

Colorado Consortium for Prescription Drug Abuse Prevention

Affected Families & Friends Work Group Meeting Minutes

January 20, 2023 via Zoom

Present:

Sarah Werner and Tracey Ritter, Co-chairs

Hard Beauty: Prescillia Wells

Crystal Goodiel, Safe Rx

Nichole Dawsey, PreventEd

Helen Pianalto, Community Member

BHA: Jessica Triplett, Stephanie Salkin

John Tartz, Rose Neurospa

Consortium: Jose Esquibel, Hilary Bryant, Jennifer Mackender, Michael Davidson, Rosemarie MacDowell

Absent: See attached roster.

Work group Co-chair, Sarah Werner, called the meeting to order at 12:05 p.m. She reviewed the work group mission statement.

Approval of Minutes:

A motion was made to approve the November 2022 meeting minutes. Motion approved.

Presentation: John Tartz, Rose Neurospa:

John is the owner and director of the Rose Neurospa, a nonprofit (Morgan Rose Foundation) mental health clinic founded by John and his wife to honor their daughter Morgan Rose Tartz, who passed away from a heroin overdose five years ago. John's career was in the mortgage and finance sector. John spoke about the extensive research he and his wife did after their daughter passed away to seek out therapies that were not available to them before that time.

Rose Neurospa is located in Lone Tree, Colorado. The clinic was opened with the goal of helping as many people and families as possible, particularly families that do not have the resources available to fund treatment or do not know how to navigate the mental healthcare system. Rose Neurospa's Medical Director is a psychiatrist. Other staff include an additional psychiatrist, a licensed therapist, a health and wellness coach, and a TMS (transcranial magnetic stimulation) technician. They use Facebook and Instagram as a way to educate the community about their services. Presentation highlights:

- Neither John nor his wife knew anything about TMS when they were doing research to try to help their daughter; physicians were not knowledgeable in this area.
- John explained the process of utilizing TMS as a treatment option.
- Many of their patients have PTSD, depression, and anxiety as well as current or past substance use issues.
- They have had great success in depression remission by treating patients with TMS.
- The daily treatment plan typically takes seven to nine weeks (approximately 20 minutes per session).
- Patients have displayed a significant reduction in depression symptoms.

- Information regarding TMS can be found on the FDA website.

A discussion ensued regarding treatment cost, reimbursement, and other conditions that are or are not treated with TMS. Typical cash pay for the initial evaluation and nine week treatment is \$9,500. The foundation offers payment for those unable to afford the cost of treatment or they can arrange a payment plan. The clinic accepts Cigna and Aetna insurance. Applications are pending with Blue Cross, Blue Shield, and United Healthcare.

Michael Davidson provided the following research links. He said he knows of people who have experienced superior results with TMS for bipolar disorders. There is a TMS clinic within the Anschutz Psychiatry Department. Kaiser Permanente also has locations.

For additional information or a tour of the clinic: john@roseneurospa.com
<https://roseneurospa.com/>

Mayo Clinic Information: <https://www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/about/pac-20384625>

Work Group Survey Results:

Hilary Bryant thanked members for completing the work group survey that will be used to help inform the work group's strategic plan. Summary of survey results:

- Twenty-four people responded that they heard about the work group through word of mouth.
- People typically attend several meetings per year. Meetings are held every third Friday of the month. Everyone is sent the agenda in advance to determine whether or not they want to attend.
- Most respondents report they enjoy presentations; one person said they had no interest.
- Fourteen respondents skipped the question regarding "pain points."
- Some members indicated the time of the meeting did not work for them. The current time works for most.

Strategic Plan:

Sarah briefly covered goals set forth in the strategic plan, which includes increasing participant involvement in the work group by responding to member preferences (more speakers and interesting topics, community events.)

The work group discussed the tentative plan to support the "Into Light" art exhibition. Michael said that BHA has connections with Colorado artists who were involved with the Recovery Card Project. CAiR (Colorado Artists in Recovery) was also mentioned.

<https://recoverycardsproject.com/>

<https://www.coloradoartistsinrecovery.org/>

Michael provided a brief update of the "Keep the Party Safe" campaign. The campaign plans to work with Spanish-speaking media outlets.

Resource List Additions:

- Voice for Awareness
- Hard Beauty Foundation
- Maddie Wright Foundation
- Books: "Demon Copperhead" by Barbara Kingsolver (fiction, describes development of opioid epidemic in rural Virginia)
- Films: "Beyond the Beauty and the Bloodshed", "Anonymous Sister" (documentaries on personal impacts of the opioid crisis)

Adjournment/Next Meeting Date:

The meeting was adjourned at 12:53 p.m. The next meeting will be held on Friday, February 17, 2023 from 12:00-1:00 p.m.

Future speakers: February: Nicole Dawsey, Executive Director of PreventEd; March: Dylan Dunn, Assistant Director SAFE Campuses, Training and Professional Development (SAFE = Stop the Addiction Fatality Epidemic)

Attachment: Work group roster