



COMMITTEE ON SUBSTANCE ABUSE AND WELL-BEING
May 20, 2022

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)
Vu, Cha (New Dentist Representative)
Mareno, Vanessa (ASDA Representative)

The Committee on Substance Abuse and Well-Being met on Friday, May 20, 2022, at NYSDA. All members attended with the exception of Drs. Lucia, Noroozi-Leibowitz, Vu and Ms. Mareno. Dr. Dionne Richardson, State Dental Director, Division of Family Health, NYS Department of Health, attended as a guest. Ms. Betsy Bray and Ms. Jacquie Donnelly, NYSDA staff, were also in attendance.

Dr. Herzog called the meeting to order at 9:02 a.m. Following a motion by Dr. Buccigrossi and seconded by Dr. Mistry, the minutes from the Committee's meeting held on October 29, 2021, were adopted as written. Dr. Herzog called for a moment of silence in memory of Dr. Feldman and former Committee members, Drs. Fleishman and Scullin.

Chair Report

Dr. Herzog reviewed the ADA Dental Wellness Advisory Committee report. He pointed out that the ADA's 2021 Dentist Health and Well-Being report was released in January and is available on the ADA website. The ADA has also developed materials, webinars and informational videos in accordance with Resolution 95H-2021 to support members facing mental health and substance abuse issues.

The ADA has asked interested parties to submit their CV for consideration to an appointment on the Dental Wellness Advisory Committee. Dr. Herzog announced that Dr. Bryan has submitted her CV.

Dr. Herzog informed the Committee of the passage of the Dr. Lorna Breen Health Care Provider Protection Act. The Act establishes grants for programs developed by hospitals, medical professional associations and other health care entities to promote mental health and resiliency among health care providers.

Dr. Herzog advised the members that the Tully Hill Treatment and Recovery Center located in Tully, NY, has temporarily suspended inpatient detox and rehab levels of care due to a nursing shortage. Their outpatient services and programs continue to remain open. Tully Hill is currently in the process of recruiting nurses and for other open positions. Dr. Herzog will keep the Committee apprised.

Dr. Herzog stressed the importance of members continuing their education in substance use disorders by attending conferences, educational courses/webinars, etc. Upcoming conferences include the International Doctors in Alcoholics Anonymous (IDAA) Annual Meeting from July 20-24 and the New England Professional Group (NEPG) Annual Meeting from November 3-6. Dr. Bohlin expressed interest in attending the NEPG meeting.

NYS Department of Health

Dr. Dionne Richardson gave an update on a four-year federal grant the Department received in 2018 for development of outreach and educational programs on opioid prescribing, abuse and prevention. She said as a result of meeting with the Committee in 2018, and conferring with Dr. Herzog, she has gained valuable input in determining the educational needs of dentists and health literacy materials for patients. As a result, opioid prescribing training materials geared specifically to dentists are being developed that will include video training and an opioid prescribing toolkit. The toolkit will contain resources for both dentists and patients, along with an opioid risk assessment tool. Educational materials were developed for local health departments as well. Dr. Richardson will send NYSDA staff a link to the toolkit once it is available.

Dr. Richardson pointed to the free online training course on dental opioid prescribing using health literacy concepts developed by the DOH. Ms. Donnelly said the availability of the course has been publicized by NYSDA and is available on the NYSDA website. The course integrates personal stories with didactic training.

Lastly, Dr. Richardson said opioid prescribing data will be monitored and DOH will be working with the Center for Health Workforce Studies to accomplish this.

NYS Education Department Professional Assistance Program Report (PAP)

Dr. Herzog reported that PAP's annual meeting would be held on September 23. The PAP will continue its discussion of the use of medical marijuana while practicing. He believes they will take a zero-tolerance stance. Dr. Fialkoff pointed out that the majority of medical marijuana dispensed contain THC levels of up to 15%.

Education Coordinator Report

Dr. Bohlin reported that he is in the process of scheduling educational programs for the fall of 2022 and spring of 2023 at NYU, Stony Brook University, Columbia University, University at Buffalo and Touro College.

HEALing Communities Study Update (HCS)

Dr. Safferstein gave an update on the activities of the HEALing Communities Study (HCS) initiative. HCS continues to strive to reduce opioid overdose deaths by 40% in four states (including New York). They have been working at the community level in affected counties to reduce opioid prescribing and promote safe prescribing, distribution of naloxone, and to direct addicts into treatment programs and medication-assisted treatment (MAT).

Dr. Safferstein reported that HCS's recent meeting focused on efforts being made in the penal system and with local police departments. One of the topics discussed was legislation passed in 2021 that directs the establishment of MAT programs in correctional facilities, to provide inmates with access to treatment for opioid addiction. A presentation was given by the Ulster County Sheriff about a program he developed to help combat opioid abuse. ORACLE (Opioid Response as County Law Enforcement) was developed to help strengthen the relationship between law enforcement and the community, focusing on prevention, intervention, harm reduction and recovery. The Sheriff's Department trains crisis intervention teams that respond with law enforcement to opioid overdose situations, retains in-house social workers to help facilitate treatment, conducts drug takeback days, provides MAT treatment for incarcerated individuals and reentry support programs for individuals being released from jail.

ASDA Report

Ms. Mareno was unable to attend the meeting but provided a written report. Dr. Herzog reviewed her report with the Committee. Ms. Mareno has been trying to incorporate Dr. Mistry's one-hour wellness program into the University at Buffalo's wellness week in September. She is also trying to schedule an opioid overdose rescue-training course for the school.

Ms. Mareno informed the Committee that after graduating from dental school, she would be applying to medical school and plans to work to address social and health disparities/inequities that marginalized communities face. She also plans to gain exposure in the ER setting and help facilitate rehabilitation services for patients who have overdosed.

New England Professional Group Meeting Report (NEPG)

Dr. Bryan reported on her attendance at NEPG's annual meeting held in November 2021. She discussed the presentations and provided a written report to the Committee.

Dr. Thomas Sullivan Grant Fund

Dr. Herzog informed the Committee that the proposed resolution it submitted to revise the terms of the Sullivan Fund was adopted by the NYSDA Board at its May 6 meeting.

Currently, the Fund has a balance of \$48,800. Dr. Herzog mentioned that several donations were received in memory of former member Dr. John Scullin.

Peer Assistance Coordinator Report

Dr. Herzog reported on the dentists he has been assisting and commented that over the last six months he has placed three dentists into treatment facilities. He has been assisting 10 additional dentists who have been involved in various situations involving return to use, drug diversion, illegal prescribing, DWI and one death by suicide. Dr. Herzog noted that some cases involved substance abuse occurring with a mental health issue such as anxiety or depression. One case involved polydrug addiction, along with a gambling addiction. Dr. Herzog further stated that he and Dr. Bohlin were successful in performing an intervention via conference call, resulting in the dentist being placed in a treatment program.

New Business

Opioid Antagonist Prescribing Requirement

The Committee discussed recent legislation that requires a provider to prescribe an opioid antagonist when prescribing a patient's first opioid prescription for the year under certain defined circumstances. The legislation becomes effective on June 27, 2022. The Committee questioned whether the patient's first opioid prescription applied to the first prescription the current treating dentist was prescribing or the first prescription prescribed by another prescriber. NYSDA staff will provide further clarification and include a reminder to the membership in an upcoming newsletter.

Yoga Stretches and Mindfulness Course Promotion

Dr. Mistry led the Committee through her free course entitled "Yoga and Mindfulness: Sitting and Standing Practices to De-stress-Relax-Renew-Recharge Your Mind and Body." The Committee agreed it was a worthwhile course to promote to members, especially given the Committee's recent name change to incorporate well-being issues. Ms. Donnelly said as May is mental health awareness month, the course could be promoted via NYSDA's social media platforms and through a link on the Committee's mental health resources page. Dr. Mistry will send the course link to NYSDA staff for promotion.

Old Business

Recreational Marijuana

Dr. Herzog discussed the draft position statement the Committee created at its October 2021 meeting on the use of recreational marijuana by dental professionals. The Committee still supports the following statement: *The Committee on Substance Abuse and Well-Being does not support the use of marijuana for recreational purposes. Marijuana use is associated with adverse health effects, including the risk of addiction; progression to other drugs; impact on brain, heart and lung function; and the risk of negative professional outcomes in the delivery of dental care. As we continue to bridge the gap between oral and systemic health, the Committee supports the need for further research on the use of marijuana.*

Medical marijuana use and the varying levels of THC it contains were discussed. Dr. Herzog reiterated that the PAP would be discussing the use of medical marijuana at its next meeting. The Committee will await the PAP's decision on the use of medical marijuana by dental professionals.

Component Reports

Dr. Fialkoff gave a presentation on The Foundation for a Drug-Free World and its Truth About Drugs program. He disseminated informational materials to the Committee. Dr. Fialkoff is the president and founding sponsor of the Americas Chapter. The international program provides drug education and prevention initiatives targeted to youths through educational institutions, law enforcement, community organizations, etc. He would like to see Committee members promote the program in their communities. Dr. Herzog commended Dr. Fialkoff for his work with the program and although he believes the program is a worthwhile endeavor; he explained that the mission of the Committee is to assist dentists suffering from addiction and find appropriate treatment. He encouraged any interested members to contact Dr. Fialkoff but with the understanding that they would not be representing NYSDA or the Committee.

Members reported on activities in their components and the dentists they are currently assisting. Dr. Duda continues his lectures at St. Peter's Hospital on pain management and opioids. Dr. McCambley reported that an article written by a woman whose father was a member and suffered from alcohol addiction was published in their component newsletter. The woman and her siblings each donated to the Sullivan Fund in their father's memory. Dr. Mistry will be presenting her wellness course at the American Academy of Pediatric Dentistry's conference and at the Greater New York Dental Meeting. She also reported that her course is available on the Ninth District Dental Association website for mental health awareness month. Dr. Safferstein discussed the importance of components knowing of local referral resources to address mental health concerns for not only dentists but for dental office staff as well.

Adjournment

Dr. Herzog announced that the Committee's next meeting is scheduled for Thursday, November 3, 2022, at NYSDA. As NYSDA will only reimburse committee/council members for one in-

person meeting per year, members will attend at their own expense or with reimbursement from their component dental society.

Following a motion by Dr. Bryan and seconded by Dr. Rosinski, the meeting was adjourned at 1:48 p.m.

Respectfully submitted,

A handwritten signature in cursive script, reading "Robert J. Herzog DDS".

Robert J. Herzog, DDS, Chair