



Truro Board of Health

Tuesday January 7, 2025 at 4:30 PM

Truro Board of Health Notice of Regular (Hybrid) Meeting

Meeting will open at 4:30 PM in the Select Board Chambers at Truro Town Hall on the 2nd floor.
The Truro Town Hall is located at 24 Town Hall Road

This will be a hybrid meeting (in-person and remote access). Citizens in Truro can view the meeting on Channel 8 and on the homepage of the Town of Truro website on the "Truro TV Channel 8" button found under "Helpful Links". Once the meeting has started, click on the green "Watch" button in the upper right of the page. **To join the meeting by phone or to provide comment during the meeting, please call-in toll free at 1-305-224-1968 and enter the following Meeting ID when prompted: Meeting ID: 884 7580 5887** To join this Zoom meeting from your computer, tablet or smartphone enter <https://us02web.zoom.us/j/88475805887> Please note that there may be a slight delay between the meeting and the live-stream (and television broadcast).

If you are watching the meeting and calling in, please lower the volume on your computer or television during public comment so that you may be heard clearly. We ask that you identify yourself when calling in; citizens may also provide public comment for this meeting by emailing the Health Agent at ebbeebe@truro-ma.gov with your comments.

I. PUBLIC COMMENT *Please note that the Commonwealth's Open Meeting Law limits any discussion by members of the Board of an issue raised to whether that issue should be placed on a future agenda*

II. AGENDA ITEMS

1. OC Wellness

- a. Review of ARPA funded program-Town Nurse and Mental Health clinician, presented by Brianne Smith, Director of Behavioral Health at Outer Cape Health Services
- b. Review of Opioid programming- presented by Alex Nelson, with Outer Cape Community Services Network Coordinator,- Opioid survey

2. Request approval for Nitrogen Credit-19 South Highland Road

3. Request to Provincetown- extension of water main on Route 6 to the Walsh property

4. Water Testing in Truro

III. MINUTES


IV. REPORTS

Report of the Chair

Health Agent's Report:

Office of Town Clerk

3:40pm
DEC 30 2024

Received TOWN OF TRURO
By 

Truro OCHS Update



BOARD OF HEALTH MEETING
JANUARY 7.2025

Agenda

Community Resource Navigator

Jennifer Ferron

Jack Brady

Town Therapist, Cassie Baker LICSW

Town Nurse, Kerry Cox RN

Referrals Received

82

Referrals Sources

Truro PD
Truro COA
Cape Cod Hospital
Nauset High School
OCHS
Self
Family/Friends

Presenting Concerns

Food Insecurity
Financial Insecurity
Housing Vulnerability
Transportation
Mental Health
Aging in Place
Substance Use

Case Examples

RACHEL

16 year old resident referred by Truro PD following a response to the home due to conflicts between her and her parents. Met with Rachel and her mother at the home and explored past utilization of behavioral health services. Discussed what has worked well for the teen and family and assisted them in connecting with a new therapist who could provide in person sessions closer to home. Explored adjunct behavioral health supports such as art classes to further support prosocial development.

KEITH

73 year old resident referred to navigator by his PCP, mentioned at an appointment that his truck had broken down and he did not have the money for the repair. Resident lives alone, family in the Boston area. Met with the resident to discuss sources of financial support including Lower Cape Outreach Council and Dexter Keezer Fund. Through the course of home visits, explored more pressing need of a repair in the bathroom. Resident was able to obtain a quote from a local plumber and navigator assisted in accessing financial assistance to cover the entire cost. Remain in contact with resident.

Office Hours



TRURO POLICE
DEPT

Mondays 1:00pm -4:00pm

Referrals Received

19

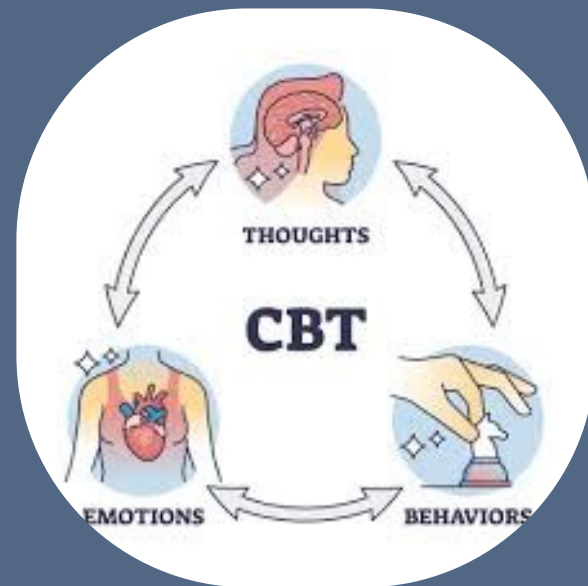
Referrals Sources

Truro PD
Truro COA
OCHS

Presenting Concerns

Depression
Anxiety
Trauma
Grief
ADHD
Substance Use Disorder

Therapy Interventions



COGNITIVE BEHAVIORAL THERAPY

Focus on thoughts,
feelings and behaviors
that drive mental health
conditions



PSYCHOEDUCATION

Providing residents with
accurate information regarding
their mental health symptoms
and ways to address these
concerns



MOTIVATIONAL INTERVIEWING

Helping residents make
positive behavioral
changes utilizing the
stages of change

Case Examples

HENRY

80 y.o male. Experiencing ongoing grief and caregiver burnout after the death of his partner. Provide weekly grief -focused counselling in home. Utilized CBT and motivational interviewing.

KAYLA

24 y.o. female. Referral from community navigator. Resident had agoraphobia, so she was unable to access office visits. Provided in home therapy to support with anxiety and substance misuse. Collaborated with treatment team to ensure continuity of care. Increased and decreased frequency of support based on the resident's needs.

Referrals Received

11

Referrals Sources

Truro Police Department
Truro COA
OCHS

Presenting Concerns

Dementia
Chronic Disease Management
Advanced Care Planning
Safety Planning

Nursing Interventions



CLINICAL ASSESSMENT

Nursing assessment
addressing symptoms,
medications, diagnosis,
care team, support system,
needs and strengths



TEACHING

Providing residents with
accurate information
concerning safety planning,
disease management and
progression



COMMUNICATION

Communication with
PCP, specialists,
families, town
departments

Case Examples

MARTIN

89 year old male preparing for an upcoming surgery and family had concerns regarding caregiving for his wife who was dependent on him for daily living . The family contacted COA and outreach worker referred town nurse to assess and discuss possible options for pre and post surgery . A few home visits and phone calls gave him more understanding of what is available for assists and outcomes . He will be followed up leading up to planned surgery and communication with family and care team will continue

MARGE

86 year old female living alone , with multiple health issues. She recently self determined discharge from assisted living facility after lengthy stay at hospital and rehab. She was living at assisted living community for 2 months as she was deemed unsafe to return home. Upon arriving home she called rescue for lift and assist and as well as rescue transports to er and medical appointments within weeks of returning home. A co -visit with COA outreach worker led to a discussion of safety and need for additional assistance. Visits included teachings of safety and disease management. Facilitated a televisit visit with PCP and arrange for homecare services to include physical therapy . She increased her endurance and home safety measures and is able to leave her home with walker . A follow up visit with outreach worker and town nurse reinforced benefit of partnerships in community and relationship building with residents.

Collaborative Support



Truro Community Kitchen

Serving free meals every Tuesday to Truro residents weekly since 2020, almost 30,000 meals served!



Health & Wellness Fairs

Attendance at local health and wellness fairs to promote supportive services available to residents

Fruit & Veg Rx w/ Sustainable Cape

For the 4th summer in a row, partnering with Sustainable Cape to provide free weekly produce to residents from the farmer's market. Advocated for inclusion of this program as a Mass Health insurance benefit.



Critical Incident Management System and Support Team

Integration into public safety's reporting platform to streamline referrals for those with substance use and mental health concerns. Additional trainings attended to provide clinical support to public safety as a part of the Critical Incident Support Team



Thank you!



Questions?



HEALTH DEPARTMENT
TOWN OF TRURO

DEC 16 2024

RECEIVED BY: _____

TOWN OF TRURO

Board of Health

P.O. Box 2030, Truro, MA 02666

REQUEST TO APPEAR BEFORE THE BOARD OF HEALTH

Date Submitted: 12/4/24

Applicant's Name: Speakman Excavating LLC installer – Jeff Giles Owner

Mailing Address: 235 Great western Rd Dennis Ma 02660

Phone Number: 508-432-5565 email address: info@speakmanexcavating.com

Reason for Request to Appear before the Board of Health:

☐ Request to review a Septic System Inspection Report

☐ Appeal of Health Agent's Decision

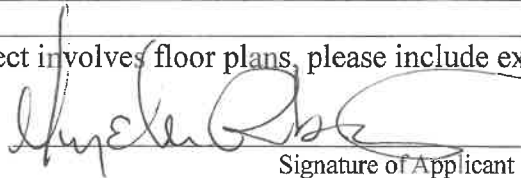
☐ Plan Review and Approval* (building, septic etc.)

☒ Other: nitrogen credit for ADU/installation of IA system

☐ Presentation: Topic to be discussed: _____

Description of Request:

*if your project involves floor plans, please include existing and proposed floor plans



Signature of Applicant

12/4/24

Date

OFFICE USE ONLY

Scheduled Board of Health Meeting Date: _____ Time: _____

Signature/Title

Date

Please return this application to:
Truro Health Agent, 24 Town Hall Road, P.O. Box 2030, Truro, MA 02666

SPEAKMAN EXCAVATING LLC

235 Great Western Rd
Dennis, MA

•

Phone: (508) 432-5565
info@speakmanexcavating.com

19 S. Highland Road, Truro, MA

RE: request for a nitrogen credit/Install of a Fast septic system

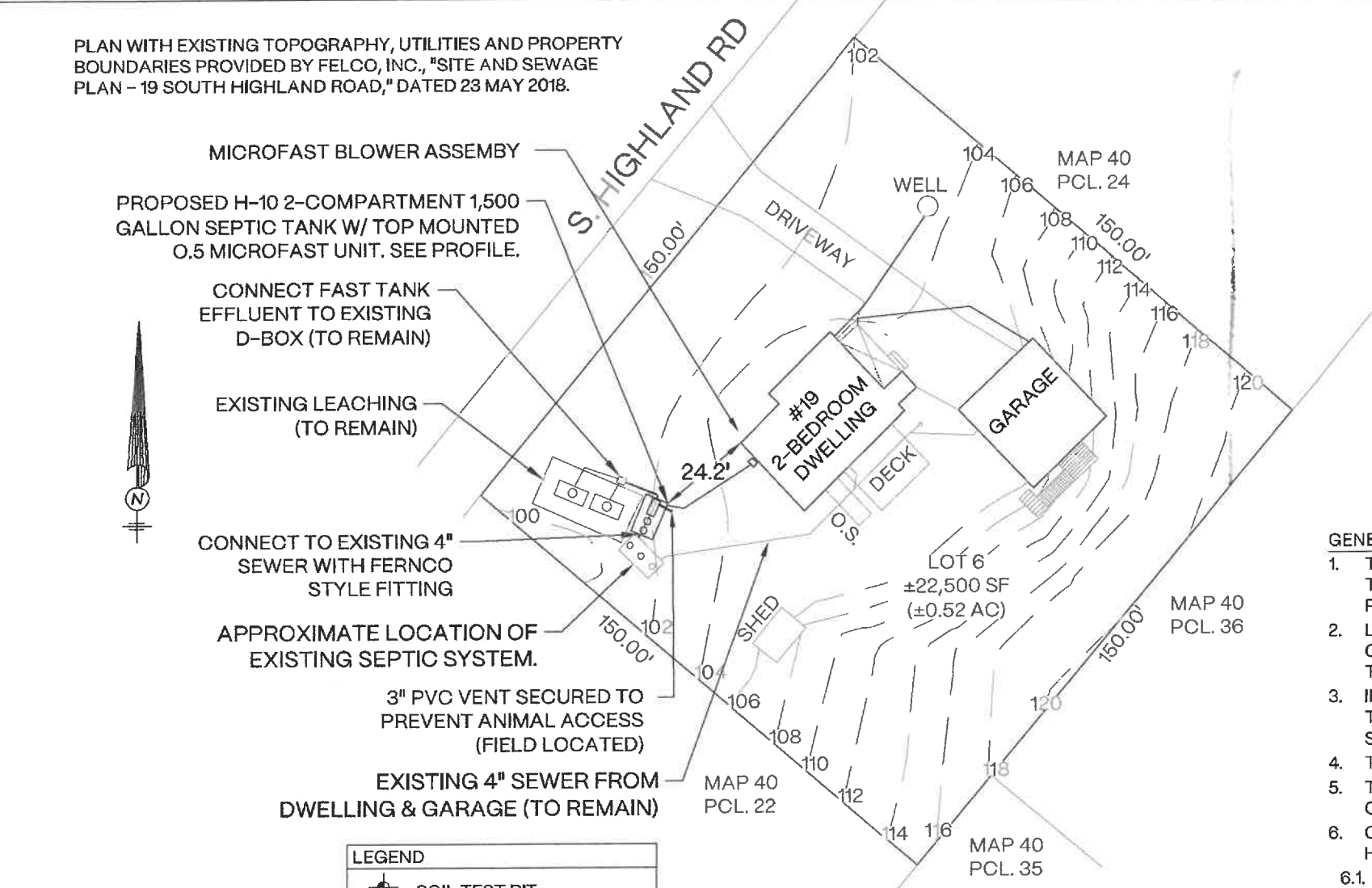
To the Truro Health Department,

We are Requesting a permit for the nitrogen credit for the new ADU (to allow for the use of the new ADU above the garage.) - third bedroom in the two-bedroom zoning. The property already had a three-bedroom approved septic but needed to be changed to comply with current regulations.

We purchased the property for rental use. (It was already a summer rental property). We have already rented the primary 2 BR house to a year-round full-time local workforce individual. Our goal is to rent out the new one-bedroom ADU as a second year-round local workforce housing unit on the property.

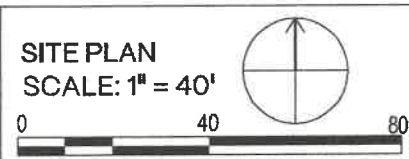
We have been working with Arizona Davis and Emily Beebe in the health department and also with the Building Department since we purchased the property last summer to get this property ready to house local full-time outer cape residents - a much-needed resource.

PLAN WITH EXISTING TOPOGRAPHY, UTILITIES AND PROPERTY BOUNDARIES PROVIDED BY FELCO, INC., "SITE AND SEWAGE PLAN - 19 SOUTH HIGHLAND ROAD," DATED 23 MAY 2018.



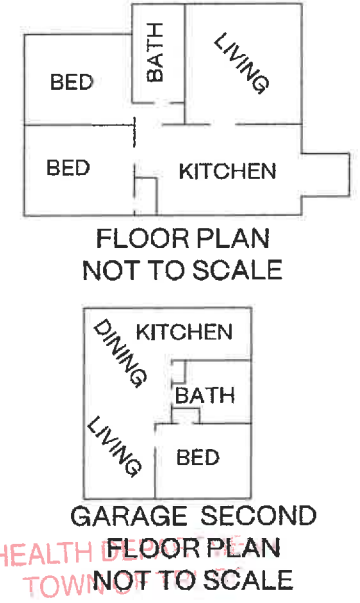
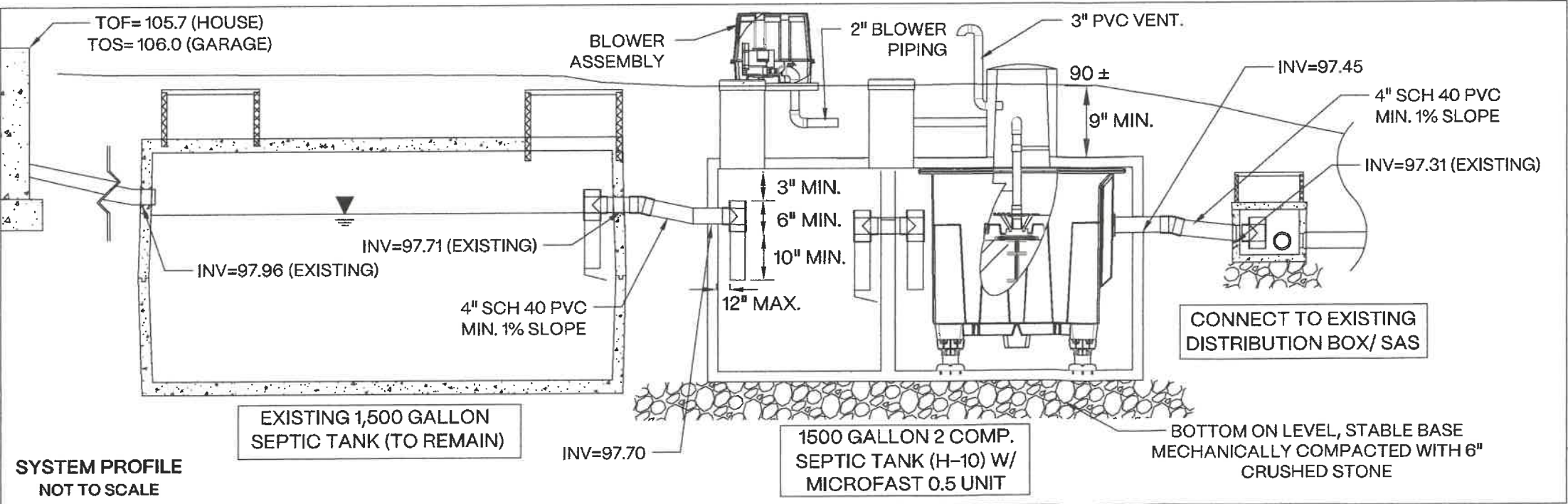
VICINITY MAP
NOT TO SCALE

- GENERAL NOTES**
1. THIS PLAN IS INTENDED FOR THE DESIGN OF THE FAST TREATMENT UNIT SECONDARY TREATMENT SYSTEM ONLY AND IS NOT TO BE USED TO ESTABLISH NEW OR EXISTING PROPERTY LINES OR DWELLINGS.
 2. LOCATION OF WATER, GAS AND ELECTRIC UTILITY LINES IS APPROXIMATE. THE CONTRACTOR IS RESPONSIBLE FOR CONTACTING DIGSAFE AT 1-888-344-7233 AND THE TRURO WATER DEPARTMENT PRIOR TO CONSTRUCTION.
 3. INSTALLATION SHALL BE IN ACCORDANCE WITH THE STATE ENVIRONMENTAL CODE, TITLE 5 (310 CMR 15.000), THE LOCAL BOARD OF HEALTH REGULATIONS, AND THE FAST SEPTIC MA DESIGN AND INSTALLATION MANUAL.
 4. THE CONTRACTOR MUST HOLD A VALID INSTALLER LICENSE IN THE TOWN OF TRURO.
 5. THE CONTRACTOR SHALL NOTIFY THE ENGINEER AND THE LOCAL BOARD OF HEALTH OF ANY CHANGES TO THESE PLANS.
 6. CONTRACTOR SHALL CALL FOR INSPECTIONS AND APPROVALS FROM THE BOARD OF HEALTH AND THE ENGINEER AFTER:
6.1. INSTALLATION OF SYSTEM COMPONENTS PRIOR TO BACKFILL.
 7. ALL PIPING AND FITTINGS SHALL BE SDR 35 PVC UNLESS OTHERWISE SPECIFIED.
 8. CONTRACTOR TO CONFIRM INVERT ELEVATIONS IN FIELD. ALL PIPE MUST MAINTAIN 1% SLOPE (AFTER TANKS). IF 1% SLOPE CANNOT BE MET, CONTRACTOR SHALL CONSULT WITH ENGINEER ON OPTIONS INCLUDING RAISING EXISTING SEPTIC TANK OR REPLACING EXISTING TANK WITH A 1,500 GAL 2 COMPARTMENT TANK WITH MICROFAST 0.5 UNIT.



LEGEND

	SOIL TEST PIT
	EXISTING CONTOUR
	PROPOSED CONTOUR
	OVERHEAD ELECTRICAL
	BURIED ELECTRICAL
	MUNICIPAL WATER
	NATURAL GAS LINE

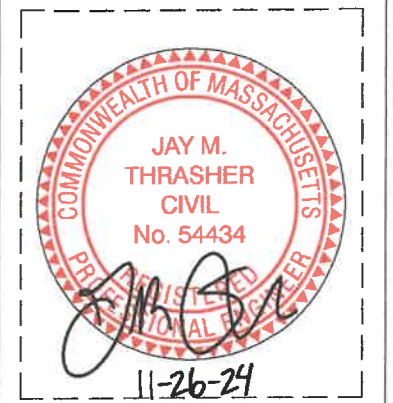


DEC 16 2024
RECEIVED BY

Robial
85 Courtland Street
Providence, Rhode Island 02909
T: +1 (508) 954 0677
E: jay@robialwater.com

CONSULTANTS:

SPEAKMAN EXCAVATING LLC
235 Great Western Rd
Dennis, MA 02660
P: +1 (508) 432 5565
E: info@speakmanexcavating.com



PROJECT:

RESIDENTIAL ONSITE
WASTEWATER
TREATMENT SYSTEM
CONSTRUCTION DRAWINGS

19 S. Highland Road
Truro, MA 02652

No.	Revision/Submission	Date
1	COPYRIGHT 2024 - Robial Water Ltd. This document, and the ideas and design concepts incorporated herein, as an instrument of professional service, can not be used, in whole or in part for this or any other project, without the written authorization of Robial Water Ltd.	
SHEET TITLE:		
DRAFT SITE PLAN		
SHEET SIZE: ANSI B - 11 X 17		
DATE: 25 November 2024		
SHEET NUMBER:		
SHEET 1 of 1		



TOWN OF TRURO

P.O. Box 2030, Truro MA 02666

Tel: (508) 349-7004 Fax: (508) 349-5505

Memorandum

To: Provincetown Select Board
Cody Salisbury, Water Superintendent
Jim Vincent, Department of Public Works Director

From: Town of Truro Select Board
Darrin Tangeman, Town Manager

Date: December 17, 2024

Subject: Request for connection to Provincetown Water System for development of the Walsh property

On behalf of the Town of Truro, the Select Board respectfully requests an extension of the existing water main service from the Truro Central School located at 317 Route 6, 400 feet south to Walsh Way.

The water main would provide service to the Walsh property, in that area closest to Route 6. The service would support proposed residential development, ultimately, not to exceed 160 units, as recommended to the Town at the 2024 Special Town Meeting. A phased development process is proposed, with a first phase of 60 to 80 units, and this phase is not to exceed 9,900 gpd (90 bedrooms) of Title 5 flow. The first phase may be constructed in stages, based on water and wastewater resources.

The town recognizes that currently there is limited water capacity and water pressure. Truro is committed to working with Provincetown on the shared priorities of constructing a water tower and developing an additional wellsite in Truro to support the combined growth management forecasts of both Truro and Provincetown. As efficiency is necessary to mitigate our Outer Cape regional housing crisis, the town anticipates working on these priorities on parallel tracks as development plans continue for the Walsh property, ensuring that housing comes online as soon as water resources are available. Our request serves to initiate the first phase of the Walsh property development plan simultaneously with the installation of the water tower and initiate future phases simultaneously with the development of an additional wellsite.

The partnership between Provincetown and Truro is essential to addressing our shared and individual town needs and goals. We are developing the engineering plans to provide the Town of Provincetown with more detailed documentation to support this request and we wish to include the Walsh property development needs in the immediate- to near-term growth forecast. We look forward to discussing this request with you and to working together to address our regional housing crisis and our shared water resources needs.

Sincerely,

Darrin Tangeman
Town Manager

Susan Areson
Chair, Truro Select Board



Give something
to those who
need it



DEXTER KEEZER COMMUNITY FUND

FOUNDED 1999 - ESTABLISHED 2002

*Extending kindness on the
Outer Cape for 25 years*

*The Dexter Keezer Community Fund (DKCF) is a
registered nonprofit dedicated to improving the lives of
vulnerable people living in Truro.*

*This past year the DKCF raised approximately **\$70,300** in donations
and granted more than **\$81,800** to our townspeople for housing, food,
warmth, medical expenses, education, and transportation needs.*

*Today, the need for local assistance remains and we ask for your support.
Without your continued generosity our mission would not be possible.*

FUNDS HELP US PROVIDE



Housing



Education



Medical



Food Supplies