

Board of Health Meeting Minutes  
Wednesday, February 21, 2024  
Virtual Meeting

**BOARD OF HEALTH MEMBERS PRESENT**

Marianne Hartmann, Peter Sheckman, Alicia Reddin

**MEMBERS ABSENT**

None

**OTHER TOWN OFFICIALS PRESENT**

Jeffrey Vaughan, Director of Public Health; Neia Illingworth, Public Health Nurse

**OPEN MEETING**

- The meeting was called to order at 6:01 PM.

**REVIEW APPROVE MINUTES OF PRIOR MEETINGS**

- On MOTION by Sheckman and SECONDED by Hartmann, the Board of Health voted to approve prior meeting minutes from January 17, 2024. The motion passed unanimously.

**REVIEW OF OPIOID SETTLEMENT FUNDS**

- Public Health Nurse Neia Illingworth stated that there have been some news reports that the CDC is thinking about changing their COVID isolation guidance, but nothing has changed as of yet, so individuals that test positive for COVID must stay home and isolate for a minimum of 5 days and then they must wear a mask at all times around others from days 6-10. If/when the CDC makes any changes to the COVID isolation guidance, Massachusetts would then have to update their COVID isolation guidance. As soon as there are any changes, the Swampscott Health Department will post the website links with the updated guidance on the town's website.
- Neia presented a slideshow with an update regarding the opioid settlement funds including:
  - Background on the opioid settlement funds including the current total of funds received and anticipated funds to be received and the distributors of funds
  - A review of what the funds can be used for
  - A review of the opioid settlement funds survey process and results
  - Neia stated that she will be offering Narcan trainings at the Health and Wellness Fair, which is scheduled for March 17, 2024 from 12 pm-4 pm at the High School.

Residents can also schedule a private or group training with Neia by calling 781-596-8864 ext. 1280 to arrange a time to take the training and receive free Narcan, free fentanyl test strips, and other prevention information and resources.

- Next steps: “Lived Experience” working group(s), Naloxone distribution
  - The “Lived Experience” working group(s) will meet on Wednesday, February 28<sup>th</sup>, 2024 at 6 pm via Microsoft Teams
  - Working group(s) focus areas:
    - Prevention/education
    - Mental health (related to OUD)
    - Community supports (harm reduction, distribution)

## **RECREATION/HEALTH – HEALTH AND WELLNESS FAIR**

- There is a Health and Wellness Fair scheduled for March 17, 2024 from 12 pm-4 pm at Swampscott High School, 200 Essex Street. The Health Department will attend and Neia will be offering three Narcan trainings during that time. Those who attend one of the Narcan trainings will also be able to receive free Narcan, free fentanyl test strips, and other prevention information and resources. It was also noted that staff from the regional Public Health Collaborative will also be attending the Health and Wellness Fair and they will be providing information and handouts about sun safety.

## **HEALTH DIRECTOR REPORT**

- The 2024 resident Trash and Recycling Guide will be going out in a Town mailer this month. It is also available on the Town’s website.
- Last week, the Town’s trash vendor cancelled collection for Tuesday as a large snow storm was predicted. The vendor must make decisions the day prior. Notifications were posted on the Town’s website and an automated call went out to CodeRed subscribers as well.
- The next hazardous waste drop off event will be in late April at the Marblehead Transfer Station. In years past, vendor set up cost was \$2000 per event. Now costs have increased to \$5000 per event, which reduces the amount of events the Town is able to host.
- The Health Department is hoping to receive \$12,000-\$13,000 from DEP Grants they have applied to this year for reuse and recycling endeavors. Jeff would like to save some of the funds this year and next year so that they can be used for a recycling contamination audit to be performed at the recycling facility the Town’s material goes to get a proper estimate of what percentage of the Town’s curbside recycling is contaminated.
- There have been a few instances of illegal dumping of mattresses in town. It is a shame as there are recycling options available but when mattresses are illegally dumped and exposed to the elements they are sometimes then ineligible due to mold and etc.

- Sheckman stated that he met with Lynn's Litter Committee recently and that they are interested in the work that Swampscott's Solid Waste Advisory Committee is doing.
- Jeff stated that he will be asking the liaison from the mosquito management group to attend the March or April BOH meeting to give the Board an idea of what they are currently doing and will do.
- Jeff stated that he would like for the tobacco control director to attend a future BOH meeting.
- Jeff stated that the body art regulations that the Board discussed over the summer should be ready for final review in a few months/early summer. He stated that the goal is that the entire North Shore region have the same regulations, so that has contributed to the extra time being taken.
- Sheckman asked if the Board should provide a review of screening, etc. regarding public beaches in a future BOH meeting ahead of the summer. Hartmann agreed. Sheckman added that while the BOH does not have a lot of attendees at their meeting, a lot of the residents look at the Town website and that if the presentation was added to the website, maybe it would reach more people.

#### **OTHER BUSINESS/ITEMS NOT REASONABLY ANTICIPATED BY THE BOH**

- Resident Andrea Amour spoke for public comment. She introduced herself as the founder of the Save King's Beach group. She stated that the group has been looking at Fisherman's Beach as well. She stated they have been collaborating with DCR to achieve updated signage and would like to work with the Board on signage as well as communication of events, etc.
- Sheckman asked when Hartmann's term was up. Hartmann stated that her term is up in April and she has decided not to run for another term. Jeff stated one other person has pulled nomination papers for the Board of Health so far.
- Hartmann stated that someone had contacted her regarding beverage questions from Coastal Collectives. Jeff stated that he received the email as well and he is waiting on clarification from the State.

#### **SCHEDULE NEXT MEETING DATE**

- The next meeting has been scheduled for Wednesday, March 20<sup>th</sup>, 2024 at 6 PM.

#### **ADJOURN**

- On MOTION by Sheckman and SECONDED by Reddin, it was VOTED to adjourn the meeting. The motion passed unanimously.
- The meeting adjourned at 7:01 PM.

# Swampscott Health Department



## Review of Opioid Settlement Funds February 21st, 2024

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# Swampscott Health Department



## Brief Review\* of the Survey Results February 21st, 2024

\*A more detailed review of the survey results occurred at the Swampscott Board of Health meeting that was held on January 17th, 2024.  
These survey results can also be found online at: <https://www.swampscottma.gov/health/pages/opioid-settlement-funds-survey-results>

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## Opioid Settlement Funds - Background



- In 2021 Massachusetts reached settlement agreements with several pharmaceutical companies regarding their role in the overdose epidemic
- The Commonwealth decided to allocate 40% of these settlement funds to communities annually between now and 2038 to strengthen opioid response, recovery, and prevention measures
- As of 11/14/23, the Town of Swampscott has received \$123,909 of the Opioid Settlement Funds. Swampscott anticipates receiving a total of \$1,061,247 from the settlement agreement over the next 15 years, pending the outcome of ongoing negotiations

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## Received and Anticipated Disbursements of the Opioid Settlement Funds in Swampscott



Distributor/Provider	# of Annual Payments	Total Amount Allocated
Walmart	6 Payments	\$69,251.16
Allergan	7 payments	\$55,077.51
CVS	10 payments	\$122,290.41
Walgreens	15 payments	\$132,978.01
Teva	13 payments	\$92,450.34
Johnson & Johnson	18 payments	\$110,117.00
State Distributor Funds	18 payments	\$479,082.67
<b>Totals</b>		<b>\$1,061,247.10</b>

<https://www.swampscottma.gov/health/pages/received-and-anticipated-disbursements-opioid-settlement-funds>

Please note: These payments vary year-to-year in amount and duration by provider

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## Opioid Settlement Funds - Background (cont)



Funds can **only** be used in the following areas:

- Opioid use disorder treatment
- Support for people in treatment and recovery
- Connections to care
- Harm reduction
- Address the needs of criminal-justice-involved persons
- Support pregnant or parenting women and their families, including babies with Neonatal Abstinence Syndrome (NAS)
- Prevent misuse of opioids and implement prevention education

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## Opioid Settlement Funds - Background (cont)



- The Swampscott Health Department has made a commitment to using municipal opioid settlement funds to supplement and strengthen resources available to community members
- To gain insight from community members on how to best distribute these funds, a survey was open from 11/13 to 12/4 via Google Forms to solicit input from the community
  - However, survey responses were collected for one more week after this date had passed to gain more community input
  - Received 195 responses!

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## Survey Results



### Disclaimer:

Please note that not all respondents answered every question listed in the Opioid Settlement Fund survey. The total number of responses for each question is represented at the bottom of each slide when applicable.

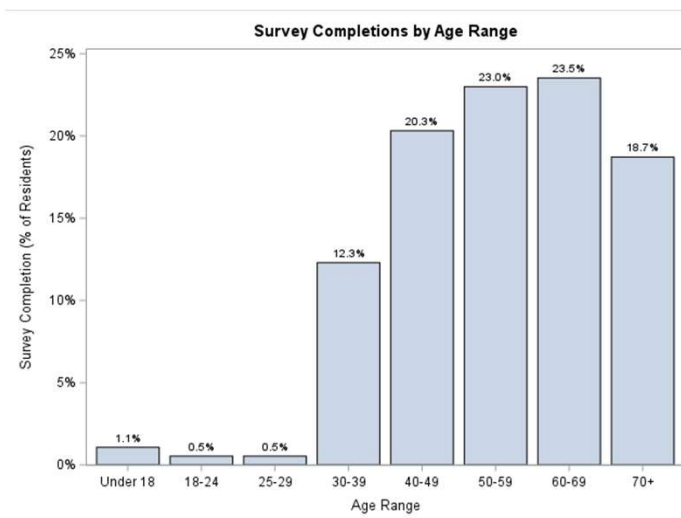
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## Question: What is your age?



### Age Range:

- The majority of respondents were aged 30 and older
- Those <29 years of age comprised of only 2.1% of all respondents



\*192 / 195 respondents

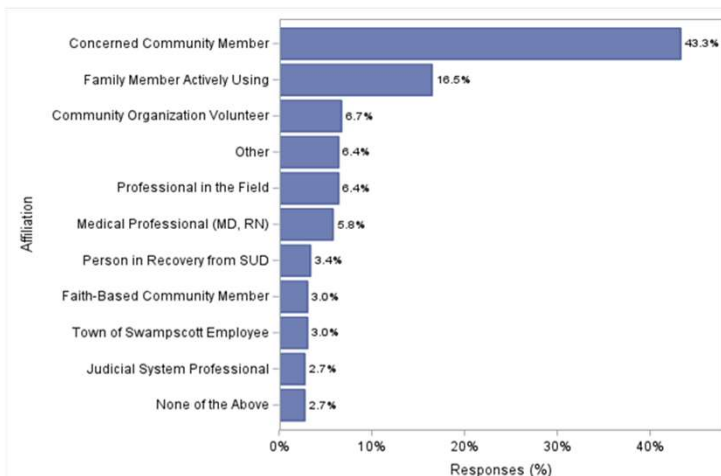
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### Question: Which of the following describes your personal and/or professional involvement in Swampscott?



Public Health  
Prevent. Promote. Protect

- Most respondents (43.3%) reported being concerned community members
- Note: For this question, respondents could **select all** that applied to them



\*195 / 195 respondents

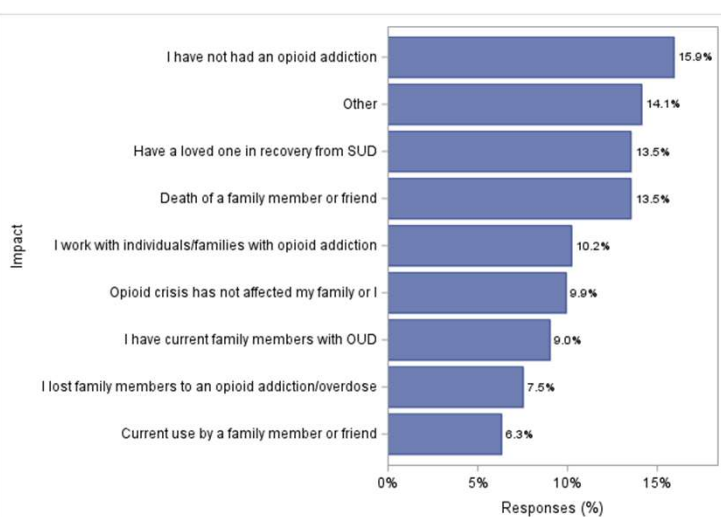
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### Question: How, if at all, are you impacted by the opioid epidemic?



Public Health  
Prevent. Promote. Protect

- Around 15.9% of respondents reported not having an opioid addiction themselves
  - Rather, they knew of a loved one in recovery (13.5%) or had known someone who died due to the use of opioids (13.5%)
- Note: For this question, respondents could **select all** that applied to them

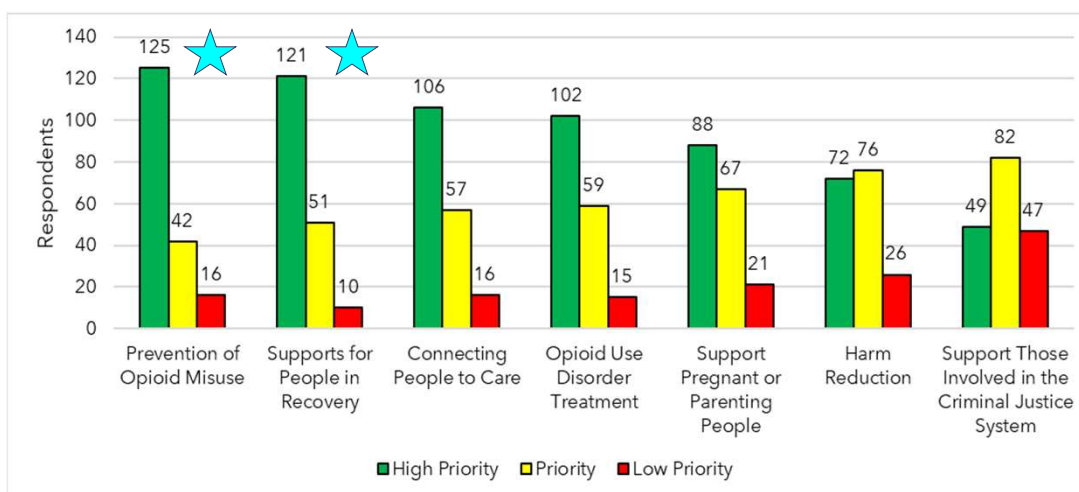


\*193 / 195 respondents

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## Question: What are your top priorities for how the Opioid Settlement Funds should be used/spent?



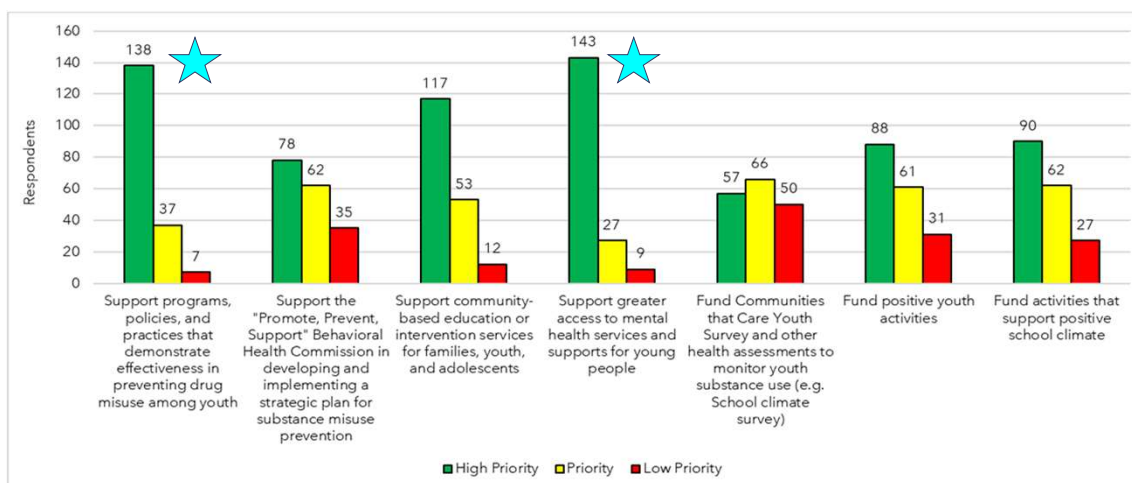
\*193 / 195 respondents

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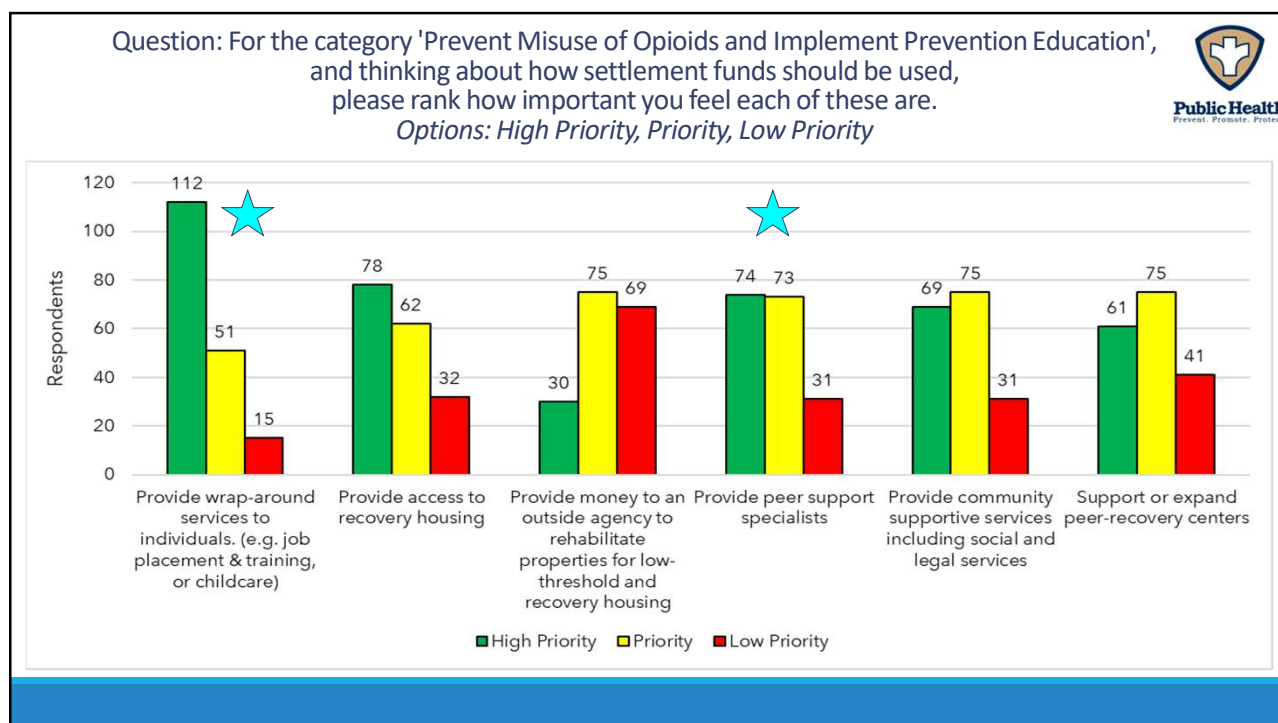
## Question: Please rank the following list of substance use response strategies, based on the degree to which you believe should be funding priorities in Swampscott.



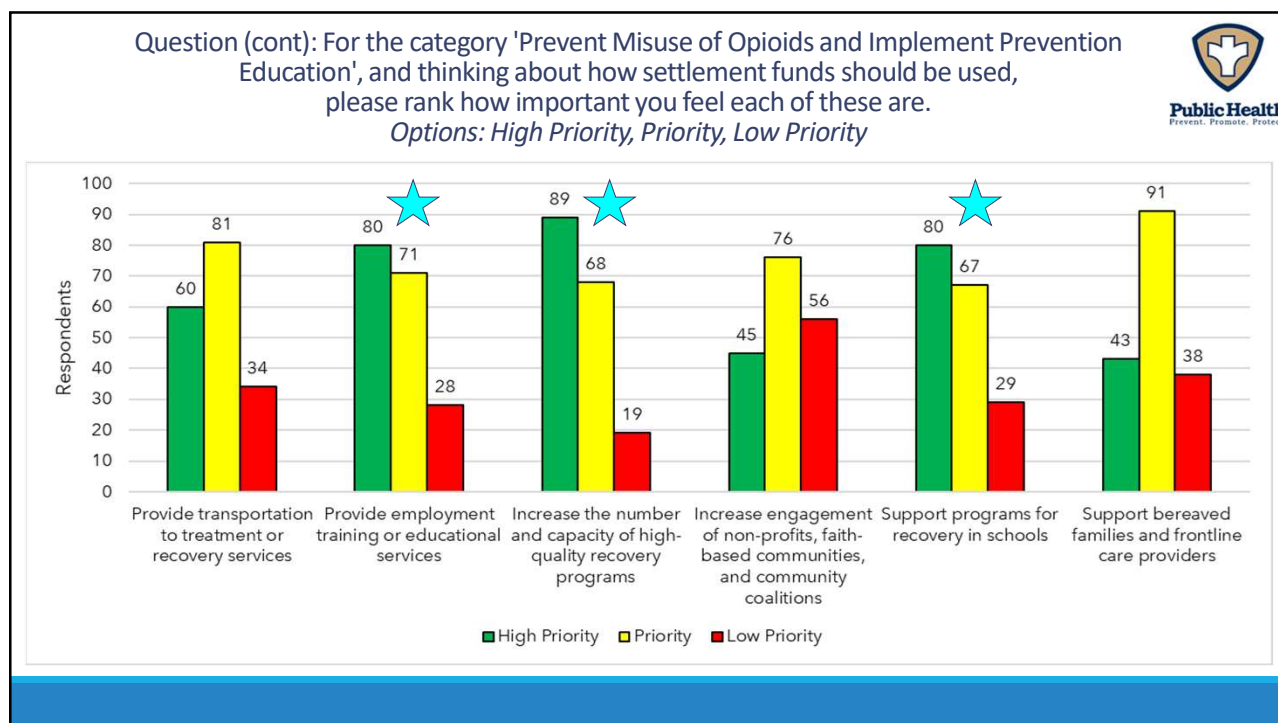
*Options: High Priority, Priority, Low Priority*



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## Open-Ended Survey Questions



### Disclaimer:

Please note that some of the following strategies and suggestions may not be feasible to implement with the current funding, and may be beyond what the Swampscott Health Department can implement.

We are committed to partnering with stakeholders, including but not limited to schools, public safety, health care providers, harm reduction specialists, community coalitions, and people with substance use disorders and their loved ones.

While we couldn't include all comments here, we are considering all comments. We feel it is important to share a range of suggestions to record the community's input that can inform future funding opportunities and decisions.

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### Question:

Please explain how we can best address your priority areas with the Opioid Settlement Funds.

What have you seen to be effective in helping people reach and/or maintain substance use recovery?

\*93 / 195 respondents

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## Top 5 Common Themes



Public Health  
Prevent. Promote. Protect.

1. Education and prevention in schools
2. Offer recovery support services, such as peer coaches who have lived experience with a substance use disorder
3. Provide social services to individuals in recovery (housing, employment, etc.)
4. Expand harm reduction resources and address stigma
5. Expand and improve access to mental health and substance use treatment services

\*93 / 195 respondents

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Public Health  
Prevent. Promote. Protect.

Question:  
What needs do you observe in  
Swampscott related to the opioid  
epidemic?

\*82 / 195 respondents

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## Top 5 Common Themes



1. Educating youth and providing community support and engagement for youth and families
2. Educate the community and stakeholders about opioid use disorders and available resources
3. Improve treatment access and recovery support services
4. Increase harm reduction resources, especially Narcan access
5. Decrease stigma and increase community engagement

\*82 / 195 respondents

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### Question:

Please add any additional thoughts you would like to share with the Swampscott Health Department. Use this space freely to share your thoughts and ideas about how the opioid settlement funds should be used.

\*58 / 195 respondents

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## Additional Thoughts



Public Health  
Prevent. Promote. Protect.

“When my daughter was struggling it was very difficult to know what was needed to help her or where to go. I think funding something in town with someone with lived experience in addiction recovery could be helpful in guiding parents as well as having a place where someone using drugs would feel comfortable accessing help”

\*58 / 195 respondents

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## Additional Thoughts (cont)



Public Health  
Prevent. Promote. Protect.

“Due to the increase prevalence of fentanyl pills and patches, it would be nice if the community provided Narcan to anybody who wanted it... As a parent... I would like to have access to Narcan in my home and throughout the community”

“Narcan boxes in Swampscott would be a good pilot, I think there is a stigma to services in town hall and having folks walk in for potential care, need a lot more education on services and linkages to service that we have in surrounding areas”

\*58 / 195 respondents

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## In Summary...



- A majority of respondents have been directly impacted by the opioid epidemic, mainly by **friends** and **loved ones**
- There is a sense of “**it doesn’t happen here**” in Swampscott
- Respondents would like to see funds mainly spent on the **prevention** of opioid misuse and the **support** for those in recovery
- ➔ • Specifically, most feel as though interventions targeted at the **youth** through **education** and **programming**, **mental health investment**, and improving **peer support** programs would have the most impactful effects on the community

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## Brief review...



- ✓ • Surveyed community members from 11/13/23-12/4/23 and received 195 responses!
- ✓ • Provided detailed update regarding the 2023 survey results at BOH meeting on January 17th, 2024
- ✓ • Posted Powerpoint with survey results and other information on the Health Department’s page: <https://www.swampscottma.gov/health>
- ✓ • Held online Listening Session on January 31st, 2024 from 5:30-7pm
- ➔ • Form working group(s) to help the Swampscott Health Department – 1<sup>st</sup> meeting will be held online on February 28th, 2024 from 6-7:30pm

**Swampscott Health Department**



**Public Health**  
Prevent. Promote. Protect.

**Opioid Settlement Funds**

«👂» **Listening Session** «👂»

*Please join us online on*  
**Wednesday, January 31st, 2024**  
**from 5:30-7pm**

For a brief review of the survey results and so that we can hear from you about how the Opioid Settlement Funds can best be utilized

To join the listening session, please use this link:  
<http://tinyurl.com/yrdvh6ud>

For other ways to join the listening session, please visit:  
<https://www.swampscottma.gov/health/pages/listening-session>

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## ‘Lived Experience’ Working Group(s): 1<sup>st</sup> meeting will be held on 2/28/24



- Brief review of the Opioid Settlement Funds survey results
- Brief discussion of received and anticipated Opioid Settlement Funds
- Brief discussion regarding the state’s Opioid Settlement Funds Abatement terms (*this includes the terms for municipalities*)
- ‘Lived Experience’ Working Group(s)
  - Discussion about further refining the name(s) of the working group(s)
  - Discussion about further refining the goal(s) of these working group(s)
- Schedule future meetings

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## ‘Lived Experience’ Working Group(s)



### Focus Areas:

- Prevention/Education (ex. schools and in the community)
- Mental Health (related to OUD, etc.)
- Community Supports (ex. Harm reduction, Narcan distribution, etc.)

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## Moving Forward...



- Form 'Lived Experience' Working Group(s) to help the Swampscott Health Department
  - 1st meeting will be held online on February 28th, 2024 from 6-7:30pm
  - Hold additional/future meetings with working group(s)
- Hold Narcan trainings – March 17<sup>th</sup>, 2024 at the Swampscott's Health and Wellness Fair at Swampscott High School (and also by appointment)
- Purchase supplies, etc. to have Naloxboxes in municipal buildings and outside at various locations in the town
- Continue to post information, updates, etc. on the town's website:  
<https://www.swampscottma.gov/health>

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# Thank you!



If you have additional comments and/or feedback, please feel free to contact us at:

Neia - [nillingworth@swampscottma.gov](mailto:nillingworth@swampscottma.gov)

Jeff - [jvaughan@swampscottma.gov](mailto:jvaughan@swampscottma.gov)

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