

**Meeting Minutes
Thurmont Addiction Commission (TAC)
January 11, 2018**

Attendees:

Commissioner Jay Churchill	Commission Chair, Voting member
Commissioner Mike Randall	Commission Co-chair, Voting member
Commissioner Rachel Hubbard	Voting member
Commissioner Edward Schildt	Voting member
Commissioner Myra Derbyshire	Secretary, alternate
Commissioner Gina Carbaugh	Alternate
Town Commissioner Burns	Town Council Liaison
Karen Churchill	General public
Chastity Fox	General Public
Brian Riffle	General public
Karen Schildt	General public

These minutes were recorded by Myra Derbyshire

TAC approved the December 2017 Minutes. Commissioner Derbyshire will email these December 2017 minutes prepared by Karen Churchill, and the previously approved August 2017-November 2017 mins prepared by Commissioner Derbyshire to Town Commissioner Burns minutes for posting to the Town of Thurmont's official website (<http://www.thurmont.com/>)

Chairman's remarks

- Commissioner Churchill reported that the Centers for Disease Control and Prevention (CDC) data for drug overdoses is now available for 2016. He discussed some of this data to emphasize the enormity of the problem, including that more than 63,600 Americans died from drug overdoses in 2016, opioids were involved in 42,249 of those deaths. Commissioner Churchill mentioned that Maryland experienced significant increases in drug overdose death rates from 2015 to 2016, and reminded us that these numbers are significantly under-reported by approximately 20%. Maryland experienced an increase in drug overdose deaths from 2014 to 2015 of 20.1 percent, and from 2015-2016 of 59 percent. In Maryland there were 2,044 drug overdose deaths in 2016. <https://www.cdc.gov/drugoverdose/data/statedeaths.html>

TAC Business

- Commissioner Churchill asked Town Commissioner Burns about progress on reaching out to Admiral Winnefeld and his wife to invite them to our area to share their experiences. Commissioner Burns reported that they had been gracious enough to contact him back, and asked him to provide them about more information on TAC. Admiral Winnefeld is a retired four-star Navy admiral who served as Vice Chairman of the Joint Chiefs of Staff from 2011-2015. The

commission is looking into the feasibility of Mount Saint Mary's as a venue to have them speak, and will look into whether Mount Saint Mary's would be receptive to having such an event.

- Commissioner Randall reported that the TAC facebook page is up and running, and would be managed by Denise Etzler. It would provide a place to share information with the community. A calendar is being considered for this page. Commissioner Churchill expressed the importance of the latter. Commissioner Randal reported that a Commission Instagram page and Twitter account are also in development. He will ask Commissioner Gage Randall (student representative) if he would be available to give the other TAC commissioners a brief introduction to Instagram and Twitter.
- As a solution to people using their own individual email accounts, the TAC commission and the three TAC pillars agreed to each create a Gmail address, which will be tied together.
- Progress on 501c3.: Commissioner Hubbard met with Ms Vicki Grinder, and reported that several things are needed, including “a letter of good statement for the State of Maryland”. Commissioner Hubbard and Ms Grinder will meet again on Jan 25th. The process may take a few months to a year, among things needed will be a treasurer, by-laws, mission statement, and goals. At a future commission meeting Commissioner Hubbard and Ms Grinder will present the details, before pressing head. Ms Grinder suggested a change in the logo form green to purple for recovery,
- Commissioner Randall discussed TAC crafting a monthly message for the Banner, and asked that those present provide him a list of upcoming events, for the first article.

Comments from the Town Commissioner Burns

- Town Commissioner Burns told the commissioners about an enquiry by Kathleen Mitchel to provide workshops for parents grieving the loss of a child to overdose. She is an author of the book “Treasures in Tragedy: A Journey Through Grief”, and has a niece from Catoclin High School who may help co-ordinate the event. Town Commissioner Burns asked if TAC would be interested in endorsing this event. Commissioner Churchill proposed this be discussed though email.
- Town Commissioner Burns and Commissioner Randall are coordinating senior center dates with the health department.
- Town Commissioner Burns informed the commission of the Town Meeting on January 30, 2018 (7:00 PM), when the Mayor and commissioners will receive a presentation on the Needle Exchange Program. Commissioner Carbaugh informed us of an upcoming Harm Reduction services program at the health department which will discuss this issue.
- Town Commissioner Burns is writing something for the Maryland Municipal magazine and share with the commission.

Pillars

Prevention & Outreach:

- Commissioners Randall and Schildt are coordinating on a sports flyer, to take to local sports organizations and to Coach Mac at Catoctin High School. Discussion continued on the wish list item of a Northern Frederick County detox center. Commissioners Randall continued discussion of bringing foundations to the Feb Commission meeting to learn more about TAC. Commissioners Randall continues to develop a list of nonprofit groups and other support services.

Education:

- Commissioner Schildt, Ms Karen Schildt, and others on the pillar, are planning to set up local education events throughout the year. The 3rd Thursday of the month is available as a venue at the carnival grounds. They would like feedback on topics of interest to pursue. For the first meeting they are considering inviting Terry Austin from Austin Addictions Center.

Support and recovery Pillar:

- Commissioner Derbyshire presented a statement to TAC on behalf of the “Support and recovery pillar”. It is summarized as follows: Recovery for the addict is a life-long journey, and maintaining recovery has to be kept a priority, so as a community we need to consider providing the supports at every stage. Also, that any addict can stop using, can lose the desire to use, and can find new ways to live. Commissioner Derbyshire reminded the commission that addicts in recovery learn to be member of their families, members of the community, members of teams at work or at play, and learn to make connections to others, connections to higher powers, connections to themselves, and that also that their friends and families recovering from the impacts of the addict’s addiction, need support. The “Support and Recovery pillar” values the many foundations and support systems serving our community who heroically try to do that. It is also in discussion with the Frederick County Health Department, about having a CCAR – Connecticut Community for Addiction Recovery coach training in Thurmont, and recruiting local people to be trained as recovery coaches, individuals trained appropriately to respond to addicts and their family’s needs at any point along their recovery journey. Commissioner Derbyshire discussed expanding Nar-anon and NA to have groups that meet in and encouraging other types of support group to meet here. The pillar feels that as the service component is part of NA and Nar-Anon that it would be useful to have these and other like groups active in our community. Commissioner Derbyshire added that it would be nice to have more recovering addicts involved in the pillar discussions. She added that addiction is a disease, and is classified as a mental disorder with a DSM (Diagnostic and Statistical Manual of Mental Disorders) rating. She finished by mentioning that as a community we owe it to our addicts and their families to reduce the stigma and offer supports for their recovery.

Open Discussion

- Ms Karen Schildt lead the commission in a discussion of the great value of programs such as Mackenzie's Light which recently stopped after 3 years of service to the community, and brainstormed ways to continue honoring Mackenzie and others by continuing some form of awareness and education programs in Thurmont. The commission will compose a letter of thanks and appreciation to Ms Becky Freeze for the work of Mackenzie's light.

Closing Thoughts

- The next TAC meeting will be February 8. TAC will invite foundations and other supports in the area to meet the TAC commissioners and learn more about TAC.