



COMMITTEE ON SUBSTANCE ABUSE AND WELL-BEING

May 19, 2023

OFFICIAL MINUTES

Herzog, Robert, Chair
Bohlin, Dennis (NY)
Buccigrossi, Jr., Philip (2)
Duda, Lawrence (3)
McCambley, John (4)
Rosinski, Stanley (5)
Lucia, Thomas (6)
Burgart, Stephen (7)

Bryan, Amy (8)
Mistry, Bhagwati J. (9)
Noroozi-Leibowitz, Katayoon (N)
Fialkoff, Bernard (Q)
Pruden, Peter (S)
Safferstein, Don (B)
Vacant (New Dentist Representative)
Mareno, Vanessa (ASDA Representative)

The Committee on Substance Abuse and Well-Being met on Friday, May 19, 2023, at NYSDA. All members attended with the exception of Drs. McCambley, Burgart and Lucia. Ms. Betsy Bray, Director, Health Affairs, and Ms. Jacquie Donnelly, Manager, Health Affairs, were also in attendance. Guests included Ms. Stacy McIllduff, Executive Director, NYS Dental Foundation, Dr. Timothy Mahoney (8) and Dr. Michelle Skelton (NY).

Dr. Herzog called the meeting to order at 9:04 a.m. He acknowledged that this will be his last meeting as chair and said Dr. Bryan's term as chair will begin after the HOD meeting next week. Dr. Herzog then introduced Dr. Mahoney, the new 8th District representative, and Dr. Skelton, the new dentist representative, whose terms will become effective in June. After introducing Ms. McIllduff, he asked the members to introduce themselves.

Following a motion by Dr. Leibowitz and seconded by Dr. Rosinski, the minutes from the Committee's meeting held on November 11, 2022, were adopted as written by unanimous consent.

Chair Report

Dr. Herzog spoke of the recent passing of Dr. McCambley's wife and said that flowers had been sent on behalf of the Committee. He then asked for a moment of silence.

Dr. Herzog thanked the members for their support during his tenure as chair and reminded them that he will continue to serve as the Committee's Peer Assistance Coordinator. He expressed his confidence in Dr. Bryan's leadership and abilities to serve as chair.

Dr. Herzog mentioned that the toolkit and training materials on alternatives to opioids for pain management being developed by the Department of Health, as reported by Dr. Dionne Richardson at the Committee's last meeting, is still ongoing.

Although Drs. Burgart and Lucia were unable to attend the meeting, Dr. Herzog informed the Committee that Dr. Burgart had been appointed to serve on the State Education Department's Professional Assistance Program's review panel. He also acknowledged Dr. Lucia's efforts in assisting a dentist and his patients in the 6th District.

Dr. Herzog reported that the Tully Hill Treatment and Recovery Center is now open for in-patient treatment. He plans to make arrangements to meet with Ms. Cathy Palm, the Center's executive director, and suggested the Committee may want to invite her to speak at the fall meeting.

Education Coordinator Report

Dr. Bohlin reported that he and Dr. Pruden presented to the D1 and D2 students at Stony Brook in March. Dr. Bohlin is scheduled to give a two-hour presentation at the University at Buffalo on October 23. A presentation is scheduled for October 18 at Columbia to the 2nd year medical class. He has been trying to schedule a presentation at the dental school as well. A two-hour course is scheduled at NYU in September and he and Dr. Mistry are trying to schedule a course at Touro College's wellness event in July.

Dr. Bohlin said he has observed during his lectures that the dental students are struggling with mental health and that their education has suffered as a result of the pandemic. He believes they need more support than what they are currently receiving. He has seen an increase in co-occurring cases as well. Ms. Bray said the Council on Dental Education and Licensure has added mental health to its next meeting's agenda. Dr. Skelton said she attended Dr. Bohlin's lecture when she was in dental school six years ago. She said that although Dr. Bohlin provides contact information for the students, there is no follow-up provided by the school for the students as to who they can contact to obtain additional resources. Dr. Skelton also spoke of ASDA districtwide wellness events she was involved in that took place in 2020 when she was in dental school. The events targeted at least one of the five dimensions of wellness (physical, emotional, intellectual, environmental, and occupational). Many of the events were held virtually due to the pandemic.

The Committee discussed how best to provide mental health resources to students and schools and to members in general. Ms. Bray mentioned that NYSDA staff will be exploring the possibility of endorsing a company to provide wellness-related resources, much like the Colorado Dental Association's referral program. Ms. Bray pointed out that individuals experiencing mental health concerns often self-medicate with drugs or alcohol. She believes that if assistance could be given early, it would help to alleviate the possibility of the individual abusing drugs or alcohol. There was much discussion as to how that could be accomplished and some concern that the Committee's mission and charge would focus more on mental wellness than substance use/abuse. Dr. Herzog pointed out that the original charge of the Committee was to assist members with addiction and substance abuse but that we now need to be able to provide wellness-related resources. However, he cautioned that the Committee must keep its focus and know when to step away from trying to resolve issues the Committee has no expertise in. He

further said that he believes that having a group or organization to refer mental health concerns would be the correct course of action.

Dr. Thomas Sullivan Fund

Ms. McIlduff introduced herself and spoke of her professional background working with non-profits and in fundraising. She said she is reestablishing the mission and focus of the Dental Foundation and outlined four areas the Foundation will focus on: Access to Care; Champions for Change; Continuing Education; and Support for Dentists (includes the Sullivan Fund).

Ms. McIlduff is exploring ways to grow the Sullivan Fund by possibly appealing to prior donors and NYSDA members. She would like to see the fund reach a total of at least \$100,000 and potentially become an endowment. She mentioned that September is National Recovery Month and suggested it would be an appropriate time for a fundraising effort.

Lastly, Ms. McIlduff mentioned the Foundation will be presenting a three-hour live webinar on opioid prescribing which will satisfy the state requirement and can be applied towards the new federal eight-hour requirement. The course is scheduled for June 11 and will be given by Dr. Marc Gottlieb. Dr. Fialkoff said his study club will be presenting the same course on June 14.

HEALing Communities Study Report

Dr. Safferstein began his report by providing background on the HEALing Communities Study, which was started by the National Institute on Drug Abuse, along with the Substance Abuse and Mental Health Services Administration. The four-year study began in 2019 with the goal of using evidence-based practices to save lives and reduce opioid-related overdose deaths by 40%. Dr. Safferstein previously provided the Committee with a FAQ handout about the study.

Dr. Safferstein also discussed ways the communities targeted in the study have been trying to reduce drug use in their community. He said the study has been extended to 2024 due to the pandemic.

New England Professional Group (NEPG) Meeting Report

Dr. Bryan reported on the NEPG meeting she attended on November 3-6, 2022. She provided a synopsis of the presentations given to the Committee and encouraged the members to attend a future meeting.

ADA Dental Wellness Advisory Committee (DWAC) Update

Drs. Bryan and Mistry reported that they attended several meetings of the DWAC. They explained that most of the meetings have been for the Wellness Ambassadors and that the DWAC committee members were invited to sit in. The meetings have focused on planning for the upcoming Dental Health and Wellness Conference on September 8 and the revision of the Dentist Well-Being Handbook. Dr. Mistry said she plans to attend the Wellness Conference.

Peer Assistance Coordinator Report

Dr. Herzog reported that the PAP review board was now fully staffed. He said he has been taking webinars offered through Providers Clinical Support System on treating opioid use disorder. Dr. Herzog also reported that the Freedom Institute had been sold to an out-of-state company which only provides out-patient treatment. The new owners have chosen to no longer offer the telehealth treatment component provided by Veritus.

New Business

Ms. Donnelly discussed the Medication Access and Training Expansion Act (MATE). Handouts were provided to the Committee. Ms. Bray drew the Committee's attention to the FAQs.

Old Business

Dr. Herzog reminded members to research local mental health resources for inclusion on their component website as a referral for members. Ms. Donnelly asked the members to check to make sure there is accurate information included on their component website about the Committee and how a member can obtain help. Ms. Donnelly said she will prepare a template for the components to use, if needed.

Component Activity

Members reported on activities in their components and the dentists they are currently assisting. Dr. Fialkoff reported that he has been presenting vaping and marijuana courses and offered to present to the dental students. Dr. Safferstein said the NYC Department of Health is offering one-hour Narcan training. Dr. Moreno told the members that this is her last meeting representing ASDA, as she recently graduated. She has started her Master's Program with the CUNY School of Public Health & Health Policy and will be starting her residency program on July 1 at Jacobi Hospital. She offered to assist the Committee with future endeavors.

Dr. Herzog reported on his activities assisting dentists in his role as Peer Assistance Coordinator. In his recent work with several dentists, he has been able to identify that mental health issues involved with substance abuse seem to be more prevalent.

Adjournment

Dr. Herzog reflected on his years as chair of the Committee and thanked the members for their support. He announced that the Committee's next meeting is scheduled for Thursday, November 2, 2023, at NYSDA. He reminded the members that NYSDA will only reimburse expenses for one meeting per year so they, or their component, will be responsible for their meeting expenses. Expenses for the ASDA and new dentist representatives will be reimbursed by NYSDA.

Following a motion by Dr. Rosinski and seconded by Dr. Buccigrossi, the meeting was adjourned at 12:55 p.m.