

**OHIO DEVELOPMENTAL DISABILITIES COUNCIL
CHILDREN AND HEALTH COMMITTEE**

**September 12, 2019
Embassy Suites Hotel
Dublin, Ohio**

MINUTES

Members

Jean Jakovlic	
Bobbi Krabil	X
Karen Kerr, Chair	X
Lori Kershner	
Paula Rabidoux	X
Jill Radler	X
Rhonda Rich	X
Rachel Rice	X
Ilka Riddle	
Rochelle Hall- Rollins, Vice Chair	X
Ben Pershich	
Mark Smith	
Joanna Spargo	X

ADDITIONAL COUNCIL MEMBERS

Sue Willis, ODDC Member

Mindy Vance, ODDC Member

Brenda Brandon, ODDC Member

Mark Seifarth, Special Advisor

Diane Cox, Special Advisor

Linda Kunick, Special Advisor

Michael Denlinger

VISITOR

Jeanette Welsh, DODD
Shari Hathoway, Lucas CBDD
Debbie Kunick

STAFF

Fatica Ayers
Carolyn Knight
Robin Shipp

Call to Order and Approval of Minutes: Chairman Karen Kerr called the meeting to order at 12:43 with introductions.

- **Karen asked for a motion for the approval of the May 2, 2019 minutes:**

Paula Rabidoux made a motion to approve the minutes. It was seconded by Rachel Rice seconded. The minutes were approved. Abstentions were Mindy Vance and Bobbie Krabill.

- **Karen asked for a motion to approve the July 11, 2019 minutes:**

Rhonda Rich made a motion for the approval of the July 11, 2019 minutes and it was seconded by Bobbie Krabill. The minutes were approved. Abstentions were Paula Rabidoux, Rochelle Hall- Rollins and Jill Radler.

Presentation: Opioid Use Disorder and Developmental Disabilities- Mindy Vance

Karen turned the meeting over to Mindy Vance who works for the Ohio Department of Mental Health & Addiction Services. Below are highlights of her PowerPoint presentation:

What are Opioids?

- Opioids include certain prescription medications (such as oxycodone, hydrocodone, codeine), heroin, morphine, and fentanyl.
- Opioids are often used as medicines because they contain chemicals that relax the body and can relieve pain.
- Prescription opioids are used mostly to treat moderate to severe pain, though some opioids can be used to treat coughing and diarrhea.
- Commonly prescribed opioids include:
 - Codeine
 - Vicodin
 - Percocet
 - OxyContin
- Opioids include certain prescription medications (such as oxycodone, hydrocodone, codeine), heroin, morphine, and fentanyl.

What does Opioids do to people?

- Opioids stick to and turn on the release of dopamine (our feel-good brain chemical)
- Over time, opioid use changes the amount and sensitivity of our dopamine receptors.
- Repeated opioid use causes changes over time in the way the brain functions.
- These changes make it very difficult to stop using opioids, even if the person wants to stop.

What is Opioid use disorder?

- Defined by a series of symptoms related to opioid use that may include:
 - Loss of control over one's use of opioids
 - Use in risky ways
 - Impaired social functioning due to opioid use (problems with social skills and connecting to other people)
 - Craving for opioids
 - Increased tolerance (need more to feel the same effect)
 - Withdrawal (physical and/or mental symptoms when one stops taking the opioid)

What happens?

- Individuals develop an addiction to prescription opioids and end up switching over to cheaper and more readily available drugs such as heroin when their prescription runs out and they are still in pain.
- This risk is heightened among the disabled, who are often under greater mobility and financial restrictions than the general population.
- These factors, combined with the fact that opioid addiction is by far the most likely form of addiction to end in overdose and death, make disability and addiction to opioids a growing cause for concern.
- Opioid use disorder is a long-term (chronic) condition that can come back even if you stop using opioids for some time.
- Individuals with developmental disabilities experience staggering rates of addiction between 7%-26%.
- Individuals with disabilities are more likely to abuse opioids, but less likely to get treatment.

Mindy also shared:

- Definition of recovery
- Developmental disabilities and risk
- Stigma and lack of treatment
- Barriers to treatment
- Information on opioid use disorder is treatable.

Old Business/ New Business:

- Jo Spargo's daughter started college at Bowling Green University.
- Rochelle Rollins has all 4 of her daughters in college.

Agency and Partner Updates:

- Ohio Department of Health- Nothing
- Nisonger- Neonatal Abstinence Syndrome - Nisonger and Cincy are working together on a proposal to study the long-term developmental effects of NAS.
- November 6, 2019 is the results of the External Evaluations.

Adjournment: Karen called for a motion for adjournment. Motion to end the meeting was made by Jo Spargo and seconded by Bobbie Krabill. The meeting adjourned at 2:11 p.m.