

**Meeting Minutes**  
**Thurmont Addiction Commission**  
**September 14, 2017**  
**7pm - 8:30pm.**

**Attendees:**

Commissioner Jay Churchill	Commission Chair, Voting member
Commissioner Mike Randall	Commission Co-chair, Voting member
Commissioner Rachel Hubbard	Voting member
Commissioner Kim Kerens	Voting member
Commissioner Edward Schildt	Voting member
Commissioner Gage Randall	Student Representative – voting member
Commissioner Myra Derbyshire (Secretary)	Non-Voting member (alternate)
Commissioner Gina Carbaugh	Non-Voting member (alternate)
Town Commissioner Martin Burns	Town Council Liaison
Town Commissioner Wes Hamrick	Town Council Liaison (alternate)
Ms. Susan Hogan	Frederick News Post
Mrs. Karen Churchill	General public
Joan Freeze	General public

Minutes recorded by Commissioner Derbyshire

**Review and Approval of August Minutes.**

- Given the newness of the process for the Commission, Commissioner Churchill suggested that the Commissioners take additional time to provide feedback on the August 10<sup>th</sup> 2017 Commission meeting minutes. Commissioner Derbyshire will resend the minutes to the Commissioners to solicit feedback. The Commission will review and approve these at the October 12<sup>th</sup> 2017 meeting.

**Chairman's remarks**

- Commissioner Churchill expressed encouragement by the flurry of email activity and the high degree of excitement and interest engendered about the Commission. As Commission chair, he sees his role as facilitator, and looks forward to continued active discussions moving forward.
- He brought hard copies of materials from the NIDA (National Institute of Drug Addiction, NIH), as resources for each of the three pillar subcommittees, and if more copies are needed it is likely he can secure additional materials. Commissioner Schildt will hold onto these materials.
- Commissioner Churchill talked of the following:
  - i. An addiction conference sponsored by the Chesapeake Health Education Program (CHEP) in October 2017
  - ii. He will be attending a meeting on September 27<sup>th</sup> that will focus a national discussion of opioids and suicide;
  - iii. He met with the founder of Soldier Fit and Platoon 22, Mr. Danny Farrar, who expressed interest in what we are doing, and would like to know more about our approach. In addition, Mr. Farrar might be available as a motivational speaker;

- iv. Commissioner Churchill suggested the Commission consider a Facebook page, as a repository for the minutes, to be open and transparent, and as a low-cost way of soliciting ideas. Town Commissioner Burns added that as we are a municipal Commission, there may be an option to post approved meeting minutes on the town website, as a more permanent repository. Commissioner G. Randall weighed in on Snapchat, Instagram and twitter options.

### **Old Business / Commission**

- Commissioner Churchill reminded the Commissioners to email their name plate preferences to Town Commissioner Burns.
- Commissioner Churchill asked to table Commission decisions on the mission statement and the acronym. He will send out an email to gather acronyms, and suggested the Commission make a decision on a name/acronym by the next meeting.

### **Old Business / Pillars -**

Commissioner Schildt reported on the **Education and Awareness** pillar:

- The program at Walkersville High School had about 200 people in attendance (largely student): whereas the program held at Catoctin High School was attended primarily by parents and concerned citizens.
- Commissioner Schildt attended the Maryland Municipal League (MML) Board of Directors meeting, they were full of enthusiasm for our Commission. Our aim would be to continue our productivity and attend the summer convention.
- Commissioner Schildt reported on efforts to get the word out about the efforts of this Commission at the recent Thurmont Community Show.

Commissioner M. Randall reported on the **Prevention and Outreach** pillar:

- Commissioner Randall expressed gratitude to those that reviewed and proofed the 1-page flyer.
- At the pillar meeting: the focus and scope of the pillar was reviewed, and the discussion was then opened up to attendees.
- The pillar was challenged to expand the target age range to include all from elementary students to senior citizens.
- The question of how to best reach local seniors was raised, and it was suggested that there may be opportunities via the Thurmont Senior Citizen's center.

Commissioner Derbyshire reported on the **Support and Recovery** pillar:

- An initial point of discussion at the pillar meeting was on ways to provide families access to the many resources available, and advocate for local support systems for those in recovery. In the pillar meeting, there was additional discussion on what it meant to "advocate." Specifically, if a family approaches us, do we only provide information, or do we also actively assist in finding appropriate resources? It was decided that the latter is preferred.
- There was a discussion of increasing the number of community members that are trained as recovery coaches. One opportunity might be through the Frederick Health department's 4 days a week/8 hours a day program.

- Commissioner Derbyshire listed local resources that support and sustain a healthy recovery. These include the following:

Emmitsburg

- Emmitsburg Mountain Manor Treatment Center
- Emmitsburg NA meeting
- Up & Out Foundation, Inc./Mr. Contact Korey Shorb
- Frederick County Health Departments Emmitsburg (Community Organized Recovery Efforts) CORE
- Emmitsburg churches

Thurmont:

- Thurmont NA meeting in development
- Mackenzie's Light Bereavement and Drug Addiction Education Program
- Thurmont churches
- need for a Thurmont Nar-anon meeting
- need for an open NA meeting.

Other:

- Opiates anonymous (OPA)
- Heroin Anonymous (HA)
- Overeaters Anonymous etc.
- Frederick Way station
- Frederick Health Departments list of Mental health services pg. 65
- Substance abuse services
- Frederick's Adult Ranch
- Frederick County Work force Services programs
- Richard Carbaugh Hope Foundation
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- help line for families: 1-800-662-HELP (4357)
- Overdose response training.

**Events:**

- Sept 11-16, 2017 Emmitsburg Recovery Awareness week presented by the Town of Emmitsburg and the Emmitsburg Business and Professional Association
- Sept 29, 2017 Summit of Intersections

**Comments from the Town Commissioner**

- Town Commissioner Burns discussed opportunities with faith groups, and specifically he shared a conversation he had with a student on this topic that expressed interest in assisting the Commission. She has an interest in youth centers, something covered by Commissioner Randall at the Prevention pillar meeting. Town Commissioner Burns will send an email introducing her to the Commissioners.
- Town Commissioner Burns informed the Commission that discussions about the town budget will occur early in 2018, and the Commissioners should consider if there are budgetary requests that might be requested from the town.

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### Comments from Student Representative

Commissioner G. Randall reported that:

- There is a clear challenge in connecting with kids. Students liked TAC for an acronym/name.
- He asked the commissioners begin to consider who would assume his responsibilities on the Commission, i.e. who would be the next Student representative, upon his graduation from high school.
- In terms of a presentation, Commissioner G. Randall suggested it is important to make an impact in first few mins/secs.
- Commissioner Carbaugh mentioned that Linganore high school drama students had performed for Governor Hogan.

### New Business / Commission

- Commissioner Churchill cautioned the Commission to be thoughtful and strategic about presentations and publications offered from the commission – that it was important for the information to be accurate and thoroughly edited.
- Commissioner Burns supported the idea of presenting at the Senior Citizen Center. He suggested that perhaps we frame the conversation along the lines of “we need your help and this is how you can do it”. Commissioner M. Randal discussed alternate activities, reaching out to existing organizations, perhaps those with county funds, e.g. pizza hut but would have considerations of cost, personnel, etc. We should think of grants at federal and state level. Commissioner Carbaugh mentioned the Frederick steeple chasers supporting local runs. Commissioner Derbyshire asked if Town Commissioner Burns was aware of any grants, as she had been looking into some herself. Commissioner Burns suggested that he could perhaps ask Ms Vickie Grinder who is experienced in grant writing about finding grants.
- Commissioner G. Randall (student rep) discussed his interest in opportunities we might consider at Colorfest: suggesting maybe we consider selling bottled water and we could also distribute a flyer or even replace the water bottle label with something branding our commission efforts. He was advised that he would need town office permit to participate this way in Colorfest. Mrs. Karen Churchill suggested water bottles with a customized label with the Commissions Pillars. For future years, additional options might include selling hot dogs or managing one of the Colorfest parking lots were suggested.

### New Business / Pillars -

Commissioner Schildt spoke for the **Education and Awareness** pillar:

- It is hoped that the 1-page flyer designed by Commissioner M. Randal will be included with town electric bills soon. In addition, there is a desire to similarly distribute the “STOP YOU Can Save Life flyer” by November.

Commissioner Schildt will email this later flyer and solicit comments from the Commission. Resource Center one stop shop

Commissioner M. Randall reported on the **Prevention and Outreach** pillar:

- Commission Randall is contacting the Catoclin High School Guidance Counselor Mrs. Dana Brashear.
- He reported on what their pillar found out about the Frederick County curriculum, that there is currently very little discussion of addiction past 9th grade, except for alcohol awareness before “Safe and Sane” around the prom.
- He has played phone tag with Mrs. Deb Wivell, in the hope of further discussion on what Commissioners G Randall and M Randall could do to accentuate the addictions curriculum, the hope would be that she would advocate for us.
- Commissioner Churchill made the suggestion of Catoclin High School athletic director Coach Mack as an in-road with student-athletes.
- Rob Collings Youth Programs Specialist from Frederick County Workforce Services is a resource ( as are Karen Schildt and Misha Hagans, also from that agency) .
- Mentoring for at-risk children, will look into Big Brothers Big Sisters of America presence in our community?
- Contacting Thurmont’s State Delegate, Kathy Afzali

Commissioner Derbyshire spoke for the **Support and Recovery** pillar:

- Different audience than other pillars: message recovery is possible, a message of hope.
- Commissioner Derbyshire to generate ideas, will be attending “The hard truth of addiction, Street, Hardford County,” Maryland.
- Commissioner Burns asked about need for transport of Thurmont addicts in recovery, to IOP (Intensive Outpatient Program) meetings etc. possibility of shuttle transit 3-stops.
- Commissioner Schildt suggested recovery pillar may consider hygiene products, Commissioner Kim Kerens had an interest in this food bank/food stamps

### **Open Discussion**

- Ms. Joan Freeze: suggested considering trying to make Thurmont be a drug free zone. She also suggested as part of the education piece that the Commission help inform patients about the 14.32 House bill. Commissioner Churchill opined that the Commission might be best served by focusing on issues that it can readily address at the local level and that the Commission should jointly decide whether additional discussion/efforts on these topics be further considered.
- Commissioner Carbaugh suggested that instead of a mission statement, each pillar decide a vision for that pillar. The pillars will try to do this.

### **Closing Thoughts**

- Town Commissioner Burns suggested the pillars try not to try to do everything at the risk of weakening some things. He gave the advice that pillars consider the number of volunteers they have, and prioritize.
- Commissioner Burns reminded us that he is our liaison to the Mayor & Board of Commissioners and that it would likely serve us best to use him first, followed by Town Commissioner Hamrick.
- Commissioner M. Randall suggested having a back-up for the pillar leaders, indicating that he will miss the November Commission meeting.
- The meeting adjourned at 8:30pm. The next Meeting will be on Thursday October 12<sup>th</sup>