

ARLINGTON COMMUNITY SERVICES BOARD

SUBSTANCE ABUSE COMMITTEE MINUTES

January 26, 2015

Members Present: Jim Mack, Shawn Buckner, Lonnie Ford, Shauna Alonge

Members Absent: Keith Whyte, Craig Dabney, Wes Sanchez, Jenette O'Keefe, Charlie Baughman, Pattie Aaron

Others Present: Sheila Mack, Wayne Burke

BHD/Alexandria CSB Staff: Joe Bullock, Nancie Connolly, Marti Mefford, Susan Tatum, Dr. Kurt Brandt, Judy Booker

I. ALEXANDRIA CSB OPIOID TREATMENT PROGRAM: Ms. Susan Tatum, program director, greeted committee members and provided a thorough overview of the Alexandria CSB Opioid Treatment Program. The Opioid Treatment program assists persons addicted to narcotics develop a lifestyle free from addiction. Clients learn relapse prevention skills and develop a recovery plan that includes a positive natural support system. Some client may be able to successfully withdraw from the prescribed medication while others may need ongoing Opioid replacement treatment over a longer period of time. The therapeutic treatment options include use of methadone (long and short-term dosing). Suboxone is also used for either assisting consumers with their final step of tapering off the methadone or less severe opiate dependence issues. The Alexandria CSB Opioid Treatment program is available for all the CSB's in Northern Virginia. Arlington CSB consumers make up the largest utilization of the four boards. The total program census averages between 115 and 125 consumers, with approximately 22 consumers from Arlington receiving services currently. Currently there are no consumers on a wait list for the program.

Ms. Judy Booker covered specific details about the programs groups and case management services typically received by consumers. Dr. Brandt is the medical director for the program and provided a technical review of Opioid Treatment to include: dosages used, tapering protocols and other potential medical issues a consumer may experience while in treatment. The committee was provided opportunity to ask questions and generally dialogue with the presenters. Lastly, the committee was able to meet the Arlington CSB case manager and liaison, Ms. Marti Mefford, who provided a brief overview of Arlington consumers in the program and their experiences in the treatment program.

The Alexandria Methadone Program is located on 2355A Mill Road, Alexandria, VA

NOTE: The next SA Committee meeting will be held on **February 23, 2015 at 7:00 pm** in the George Mason Center Conference Room next to Drewry Building- room 232.