

**Town of Barnstable  
Human Services Committee  
Meeting Minutes  
Tuesday, January 9, 2018**

**Names in BOLD indicate action items.**

**Present:**

Steven Xiarhos (substitute chair), Robin Gunderson, Deb Krau, Heidi Nelson (recorder), and Stacie Peugh

**Absent:**

Scott Fitzgerald, Meghan Mort, Heather Stassel and Jen Cullum, Town Council Liaison

**Guests:**

Jacque Lane, Executive Director, NAMI of Cape Cod & the Islands  
Jennifer Ellis, Sergeant, Barnstable Police Department Community Impact Unit

**Order:**

The meeting came to order at 5:10 p.m.

**Minutes**

The minutes of the December 12, 2017 meeting were unanimously approved as written (Krau motion, Gunderson second).

**Public Comment**

There was no public comment.

**Discussion**

We welcomed Jacque Lane from NAMI to talk about Mental Health First Aid.

NAMI is a national, state and local organization. Locally, our niche programming is for the families of people experiencing mental illness. NAMI offers classes, support groups, and part time legal services. In recent years, NAMI has been a leader in promoting Mental Health First Aid training for community members, and Community Crisis Intervention Team training for police officers in the towns on Cape Cod and The Islands.

Locally, MHFA was initiated with community benefits funding from Cape Cod Healthcare. MHFA is an 8-hour training course that helps people recognize the signs that a person might be headed toward a crisis, how to talk to people who may need services, and how to help them get help. The target groups for training have been teachers, police officers and caregivers, and there are special modules for people working with veterans, the elderly, and college students.

Our goal locally is to have 30 people trained to train others (there are six trainers now), and for each trainer to provide 3 classes per year.

Sgt. Ellis told the group that the Community Impact Unit was started by Chief MacDonald as a way to address the issue of homelessness in Barnstable. The BPD received a grant from the State Dept of Mental Health (DMH), with the goals of MHFA instructor training, funding CCIT training, starting the CIU and funding a clinician to ride along with the CIU.

Currently 55% of BPD officers are trained in MHFA, with 100% of Community Service Officers, dispatchers and SWAT team members trained. The goal is for 100% of BPD officers to be trained in MHFA, and 20% trained in CCIT, at least one on each shift. Jen and Steve shared the challenges of providing training to police officers; the cost of training must include overtime for the officer and then the officer's shift has to be backfilled. Robin commented that these programs are most effective when officers are trained by other officers. Jen agreed and said it's very helpful to be able to use real life examples.

The DMH grant ends in June, and more training still needs to be done. Deb and Heidi worked on calculating the cost of training 20 officers in MHFA (\$10,000) and training 15 officers in CCIT (\$25,000). These numbers can be used in a report to Town Council regarding the funding needs for continuing these programs.

#### **Next Steps**


Our next meeting will be on February 13 at 5:00 p.m. There was a discussion about the agenda for the February meeting. Pending agenda items include a presentation by the leaders of Neighborhood Falmouth, a presentation by Stephanie Briody about the Alternative Peer Group (teen recovery model), and the need for a meeting to digest and discuss what we have heard over the past four months.

**Steve** will talk to Scott about next month's agenda.

#### **Adjournment**

The meeting adjourned at 6:10 p.m.

Respectfully submitted,



Heidi Nelson  
Duffy Health Center and Secretary to Committee

**The next meeting of the Committee is scheduled for Tuesday, February 13, 2018 at 5:00 p.m.**