Sanchez, Medical Director, Cambridge Hospital, described his experience in the field of addictions. He said he returned to Cambridge just last year with the concept of developing a department of addictions, to bring services together. The division is an entity under the Department of Psychiatry and the Department of Medicine to recognize that these patients have both medical and psychiatric service needs. The Addictions Treatment Unit is currently eleven beds, soon to be twelve, which are acute level four beds. Level four service is monitored 24 hours a day by doctors and nurses, and is for patients with very acute medical needs. Level three needs are met by CASPAR's center on Beacon Street, with 23 beds. Level two patients are treated with the new concepts of day treatment. Level one is outpatient. The whole flow of managed care is to move patients down to level one care as quickly as possible.

Dr. Sanchez noted that there are no longer separate discussions of alcohol and other drugs.

Ms. Unterberger asked what service gaps exist. Dr. Sanchez agreed that child care is a large need. In addition there is a real need to track the very ill patients, and there are needs for more cooperation among providers.

Dr. Sanchez noted that housing is a large gap, as is providing treatment on demand.

Rosemary Gerard, Cambridge YMCA, Central House Resident Counselor, noted the severity of the housing shortage.

Jean Batholomew, Director of Outpatient Services at the Cambridge Hospital, said that there are long waits for halfway houses and detox beds.

Vice Mayor Russell asked if other communities are doing their share. Ms. O'Connell said that other communities are doing their share, but there are the same limitations Cambridge faces. She added that 90% of the people they see are Cambridge and Somerville residents.

Ira Minker, Cambridge Hospital, noted that with privatization of the mental health services, networks all over the state have broken down.

Janice Kauffman noted that an additional problem is that the state defines services regionally. The marriage between the Department of Mental Health (DMH) and Department of Public Health (DPH) it is difficult. DPH serves substance abuse, but many patients are dually diagnosed with addiction and mental illnesses.

Ms. Unterberger then introduced John Blumenstiel, Director, Prevention and Recovery Center, Mt. Auburn Hospital. He said that the fundamental gap is the lack of service capacity to meet service demands. He said there is some issue of redundancy of assessment and intake. A central intake system could use resources more efficiently. Tasks necessary to accomplish this would include developing a standardized intake procedure and working through the confidentiality issues.

Mr. Blumensteil said the provider committee needs to work more closely in the issues of housing, economic support and other serial needs.

Vice Mayor Russell asked about Mt. Auburn Services. Mr. Blumensteil replied that basically they are level two and level one ambulatory services. There is a 35 patient day treatment center. There are outpatient services for users and family members. He noted that 50-60% of these outpatient services are to Cambridge residents.

Elizabeth Dillon, Domestic Violence Coordinator, Cambridge Police, discussed the relation of substance abuse and domestic violence. She focused on what she

sees when she talks to victims. The main concern she hears from victims is that they don't want their batterers to go to jail; they want them to get treatment. There is a question of what to treat first - the violent behavior or their substance abuse. Abusers need dual treatment. Ms. Dillon said that the other major issue is victims who are self-medicating themselves through substance abuse. It is important to ask substance abusers if they have been beaten by their partner in the last six months, and to know what to say when they answer yes, so that victims know there is a safe place for them to talk. She recommended an article by Dr. Richard Jones. In this area she knows of only one battered women's center, Shepard House, that deals with substance abuse issues. She added that 70% of all homeless women are battered women.

Gail Enman said that there are women's substance abuse programs that deal with domestic abuse.

Carol Nickerson, Director of Woman Place, CASPAR, said that Womanplace is presently seeing that 70-80% of its applicants are battered women.

Jean Bartholomew, Cambridge Hospital, asked whether it would be possible to require breathalyzer tests every time police are called to the scene of domestic violence. Elizabeth Dillon said that the area of domestic violence and police response is a very complicated issue. She requests that police note in their incident report whether there were signs of alcohol being used so that she can discuss the issue in her interview with the victim. She added that it is very difficult to get batterers mandated to batterer's programs, let alone substance abuse programs.

Janice Kauffman said that her patients were not afraid to tell them about their substance abuse, but they are terrified to tell them that they are being battered.

Ira Mintzer said that at Cambridge Hospital the medical department will view "Defending Our Lives," an academy award winning movie about domestic violence, later this month.

Elizabeth Dillon said that it is important to be aware that there are safety plans available.

Ray Kelly, Supreme Judicial Court, added that a Worcester judge who does a great deal of work in domestic violence is told by police that in almost all of the domestic violence calls, they find two drunk people.

Elizabeth Dillon noted that statistically there are as many batterers who don't drink or do drugs as who do.

Gail Enman, Executive Director, CASPAR, described CASPAR's programs. She

noted that the opening celebration for CASPAR's new home for its wet shelter will take place next Monday. She noted the service need of collaboration and the need to get ready for health care reform. The CASPAR Shelter serves Cambridge and Somerville residents exclusively. The new setting will allow separate sleeping quarters for men and women, with a clinic area. CASPAR also wants to provide another separate area for transitional patients who are in early sobriety. The shelter is also the site for CASPAR's needle exchange program, which is a highly controversial program. However, it is a gateway into treatment.

Ms. Enman outlined the other programs which are a part of CASPAR's range of services and distributed a brochure describing these services. (Attachment B)

Ms. Enman described the "free care" issue in which clients are kept at a level of care which is deemed too high by the reimbursers, but since the next level is not available, CASPAR keeps them, often without reimbursement until a slot opens up at the level for which care will be reimbursed.

Carol Nickerson noted that CASPAR's program for deaf and hearing-impaired women is the only one in the country. She also described a new component of the Pheonix House program which will serve disabled clients.

Vice Mayor Russell asked about gaps. Ms. Enman said that although this is a service-rich community, there are significant waiting lists. There is also a real need for transitional services. Bottlenecks will continue to increase as length of stay decreases. Housing is a big need. She noted the housing needs for H.I.V. positive substance abusers. She added that she agrees with Janice Kauffman about the need for level four treatment at the hospital.

Jean Bartholomew said that a medicaid person who needs a level four bed through the Department of Public Health ends up assigned to Natick. Janice Kauffman said that some of the North Charles patients, Cambridge residents, end up in treatment in Worcester.

Ms. Kauffman agreed with the need for transitional services.

Hilma Unterberger then introduced Linda MacMahan, Coordinator, Geriatric Outreach Substance Abuse Program, Cambridge and Somerville Council On Aging. Ms. MacMahan provided statistics that are one of every six elders has a problem with alcohol. She described the Outreach Substance Abuse Program and noted that Cambridge has approximately 13,000 elders.

Ms. MacMahan said that Cambridge has a unique and nationally recognized substance abuse treatment program, which survives on time-limited grant dollars. In the program, elders' treatment needs are assessed. The program also does

intervention and provides counseling to home-bound elders. They also provide support services.

Ms. MacMahan said that the gaps are in the area of the small staff which serves a large population. She also noted the relationship between elder abuse and substance abuse, and the problems of dual diagnosis and how to get adequate services for those who are dually diagnosed.

Gail Enman said that the older chronic alcoholics are now using many other substances, including injection drugs.

Hilma Unterberger asked what percentage are alcoholics and what percentage also abuse other drugs. Linda McMahon said 99% have alcohol as their drugs of choice, although the women tend to have more use of medications.

Liz Dillon noted that the increase in restraining orders being taken out by parents against their abusive children.

Ms. Unterberger then introduced Mark Gray, Executive Director, Cambridge Cares About AIDS. He described the program's mission. The mission is two fold - prevention services and services to HIV infected clients. The staff is multilingual. He said that in Cambridge there are 250 reported AIDS cases, the 4th highest city in the state. Mr. Gray noted that this means there are approximately 1500 HIV infected persons in the city. Many clients have a dual diagnosis, with chemical dependency as the other diagnosis. He said that 75% of their clients have a history of depression; one third are active users; and over 50% are homeless. He added that about 58% report that their infection came from intravenous drug use. Statewide the statistic is one third. Mr. Gray also noted that statistics show that 40% of intravenous users are infected with HIV.

Mr. Gray described the client services of Cambridge Cares. They include case management, some transitional housing units, meal delivery service (1500 meals a month). Cambridge Cares has a child care drop in center open three days a week, four hours a day.

Mr. Gray emphasized the need for day treatment programs, including transportation and child care.

Mr. Gray said that the program also provides legal services for their clients. Cambridge Cares sees housing as a real challenge and recently held a series of forums to bring together programs and providers to try to establish a dialogue and start to do the projections necessary to respond to the housing needs of HIV infected persons.

Mr. Gray noted the treatment and service opportunities that have been reserved

training programs offered to agencies.

Vice Mayor Russell suggested that after the two meetings, a task force could continue to work on the needs identified by the participants.

Gail Enman said that she hopes these meetings can be a beginning to continued collaboration.

Ray Kelly asked whether the new health care plan will include substance abuse programs. Janice Kauffman stated that Senator Kennedy has been a major proponent for inclusion of substance abuse services. She noted that it is important to get specific language that includes the full range of services.

Hilma Unterberger thanked those in attendance for their presence.

Vice Mayor Russell summarized the service needs that had been expressed most often by the speakers:

1. Lack of Level IV Medicaid beds
2. Adequate child care for those seeking treatment
3. Transportation and housing -- permanent and transitional
4. A central intake system to deliver resources efficiently.

Vice Mayor Russell adjourned the meeting at 7:30 p.m.

For the Committee

A handwritten signature in cursive script, reading "Sheila T. Russell".

Vice Mayor Sheila T. Russell
Chair

NAME	AFFILIATION
Gelma Coelho	MAPS
Ira Mintzer	Cambridge Hospital
Luis Sanchez	Cambridge Hospital
Carol Nickerson	CASPAR, Womanplace
Jean Bartholomew	Cambridge Hospital & Cambridge Substance Abuse Task Force
Linda McMahan	Council on Aging, Substance Abuse Program & Cambridge Substance Abuse Task Force
John Blumensteil	Mt. Auburn Hospital, PARC
William Batas	Cambridge Public Schools
Ken Barnes	HHA/PE/Ath. Human Services, Substance Abuse Task Force
Felicia Marshall	Cambridge YWCA
Cynthia Griffin	Human Services
Rosemary Girard	Cambridge YMCA, Central House Resident Counselor
Jill Herold	Human Services
Mark Gray	Cambridge Cares About AIDS
Mary Samp	Cambridge Human Services Commission
Bill Premo	TAB Newspaper
Elizabeth Dillon	Cambridge Police Department, Domestic Violence Unit
Kathleen Born	City Councillor
Hilma Unterberger	Cambridge Human Services Commission
Sheila Russell	City Councillor
Gail Enman	CASPAR
Ray Kelly	Supreme Court
Sandra Lagrega	CASPAR Board
Steven Bron-Meisels	Cambridge Public Schools
Jacqueline Clark	Substance Abuse Task Force
Catharine Durgin	Substance Abuse Task Force
William Bates	Education Program CRLS

Women's Program

Since 1975, CASPAR's Women's Program has provided a full range of services specifically designed to identify and meet the needs of alcoholic and drug abusing women, their families, friends and significant others. Components of the Women's Program include:

● **Outpatient Services:** Group, individual, family, and HIV/AIDS counseling services are available. Childcare can be arranged by appointment. *Please call 661-1316 for intake information.*

● **Residential Care:** Womanplace provides a 20 bed recovery program offering alcohol and drug education, vocational and parenting skills, and family counseling. *Please call 661-6020.* New Day is a structured residential treatment program for 10 pregnant and parenting women, who may be admitted to the program at any point in their pregnancy. *Please call 628-8188.*

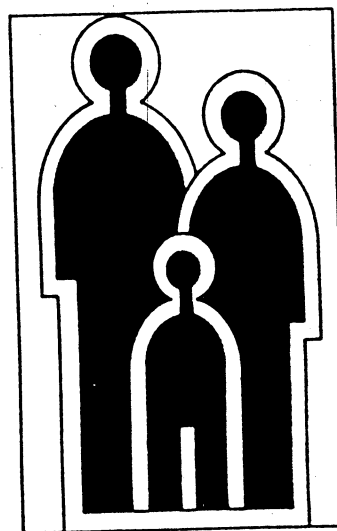
● **Program for Deaf/Hearing Impaired Women:** Residential and outpatient treatment services are available. *Please call 661-5855 (TTY/Voice) for further information.*

● **Consultation & Training:** Services are offered for health care providers, social service agencies, and educational institutions on a local, statewide, and national basis. We publish the curriculum, Getting Sober. Getting Well: A Treatment Guide for Caregivers Who Work with Women. *Please call 661-1316 for more information.*

The Cambridge and Somerville

C A S P A R

Program for
Alcoholism and Drug Abuse
Rehabilitation



YOUR COMMUNITY RESOURCE FOR
ALCOHOLISM AND DRUG ABUSE
TREATMENT AND EDUCATION

Men's Community Residences

With three community residences totaling 51 beds, CASPAR's residential program serves as home for men who are recovering from the disease of alcoholism and the abuse of other drugs.

The men's residences provide a six month program of substance abuse treatment, including: individual and group counseling, alcohol and drug education, job readiness training and assistance in returning to a productive lifestyle. The residences are 12 Step oriented and encourage participation in all areas of the CASPAR network of services.

Our residences are located at:

- 16 Highland Avenue in Somerville
- 9 Kidder Avenue in Somerville
- 24 Clinton Street in Cambridge

The men's residences, in conjunction with CASPAR's Woman's Program, also offers a 15 bed transitional housing program for graduates of both men's and women's residential programs.

For referral or further information:
Call 632-5277

Phoenix Center

The Phoenix Center is CASPAR's drop-in center; a place to be for men and women who are not drinking "one day at a time."

At the Phoenix Center we invite people to share a cup of coffee, to play cards, watch T.V., or just relax in a safe, social setting in the company of other sober and drug free men and women. Noon-time Alcoholics Anonymous (AA) meetings are held at the Center Tuesday thru Thursday.

Other services provided by staff of the Phoenix Center include:

- Somerville Employee Assistance (EAP) Program
- Second Offenders Court Program
- Day Treatment (Drop-in basis)
- Case Management
- Alcohol/Drug Free Cooperative Housing in collaboration with the Somerville Housing Authority

Where:

We are located in Somerville near the corner of Washington & Beacon Streets.
400 Washington Street

Hours of Operation:

7:30 am - 8:00 pm
Monday thru Friday

Please call 625-2224

Emergency Service Center

We provide shelter, food, clothing, social services and referral to homeless men and women in Cambridge and Somerville. It is the only 24 hour program in the area which offers day treatment and overnight shelter.

The goals of CASPAR's Emergency Service Center are: (1) To keep people alive. Homelessness and hunger threaten life itself and must be addressed before all else. (2) To give substance abusing women and men a safe place to come back to. By providing an atmosphere of safety and allowing people to return, they are more apt to seek treatment and begin rebuilding their lives. (3) To restore people to their maximum potential for independent living, housing, and employment in the community.

Where:

We are located at 240 Albany Street
in Cambridge
(outside of Central Square)

For referral or information:

Please call 661-0600

Intervention Center Detox Program

The Intervention Center of CASPAR is a 22 bed inpatient detoxification unit for women and men. Our goal is to provide a safe, dignified and confidential environment for withdrawal from alcohol and other drugs. The Intervention Center has a strong commitment to serving the needs of alcohol and drug dependent people regardless of their circumstance. We welcome referrals from local individuals, health care institutions, and human service providers.

Serving our local communities for over 17 years, the Intervention Center has been committed to serving those most in need. Some of the challenges we face with our clients include homelessness, pregnancy, disabilities, court issues, and other health issues such as HIV/AIDS and mental illness.

The Center provides substance abuse education; individual, group, and family support counseling; HIV/AIDS education and prevention; self-help and AA/NA programs; aftercare planning and other support services.

For information:

Please call 628-6300

CASPAR, Inc.

At least one in four families in Cambridge and Somerville has a problem with alcohol and/or with other drugs. In addition, each substance abuser affects the lives of at least four other persons. The effect of this disease leaves many in its wake, including friends, spouses and partners, children, and co-workers. Thus, many of the people we know are affected directly or indirectly by alcoholism and other drug abuse.

The Cambridge And Somerville Program for Alcoholism & Drug Abuse Rehabilitation or CASPAR has been helping alcoholics and drug abusers, their families and friends, since 1970.

Through a joint partnership with the Massachusetts Department of Public Health and the cities of Cambridge and Somerville, CASPAR, Inc. has developed a comprehensive community-based network of substance abuse services.

Today, within our communities, help is available:

- To men, women, and young people in crisis with alcohol or other drugs.
- To families and friends troubled with someone's drinking or drug abuse.
- To professionals who want to learn how to help.
- To educators and young people interested in alcohol and drug education and prevention.

Alcohol & Drug Education Program

The goal of CASPAR's Alcohol & Drug Education Program is to reduce the prevalence, incidence and severity of alcohol, drug, and other related problems in children and youth. Our prevention and intervention program offers a wide variety of services to youth, schools and community agencies in Cambridge, Somerville, Woburn and several surrounding communities.

Prevention Services include work with area community coalitions, networking, curriculum development and providing workshops and training for school personnel, youth serving professionals and community members.

Intervention Services for high risk youth include assessment, consultation, outpatient counseling and group work for adolescents who have experienced problems due to their use of alcohol and/or drugs. Identification and Referral Trainings are available for adults who work with youth.

Other Services: Our community-based peer leadership program provides basic education groups and specialized groups for children from alcoholic and drug abusing families. Our nationally recognized prevention materials are used with schools and community groups and include the K-12 comprehensive *CASPAR Alcohol & Drug Education Series*.

Where:

226 Highland Avenue
Somerville, MA 02143

For more information:

Call (617) 623-2080

COMMITTEE REPORT

S- 296

Human Services and Youth Committee
Report for a hearing held on June 1, 1994
for the purpose of considering issues
related to alcohol education and
alcoholism.

In City Council,

June 13, 1994

6/13/94 No action taken

6/20/94 Report accepted

Placed on file