

**MINUTES
of the
SECOND MEETING
of the
BEHAVIORAL HEALTH SUBCOMMITTEE
of the
LEGISLATIVE HEALTH AND HUMAN SERVICES COMMITTEE**

**September 13, 2019
University of New Mexico Science & Technology Park Rotunda
801 University Boulevard SE
Park North, First Floor-East
Albuquerque**

The second meeting of the Behavioral Health Subcommittee of the Legislative Health and Human Services Committee was called to order by Representative Patricia Roybal Caballero, chair, at 9:41 a.m. on September 13, 2019 at the University of New Mexico Science & Technology Park Rotunda in Albuquerque.

Present

Rep. Patricia Roybal Caballero, Chair
Sen. Bill B. O'Neill, Vice Chair
Sen. Michael Padilla
Rep. Andrea Romero
Rep. Christine Trujillo

Absent

Rep. Phelps Anderson
Rep. Rebecca Dow
Rep. Doreen Y. Gallegos

Advisory Members

Rep. Deborah A. Armstrong
Rep. Karen C. Bash
Rep. Dayan Hochman-Vigil
Sen. Gerald Ortiz y Pino
Sen. Mary Kay Papen
Rep. Elizabeth "Liz" Thomson

Rep. Zachary J. Cook

Guest Legislators

Rep. Joanne J. Ferrary
Sen. Linda M. Lopez

Staff

Lenaya Montoya, Staff Attorney, Legislative Council Service (LCS)
Andrea Lazarow, Bill Drafter, LCS
Karen Wells, Contract Staff, LCS

Guests

The guest list is in the meeting file.

Handouts

Handouts and other written testimony are in the meeting file.

Friday, September 13

Welcome and Introductions

Representative Roybal Caballero welcomed the subcommittee, staff and members of the audience. Subcommittee members and staff introduced themselves.

Presentation and Tour from the Rx Abuse Leadership Initiative (RxALI)

Debbie Maestas-Traynor, Maestas Consulting LLC, and Jeff Blom, Code 3 Association, discussed the RxALI and Code 3 Association programs. Ms. Maestas-Traynor described the RxALI and said that it exists to promote awareness of substance abuse.

Mr. Blom noted that the Code 3 Association is composed of retired members of law enforcement. Association members travel the country with a trailer to promote awareness among parents, teachers and others of the accessibility and dangers of prescription and illicit drugs.

Members of the subcommittee toured the trailer, and Mr. Blom gave a presentation on the signs of prescription and illicit drug use in a teenager's bedroom.

Questions and comments from the subcommittee addressed the following:

- clarification regarding the amount and source of funding for the trailer: the total budget is unknown; most funding comes from the pharmaceutical industry;
- a suggestion that outreach efforts be extended to senior citizens;
- an observation that the current secretary of aging and long-term services has a professional history of working in the behavioral health arena;
- whether the RxALI collaborates with county jails to expose offenders to the trailer: yes, to a limited degree; and
- recognition of the importance of including schools in this type of education.

Update from the Center on Alcoholism, Substance Abuse, and Addictions (CASAA) at the University of New Mexico (UNM)

Barbara S. McCrady, Ph.D., distinguished professor of psychology, CASAA, UNM, addressed the subcommittee. Dr. McCrady provided an overview of substance abuse and the role of the CASAA at UNM. She identified the three major areas of focus as research, student training and community service. She noted that the CASAA is funded through grants, and she stated that the CASAA collaborates with a wide range of organizations and partners.

Dr. McCrady provided details regarding opioid use disorder (OUD). She noted that research is being conducted on the impact of OUD and on ways to reduce the harm of opioid use. She identified various studies that have focused on the use of opioids in the criminal justice

system, and she described work that the CASAA is doing in the area of women's and children's health. The work includes issues related to addicted pregnant women and the effects on children of fetal alcohol spectrum disorders. She identified work being done to study driving while intoxicated (DWI) prevention and treatment of alcohol use disorders. She noted that research is being conducted on the effectiveness of training beverage service providers. She described a smartphone application to help families of DWI offenders. She described several evidence-based treatments that are being studied by CASAA investigators and identified psychological interventions that are being studied and compared for effectiveness. She noted that economic analyses of substance abuse treatments are under way and noted the importance of studies in understanding how treatments work and how the brain responds to various treatment modalities.

Dr. McCrady identified unique approaches that may be utilized for different ethnic populations and age groups, noting different challenges facing these groups. She stated that the CASAA has fostered and conducted research on marijuana and noted that the CASAA has various campus service programs. The CASAA is involved in program evaluations and is represented on various state and county government committees, she said, and emphasized that the CASAA serves as a training institute regarding research techniques and serves at professional conferences.

Subcommittee members had questions and made comments as follows:

- whether there is any funding for research on the use of methamphetamines: not currently, but Dr. McCrady noted that this is an issue of growing importance;
- whether there is treatment for methamphetamine use: not specifically;
- clarification regarding injectable naltrexone for opioid and alcohol use disorders: naltrexone blocks the effects of opioids and is used as part of a treatment program for drug or alcohol dependence;
- whether the CASAA has a role in addressing shortages of mental health professionals in rural parts of the state: the CASAA has conducted training in some rural areas but is not involved in workforce development;
- a statement that efforts are needed to restore behavioral health programs and workforce that were lost in recent years: the CASAA would be interested in participating in such efforts;
- a statement of gratitude for the CASAA's work with law enforcement and DWI prevention;
- whether the CASAA has plans to expand its work with law enforcement: the CASAA would like to see the training academy expanded;
- whether the CASAA has conducted research regarding legalization of marijuana for recreational use: no; however, there is a study from the United States surgeon general that is informative;
- whether there is research being done on the use of medical marijuana: not at present;

- whether the CASAA would welcome funding for such a study: it would be interested in studying social effects of medical marijuana and the impact on business and employees using medical marijuana;
- whether the CASAA works with Project ECHO: it has in the past but not at present;
- clarification regarding the time spent on research versus service provision: the CASAA is almost entirely research and training focused, and it only provides services in the context of research;
- clarification regarding the current status of methadone for treatment of heroin addiction: it is a well understood and proven treatment modality;
- clarification regarding the average time a person remains on methadone: it can be short- or long-term;
- whether an individual who has been on methadone long-term will suffer withdrawal: there is a period of withdrawal;
- whether there has been an increase in use of recreational marijuana, particularly among youth: there has been an increase nationwide; the impact on the brains of youth is emerging as troublesome; and
- recognition of the importance of marijuana research, especially its impact on brain development, in light of policy considerations for legalization.

Update from the Bernalillo County Addiction Treatment Advisory Board

Dr. Bill Wiese, member, Bernalillo County Addiction Treatment Advisory Board; Maggie Hart Stebbins, commissioner and chair, Bernalillo County Board of County Commissioners; and Margarita Chavez-Sanchez, assistant director, Bernalillo County Department of Behavioral Health Services, addressed the subcommittee. Sam Howarth from the Behavioral Health Initiative was introduced.

Dr. Wiese provided information regarding changing approaches to managing OUD, including reducing the barriers to medication-assisted treatment (MAT). He stated that MAT with buprenorphine or methadone greatly reduces episodes of illicit drug use, delays relapses and reduces criminal behavior. He asserted that MAT is a best practice for OUD. He identified numerous issues that create barriers to treatment for OUD, all of which lead to potentially devastating effects. He identified low-threshold treatment programs that require minimal participation of patients as a potential solution to the problem. He asserted that such an approach serves as a bridge treatment until MAT can be initiated, and he emphasized that this approach is effective, safe and legal. He stated that there are potentially 20,000 individuals with OUD who could benefit from this treatment.

Commissioner Hart Stebbins discussed the accomplishments of Bernalillo County in the last four years. She described the effect of a behavioral health tax imposed as a result of a ballot initiative in 2014 to cover behavioral health services not otherwise funded. The tax of one-eighth percent of the gross receipts tax was designated to improve services, leverage Medicaid and other funding sources and measure outcomes. She noted that since its passage in 2015, a total of nearly \$19 million has been raised for projects to improve crisis services, improve prevention

services, ensure adequate housing and prevent substance abuse through early identification and treatment.

Ms. Chavez-Sanchez described criminal justice initiatives, including provision of MAT for inmates, the Public Inebriate Intervention Program, which is a detoxification program, and the provision of supportive aftercare. She provided data regarding the success of these programs, a list of entities that routinely use these programs and the frequency with which they are used. She also provided a list of legislative requests.

The chair introduced Katrina Hotrum-Lopez, secretary-designate, Aging and Long-Term Services Department, who was the previous director of the Bernalillo County Department of Behavioral Health Services.

Questions and comments from subcommittee members covered the following topics:

- clarification regarding recruitment for social workers: legislation is being considered;
- whether there is any known initiative to pursue an interstate compact for social workers: no; however, the idea is being explored;
- clarification regarding funding for the behavioral health housing initiative: the initiative will support a variety of approaches, including transitional housing;
- whether Suboxone should be a short-term or long-term therapy: normally, long-term therapy is preferred, as it greatly reduces the return to drug use;
- clarification regarding Suboxone in combination with other opioids as treatment: it does not work as well as other approaches and may lead to withdrawal symptoms;
- whether legislative action is needed to establish social work as a mandated benefit under Medicaid: it is hoped that this can be accomplished without legislation;
- an assertion regarding the importance of collaborative relationships to address challenging behavioral health and crisis issues in the community;
- a suggestion that providing treatment for addictions by moving individuals completely out of their environments can be more effective than treatment near their homes;
- whether a pilot for Suboxone is under way: it is in the pipeline;
- clarification regarding practitioners who are qualified to perform MAT: special training and a waiver are required; it is open to physicians, nurse practitioners and physician assistants;
- an assertion that there is stigma in the medical profession that is preventing physicians from providing MAT with Suboxone;
- whether there is insurance or Medicaid coverage available to offer MAT in prisons: it is a problem; MAT may not be provided unless there is a coexisting medical condition; and
- acknowledgment of the value of Suboxone treatment following a prison term.

Presentation from the Basics in Addiction Counseling Program (BAC) and the Center for Collegiate Recovery (CRC) at UNM

Marni Goldberg, M.Ed., L.P.C.C., G.C.D.F., program specialist, BAC, UNM, and program specialist, Women's Resource Center, UNM; and students Samantha Nagle and Kristin Tubb presented to the subcommittee.

Ms. Goldberg shared information about the UNM BAC. She outlined the basic requirements for a degree in addiction counseling and noted that many of the students in the program are in recovery from addiction. She described a collegiate recovery program that assists these students. She provided data regarding the number of students at UNM that meet the criteria for substance abuse. She described the CRC, which was established to offer students in recovery from addiction a space on campus to continue their recovery while pursuing higher education. She stated that the CRC is a community of students in recovery from addiction who are receiving a recovery-supported program in a dedicated space with the assistance of committed staff. She identified the goals of the program and noted that research demonstrates that students in the program were helped in their academic performance and report that they would not have been successful without the CRC. She noted that the CRC is supported by the UNM Grand Challenge program and a CASAA grant. Ms. Goldberg stated that the CRC is looking for financial assistance to continue this work.

Ms. Nagle testified that she is a graduate of the BAC, and she is currently working in the psychology department. She described her journey as a student and an intern. She told her personal story of success and identified her future goal to be a licensed clinical provider.

Ms. Tubb also related her experience as a student and as an intern. She is now a licensed alcohol and drug abuse counselor. She asserted that the CRC community is very valuable and that the community benefits greatly from the ability to continue to pursue educational goals in a supportive environment. She noted that there is a shortage of housing, which complicates the recovery process and impairs the ability of her clients to seek recovery.

Subcommittee members had questions and made comments in the following areas:

- whether students at the CRC are now attending an Alcoholics Anonymous (AA) program: they plan to open an AA program in October;
- a suggestion from a member that funding in support of operations of this program may be possible through next session's House Bill 2 "Junior" and that a legislator can help them know how to access this potential funding;
- clarification regarding how binge drinking and other behaviors are common in college environments;
- whether peer mentoring is part of the CRC program: yes;
- whether students involved in the CRC are participating in CASAA research: that is a possibility; and

- a comment that UNM has a responsibility to address the problem of alcohol and drugs on its campus.

Adjournment

There being no public comment or further business, the meeting adjourned at 3:56 p.m.