

BOARD OF HEALTH (015105X)

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Personnel Services

Health Director Wages
Clerical Salaries
Clerical Wages-Meetings
PT Nurse Wages
Longevity

	\$77,700	\$84,061	\$86,903	\$86,902	\$89,075	\$ 88,733	
	\$27,849	\$30,138	\$31,266	\$27,678	\$33,126	\$ 31,416	
	\$768	\$450	\$544	\$281	\$2,000	\$2,000	
	\$9,996	\$14,634	\$8,988	\$28,267	\$22,774	\$19,551	
	\$0		\$0	\$0	\$750	\$750	
	\$116,312	\$129,284	\$127,701	\$143,128	\$147,725	\$142,450	\$0

Expenses

Clothing Cleaning
Medical Supplies
Mental Health
Health Fair/Flu Clinic
Supplies and Expenses
Postage
Advertising
Dues & Subscriptions
Meetings
Administrative Expenses
Auto/Mileage Reimbursement
Training
EDUCA/CONSULTING-CIG/VAPE
Printing
Food

\$93	\$64	\$0	\$85	\$100	\$100	
\$0	\$643	\$1,160	\$0	\$600	\$600	
\$580	\$1,160	\$0	\$0	\$1,160	\$1,160	
\$353	\$170	\$0	\$0	\$250	\$250	
\$812	\$948	\$857	\$5,534	\$3,160	\$4,360	
\$512	\$569	\$124	\$510	\$450	\$450	
\$150	\$70	\$150	\$0	\$540	\$540	
\$310	\$524	\$337	\$457	\$450	\$450	
		\$75	\$155	\$0	\$0	
\$0	\$0	\$250	\$275	\$400	\$400	
\$521	\$263	\$296	\$236	\$450	\$450	
\$668	\$509	\$259	\$169	\$800	\$800	
		\$0	\$0	\$8,000	\$4,000	
\$200	\$82	\$68	\$0	\$175	\$175	
\$0	\$318	\$0	\$27	\$240	\$240	
\$4,198	\$5,319	\$3,576	\$7,448	\$16,775	\$13,975	\$0
\$120,511	\$134,603	\$131,277	\$150,577	\$164,500	\$156,425	\$0

JM Phone PHEP Grant done

no requests

DEPARTMENT:

BUDGET NARRATIVE**Description of Department Function**

Describe the overall mission or purpose of the Department.

Millis Board of Health assess and address the health needs of the Millis Community. The Health Department implements and oversees the policies and regulations as mandated by the Board of Health, the Massachusetts Department of Public Health and the Massachusetts Department of Environmental Protection. Our mission and responsibility is the protection of the community, through health promotion, surveillance and permitting activities.

Programs and Sub-Programs

Consider and list the actual Programs and Sub-Programs Executed by the Department

The Board issues permits and annual licenses that include: Retail Food, Restaurants, Temporary Food, Drinking Water Wells, Septic System permits, Septic Installers and Haulers, Trash Haulers, Hazardous Waste Permits, local Environmental Health Impact Regulations, Beaver Permits, Camps and Body Art Establishments. The Health Department also addresses concerns of air quality, noise, housing issues and insect control. The Millis Public Health Nurse, in addition to seasonal flu and CoVid vaccinations, contact tracing and blood pressure screening, health fairs, conducts communicable disease surveillance and other issues that affect the public's health. The Health Department is also active in Regional Medical Reserve Corps and Emergency Preparedness for the community.

Accomplishments

Describe the major describable accomplishments or measurable activities in FY23 or CY22. Use statistics whenever possible.

The Department is responsible for the issuance of numerous business licenses and permits. In addition to processing the licenses and permits, the Board responded to numerous housing, general nuisance and restaurant complaints. The Board of Health reviews plans and inspects: All food service establishments, septic system installations. The Board through the nursing services conducts flu - CoVid clinics, provides outreach nursing assistance to the Council of Aging, CoVid contact tracing. Our office also participates in a regional tobacco control coalition and represented the Town in Region 4A Emergency Planning Committee. We partner with area Schools of Public Health working with interns on issues concerning public and environmental health.

FY24 Departmental Goals

Describe the initiatives and accomplishments planned for FY24

- Encourage and promote public health education within the Town of Millis.
- Provide leadership within the public health profession.
- Collaborate with other professionals, staff, communities and consumers in the planning, implementation, and evaluation of public health programs.
- Seek grant opportunities for the department to enhance the public health objectives.
- Install Stop the Bleed Kits at key sites in the Town Hall and Schools.
- Work with the Regional MetroWest Public Health Collaborative Shared services for new and innovative service delivery.
- Work with graduate school interns concerning community public health concerns.
- Work with The Academic Public Health Corps on community public health projects including GIS.
- Work with inter departmental Opioid Collaborative concerning use of grant money concerning opioid issue.

Spending Highlights for FY24

Explain any significant budget changes from FY23

Expenses:

1. Request increase in Office Supplies line item of \$1,200 for Cell Phone costs due to State PHEP grant running out.
- 2.

The major budget drivers are contractual salary increases for BOH staff and supplemental expense requests.

Non-tax Funding

List any expected non-tax revenues that will be use to fund department activities, including an estimate to be received.

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- | | | | |
|-----|---|------|-----------------------|
| 1.. | Revolving account for Vaccines and Medical Services | Est. | \$5,000 reimbursement |
| 2. | Revolving account for Food Inspections | Est. | \$12,000 |
| 3. | Revolving account EHIR consultants. | | \$ varies |
| 4. | Revolving account Rabies Clinic | Est. | \$700 |
| 5. | MetroWest Shard Services Regional Grant | Est. | \$30,000 |

TOWN OF MILLIS
FISCAL YEAR 2024 BUDGET
DEPARTMENT:

Form 2

Form #2

PERSONNEL SUMMARY

NAME	POSITION-PAY ITEM	CURRENT TOTAL ANNUAL SALARY	HRS/ WEEK	GRADE	STEP	ANNIV DATE	ANNUAL SALARY # WKS/HRS @ SAL	BASE SALARY	OTHER PAY	LON-GEVITY	TOTAL SALARY
John McVeigh	Dir Public Health	\$89,482.00	40	12	10	1/18	\$42.66	\$88,732.80	\$0.00	\$750.00	\$89,482.80
Sarah Ward	Public Health Nurse	\$17,773.60	10	9	10	6/28	\$34.19	\$19,550.96			\$19,550.96
Heather Graham	Dept Asst III	\$19,550.96	24	7	2	3/7	\$25.55	\$31,416.00			\$31,416.00
Heather Graham	Clerk Wages Meetings	\$2,000.00	2				2000.87	\$2,000.00			\$2,000.00
SUBTOTAL/TOTAL								\$141,699.76	\$0.00	\$750.00	\$142,449.76

\$142,449.76

TOWN OF MILLIS						Form #3
FISCAL YEAR 2024 BUDGET			STAFFING HISTORY			
Department:						
	FY 2019	FY 2020	FY 2021	FY 2022	FY 2023	FY 2024
Position	FTE	FTE	FTE	FTE	FTE	FTE
Director Public Health	1.0	1.0	1.0	1.0	1.0	1.0
Dept Assistant III	0.5	0.6	0.6	0.6	0.6	0.6
Public Health Nurse	0.3	0.3	0.3	0.3	0.3	0.3
Clerk wages meetings	0.03	0.03	0.03	0.03	0.03	0.03
SUBTOTAL/TOTAL	1.80	1.90	1.90	1.90	1.90	1.90

DEPARTMENT:

Budget Request Above Level Service**Title:****Description of Request:**

Cell phone request for \$1,200 cell phone and tablet (data) usage public health Director not covered by PHEP after July 2023.

Detailed Cost Impact:

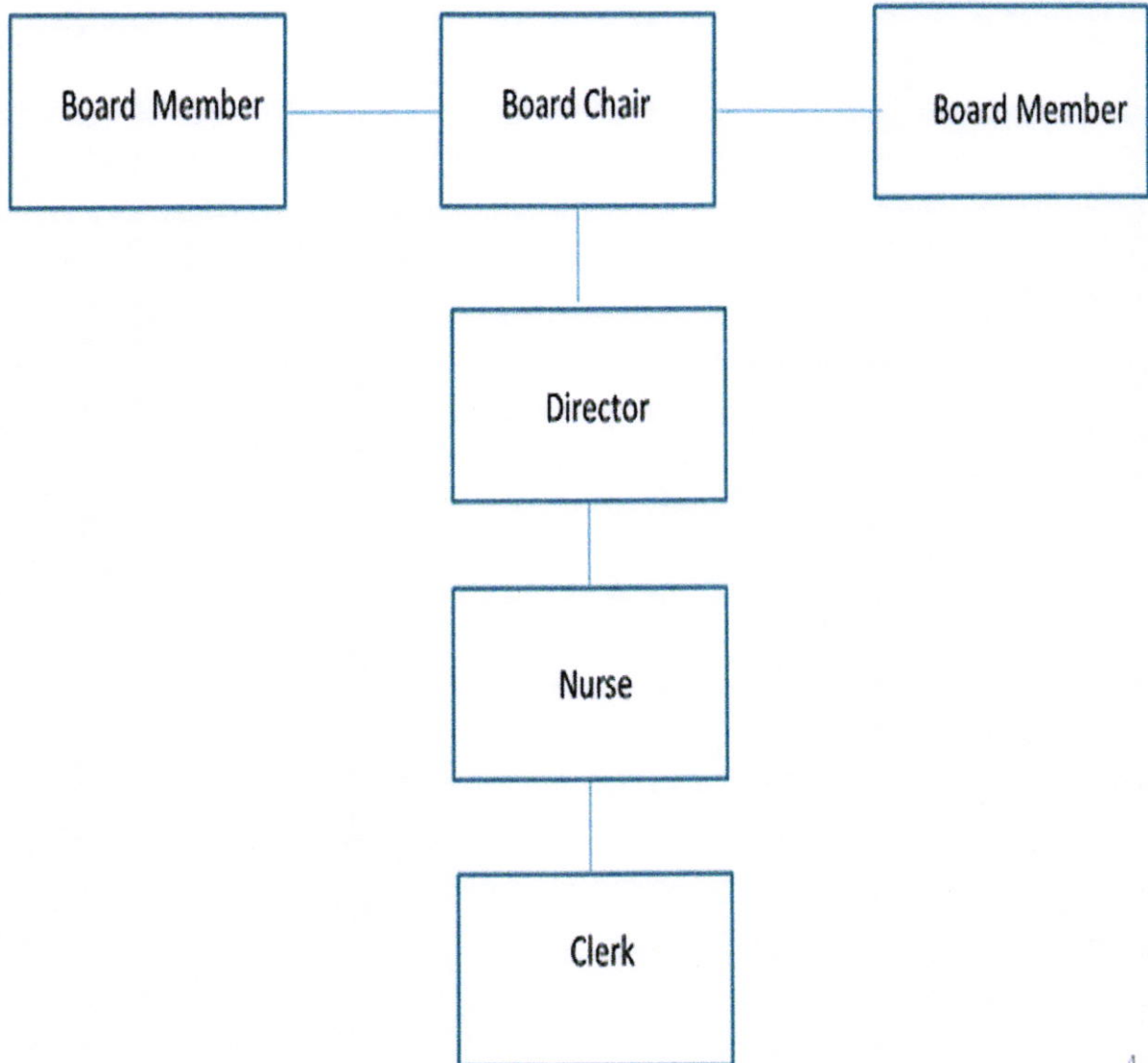
Office Supply increase \$1,200

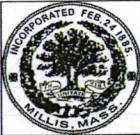
Justification for Request

Attach copies of reports, master plans, or supporting documentation)

Director of Public Health work cellphone and I-Pad Data plan. There will be a corresponding reduction in the same line item due to CoVid nursing services with associated cell phone costs being eliminated.

BOH ORGANIZATIONAL CHART FY24





Town of Millis

Opioid Litigation Settlement

Opioid Litigation Funds Request Form

Request Date	27-Jan-23	IMPORTANT NOTICE By signing and submitting this form you agree that the requested funds will be used for the purposes stated in this form.
Requestor's Name	John McVeigh	
E-mail	jmcveigh@milfordma.com	
Phone	508-376-7042	
Department	Board Of Health	
Category		
Demographic Information		
Classification		
X Training X-Materials X- Staffing X-Special Event X-General	X-Child x- Middle School X- High School X-Adult/Parent X-Senior X-General	X-Education X-Law Enforcement X-Security <input type="checkbox"/> Public Infrastructure <input type="checkbox"/> Traffic <input type="checkbox"/> Inspections <input type="checkbox"/> Municipal Officials Time

Description of Request:

The Board of Health would use funds to assist in the opioid use disorder services within the Town of Millis. We would facilitate the best use of the funds via the Opioid Abatement Advisory Group consisting of the: Fire, Police, Schools and Health Department .

Funding Start Date	
Funding End Date	
Total Funding Requested	\$42,020.00

Detailed Cost Impact:

Type of Expense	Description of Expense	Daily Expenses (Except Airfare)	# of Days	Total Expenses
Salaries			1	\$0.00
Airfare				\$0.00
Ground Transportation			1	\$0.00
Conference/Registration Fees			1	\$0.00
Lodging			1	\$0.00
Meals and Tips			1	\$0.00
Capital Project			1	\$0.00
Miscellaneous			1	\$42,020.00
Grand Total				\$42,020.00

Justification for Request

Attach copies of reports, master plans, or supporting documentation)

Please see the attached Opioid funds Description and proposed budget

Requestor Signature	<i>John McVeigh</i>	Date Signed	1/30/2023
Approved By			
Approval Signature		Date Approved	

Description of Opioid Fund Use FY24:

Preliminary budget approved by the Opioid Abatement Advisory Group.

Therapist Schools (OUD)	\$19,800 (36 weeks during school)
Chris's Corner Recovery Center	\$8481.00
Sarah Ward Stipend	\$3,444.76 (2+- hr/week)
Amy Leone Stipend	\$3,474.24 (2+- hr/week)
Harm Reduction	\$820
Speaking Events	approx. \$6,000
Total-	<u>\$42020.00</u>

1. A therapist for the school one or two days a week for a full day to help support community-based education or intervention services for families, youth, and adolescents at risk for OUD. This would provide greater access to mental health services and support for young people, including services provided in school and in the community to address mental health needs in young people that (when not addressed) increase the risk of opioid or other drug misuse.
2. Community Impacts via Chris' Corner Recovery Resource Center (CCRRC) will fill the gap for the OUD services outlined in the guidelines put forth through the State below. Attached is a calendar of events for January to show some of the different support groups they provide.
 - a. Opioid use disorder treatment
 - b. Support people in treatment and recovery support and promote programs or strategies.
 - c. Connections to care provide connections to care for people who have, or are at risk of developing, oud through programs or strategies.
 - d. Harm reduction support efforts to prevent overdose deaths or other opioid-related harms.
 - e. Address the needs of criminal-justice-involved persons support diversion and deflection programs and strategies for criminal-justice-involved persons with OUD.
 - f. Support pregnant or parenting women and their families, including babies with neonatal abstinence syndrome .
 - g. Prevent misuse of opioids and implement prevention education support efforts to prevent misuse of opioids through strategies.
3. Harm Reduction would include putting together Narcan kits that could be distributed to families or friends of people with OUD. They can also be distributed to any resident that would like to be trained on the use of Narcan. Another piece of harm reduction would include Narcan boxes, which would be placed around town in case of emergency. A Narcan box would look like the AED boxes that we have but would include Narcan and rescue breathing kits. This is something that we are still looking into at the moment.



Chris' Corner- Recovery Resource Center

Calendar of Events - January 2023

Groups & Activities will be held either in-person or virtually via Zoom.
Group & Activity descriptions and information to sign up are on the back.
For all in person groups & activities, masks are required, hand sanitizing stations will be available, and remember to always maintain social distancing.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7-8pm - 24-Hour Speaker Discussion Meeting	2 Closed for Walk-In Hours in observance of New Years 7-8pm - Al-Anon 12 Step Workshop (Closed Group)	3 11am - Narcan Training (V) 6:30-8pm - Siblings Supporting Siblings (S3) 7-8pm - Rise Up (V+) 7-8pm - AA Men's Step into Recovery	4 6:30-7:30pm - Language of Letting Go 7-8pm - AA Just For Today Women's Group	5 2-3pm - PARENt Project at Community Impact (V+) 6-7pm - My Path, My Recovery; Phase 2 7-8pm - Voices of Strength and Hope	6 10-11am - Coffee Hour 10am-1pm - Trauma Counseling for Sexual Violence (Wayside) 6-7pm - The Fight For Recovery	7
8 7-8pm - 24-Hour Speaker Discussion Meeting	9 7-8pm - Al-Anon 12 Step Workshop (Closed Group)	10 6:30-8pm - MJB Sibling Support Group (V) 7-8pm - AA Men's Step into Recovery 7-8pm - Grief Support Group for Men (V)	11 6:30-7:30pm - Our Path, Our Recovery (Closed Group) (V) 7-8pm - AA Just For Today Women's Group	12 2-3pm - PARENt Project at Community Impact (V+) 6-7pm - My Path, My Recovery; Phase 2 8-9pm - Weekend Planning (V)	13 10-11am - Coffee Hour 11am-12pm - Overcoming Your Emotional Wounds 10am-1pm - Trauma Counseling for Sexual Violence (Wayside)	14
15 7-8pm - 24-Hour Speaker Discussion Meeting	16 Closed for Walk-In Hours in observance of Martin Luther King Jr. Day 7-8pm - Al-Anon 12 Step Workshop (Closed Group)	17 12-1pm - Gratitude Workshop 7-8pm - AA Men's Step into Recovery	18 6:30-7:30pm - Language of Letting Go 7-8pm - AA Just For Today Women's Group 7-8pm - Setting Healthy Boundaries for the New Year (V)	19 2-3pm - PARENt Project at Community Impact (V+) 6-7pm - My Path, My Recovery; Phase 2 8-9pm - Weekend Planning (V)	20 10-11am - Coffee Hour 10am-1pm - Trauma Counseling for Sexual Violence (Wayside) 6-7pm - The Fight For Recovery	21
22 7-8pm - 24-Hour Speaker Discussion Meeting	23 7-8pm - Al-Anon 12 Step Workshop (Closed Group)	24 7-8pm - AA Men's Step into Recovery 7-8pm - Grief Support Group for Men (V)	25 5:30-6:30pm - Exploring Our Emotions (Ages 8-12) 6:30-7:30pm - Our Path, Our Recovery (Closed Group) (V) 7-8pm - AA Just For Today Women's Group 7-8pm - What Is A Section 35? (V)	26 2-3pm - PARENt Project at Community Impact (V+) 6-7pm - My Path, My Recovery; Phase 2 8-9pm - Weekend Planning (V)	27 10-11am - Coffee Hour 10am-1pm - Trauma Counseling for Sexual Violence (Wayside)	28
29 7-8pm - 24-Hour Speaker Discussion Meeting	30 7-8pm - Al-Anon 12 Step Workshop (Closed Group)	31 7-8pm - AA Men's Step into Recovery				

Visit www.chriscornermillford.com for more resources and upcoming dates events.



Chris' Corner- Recovery Resource Center

Calendar of Events - January 2023

Groups & Activities will be held either virtually via Zoom or in person
In-person groups will be held at Chris' Corner, 12 Main St, Milford, MA 01757,
unless the group has an alternate location which will be noted in the description.
For all in-person groups & activities, For all in person groups & activities, masks are required,
hand sanitizing stations will be available, and remember to always maintain social distancing.



GROUPS:

24-Hour Speaker Discussion Meeting

Sundays, 1/1, 1/8, 1/15, 1/22, 1/29, 7-8pm. Please bring your own Big Book if you have one, we cannot share due to COVID, but we do have some available if needed.

Siblings Supporting Siblings (S3)

Tuesday 1/3, 6:30-8pm (1st Tuesday of each month). This group is a peer-led grief support group for those who have lost a sibling to addiction. It offers a judgment-free zone with siblings who understand what you are going through. Email Judi Earnest at judi612@aol.com if you are interested in being a part of the group or have any questions.

Rise Up (V) & In-Person

Tuesday 1/3, 7-8pm (1st Tuesday of each month) in person at Chris' Corner or virtually via Zoom. This group is a support group for people who have lost a loved one to substance use disorder. If interested, please email David Swindell at dks27@comcast.net.

AA Men's Step Into Recovery

Tuesdays, 7-8pm. A weekly AA meeting based on the book *Touchstones: A Book of Daily Meditations for Men* by Colleen McCullough. "Brotherhood of man, fight for recovery daily."

MJB Sibling Support Group (V)

Tuesday 1/10, 6:30-8pm, (2nd Tuesday of each month), virtually through Zoom. This group is a peer lead group for siblings that lost a sibling or are struggling with a sibling with addiction. Siblings from across the states join together to support each other without judgment. If you are interested in being a part of the group or have any questions, please email Judi Earnest at judi612@aol.com.

Grief Support for Men After A Substance-Use Death (V)

Tuesday 1/10 & 1/24, 7-8pm (2nd & 4th Tuesdays). This group is for men grieving someone's death that was caused by substance use in any way, whether the manner of death was an accidental overdose, suicide, homicide, medical complication, or some other kind of accident. Peer grief support helps individuals cope with the death of a family member or other beloved person, and engages people who have had a similar experience of loss in helping each other. The group facilitators are David Swindell and Franklin Cook. Please fill out the confidential form at bit.ly/menpeergroup to sign up for the group.

The Language of Letting Go

Wednesday, 6:30-7:30pm, 1/4 & 1/18. Join us for an hour of connection, thoughts, and laughter as you meet and connect with people in the community, share resources, and give and receive support. We will be using cards from the deck *The Language of Letting Go* by Melody Beattie. To sign up, email Lisa Trusas at ltrasas@chriscornermilford.com.

Our Path. Our Recovery: Closed Group (V)

Wednesday 1/11 & 1/25, 6:30-7:30pm (bi-weekly), virtually through Zoom. This group is for those in their first year and early into their second year of sobriety. It is a continuation of the My Path, My Recovery; Phase 3 group. We will continue to work as a team and support each other during our road to recovery.

AA Just For Today Women's Group

Wednesdays, 7-8pm. A weekly women's AA group. Please bring your own Big Book if you have one, we cannot share due to COVID, but we do have them available if needed.

PARENt Project (V) & In-Person (at Community Impact)

Thursdays, 2-3pm at Community Impact (12 Congress St, Milford, MA) or through Zoom with Meeting ID: 831 3560 6521.

This group is for individuals with DCF and Justice Involvement. The PARENt (Parents in Addiction Recovery Engaging Together) Project is a peer driven support group for people in early recovery, offering recovery life skills, healthy relationships, family addiction and recovery, coping with a CORI, and mental health wellness. Group runs for 6 months (group started 10/27/22).

My Path. My Recovery: Phase 2 (V) & In-Person

Thursday 1/5, 1/12, 1/19, 1/26, 6-7pm, in-person and virtually through Zoom. This group is for those in their first year of sobriety and is a continuation of the My Path, My Recovery; Phase 1 group. This group offers relapse prevention, utilizing peer support, improving relationships and communication skills, and is based on the book *My Ongoing Recovery Experience: Owning It* from Hazelden Publishing, and runs for 15 weeks (group started 12/29/22). Completion of My Path, My Recovery; Phase 1 is needed before starting My Path, My Recovery; Phase 2. To sign up, please email Lisa Trusas at ltrasas@chriscornermilford.com.

Voices of Strength and Hope

Thursday 1/5, 7-8pm (1st Thursday of each month). Come listen to those in recovery as they share their stories of strength and hope.

Weekend Planning (V)

Thursday, 1/12, 1/19, 1/26, 8-9pm, virtually through Zoom. The goal of this group is to spend time reflecting upon the week, identifying skills to practice over the weekend, planning/ coping ahead, and setting goals for the weekend. Learn how to create structure for the weekend by identifying self-care, tasks, and leisure activities for each day to help maintain balance & well-being. To sign up, email Lisa Trusas at ltrasas@chriscornermilford.com.

Visit www.chriscornermilford.com for more resources and upcoming groups, workshops, and events.

Chris' Corner- Recovery Resource Center is a partnership between the Regional Substance Navigation Program and Joseph D. Early Jr., Worcester County District Attorney's Office funded through a grant from the OJP Bureau of Justice Assistance.



Chris' Corner- Recovery Resource Center

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The Fight For Recovery

Friday 1/6 & 1/20, 6-7pm (1st & 3rd Friday of each month). Recovery is a tough fight and we want to be fighting by your side. Small Town Athletic Center in Hopedale is hosting a beginner boxing and fitness mix group for those in recovery. Group runs from 6pm-7pm at Small Town Athletic Center, 25 Dutcher Street in Hopedale. Maintaining recovery is a requirement to participate. To sign up, please email Lisa Trusas at ltrasas@chriscornermilford.com.

TRAININGS:

Free Monthly Narcan Training (V)

Tuesday 1/3, 11am-12pm, (1st Thursday of each month), virtually through Zoom. Learn how to recognize and respond to an opioid overdose. The training is hosted by Program RISE. For confidentiality reasons you can use any name you want on your Zoom and can leave your video off. To arrange pick up or mailing of Narcan, email Lisa Trusas at ltrasas@chriscornermilford.com.

11am Zoom: Meeting ID: 838 0559 5528; Passcode: 545603

WORKSHOPS:

Al-Anon 12 Step Workshop

Mondays, 7-8pm. This 12-week Al-Anon workshop uses the books *Pathways to Recovery: Al-Anon's Steps, Traditions and Concepts* and *Paths to Recovery Workbooks: A Companion for Studying Al-Anon's Steps, and Traditions and Concepts*. This workshop requires a commitment of continual attendance, and will be a closed group starting Dec 5th. Group runs for 12 weeks (group started 11/28/22). To sign up, email Peggy Farrell at pegith@gmail.com.

Overcoming Your Emotional Wounds

Friday, 11am-12pm, 1/13. Join us for suggestions and tips on how to overcome your emotions when they are at their strongest. To sign up, email Lisa Trusas at ltrasas@chriscornermilford.com.

Setting Healthy Boundaries for the New Year (V)

Wednesday, 7-8pm, 1/18, virtually through Zoom - hosted by Wayside. Stressed after the holidays? Come join us as we reflect on 2022 and set healthy goals for 2023. To sign up, email Lisa Trusas at ltrasas@chriscornermilford.com.

Exploring Our Emotions (Ages 8-12)

Wednesday, 5:30-6:30pm, 1/25. Emotions are tough and difficult to understand. Join us while we explore our emotions together. To sign up, email Lisa Trusas at ltrasas@chriscornermilford.com.

What Is A Section 35? (V)

Wednesday 1/25, 7-8pm, virtually via Zoom. Do you have a family member suffering from substance abuse disorder? Learn what a Section 35 is, what the process is for filing one, and who can petition for one. To sign up, email Lisa Trusas at ltrasas@chriscornermilford.com.

COMMUNITY EVENTS:

Chris' Corner Coffee Hour

Fridays, 10-11am. Come in, grab a cup of coffee, relax, play a game or talk with others in the community. Everyone is welcome! Please spread the word to those who are struggling, those who want to connect with others, and those who are homeless. Come in and grab a cup of coffee, relax, play a game or talk with others in the community.

COMMUNITY RESOURCES:

Chris' Corner: (508) 552-8080

Community Impact: (508) 422-0242

New Hope: (508) 226-4015

Regional Substance Navigation Program: (508) 377-3370

Riverside Emergency Services: (800) 294-4665

Wayside Youth & Family Support: (508) 478-6888

Individual Trauma Counseling for Sexual Violence

Fridays, 10am-1pm, no appointments needed, walk-ins welcome. If you have been affected by sexual violence, either currently as an adult or in childhood, and are looking for support, you can come meet with a Trauma Counselor from Wayside between 10am-1pm.

Winter Walk-In Hours:

Monday: 10am-2pm

Tuesday: 10am-2pm

Wednesday: 10am-2pm & 3-7pm

Thursday: 10am-2pm

Friday: 10am-2pm

*Other times available by appointment



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