



Overview

Second Quarter Report | July 1, 2022 – December 31, 2022

The Outer Cape Health Services (OCHS) Community Resource Navigator program's goal is to increase access to mental health, substance use disorder services, and primary care for the underserved population on the Outer Cape that struggle with these and related issues. The Navigator helps clients access resources for emergency interventions, treatment, and wrap around services to address social determinants of health needs such as transportation, physical health needs, safety, housing, insurance coverage, and other services as needed. Through coordination with service providers in behavioral health, recovery treatment, social service agencies, and other stakeholders, the Navigator program identifies and provides coordination services for individuals in need of services.

OCHS has had to adjust services due to COVID-19, which resulted in transition of services to a hybrid of telephone, video support, and community or home visits. OCHS and the Navigator program phased community interactions and face-to-face visits that align with state and health regulations and protocols.

Brianne Smith continues to manage the Navigator Program to support for the Tri-Town region and coordinates services for community residents. Scott Beless continues with OCHS as a Navigator based out of the Wellfleet clinic. The OCHS team now has two Recovery Coaches available for peer group facilitation and one-to-one scheduled appointments. Truro residents also receive support from the Provincetown Clinic Navigator, Teri Nezbeth, allowing increased support for Truro, Wellfleet, and Eastham residents.

OCHS has increased access to substance use disorder treatment through a collaboration with Acadia Healthcare and their Yarmouth Comprehensive Treatment Centers mobile van clinic, available at the Wellfleet pharmacy parking 7-days-per-week.

Referrals to the program can be made directly by email at: CRNavigator@outercape.org, or phone at: 774 209 3222 or 508 237 0132.

The specific responsibilities of the Tri-Town Navigator Program are as follows:

- *Establish contacts and build relationships with clients presenting with mental health, substance abuse issues, and related co-occurring conditions.*
 - The Navigator program received 81 case referrals from July 1 – December 31, 2022, for area residents. COVID precautions increased home visits to residents in the Tri-Town.
 - The Navigator maintains an existing caseload in addition to new case referrals of:

First Quarter	
Eastham	14
Wellfleet	17
Truro	11
Total	42
Second Quarter	
Eastham	16
Wellfleet	9
Truro	14
Total	39

- *Build a network to provide at-risk clients access to services.*
 - Navigator staff coordinate the Outer Cape Community Solutions Rural Health Network group monthly meetings and represented on the steering committee.
 - Outer Cape Community Solutions (OCCS) network is a meeting arranged to allow stakeholders to come together for conversation and actions steps. This first meeting, held in May 2019, helps to organize a service provider meeting. There was an open invitation to organizations on the Outer Cape to meet and discuss programming, networking, and on larger scale common problems and efforts to move towards solutions. The group is seeking grant opportunities from the MA Office of Rural Health to seek support in diversity, equity, and inclusion.
 - OCHS staff from the Navigator program remain on the Steering Committee to support ongoing administrative support and facilitation with The Office of Rural Health.
 - The Navigator staff meets with Cape Cod Hospital (CCH) staff weekly to case conference and coordinate the continuum of care after discharge from the emergency room and psychiatric inpatient to reduce recidivism and offer interventions with patients in the community with the goal that return transport to emergency room through ambulance is reduced.
 - Regular contact with Urgent Care Center/Emergency Services Program (ESP) continues to provide crisis evaluations at the office in Hyannis, in the community, and at Cape Cod Hospital.
 - Emergency Services phone:
 - 1-833-BAYCOVE (229-2683) Urgent Care Center/ESP provides crisis evaluations at our office in Hyannis, in the community, and at Cape Cod and Falmouth Hospital.
 - OCHS Navigator staff participated in a Community Open Forum on Suicide Awareness at the Eastham Library on 9/29/22 (Appendix 1)
 - OCHS has one Navigator based at Nauset High School with office hour 5-days per week to provide supports to students and families.
 - OCCS and OCHS collaborated to offer Free Teen Classes every Thursday from 4:00-5:00 pm at Preservation Hall. (Appendix 2)
 - Navigator offers support at the Truro Council on Aging twice per month for programming.
 - Navigator offers support to the Truro Community Kitchen once per month.

- On October 12, 2022, Navigator staff supported and facilitated a public forum “Community Trauma Debrief” support in collaboration with Riverside Community Care and offered courses over four-weeks of Trauma Sensitive Yoga courses on the following dates: 10/17/22, 10/24/22, 10/31/22, and 11/7/22.
- *Follow up on community partner (e.g., first responder, police) notifications involving overdoses, suspected substance abuse and possible mental health needs.*
 - The Navigator team regularly communicates with Police Departments in Truro, Wellfleet, and Eastham to establish trainings and supports for staff and residents.
- *Respond to referrals and cold calls within one business day.*
 - The Navigator continues with the goal to outreach all referrals within one business day in the Tri-Town area.
- *Assess each client's needs using evidence-based tools.*
 - A social determinant of health tool is used to assess needs: Self Sufficiency Matrix (SSM).
 - A modified screening tool has been developed in partnership with UMass Medical students and FindHelp to integrate evidence-based tools into a web-based module for assessments, treatment goals, and referrals.
- *Provide promotional and informational materials in various media to inform the public of the Navigator services available.*
 - The Navigator distributes promotional material with community partners, town staff, and coordinates with the Marketing and Development staff at OCHS for media and public distribution of materials.
 - The Navigator Program offers both Mental Health First Aid and Suicide Prevention Trainings to town staff and in the community and will continue to facilitate learning opportunities.
 - Navigator staff offer free COVID home test kits to community partners and residents in the community.
- **Provide a minimum of three office hours weekly in each Town:**
 - Office Hours: Truro Police Department – Monday: 1:00 – 4:00 pm
 - Wellfleet Police Department – Thursday: 1:00-4:00 pm
 - Truro Council on Aging – Friday: 1:00-4:00 pm
 - Eastham Police Department – Friday: 1:30 – 4:30 pm
- **Provide home visits to clients:**
 - Navigators meet regularly with clients in the clinic, community, home, or scheduled virtual meetings.

Evaluation of Services

The following is a summary of statistics documenting contacts and follow-ups to the initial contacts, referrals from First Responders and other agencies, family members, etc.

Referral Sources to Navigator Program

1st Qtr						
Referral source	First Responders	CC Healthcare	OCHS	Agencies	Family/Self	Total
Eastham	2	1	8	1	2	14
Wellfleet	4	1	10	0	2	17
Truro	1	1	5	4	0	11
Total	7	3	23	5	4	42
2nd Qtr						
Referral source	First Responders	CC Healthcare	OCHS	Agencies	Family/Self	Total
Eastham	2	1	10	0	3	16
Wellfleet	3	2	4	0	0	9
Truro	2	0	8	2	2	14
Total	7	3	22	2	5	39
						6-month Total 81

The Navigator assessed needs with clients accepting services and supported referrals and coordination with community partners for access to services.

Conclusion

Over the first quarter of fiscal year 23 (July 1, 2022 - September 30, 2022), the Community Resource Navigator program prioritized access for Navigator program participants to mental health and substance use disorder services in Tri-Town area. OCHS has obtained certification from the Department of Public Health Bureau of Substance Addiction Services to enhance substance treatment support for the Outer Cape communities. OCHS is currently operating a virtual Structured Outpatient Addiction Program (SOAP), which started in 2021, through the OCHS Recovery Services providing a minimum of three-and-a-half hours of services per day, three days per week.

Recovery Coach Services are accessible to residents in the Tri-Town region. While a number of clients do not initially report substance use as a critical factor in their day-to-day functioning, substance use is a contributing factor to other health and wellness challenges that co-occur with issues such as mental illness, trauma, chronic conditions, and loss of supports. Navigators connect clients with services and treatment according to the needs and priorities established via assessments and service plans.

Community Resource Navigators play a crucial role in the community by facilitating medical, behavioral health, and substance recovery needs with access to community resources.



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- *Establish contacts and build relationships with clients presenting with mental health, substance abuse issues, and related co-occurring conditions.*
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Community Resource Navigators play a crucial role in the community by facilitating medical, behavioral health, and substance recovery needs with access to community resources.

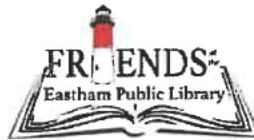
Appendix 1

Expert Panel & Community Open Forum

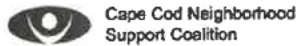
Playing a Role in
Suicide Awareness



THURSDAY, SEPTEMBER 29
5:30 PM - 7:00 PM
EASTHAM PUBLIC LIBRARY
190 SAMOSET ROAD, EASTHAM, MA



Refreshments donated by:



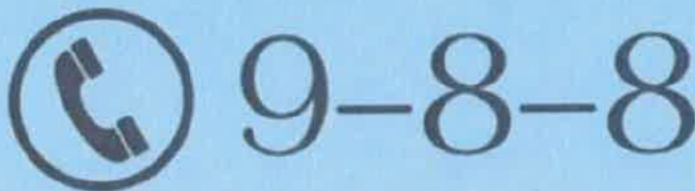
Emily Beebe

From: Lezli Rowell <lrowell@provincetown-ma.gov>
Sent: Friday, April 14, 2023 10:36 AM
To: Emily Beebe; Hillary Lemos
Cc: [REDACTED]
Subject: 988, 211 etc

July 16th, 2022

The suicide hotline is changing.

On 7/16, the once 11-digit number will be reduced to #9-8-8.
When people call or text 988, they will be connected to trained
counselors with the existing lifeline network.



EMPOWER

Emotional Support Hotlines: It's important to take care of your emotional health and well-being. If you need emotional support during these stressful times, the following services are available:

- If you or a family/household member does not feel safe at home, please call **1-800-799-7233** for live support. If you are unable to speak safely, you can log onto thehotline.org to chat online, or text **LOVEIS** to **22522**.
- Call **2-1-1** and choose the "CALL2TALK" option.
- Call or text the Samaritans **24/7 helpline** at **877-870-4673**.
- The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year,

Lezli Rowell,
Health Agent
260 Commercial Street
Provincetown, MA 02657
508.487.7000, ext. 537

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.



Mental Health Clinics - Mental Health Clinics in Massachusetts -
Mental Health Clinics in Barnstable County, MA

Mental Health Facilities in Barnstable County, MA

Here are all of the mental health centers that we could find in Barnstable County, MA. Many of these treatment clinics provide inpatient and residential mental health treatment and are able to treat men, women, teenagers and adolescents. Mental health facilities in Barnstable County, Massachusetts are able to treat all kinds of mental health issues such as suicidal thoughts, PTSD, OCD, various eating disorders, panic disorders, ADHD, depression, various phobias, personality disorders and more.

Call **(855) 453-8985** to get 24/7 help with treatment.

SPONSORED AD

PROVIDENCE VAMC HYANNIS COMMUNITY BASED OUTPATIENT CLINIC

Providence Vamc Hyannis Community Based Outpatient Clinic is a mental health treatment center in Barnstable County, MA, located at 233 Stevens Street, 2601 zip code area. Providence Vamc Hyannis Community Based Outpatient Clinic provides telemedicine/telehealth and outpatient treatment. Providence Vamc Hyannis Community Based Outpatient Clinic offers

**(855) 453-
8985**

(Sponsored Ad)

Are You Or Your Loved One Looking For
Treatment?
Get 24/7 Help - Call Now!

Providence Vamc Hyannis Community Based Outpatient Clinic consist of chronic disease/illness management, supported employment and suicide prevention services.

24/7 help with
treatment

(844) 348-3227

Sponsored Ad

GOSNOLD COUNSELING CENTER

Gosnold Counseling Center is a mental health clinic in Barnstable County, Massachusetts, located at 196 Ter Heun Drive, 2540 zip code. Gosnold Counseling Center offers telemedicine/telehealth and outpatient treatment. Gosnold Counseling Center provides group therapy, cognitive behavioral therapy and couples/family therapy to seniors 65 or older, adults and young adults. Gosnold Counseling Center also supports people requiring dual diagnosis treatment. Some other services provided by Gosnold Counseling Center include family psychoeducation, court-ordered outpatient treatment and case management.

24/7 help with
treatment

(877) 622-9444

Sponsored Ad

GOSNOLD COUNSELING CENTER

Gosnold Counseling Center is a mental health facility in Barnstable County, MA, located at 179 Route 6-a, 2653. Gosnold Counseling Center provides telemedicine/telehealth and outpatient treatment. Gosnold Counseling Center provides individual psychotherapy, cognitive behavioral therapy and psychotropic medication to adults, young adults and children / adolescents. Gosnold Counseling Center also supports people requiring dual diagnosis treatment. Some other services available at Gosnold Counseling Center

include case management, intensive case management and family psychoeducation.

24/7 help with
treatment

(888) 331-3881

Sponsored Ad

GOSNOLD COUNSELING CENTER

Gosnold Counseling Center is one of mental health facilities in Barnstable County, Massachusetts, located at 1185 Falmouth Road, 2632 zip code. Gosnold Counseling Center provides partial hospitalization/day treatment, telemedicine/telehealth and outpatient treatment. Gosnold Counseling Center provides psychotropic medication, cognitive behavioral therapy and individual psychotherapy to seniors 65 or older, young adults and adults. Gosnold Counseling Center also supports people requiring dual diagnosis treatment. Additional services provided at Gosnold Counseling Center include court-ordered outpatient treatment, family psychoeducation and case management.

24/7 help with
treatment

(844) 348-3227

Sponsored Ad

CHILD AND FAMILY SERVICES INC CAPE COD

Child And Family Services Inc Cape Cod is a mental health clinic in Barnstable County, MA, located at 100 Independence Drive, Unit 8, 2601. Child And Family Services Inc Cape Cod provides outpatient treatment and telemedicine/telehealth. Child And Family Services Inc Cape Cod offers cognitive behavioral therapy, individual psychotherapy and activity therapy to adults, seniors 65 or older and young adults. Child And Family Services Inc Cape Cod also supports children/adolescents with serious emotional disturbance, people with trauma and people with serious mental illness. Additional services offered at Child And Family Services Inc Cape Cod include

integrated primary care services, court-ordered outpatient treatment and family psychoeducation.

24/7 help with
treatment

(877) 622-9444

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FAMILY CONTINUITY HYANNIS MENTAL HEALTH CLINIC

Family Continuity Hyannis Mental Health Clinic is a mental health treatment clinic in Barnstable County, Massachusetts, located at 29 Bassett Lane, 2601 zip code. Family Continuity Hyannis Mental Health Clinic provides outpatient treatment. Family Continuity Hyannis Mental Health Clinic provides trauma therapy, group therapy and activity therapy to young adults, adults and seniors 65 or older. Family Continuity Hyannis Mental Health Clinic also supports people requiring dual diagnosis treatment, LGBT and people with trauma. Additional services provided by Family Continuity Hyannis Mental Health Clinic consist of family psychoeducation, case management and suicide prevention services.

24/7 help with
treatment

(888) 331-3881

Sponsored Ad

CAPE COD AND ISLANDS CMHC

Cape Cod And Islands Cmhc is a mental health facility in Barnstable County, MA, located at 830 County Road in the 2559 zip code. Cape Cod And Islands Cmhc provides partial hospitalization/day treatment and hospital inpatient treatment. Cape Cod And Islands Cmhc provides individual psychotherapy, group therapy and psychotropic medication to adults and young adults. Cape Cod And Islands Cmhc also supports people with serious mental illness. Additional services offered by Cape Cod And Islands Cmhc consist of suicide

prevention services, illness management and recovery and mentoring/peer support/consumer-run services.

24/7 help with
treatment

(844) 348-3227

Sponsored Ad

GOSNOLD COUNSELING CENTER

Gosnold Counseling Center is a mental health treatment center in Barnstable County, Massachusetts, located at 2 Mayflower Street, 2657 zip code. Gosnold Counseling Center provides outpatient treatment and telemedicine/telehealth. Gosnold Counseling Center also offers group therapy, psychotropic medication and cognitive behavioral therapy to seniors 65 or older, young adults and adults. Gosnold Counseling Center supports people requiring dual diagnosis treatment. Gosnold Counseling Center also provides case management and family psychoeducation.

24/7 help with
treatment

(877) 622-9444

Sponsored Ad

CAPE COD HUMAN SERVICES

Cape Cod Human Services is a mental health clinic in Barnstable County, MA, located at 460 West Main Street, 2601 zip code. Cape Cod Human Services provides outpatient treatment. Cape Cod Human Services offers psychotropic medication, dialectical behavior therapy and group therapy to seniors 65 or older, children / adolescents and young adults. Cape Cod Human Services also supports people requiring dual diagnosis treatment and patients with eating disorders. More services at Cape Cod Human Services include case management and family psychoeducation.

24/7 help with

(888) 331-3881

**Mental Health
Facilities
Barnstable
County, MA**

Get 24/7 Help (855) 453-8985
With Treatment

Sponsored Ad

CAPE COD HOSPITAL CENTERS FOR BEHAVIORAL HEALTH

Cape Cod Hospital Centers For Behavioral Health is a mental health center in Barnstable County, Massachusetts, located at 27 Park Street, 2601 zip code. Cape Cod Hospital Centers For Behavioral Health provides outpatient treatment, telemedicine/telehealth and hospital inpatient treatment. Cape Cod Hospital Centers For Behavioral Health offers activity therapy, psychotropic medication and group therapy to seniors 65 or older, young adults and children / adolescents. Cape Cod Hospital Centers For Behavioral Health also supports people with serious mental illness, people requiring dual diagnosis treatment and people with trauma. More services available at Cape Cod Hospital Centers For Behavioral Health include suicide prevention services, family psychoeducation and integrated primary care services.

24/7 help with
treatment

(844) 348-3227

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SPONSORED AD

Frequently Asked Questions

Getting mental health treatment is essential. Getting answers to questions you may have about mental health in Barnstable County, MA is just as important. Here are some of the most common questions that people ask in regard to mental health treatment:

- **Can I pay for mental health treatment in Barnstable County with my health insurance?**

Fortunately, most of the mental health clinics throughout Barnstable County will accept private health insurance to cover the cost of treatment. Insurance carriers that include Aetna, Humana, United Healthcare, Blue Cross Blue Shield, Cigna and many others may have provisions in their plans that pay for mental health services. Of course, you should always inquiry with your insurance company to see the exact benefits you have.

- **Is there mental health treatment for teenagers available in Barnstable County?**

Many of the mental health clinics that are located in Barnstable County are able to provide treatment to teenagers and adolescents. In fact, there are some facilities that specialize only in providing mental health treatment to the younger population, while there are also others that will not accept teenagers. Inquire at the specific facility you are interested in to make sure they do provide mental health service for your teenage son or daughter.

- **How long does mental health treatment last in Barnstable County?**

Mental health treatment is done on an individual basis, so there is no specific amount of time or duration that can apply to everyone. Many mental health facilities in Barnstable County have standardized mental health treatments that often go for 30 days, which is a popular option among those seeking treatment. However, your particular case may require 60-day, 90-day or even year-long treatment.

- **What are some of the mental health disorders for which I can get treatment in Barnstable County?**

As a general rule, treatment centers in Barnstable County can help with most mental health disorders. Such disorders include phobias, eating disorders such as compulsive eating, anorexia or bulimia, PTSD, trauma, personality disorders, bipolar disorder, depression, dissociative identity disorder and schizophrenia. To be sure, please ask the facility in question whether they will provide treatment for the specific disorder you or your loved one need help with.

- **How much does mental health treatment cost in Barnstable County?**

Costs for mental health treatment in Barnstable County will vary depending on the facility and your particular mental health issues. Such costs can go as high as \$12,000 for inpatient treatment, or as low as \$60 hourly for outpatient treatment. Please note, however, that you may not need to pay for mental health costs out of pocket. If your health insurance provider pays for mental health services, they may be able to cover some or all costs associated with your treatment.

Mental Health Clinics Near Barnstable County, MA

Mental Health Clinics in Swansea, MA

Mental Health Clinics in Orleans, MA

Mental Health Clinics in Newton Lower Falls, MA

Mental Health Clinics in North Adams, MA

Mental Health Clinics in Leominster, MA

Mental Health Clinics in Palmer, MA

Mental Health Clinics in Boston, MA

Mental Health Clinics in Framingham, MA

Mental Health Clinics in Wilmington, MA

Mental Health Clinics in Marlborough, MA

Full list of all mental health facilities in Barnstable County, MA and nearby within a 75 miles vicinity.

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When you call any number that is not associated with a specific treatment facility listing where a "treatment specialist" is mentioned, or any number that is marked with "i", "Ad", "Sponsored Ad" or "Who answers", you will be calling one of our advertisers. If you are experiencing severe emotional distress and/or suicidal thoughts, please seek all available help immediately, including contacting the Suicide & Crisis Lifeline by dialing 988 and/or visiting their website at: <https://988lifeline.org/>. For additional treatment options or to speak to a specific treatment center, you can visit SAMHSA at: www.samhsa.gov. The Florida Department of Children and Families can provide additional treatment options and can be reached at: www.myflfamilies.com/service-programs/samh. MentalHealthClinics.org provides informational services only. MentalHealthClinics.org is not a mental health, psychiatric and/or substance abuse treatment services organization. MentalHealthClinics.org is not affiliated with any of the mental health facilities located near you. Calling one of the sponsored telephone ads listed on our site will route your call to one of our third-party treatment center partners. MentalHealthClinics.org does not recommend or endorse specific facilities or any other medical or addiction-related information that may be made available by and through the Site

Offerings. The Site Offerings do not constitute mental health, psychiatric and/or addiction-related treatment and/or diagnosis. The Site Offerings are not a substitute for consultation with your healthcare provider or substance abuse professional. Reliance on any information made available to you by and through the Site Offerings is solely at your own risk.



VISITING NURSE ASSOCIATION

Member Cape Cod Healthcare

MISSION:

To coordinate and deliver the highest quality, accessible health services which enhance the health of all Cape Cod residents and visitors

VISION:

We aspire to be the leader in the provision of innovative community health care services and education for residents and visitors of the communities we serve, offering quality care to all those in need, regardless of ability to pay.

In support of this vision, we will:

- Create access for those in need of our services through an integrated network
- Continue to collaborate with physicians, consumers/residents and staff to sustain and exemplary organization
- Provide continuity of care
- Support the independence of patients and families
- Focus on quality in every aspect of our work
- Treat each other and those we serve with respect and dignity
- Support the personal and professional development of all staff
- Develop new markets and innovative programs that meet and support family need, community health and wellness

VALUES:

- To be compassionate ,respectful and professional in the way we deliver care
- To be relentless in pursuing continuous quality improvement, emphasizing the power of teamwork
- To be honest, ethical, and open in all our relationships
- To be responsible stewards of the community's resources by working efficiently and cost effectively to serve all without regard to sex, race, creed, residence ,national origin, sexual orientation, or ability to pay

Town Public Health Nurse Services

The **Town Public Health Nurse** is an added service provided by the Visiting Nurse Association of Cape Cod, separate from Certified/Skilled Nursing Homecare services.

Services from the Town Public Health Nurse include:

- Managing medications
- Emergency planning
- Help navigating healthcare
- Liaison for community resources
- Education
- Fall prevention home screening

As our community ages they require more services but don't necessarily meet the qualifications for Certified/Skilled Nursing Homecare. Our Town Public Health Nurse is a safety net service for any senior who is mostly healthy but lacks support and assistance with navigating healthcare and community resources.



For more information about the Town Public Health Nurse services and how to refer patients, please reach out to Meg Payne, Director of Public Health.

508-957-7737

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Emily Beebe

From: Barnstable County | Department of Human Services
<humanservices@bchumanservices.ccsend.com> on behalf of Barnstable County |
Department of Human Services <humanservices+barnstablecounty.org@ccsend.com>
Sent: Wednesday, May 31, 2023 11:43 AM
To: Emily Beebe
Subject: Barnstable County Human Services Newsletter



6-1-23

Barnstable County Department of Human Services monthly E-newsletter is the 'clearinghouse' for human services on Cape Cod providing news to human service organizations, elected officials and residents on training, funding opportunities, events and more. Visit our [website](#) for information on all BCDHS initiatives.



spotlight




Access World Elder Abuse Awareness Day Media Toolkit

World Elder Abuse Awareness Walk and Rally

Take Steps to End Elder Abuse!

June 15th, 2023 from 12:00-2:00 pm
at Hyannis Village Green



Join us for a 1.5 Mile Walk to Raise Awareness and help End Elder Abuse. Rain or shine!



Rally will include guest speakers and lunch.

Wear **PURPLE** in solidarity!

Meet at the Village Green Bandstand

RSVP to Sandra Anderson by June 1st at ext. 102 or sandra.anderson@esd.org

Contact Andrea Pacheco with any questions at ext. 201 or andrea.pacheco@esd.org

Download World Elder Abuse Walk and Rally Flyer

WORLD ELDER ABUSE WALK AND RALLY ON JUNE 15

Thursday, June 15 from 12:00 pm - 2:00 pm in Hyannis.

Walk to Fight Elder Abuse: Walk and Unite! Walk one mile, hear guest

Community Yard Sale & Cookout for Elder Abuse Awareness

Please Join Us
Saturday, June 17th
From
11 am to 4pm
At the
Mashpee Wampanoag Pawaw Grounds




Rain Location: Mashpee Wampanoag Community Center Gym

Cookout hosted by
MWT Office for
Victims of Crime

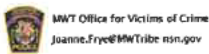
- FREE food & drinks
- All are welcome to bring a dish to share

Yard Sale hosted by
Elders' Travel Club

- \$10 set up charge due during set up
- Bring your own tables & chairs

Speakers & resources on Elder Abuse & Neglect throughout the event!

Please wear purple to show your support!



Download Community Yard Sale & Cookout Flyer

YARD SALE & COOKOUT FOR ELDER ABUSE AWARENESS ON JUNE 17

Saturday, June 17 from 11:00 am - 4:00 pm at the Mashpee Wampanoag Pawaw Grounds.

speakers, enjoy lunch, and wear purple in solidarity. Rain or shine, meet us at the Village Green Bandstand. RSVP with Sandra Anderson by June 1st at ext. 102 or sandra.anderson@escci.org.

Attend a cookout and yard sale and lend your support to the fight against elder abuse! Not only will you enjoy delicious food and find great bargains, but you'll also be helping to raise awareness for this important cause.

AGING WITH PRIDE DOCUMENTARY & PANEL DISCUSSION

Friday, June 2 from 3:30 pm - 5:00 pm at the Falmouth Public Library.

Decades of legal and structural discrimination have affected the wellbeing and economic status of many LGBTQIA+ older adults. The unique social, economic and health challenges they face are explored in PBS's Aging Matters: Aging with Pride. Join Town of Falmouth Community Services Departments and supporting organizations for the viewing of this short documentary in hopes of promoting understanding and inclusion of our LGBTQIA+ senior community. Panel discussion to follow.



[Download Aging with Pride Event Flyer](#)

Act Now, Stay Covered

ATTENTION MASS HEALTH MEMBERS!

Navigators are trained at the highest level by the Massachusetts Health Connector and MassHealth and will help you:

- Update your contact information.
- Report any household changes.
- Shop and enroll into a new plan.

Call 508-771-1727 8:00 am - 5:00 pm

For English: x 266

For Portuguese: x 219, 259

For Spanish: x 229



The flyer features the logos for the Community Action Committee of Cape Cod & Islands and the slogan 'Act now. Stay covered.' The main heading is 'Attention MassHealth Members!'. It lists two bullet points: 'Did you recently receive a BLUE envelope and need help with completing your MassHealth renewal?' and 'Not sure what steps to take to renew your MassHealth coverage, OR what health plan options are available if you no longer qualify for MassHealth?'. Below this is the section 'GOOD NEWS!' which states that navigators are trained at the highest level by the Massachusetts Health Connector and MassHealth and will help you. It lists three bullet points: 'Update your contact information', 'Report any household changes', and 'Shop and enroll into a new plan'. At the bottom, it provides the phone number 508-771-2727 and lists three extension numbers: X266, X219, and X229. It also specifies the hours as Monday to Friday 8AM-5PM. A photo of a woman holding a tablet is on the right side of the flyer.

[Download Flyer](#)

Regional News



A CALL TO ACTION FOR CAPE COD & THE ISLANDS: SUICIDE PREVENTION TRAINING OPPORTUNITY *IT TAKES A COMMUNITY*

WHO: You are invited!

WHEN: June 7th, 2023, 9:00 AM – 4:00 PM Lunch Included (45 minute)

WHERE: Cape Cod Community College Main Campus- Wilkens Library Media Room

WHY: A Collaborative Postvention Response is very important for every community

HOW: Please RSVP by June 2nd by noon so we can plan enough space and food!

You can email wellness@capecod.edu to reserve your space and let us know if you have any food allergies.

Postvention training is a proactive planning tool to promote healing and reduce risk in communities in the event of a suicide or any sudden death. Using National Best Practice protocols, participants will learn how to reduce the risk of contagion and create a comprehensive response plan in the event of a suicide. The training

includes interactive case scenarios, discussion, exercises, PowerPoint and printed materials.

[Read more about Postvention Training](#)

classes & support groups

SOCIAL MEDIA RESOURCE SUMMIT FOR PARENTS

The summer months means lots of unstructured time for kids! Come join us for a presentation on what parents and guardians should be on the lookout for with children using devices. Resource tables with community agencies with programming for youths will also be available!



June 6, 2023 | 5:00 p.m.-7:00 p.m.

Barnstable Intermediate School

895 Falmouth Rd. Hyannis

Contact Danielle.Whitney@mass.gov with any questions.

Sponsored by: Barnstable Intermediate School PTO

[View the Social Media Resource & Summit for Parents Flyer](#)

employment opportunities

POSITION ANNOUNCEMENT:

Part-time Senior Center Receptionist at the Town of Falmouth.

The Town of Falmouth is seeking applicants for a part-time Receptionist at the Senior Center. This position works 19.5 hours per week, and the schedule for this position is Monday (8 am – 4 pm), Tuesday (8 am – 4 pm), and Thursday (8 am – 12:30 pm), with occasional flexibility.

[View Full Job Description](#)

POSITION ANNOUNCEMENT:

Community Organizer at the Community Development Partnership in the Orleans office.

The Community Organizer will primarily work within a Housing Advocacy team to conduct outreach, base building, training, education and leadership development among our Lower Cape community residents for the main purpose of increasing housing opportunities in the region. The Housing Advocacy team currently includes a Director of Housing Advocacy, a Housing Advocacy Program Manager and a second Community Organizer. The Community Organizer will work with our housing development team to assist with community engagement, as needed. Additionally, the Community Organizer will work with our Development & Communications team to assist with the design of our in-house campaign to build public support for housing. The Community Organizer reports to the Director of Housing Advocacy. The Community Organizer will work from the CDP's office at 260 Cranberry Hwy, Orleans, Massachusetts. Opportunities for remote work of up to 3 days per week are available and subject to approval by the position's supervisor. This is a Full-Time Exempt Position (37.5 hours/week).

[View Full Job Description](#)



POSITION ANNOUNCEMENT:

Director of Volunteer Engagement at the Falmouth Service Center.

The mission of the Falmouth Service Center is to ease stress, reduce hunger and improve the quality of life for our neighbors in need.

We have a regional food pantry, financial assistance, special holiday programs, a thrift shop, and other resources for client households. We provide our services with a small staff and a large corps. of volunteers.

The Director of Volunteer Engagement supports and advances the mission of the Falmouth Service Center (FSC) by leading and managing our volunteer engagement program, which is the primary resource for staffing all programs and initiatives. The individual is directly responsible for the recruitment; training; scheduling; and engagement of our volunteers. The Director will oversee the management and support of all FSC and Hand in hand Thrift Shop volunteers and is a member of the senior leadership team.

The position is a full time, salaried role with a generous benefits package.

[View Full Job Description](#)

POSITION ANNOUNCEMENT:

House Manager - St. Joseph's Shelter in Hyannis.

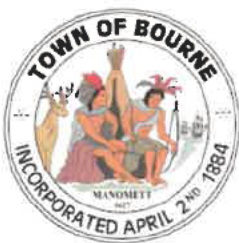
The House Manager will provide leadership and supervision to Direct Care staff and will ensure that operational policies and procedures are enforced at all times. The House Manager is responsible for ensuring the functions of the program are met while providing services that are safe, timely, effective, efficient, equitable, and client-centered.

The House Manager will also supervise the Program Manager of the St. Clare's Program. The St. Clare's program is a structured six-month program for women previously incarcerated to focus on recovery issues in a safe environment from alcohol and drug abuse. The women eligible for the program are often facing many issues which have affected their lives. As a faith-based program, we foster spirituality through the 12 steps of recovery, to maintain sobriety along with life and occupational skills to help these women return to healthy, sober lifestyles.

[View Full Job Description](#)

funding opportunities

BOURNE HUMAN SERVICES FUNDING



The Town of Bourne, through the Human Services Department, is soliciting proposals from interested public or private, state and federally recognized non-profit organizations or partnerships to deliver human service related projects, programs and services to the residents of Bourne, MA.

Programs and services should address human service related needs of residents of the Town of Bourne that are not currently being provided or that are not sufficiently meeting the level of need identified. Proposals must describe the specific human service need for which town funding is being sought and provide relevant and supporting data that documents the need.

For more information or to receive an application please contact Debora Oliviere, (508) 759-0600 x5226 or email doliviere@townofbourne.com.

Application Deadline for FY 24 funds is Friday, July 21, 2023 at 4:30 PM.

scams & fraud

DID YOU RECIEVE AN UNSOLICITED COVID TEST KIT?

Please be alerted that some beneficiaries are receiving dozens of unsolicited COVID test kits. This could indicate that someone unscrupulous has their Medicare information and will initiate future scams.

[Read details](#)

food resources

SEEKING YOUR INPUT FOR FOOD EQUITY INITIATIVES ON CAPE COD!

During the pandemic, our community experienced breakdowns in food supply, distribution, and coordination of resources. The Cape Cod Cooperative Extension and Buy Fresh Buy Local Cape Cod are working with a technology consultant to create a streamlined solution to better help support our local food producers, vendors and distributors. Your input is crucial to inform the design! Find out about upcoming meetings. Click on the flyer below.



[View Flyer](#)

service directory opportunity

Are You Represented on our Network of Care (NOC) Service Directory?



The Barnstable County Department of Human Services' Network of Care SERVICE DIRECTORY website, is a robust local health and human services directory with resources for individuals, families, and agencies on Cape Cod with public health questions and concerns.

[More Information](#)

[NOC Service Directory](#)

newsletter sign-up & submit

Sign me up!



Yes! I'd like to received the Human Services e-newsletter. When you click 'sign me up!' you will have a choice to receive both the Human Services and/or RSAC e-news delivered directly to your inbox.

[Sign Me Up](#)

I want to submit!



Submissions will only be accepted using our online submission form. Attachments must be in .PDF FORMAT ONLY please. Posting of articles submitted for this publication is at the discretion of the Department.

[Submission Form](#)



Barnstable County Department of Human Services | P.O. Box 427, 3195 Main Street, Barnstable, MA 02630 www.bchumanservices.net

[Unsubscribe ebeebe@truro-ma.gov](mailto:unsubscribe_ebeebe@truro-ma.gov)

[Constant Contact Data Notice](#)

Sent by humanservices@barnstablecounty.org in collaboration with



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FOR IMMEDIATE RELEASE

Outer Cape Town's receive Barnstable County ARPA funds for a shared behavioral and public health consortium

June 2, 2023 (Eastham, MA) – The Towns of Eastham, Wellfleet, Truro, and Provincetown are pleased to announce the award of \$381,375 from Barnstable County for a shared *Outer Cape Cod Behavioral and Public Health Consortium*. This grant was made available under the American Rescue Plan Act (“ARPA”) from the United States Treasury. These funds were released to respond to the far-reaching public health and negative economic impacts of the pandemic.

The Barnstable County Board of Regional Commissioners, along with the members of the Assembly of Delegates and representatives from the U.S. Congressman Bill Keating, Senator Edward Markey, and Senator Elizabeth Warren, met this week to award \$5 million in ARPA grants to organizations across Cape Cod. The Outer Cape Cod Behavioral and Public Health Consortium was one of 110 letters of intent submitted, one of 40 invited to submit complete proposals, and one of the 20 finalists.

This initiative represents years of work and collaboration by the four-town health agents: Lezli Rowell, Town of Provincetown, Emily Beebe, Town of Truro, Hillary Greenberg-Lemos, Town of Wellfleet and Jane Crowley, Town of Eastham. The dedication of staff across the region, with the synergy of the collaboration with Outer Cape Community Solutions (OCCS), made this possible.

This grant will allow the four Outer Cape Towns to provide coordinated nursing, behavioral health, and other vital services, which will supplement existing services, address current gaps, and connect residents to services, to create region-wide support. This will be done through the formation of “OC Wellness”, a collaborative initiative aimed at promoting health, inclusivity, and community engagement to residents across all four towns. Look forward to more announcements from “OC Wellness” as the program takes shape.

More information on the Barnstable County ARPA Grants can be found at <https://www.capecod.gov/2023/05/31/barnstable-county-announces-5-million-in-arpa-grants/>



Jacqui Beebe, Eastham Town Manager, Hillary Greenberg-Lemos, Eastham Director of Health & Environment, Lezli Rowell, Provincetown Health Director, pictured with Local, State and Federal Representatives.

###

JOINT PRESS RELEASE



Outer Cape Towns Launch “OC Wellness” Collaborative

Health Departments from Provincetown, Truro, Wellfleet, and Eastham work jointly to create and promote community happenings on the Outer Cape.

May 30, 2023 – The Outer Cape towns of Provincetown, Truro, Wellfleet, and Eastham are excited to announce the formation of, “OC Wellness”, a collaborative initiative aimed at promoting health, inclusivity, and community engagement to residents across all four towns. This effort, undertaken in partnership with Outer Cape Community Solutions (OCCS), is not just about health and medical care, but also about providing free and healthy community events for all residents, regardless of residency, age, income, immigration status, and more.

OC Wellness represents an innovative approach to improving the well-being and quality of life for individuals and families in our diverse communities. The power of this rural community approach lies in leveraging resources to enhance the quality of life for all residents. By joining forces, Provincetown, Truro, Wellfleet, and Eastham aim to break down barriers and ensure that every member of each town can access and benefit from wellness initiatives and resources, regardless of their location or where events and offerings are held.

The vision behind *OC Wellness* is rooted in the importance of addressing the social determinants of health – societal factors that impact overall health and well-being – and the belief that community well-being is a shared responsibility. Through this partnership, the towns will organize events, workshops, and activities that promote physical, mental, and emotional health and well-being.

OC Wellness seeks to provide access to basic health services and screening clinics, combat social isolation, and create community programming throughout the Outer Cape towns by hosting events that residents of any of these four towns can attend, regardless of time and location. Everyone, regardless of their background, deserves access to resources that promote health and wellness. This collaborative effort ensures that all residents – regardless of residency, age, income, immigration status, and more – can participate in these events and take positive steps towards a healthier lifestyle.

Since 2019, partners of Outer Cape Community Solutions have met, shared concerns, pooled resources, and worked together to find solutions to challenges that are too immense for single organizations to overcome alone. OCCS has played an integral role in making the *OC Wellness* collaborative a reality. Their expertise in community development and commitment to fostering

health equity aligns perfectly with the goals of this initiative. By partnering with OCSS, the towns of Provincetown, Truro, Wellfleet, and Eastham can leverage their collective resources and knowledge to implement impactful wellness programs that cater to the unique needs of our communities.

More information about OCCS can be found at <https://outercapecommunitysolutions.org/>.

Additional information on the towns' *OC Wellness* collaborative, upcoming events, and more can be found on each town's health department web and social media pages.

###

5/17/2023
SB
copy

**SECTION VI - LOCAL SEPTIC REGULATIONS TO SUPPLEMENT
TITLE 5, STATE ENVIRONMENTAL CODE**
Amended February 2, 2010; June 5, 2012; October 2, 2018, December 4, 2018, May 18, 2021

Commented [EB1]: For discussion at 4-18-2023 BofH meeting

Article 1 - General Provisions

- 1) **Authority.** In accordance with Massachusetts General Laws, Chapter 111, Sections 31 and 127A, the Truro Board of Health hereby adopts the following regulations to supplement the provisions of the State Environmental Code, Title 5: Standard Requirements for the Siting, Construction, Inspection, Upgrade and Expansion of On-Site Sewage Treatment and Disposal Systems and for the Transport and Disposal of Septage (hereinafter, "Title 5"), and shall take effect upon passage.
- 2) **Purpose.** The purpose of this article is to ~~provide a greater degree of~~ provide protection to the environmental and public health, prevent the spread of disease, and provide greater clarification of the definitions used by the Board in applying the provisions of Title 5 and the Truro Board of Health Regulations pertaining to on-site sewage treatment and disposal systems. Of specific concern is the need to protect the groundwater, which is the sole source of drinking water for Truro, Wellfleet and Provincetown.
- 3) **Enforcement.** Enforcement of the provisions contained in this Section VI will be carried out in accordance with the provisions of Title 5 of the State Environmental Code set forth at 310 C.M.R. 15.000, et seq. and all enforcement methods outlined in Section I of these Board of Health Regulations.
- 4) **Definitions.** With the exceptions listed below, the definitions provided in the State Building and Sanitary Codes, Title 5 and the Wetland Protection regulations shall apply. All time frames referenced herein shall be counted as calendar days. The following terms used by the Board in applying the provisions of Title 5 and the Truro Board of Health Regulations pertaining to on-site sewage treatment and disposal systems, shall be defined as follows:

Accessory Dwelling Unit (ADU): A complete, separate housekeeping unit containing both a kitchen and sanitary facilities, as defined by the Truro Zoning Bylaws section 40.2.

Alter or Alteration: To make different by changing, adding and/or subtracting components, piping or location.

Bedroom

- a) Any room that meets the definition of a bedroom under Title 5 or any room or enclosed addition with at least 70 square feet of floor area and a building code conforming egress window, that provides minimum isolation necessary for use as a sleeping area. Rooms such as a finished basement with building code conforming egress may be considered a bedroom if it meets the definition. The definition does not apply to a bathroom, kitchen, hall, unfinished cellar, unfinished basement, unfinished attic, garage, unfinished area above a garage, unheated porch and open deck.

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- b) Notwithstanding the foregoing, any existing dwelling with six (6) rooms shall be construed to have at least three (3) bedrooms. Any dwelling with seven (7) rooms shall be construed to have at least four (4) bedrooms. Any dwelling with eight (8) or nine (9) rooms shall be construed to have at least five (5) bedrooms. Any dwelling with ten (10) or eleven (11) rooms shall be construed to have at least six (6) bedrooms. Each additional room beyond eleven (11) shall be construed as an additional bedroom and the number of bedrooms for the purpose of sizing a subsurface sewage disposal system (proposed and existing) shall be adjusted accordingly.
- c) All lofts that do not meet the criteria above, finished basements that do not have a building code conforming egress, and rooms and with cased openings at least 60 inches wide shall be considered rooms for the purposes of this definition.
- d) Dwellings built before the 1978 Building Code will have their bedrooms determined on a case- by- case basis.

Buildable Upland: The area of contiguous upland on a lot exclusive of Wetland as defined herein.

Change of Use: With respect to properties with existing systems, a change in use will result when the use of the structure or the land is changed from one use group to another use groups as described in the Table of Uses in the Town's Zoning Bylaws, as may be amended from time-to-time; an alteration of the structure or the land within the same use group that changes the intensity of the use, i.e. a business use changing from retail to office space or a residential use changing from single-family or multi-family; or any change or alteration to the land or structure that results in an increase in actual or design flow to the system.

Design Flow: The quantity of sanitary sewage, expressed in gallons per day (gpd), for which a system shall be designed in accordance with 310 CMR 15.203.

Failed System: Any Septic System which fails to protect the public health, safety and environment as determined by the Truro Board of Health, including but not limited to:

- a) any system which must be pumped in excess of two (2) times in a twelve-month period;
- b) any system which includes a component that the Board of Health determines is structurally unsound;
- c) any system which discharges effluent directly or indirectly to the surface of the ground through ponding, surface breakout or damp soils above the disposal area or to a wetland;
- d) any system which meets any of the failure criteria itemized on the Title 5 Official Inspection form as described in 310 CMR 15.303 or 310 CMR 15.304;
- e) any system with a leaching area with less than 4-feet (for 1978-code systems) or 5-feet (for 1995-code systems) of vertical separation to ground water; this distance shall be measured in the field (not "per plan") by the inspector.
- f) any cesspool as defined in title 5 shall be deemed failed and shall be replaced with a title 5 compliant system no later than December 31, 2023.
- g) any system with leaching areas/pits that are essentially at capacity, as defined in this section 6 article 3.1.i;
- f)h) any systems that were not designed to accommodate the present existing use of the facility served;
- e)j) any system deemed as failing to protect public health, safety and the environment.

To the extent such a waiver would be consistent with the provisions of Title 5, the Board of Health may waive a finding that any of the foregoing systems have failed if the Board

Commented [GJC2]: should this be "Title 5 Compliant System"?

Commented [EB3]: there is a typo in the original text. Please correct it.

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determines, at its sole discretion, that the system will continue to protect the public health, safety and environment.

Innovative/Alternative (I/A) Technology: Technology that is certified for enhanced nutrient removal that is described in 310 C.M.R. 15.202 and 15.217, and which is approved by the Massachusetts Department of Environmental Protection pursuant to 310 CMR 15.280 through 15.289.

Living-Usable space: all spaces within a building that may be used for the intended and/or approved use of the facility and which affect the design or actual flow to a septic system. For residential dwellings, usable space includes all finished areas intended for human habitation, including bedrooms, living rooms, offices, bathrooms and kitchens, but does not include unfinished storage areas (such as attics or unfinished basements) and screened in porches or sunrooms that do not have heat. excludes screened in porches and sunrooms

Commented [E84]: ... (needs more work)

Remedial Use: Undefined as the use of an I/A systems for the upgrade of a failed or Nonconforming Septic System when there is and there shall be no increase in the design flow served by the proposed I/A systems and no increase in habitable space or change in use that may, in the Board's judgement has the potential to increase sewage flow. The Board may consider a variance to this provision to allow the increase in flow from an "accessory dwelling unit" as defined herein and compliant with the Town of Truro conditions for the unit.

Nitrogen Credit : is the use of I/A technology for development of a property beyond the standard of 110 gpd of wastewater flow per 10,000 sf of area. Nitrogen credit shall not be allowed for new construction, unless an Accessory Dwelling Unit is being created.

Nitrogen Loading limitations: The 440 gpd per acre of land requirement for septic system design as described in title 5.

Non-conforming Septic System: Any system which, when installed did not comply with provisions of either the 1978 or 1995 iterations of Title 5, including cesspools and all similar systems in use prior to the adoption of the 1978 Code.

Title 5: Refers to Title 5 of the Massachusetts State Environmental Code, 310 CMR 15.000, et seq.

Title 5 Septic System: Includes any system installed in compliance with the 1978 or 1995 iterations of Title 5 but shall not mean cesspools or any similar system in use prior to the adoption of the 1978 Code.

TN: Means Total Nitrogen

Watersheds of Special Concern: Mapped watersheds designated by the Truro Board of Health and the Zone 1 and Zone II of public water supplies.

Wetlands: Any area that contains swamp, bog, dry bog, fresh or salt marsh, areas of exposed groundwater, embayment's, rivers, ponds, lakes, streams, inland banks, coastal banks, and coastal dunes, or any other area subject to the jurisdiction of the Conservation Commission as defined in G.L. c. 131, §40, 310 CMR 10.00, the Town of Truro Conservation Bylaw and/or regulations of the Conservation Commission, but not including buffer zones abutting such resources.

Article 2 - Variances

1. In addition to the variance criteria set forth in Section I of the Board of Health Regulations, an applicant may apply, and the Board of Health may grant a variance from

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this Section VI provided all of the following minimum criteria for said variance are also met:

- a) A satisfactory inspection by a licensed system inspector of all system components if the variance sought pertains to an existing system.
- b) The proposed or existing leaching facility has a minimum of five (5) feet of separation between the bottom of the leaching facility and the highest groundwater level as determined in 310 CMR 15.103(3); ~~and;~~
- c) The proposed or existing leaching facility meets the minimum Title 5 requirements regarding setback distances for Soil Absorption Systems (SAS) as set forth in 310 C.M.R. 15.211; ~~and;~~
- d) The existing system does not ~~allowing~~ surface breakout of the wastewater; ~~and,~~
- e) The existing system ~~does is~~ not ~~requiring~~ pump-outs in excess of two (2) times in a twelve-month period; ~~and;~~
- f) The Board of Health determines that the grant of the variance will not pose a risk to the public health, safety or the environment and, ~~further,~~ meets all the variance requirements contained in Section I of the Truro Board of Health Regulations.

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2. All applications for variance must be accompanied by plans prepared by a qualified Professional Engineer or Registered Sanitarian and include all information required under 310 C.M.R. 15.220.

3. All application for variance shall include ~~current routine water quality analysis results from the on-site well at the locus property taken within one year of the date of application.~~

Commented [GJCS]: Or any period of time you think is reasonable.

~~2.4. Expiration of All variances shall expire occur after if the system is not installed within 24 months of approval, or such shorter time as may be if the approved septic design has not been installed, or, at such time as determined by the Board of Health.~~

Article 3 - Triggers for upgrading septic systems

1. **Required Upgrades:** In order to improve the quality of water for the Town of Truro by elimination of septic systems which do not comply with Title 5 and the more protective regulations adopted by the Truro Board of Health, ~~persons who own property with non-conforming septic systems shall bring those systems into compliance by upgrading them to meet the standards of this Section VI and/or Title 5 in the following situations trigger an upgrade: all non-conforming and/or failed systems, as defined in this regulation, shall be upgraded to comply with the requirements of Title 5 and/or regulations of the Truro Board of Health which are in effect on the date of the triggering event:~~

- a) ~~Any system inspected p~~**At or within two years prior to any sale or transfer of title to the facility served by the system in all circumstances described in 310 CMR 15.301.**
- b) ~~Notwithstanding any exceptions set forth in 310 CMR 15.301(2), inspection prior to transfer of deed and upgrade of n~~**Nonconforming or failed s**ystems shall occur ~~at or within two years prior to~~ transfers by inheritance, ~~transfers~~ between parents and

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their children, between full siblings, and where the grantor transfers the real property to be held in a revocable or irrevocable trust, where at least one of the designated beneficiaries is of the first degree of relationship to the grantor; and **transfer shall include** creation of an LLC;

- c) Prior to any change of use or increase in design flow of the facility served by a system;
- b)d) Prior to the subdivision or partitioning of a parcel on which a nonconforming **or failed** septic system is located;
- e)e) ~~If the~~Any system demonstrat**ing**es-any-of the characteristics of a failed system as defined in this Section VI;
- f) ~~If the~~Any septic system ~~that~~ was not constructed according to the approved plan;
- d)g) ~~Any system with~~ ~~or if the~~ soil absorption system ~~is not designed to meet the design flow of the facility it serves; or, with inadequate design capacity to serve the facility as it exists at the time of inspection;~~
- e)h) ~~If a~~When a facility ~~served by a 1978 code system the non-conforming or failed system~~ is replaced, relocated, ~~added-to~~ or demolished, except when ~~the building was the facility was~~ destroyed by fire. A ~~nonconforming-compliant~~ system serving a facility destroyed by fire does not need to be upgraded to serve a new facility if the new facility is built in the same footprint as the original, **and** provided that there is no change in use or increase in design flow of the facility and the system is not a failed system; ~~or~~
- f)i) The liquid depth in a leach pit is less than six inches from the inlet pipe invert or the remaining available volume within a leach pit above the liquid depth is less than 1/2 of one day's design flow.
- e)j) All non-conforming septic systems in the Beach Point and Pamet River Protection District or located within two hundred (200') feet of any Wetland or within the floodplain as mapped by FEMA shall be considered failing to protect public health, safety, welfare and the environment and shall be upgraded to meet the requirements of this Section VI and/or Title 5 **by [date]**.
- b)k) Cesspools in Truro are herein defined as failed systems and shall be upgraded to meet the requirements of Title 5 prior to December 31, 2023. All new systems replacing cesspools shall be installed and certified by that date.

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Commented [GJC6]: The purpose of this change is not clear.

Commented [EB7]: This change allows a compliant system to remain in case of fire, meaning that it passes inspection. Otherwise there would be an automatic upgrade to at least the 1995 code.

Commented [EB8]: The Board should discuss whether they see value in retaining this section, as we do require an upgrade with a tear-down.

Commented [EB9]: Need date

2. Multiple Systems on One Lot.

- a) ~~In the event of the failure of one septic system on a lot that has~~ ~~On a parcel with more than one non-conforming septic system,~~ ~~In the event of the failure of one septic system on a lot that has~~ ~~with more than one system and a total design flow on the parcel of less than 2,000 gallons per day,~~ the failing system shall be ~~immediately~~ upgraded and the remaining ~~non-conforming~~ septic systems shall be inspected by a ~~Department of Environmental Protection system~~ ~~licensed Inspector,~~ pursuant to Section 15.340 of Title 5 (hereinafter, "DEP System Inspector"), ~~except where the total cumulative flow is over 2000 gallons per day,~~ then all systems shall be upgraded with pressure distribution in accordance with Title 5. If any of the remaining ~~non-conforming~~ septic systems ~~shall is non-conforming or~~ fail inspection as defined in the Title 5 ~~Official~~ Inspection Form,

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and the Truro "addendum to MA title 5 inspection form" or if the inspection shall reveal that the system is a "Failed System" as defined in Article (3) set forth above, the non-conforming septic system shall be immediately that system must also be upgraded to a fully conforming Title 5 septic system.

- a)b) If the design flow on a parcel is over 2,000 gallons per day, then all systems shall be upgraded according to Title 5 and local Truro Board of Health regulations, with pressure distribution in accordance with Title 5.

3. Time for Upgrades and Administrative Consent Orders

PURPOSE: To allow the Town to execute an agreement with private property owners who need to upgrade, or repair or replace their cesspools or septic systems during the Municipal wastewater planning process, which may include the availability of public sewer at a later date.

DEFINITIONS:

ADMINISTRATIVE CONSENT ORDER (ACO) is a duly executed and recorded document that affords a property owner in Truro an opportunity to defer major repair, replacement and /or upgrade of a non-conforming or failed on-site wastewater treatment system until a municipal plan is available to direct the course of action for that owner, subject to certain conditions including but not limited to establishment of an escrow account to fund work required to achieve compliance. or until a time frame specified and requires funds for a septic upgrade be placed in an escrow account.

SYSTEM INSPECTION REPORTS: Inspections of septic systems shall report on the functioning and condition of the system, and a description of the components. This report will be the basis to determine whether a property is eligible for an Administrative Consent Order (ACO) or will be required to upgrade immediately. If an inspection is required by Order of the Board of Health, or by the Truro Board of Health regulations, those properties with a cesspool system will not be required to submit a title 5 inspection form; however, a licensed inspector must provide the Board of Health with a letter describing the condition of the cesspool system and a description of its components.

TIME FOR UPGRADES

All onsite septic systems shall be upgraded within one hundred and eighty (180) days from completion of an inspection of the system, unless another time frame is specified in these regulations or order of the Board of Health, whenever an inspection determines that the system requires upgrade due to a condition identified in Section VI, Article 3 of the Truro Board of Health Regulation or Title 5.

The Board of Health may grant a variance extending the time for completing the required upgrade, subject to the property owner entering into an Administrative Consent Order approved by the Board within thirty (30) days from completion of the inspection.

Administrative Consent Orders shall be at the sole discretion of the Board whenever the Board

Proposed amendments to Truro BoH regulations

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determines that an extension of time to complete required work will avoid undue hardship or manifest injustice to the owner of the facility and will not jeopardize public health, safety or the environment. Without limiting the generality, the Board may but is not required to issue Administrative Consent Orders in the following circumstances listed below.

Applications for Administrative Consent Order shall be in writing and must be received by the Board of Health within thirty (30) days of the completion of system inspection. Requests for Administrative Consent Order not received within said thirty days will be rejected unless the Board extends the deadline for good cause shown.

ADMINISTRATIVE CONSENT ORDER

Administrative Consent Orders shall be on such terms and conditions as the Board determines are in the best interests of protecting public health and the environment until such time as the system is upgraded.

Examples of possible scenarios include:

- When an upgrade can be delayed until Best available technology (BAT) is available;
- When circumstances dictate that a solution cannot be implemented until a future date;
- When a property is a candidate for future sewer connection that may become available;
- When the size or location of the property dictates it be part of a shared system with another property;

All Administrative Consent Orders shall include the following minimum terms:

1. The Board of Health agrees to extend the time for upgrading the system for a specified period of time, provided that there is compliance with the terms of the ACO;
2. The Property owner agrees to deposit a predetermined sum of money* into an interest-bearing escrow account in an amount sufficient to either pay a betterment fee or complete the installation; said sum may be paid in installments.
*(This sum will be based on estimated costs for plans, estimated costs for I/A system installation or cost to connect to a wastewater sewer- example \$48/gallon of title 5 design flow for installing a standard title 5; \$65/gallon of title 5 design flow for connection to the Provincetown sewer; \$97/gallon of title 5 design flow for installing an I/A or enhanced I/A title 5.)
3. The Property owner agrees to upgrade the system or connect to a public sewer upon expiration of the stay;
4. The Property owner agrees to periodic inspections and pumping of the system as needed;
5. The Property owner agrees to abate any imminent health hazards arising prior to upgrade of the system, which may require earlier repairs or upgrade;
6. Stipulated penalties for failing to comply with the ACO; and
7. The Property owner agrees to record the ACO in the chain of title to the property and that the ACO will be binding on any successors in interest.

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Notwithstanding the terms of this Regulation or an ACO issued pursuant thereto, the Board

Proposed amendments to Truro BoH regulations

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reserves the right to issue any such order as may be deemed necessary to protect public health and the environment from an imminent hazard caused by any onsite septic system, including requiring pumping, repairs, or immediate upgrades.

All requests for an ACO shall be processed in accordance with Section I, Article 2f of the Truro Board of Health Regulations and Title 5 and shall be within the sole discretion of the Board.

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Article 4– Required Septic System Inspections

1. A current Inspection Report completed by a MA licensed Septic System Inspector shall be filed in the following circumstances:

- a. At or within two years prior to the time of sale or transfer of title to the facility as defined in Article 4 of this Section VI and title 5, 310 CMR 15.301;
- b. With an application for a building permit that proposes an increase in living-useable space as determined by the Truro Health Agent; ~~if an applicant or a direct abutter is aggrieved by the determination of “increase of usable living-space” by the Health Agent, the applicant may appeal this determination to the Truro Board of Health within ten (10) days of receipt of the Agent’s determination;~~
- c. With an application for a special permit that allows uses not otherwise permitted by the Truro Zoning Bylaw;
- d. With an application for a new license or transfer of an existing license relating to the use of the facility served by the system;
- e. ~~or~~ Every three years at the renewal of the annual operating permit for the operation of a motel, cottage colony, cabin, campgrounds, lodging house or restaurant. ~~(see also 2-h in this article)~~
- e. Prior to renewal of permits for a facility served by a shared system. Inspections for all shared systems are required once every 3 years. Shared systems include condominiums, motels and camps and cabins.
- e.g. Prior to any change in use as defined in these regulations.
- f.h. At such time as a property owner/business owner is so ordered by the Board of Health.

Commented [EB11]: it was suggested that the Board consider setting a threshold value for the building permit, such as greater than \$10,000.

2. Inspection Criteria:

All system inspections shall be documented in an official Title 5 inspection form and a Town of Truro Septic “addendum to MA title 5 inspection form”. An inspection shall not be considered complete unless all information required on both forms is provided. In addition to the inspection criteria set forth in Title 5, the following criteria shall be observed in conducting system inspections:

- a) An open inspection of all components of the system is required. If a component cannot be found or uncovered after a reasonable search, the inspector must provide evidence for the system’s success or failure. Replacement or installation of the component is required in this instance.
- b) The septic tank shall be pumped at the time of inspection if it has not been pumped

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within the past 3 years.

- c) Leach pits must have at least 6 inches of leaching capacity below the outlet invert in order to pass the inspection. The 6 inches of leaching capacity is determined by clean sidewall absent of staining or evidence of high water. The Inspector must clearly indicate on the inspection form the height of standing liquid in any leaching component, the level of staining in any leaching component, and the description of both sanitary tees in any inspected tank. In the case of missing sanitary tees, no passing report shall be issued unless there is proof (copy of permit) of the correction of the deficiency.
- d) Any work for the correction of component failures, such as, but not limited to, eroded distribution-boxes, new piping, sealing a tank or installing new tees will require a valid disposal works construction permit, inspection and issuance of a certificate of compliance.
- e) If the inspector finds that the access port covers of the septic tank inlet and outlet, distribution box and soil absorption system are not within 6 inches to grade, risers shall be provided as needed and the installation of risers shall be indicated in the septic system report.

~~3. Failed systems shall include: cesspools; non-conforming systems as defined in Article 2; systems without adequate separation to groundwater; systems with leaching areas/pits that are essentially at capacity, as defined herein; systems that were not designed to accommodate the use; any system deemed as failing to protect public health, safety and the environment.~~

Commented [EB12]: Gregg Corbo suggests to shorten this and reference "as defined in article 1"

~~4.3 All Inspections~~ shall be conducted by a MA licensed Title 5 inspector, using both the local and state inspection forms; the local form and required water test results shall be attached to the State form when filed in accordance with, and addition to, the requirements of Title 5 for septic inspection reporting.

~~5.4 The septic inspector~~ must verify that the use of the facility (ie; # of bedrooms) matches the design flow of the system (ie; a 4 bedroom dwelling should have at least 440 gpd design flow). Design flow shall be based on the records on file at the office of the Board of Health and the actual use of the facility, including the number of bedrooms, shall be based on a visual inspection at the time of inspection.

~~6.5 Difficulty in Locating Components:~~ If a complete inspection cannot be performed, the inspector must provide adequate documentation of the specific conditions which prevented a complete inspection and should indicate on the inspection form how the inspector attempted to locate components; in this instance the report shall indicate that the system "Needs Further Evaluation from the Local Approving Authority." The Local Approving Authority shall evaluate all "Needs Further Evaluation" entries on the inspection form and determine whether further investigation is required to adequately evaluate the system.

Article 5- Subdivision Plans

- 1) All new subdivision plans shall have the proposed well location and septic system on each lot. These locations shall meet all sideline and other setback and distance requirements.

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- 2) The Plan shall be on file with the Building Commissioner and Health Agent.
- 3) Applications for septic and well permits shall adhere to the plan unless sufficient data ~~is~~are presented to the Board of Health to justify the change.

Article 6 - Bedroom Count

(1) Bedroom Count Determination. Notwithstanding the general provisions of Section 15.002 of Chapter 310 of the Code of Massachusetts Regulations, there shall be no presumption that single-family dwellings have at least three bedrooms in the Town of Truro. In each instance, a specific determination relative to bedroom count must be made without reliance upon any presumptions. The Health Agent shall have the authority to make the initial bedroom count determination. If the Health Agent finds the determination in a specific instance should be made by the Board of Health, the Agent may, in their sole discretion, refer the matter to the Board of Health for a final determination. The Agent may also, in their sole discretion, refer the bedroom count determination to the Board of Health upon request of the applicant.

(2) Deed Restriction. A deed restriction may be required by the Board of Health to ensure that use of the septic system as proposed will not negatively impact the public health, safety, welfare or the environment.

(3) Building Permits. No building permit, ~~foundation permit, plumbing permit, special permit or variance~~ shall be issued until a Disposal Works Construction Permit has been issued for installation of a subsurface sewage disposal system designed to accommodate the bedroom count or the Board of Health has issued a written determination that the existing system is adequate for what is proposed.

(4) Floor Plans and Inspections. For existing facilities, in order to determine compliance with any provision of the foregoing regulations, a floor plan ~~prepared by a registered architect or engineer must be filed with the Truro Board of Health at the time of submission of an inspection report form~~ may be ~~required~~ requested by the Health Agent to make a determination as to ~~the design flow of the facility served by a system (i.e. the number of bedrooms). bedroom count.~~ If the Health Agent deems it necessary, they may refer the determination of ~~design flow the bedroom count~~ to the Board of Health for a vote. ~~If the Board of Health, by a majority vote of its members, deems that an inspection of an existing residence is necessary to confirm the bedroom count, the Health Agent, with the applicant's permission, shall inspect the premises and report their findings to the Board.~~

~~(4)~~**(5) Assessors' records, and old unstamped plans and the like** will not be considered as sufficient evidence of the size of the facility for purposes of determining design flow. In the event of a discrepancy between the results of the visual inspection and existing records, an in-person inspection by the Health Agent will be required and the Health Agent's determination of the size of the facility will be final.

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Article 7 - Regulation of Separate Site Systems

1) Septic systems shall be constructed on the same lot as the facility to be served unless the use of a shared or cluster system is approved by the Board of Health.

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2) Variances from this Article may be granted by the Truro Board of Health for structures in existence prior to March 31, 1995, provided all of the following conditions are met:

- a. The system can be installed on a contiguous property owned by the same person and title to the lots is merged by virtue of a deed recorded at the Barnstable County Registry of Deeds;
- b. The system is not being installed for the purpose of increasing the size or use of the existing structure; and,
- c. The system will replace or repair a pre-existing, non-conforming septic system or components.

3) Any grant of variance pursuant to this Article must also be made in accordance with Article 2 of this Section VI and Section I of the Truro Board of Health Regulations.

Article 8- Innovative/Alternative Technology

Preamble: In considering the permitting and use of various alternative septic treatment technologies in the Town of Truro, the Board of Health of the Town of Truro recognizes that there may be specific local circumstances which warrant the Board to require more stringent conditions for the installation and monitoring of these alternative systems than may be required by the Massachusetts Department of Environmental Protection. As allowed under Massachusetts General Laws Chapter 111, Section 31 and as required by the revised 310 CMR Section 15.285 (2d), 15.286 (5) and 15.288 (4), the Board of Health of the Town of Truro hereby reserves the right to impose any additional conditions or monitoring requirements it views as necessary to ensure the safe performance of any alternative onsite septic system which the Board agrees to permit in the Town of Truro.

- 1). **Applicability:** The use of I/A technology is required in the following circumstances:
- a) for flows greater than 600 GPD;
 - b) for nitrogen credit applications (these are only allowed by request in limited circumstances in Truro);
 - c) for upgrade of certain non-conforming systems as determined by the Board of Health;
 - d) for upgrades of previously approved systems that exceed current nitrogen loading standards of 110 gpd/10,000sf of lot area;
 - e) in certain cases where a variance is required and circumstances support the use of I/A to mitigate the environmental impact of the proposed system, as determined by the Board of Health.

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2. Standards:

- a) In all of the circumstances described above, the I/A System shall be designed to achieve/produce no greater than 19 mg/l total nitrogen (TN) concentration in the effluent by using the secondary treatment achieved with an approved innovative/alternative (I/A) septic system. ~~At least 1 lab test showing TN shall be submitted annually to the Health department.~~
- ~~b) Any existing facility with a design flow greater than 600 gpd shall be designed to achieve/produce no greater than 19 mg/l total nitrogen concentration in the effluent by using secondary treatment achieved with an approved innovative/alternative (I/A) septic system that complies with the requirements of this Section VI. At least 1 lab test showing TN shall be submitted annually to the Health department.~~
- ~~b)~~
- c) I/A Systems shall be tested and reported on a quarterly basis, unless approved for reduced testing in accordance with O&M requirements, by means of obtaining an effluent sample from the distribution box or pump chamber to determine if the system meets the post-treatment standard of less than 19 mg/l total nitrogen. The results of such evaluations shall be submitted to the Board of Health within forty-eight hours of receipt thereof.

3) Non-Performance.

- a) Non-performance includes any I/A system that has been determined to be failing to protect public health and safety, and the environment, ~~or~~ an I/A system with equipment failure or an unresolved alarm event, or components that are not functioning as designed, or components that are not functioning in accordance with the manufacturers specifications, or a system that is in violation of the terms of its approval by the Truro Board of Health.
- b) Non-performance requires written notification by the operator to the Truro Health Department within 48 hours receipt of lab test, along with a statement describing what corrective actions will be taken.
- c) Corrective actions must be taken ~~immediately~~ (within 48 hours of a lab report or field test) to address performance that does not meet the standards as defined herein, or specific to the approval by the Truro Board of Health.
- d) Lab tests showing exceedance of TN triggers a re-test immediately following corrective actions taken to address the exceedance, until the corrective measures are shown to have improved performance to meet the standards.
- e) Failure to comply with the process as described may result in a written warning from the Truro Health Department, followed by possible fines and a hearing with the Truro Board of Health that must be attended by the property owner and the licensed inspector.

4) Applications and Hearings.

- ~~a) Any application for a system proposing the use of I/A technology shall be submitted to the Truro Board of Health which shall hold a public hearing to consider its approval.~~
- ~~b)~~ a) All applications shall include a copy of the Massachusetts Department of Environmental Protection approval letter appropriate to the I/A technology being used and the level of approval (i.e., General Use, Provisional Use, Remedial Use, Piloting Use, or site-specific Pilot Approval).

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- e)b) All applications for Pilot Approval shall include performance data from piloting sites where the I/A technology has been similarly configured and utilized.
- d)c) Notice of the public hearing of the Board of Health for the consideration of applications ~~requiring for~~ I/A approval shall be in accordance with the provisions of the Open Meeting Laws in Massachusetts. Abutter notification will not be required unless mandated by Title 5.

5)Monitoring and Reporting.

- a) If an I/A system is approved, the applicant will be required to submit a proposed monitoring and reporting plan to evaluate the performance of the system to the Board of Health for approval; ~~T~~his plan shall include a description of any long-term operational or maintenance requirements needed to keep the system operational, and any educational, financial assurance or other mechanism proposed to ensure effective long-term operation and maintenance.
- b) Owners and operators of all I/A systems shall report the results of all operation, maintenance, and monitoring activities required by the foregoing provision or by the Department of Environmental Protection to the Truro Board of Health and to the Barnstable County Department of Health and Environment. ~~Such r~~Reporting must be performed in the manner specified by the Board of Health or in the form approved by the Barnstable County Department of Health and Environment and must occur within forty-eight hours after each maintenance or monitoring event.
- c) The Board of Health ~~hereby further~~ requires that when a system operator performs a system inspection and finds that a sewage treatment technology has malfunctioning components which have compromised the system's ability to treat sewage as designed, the operator shall report on the system's status and any planned corrective action, including a proposed deadline for said corrective action, to the Truro Board of Health and the Barnstable County Department of Health and Environment within 48 hours of inspection.
- d) If at any time a monitoring or maintenance report indicates that an I/A system needs corrective action, the Truro Board of Health may hold a hearing to ~~inquire as to whether~~ ~~determine~~ corrective action is needed. If at such hearing, the Truro Board of Health determines that such system needs corrective action, it may take enforcement action, including but not limited to, an order to cease operation of said system or any other action otherwise necessary to protect public health, safety, welfare, and the environment.
- e) I/A Systems that do not perform are required to be immediately evaluated by the licensed operator for the purpose of the inspector forming a diagnostic opinion of what corrective actions would address the non-performance.
- ~~f) Non-performance includes any I/A system that has been determined to be failing to protect public health and safety, and the environment, or an I/A system with equipment failure or an unresolved alarm event, or components that are not functioning as designed, or components that are not functioning in accordance with the manufacturers specifications, or a system that is in violation of the terms of its approval by the Truro Board of Health; or a system that is not achieving the total nitrogen standard in these regulations.~~

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- g) ~~Non-performance requires written notification to the Truro Health Department within 48 hours receipt of lab test, along with a statement describing what corrective actions will be taken.~~
- h) ~~Corrective actions must be taken immediately (within 48 hours of a lab report or field test) to address performance that does not meet the standards as defined herein.~~
- i) ~~Lab tests showing exceedance of TN standard triggers a re-test immediately following corrective actions taken to address the exceedance, until the corrective measures are shown to have improved performance to meet the standards.~~
- j) ~~Failure to comply with the process as described may result in a written warning from the Truro Health Department, followed by possible fines, and a hearing with the Truro Board of Health that must be attended by the property owner and the licensed inspector.~~

6) Record Notice at Barnstable Registry of Deeds.

- a) All applicants gaining Board of Health approval for the installation of any I/A systems shall be required to record at the Barnstable County Registry of Deeds a Notice that the property is served by an I/A system, ~~together with an explanation of the Inspection, Monitoring and Reporting requirements, including the requirement of a service contract for the life of the system.~~
- b) **No Certificate of Compliance** for the installation of an I/A system will be issued until proof of recording is filed with the Health Department.

Article 9 - Required Setbacks for System Components

Notwithstanding the provisions of Title 5, 310 C.M.R. 2.11, all systems shall conform to the following minimum setback distances for septic tanks and soil absorption systems (SAS), including reserve areas, as measured in feet and set forth below:

	<u>Septic Tank or Pump Chamber</u>	<u>SAS</u>
Surface Water (except Wetlands)	50'	100'
Wetlands	100'	150'

Article 10 - Existing Systems Serving New Construction

~~For all systems designed and approved prior to March 31, 19952001, the size of the existing, installed system shall no longer be considered and all previous approvals for "future use" are hereby expired. in determining whether a change in use or new construction in the facility served by the system will result in an increase in design flow, i.e. an increase in the number of bedrooms, restaurant seats, retail space, office space etc. for facilities listed in 310-CMR 15.203(2) through (5), rather review of the existing use of the facility (i.e., existing bedroom count; existing restaurant seats; existing retail space, etc.) at the time of the change, as determined by the Truro Health Agent, will be used to make such determination.~~

No increase in design flow to any system shall be allowed unless the lot meets the requirements of 15.214, Nitrogen Loading Limitations, and Article 11 and Article 13 below. Should an increase in design flow be allowed, the system shall be upgraded in full compliance with Title 5 [and the regulations of the Truro Board of Health](#) for new construction.

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Article 11 - Buildable Upland Calculations for Nitrogen Loading Limitations

When applying the nitrogen loading limitations set forth in Title 5 and this Section VI of the Truro Board of Health Regulations (see Article 14), only Buildable Uplands shall be included in the lot area calculations.

Article 12 - Deed Restrictions

- 1) Any deed restrictions required under this Section VI or under Title 5 shall be submitted to the Health Agent for review before they are finalized and executed.
- 2) Each deed restriction shall **adequately** describe the property and all restrictions placed thereon (i.e., bedroom count limitations shall include the number and location of approved bedrooms; monitoring agreements shall describe the specific monitoring and maintenance requirements, etc.).
- 3) All deed restrictions ~~may shall~~ contain a provision permitting the Truro Health Agent to inspect the premises to ensure compliance with the provisions of the deed restriction at reasonable intervals and upon reasonable prior notice.
- 4) ~~All deed restrictions~~ **A deed restriction required by the Board of Health, or their Agent** shall be recorded at the Barnstable County Registry of Deeds, ~~and~~ **proof** of recording shall be submitted to the Health Department prior to the issuance of the Certificate of Compliance for the system.
- 5) ~~A deed restriction required by the Board of Health, or its~~ **their** Agent shall be recorded prior to the ~~issuance of the Disposal Works Construction permit, or approval/sign-off on~~ any building permit, as ~~determined to be~~ required for compliance with these local regulations and Title 5 by the Board of Health or its Agent.
- 5)6) ~~A deed restriction is required by the Board of Health or their Agent prior to sign-off on all Accessory Dwelling Units specifying the terms of approval including the requirement for year-round rental in perpetuity.~~

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Article 13 - Nitrogen Loading Limitations

- 1) The Truro Board of Health ~~hereby~~ requires that all properties within the Town of Truro meet the ~~nitrogen loading requirements~~ **restrictions** set forth in 310 CMR 15.214 and ~~contains~~ **shall have** at least ten thousand (10,000) square feet of Buildable Upland (as defined in Article 1 hereunder) for every 110 gallons per day of ~~title 5 design flow,~~ **and that a** All systems designed to serve said facilities **must** meet the same restrictions and requirements contained in ~~4~~ Title 5 as the "Nitrogen Sensitive Areas" defined in 310

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CMR 15.215 irrespective of whether the properties are located within "Nitrogen Sensitive Areas" as so defined.

- 2) Upgrades for systems that exceed current nitrogen loading shall include the use of I/A technology. ~~the use of pressure distribution may be required when indicated and determined by the Board, to mitigate as a need for~~ certain variances such as depth to groundwater, lateral separation to marine water bodies or private wells.

Article 14 - Septage Haulers and Septic Installers Licenses

1. A **Septic Installers license** is required in the Town of Truro for any work done to alter a septic system or its components, such as replacement of or connection to a building sewer, piping, tee replacement, tank and d-box replacement and tank sealing.
2. **Septage Haulers License Application:** The Board of Health will issue Septage Haulers Licenses only upon written application that includes the following information:
 - a) name and address of applicant and business name under which applicant will operate.
 - b) written description of all equipment utilized in the business, including the capacity of any tanks; and an emergency contact name and number of a person available for contact 24 hours a day in cases of emergency.

~~3. **Inspection:** Prior to the issuance of the Septage Haulers License and annually thereafter, all equipment of the business must be inspected by the Health Agent. All equipment must be clearly marked and identified with markings indicating the capacity of the tank. Truck tanks must be cleaned and made free of sand and sludge for every inspection. Gauges must be cleaned and calibrated so that exact volume is easily determined.~~

~~3. **Septage Coupons:** Septage coupons must be ~~completely and~~ properly filled out. The name, date, location and volume for each system serviced must be provided. The signature of the hauler and the customer must be executed on each coupon in order to validate the origin of the waste in the Town of Truro. Septage haulers are required to supply accurate/legible information to the Board of Health as a condition of their License.~~

4. **Chemicals and Acids.** Use of chemicals and acids for cleaning cesspools and septic systems is prohibited.

5. **Failing Systems.** As a condition of their License, all Licensees shall accurately report all malfunctioning systems to the Board of Health, including but not limited to, the address of the malfunctioning system, the nature of the problem and the repairs,

~~6.1. Septage haulers are required to supply accurate/legible information to the Board of Health as a condition of their License.~~

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7.6 Licenses. Licenses go into effect January 1st of each year. The annual fee for Licenses shall be determined by the Board of Health each year.

8.7 Violations. Failure to comply with any of these regulations shall constitute a violation which may result in a show cause hearing before the Board of Health to determine whether the License should be revoked. Violations may also result in the imposition of fines and/or any necessary legal action to be undertaken by the Board.

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Article 15- Maintenance requirements

All septic systems shall be maintained in proper working order and free from defects at all times and the owner of the facility shall be responsible for ensuring correction of any defective conditions upon discovery of same. Notwithstanding the foregoing, septic system repairs shall be conducted only by licensed septic installers.

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Without limiting the generality of the foregoing, the following maintenance requirements apply to all systems :

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1. Each areas with pressure distribution must be inspected annually, by a professional engineer as required by PE per Title 5;
2. Maintenance-Pumping of a septic tank must be completed when ordered by the Board of Health. If a septic system inspection indicates that the septic tank has not been pumped within 3 years, system-inspection the tank must be pumped as part of the septic inspection.
3. Maintenance by pumping septic tanks is recommended every 3- 5 years for residential systems, depending on the amount of use, or within such intervals required by the Board.
4. Maintenance of Grease traps includes quarterly pumping as required by Title 5.

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Article 165- Miscellaneous Provisions

1. **As-Built Cards.** The measured location of all components of each septic system shall be recorded on a septic "As Built" card and filed with the Health Agent prior to the issuance of a Certificate of Compliance. The installer shall verify on said "As Built" card that the components are installed in accordance with the locations shown on the approved septic plan.
2. **Severability.** If any Article, section, paragraph, sentence, clause or phrase of these regulations should be declared invalid for any reason, such declaration shall not affect the remainder of these regulations which shall remain in full force and effect.

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