

**Meeting Minutes  
Thurmont Addiction Commission**

**April 12, 2018. 7pm- 9pm**

**Attendees:**

Commissioner Jay Churchill	Commission chair, Voting member
Commissioner Michael Randall	Commission Co-chair, Voting member
Commissioner Rachel Hubbard	Voting member
Commissioner Kim Kerens	Voting member
Commissioner Edward Schildt	Voting member
Commissioner Myra Derbyshire (Secretary)	Non-Voting member (alternate)
Town Commissioner Martin Burns	Town Council Liaison
Erich Kleinschmidt	Invited presenter
General Public	

TAC approved the March commission minutes written by Commissioner Derbyshire.

Commission co-chairman Michael Randall gave the opening remarks: hope motivate. He will invite the Addiction Policy Forum (<http://www.addictionpolicy.org/> in near future for dialogue. In terms of budget, he let us know that the Congress and President were in support of attacking the Opioid crisis, and added that Congress had just approved (23 Mar 2018) \$7.4 billion in funding to address addiction for 2018, allocated in areas such as for research, and the development of non-opioid pain medications, and new treatment options etc. He added that the NIH expects to spend nearly \$1.1 billion in 2018 on research dedicated to expanding treatment options for people addicted to opioids. Commissioner Churchill then asked the TAC pillars to “push forward” with their gold/silver/bronze wish list items.

Next was final discussion on televising the monthly TAC meeting, we agreed that we were not opposed to it. As it was recognized that some are hesitant, and others more open about conversation and sharing on the topic of addiction, it was agreed to televise the monthly meeting on the condition that there was an option to turn it the recorder off, in order to respect this. Commissioner Schildt added that it may stir motivation more to share and fights the stigma of addiction. Commissioner Churchill added that “If persons in recovery are willing to talk about their addiction (referencing the Education and Awareness monthly seminar series), we (TAC) should be too”. Town Commissioner Burns added the minor change that the microphone would be at podium. Commissioner Ed Schildt: added that next week’s Education and Awareness monthly seminar series speakers have agreed to be here at the town hall and be televised. Town Commissioner Burn’s gave his approval, and will assist on the night.

Commission chairman Jay Churchill announced that he would like to modify the structure of TAC meetings for the future. He felt that to report is simply not enough. He asked TAC to discuss what would

this agenda would look like? He would like to see broad discussion on topics by email, with the monthly meeting time used to move forward. Discussion followed that we would be creating actionable moments as a commission, and that currently we are doing a lot of back and forward during the meeting. We agreed that we would be using the monthly meeting to create actionable moments.

Commissioner Mike Randall said he is moving forward with supporting a Catocin High School poster competition on addiction and is now looking for incentives/ awards for the competition and has reached out to Town Commissioner Burns for any slush funds for this. Town Commissioner Burns said he could give him an answer by next week, after the Tuesday April 17<sup>th</sup> town meeting. Town Commissioner Burns explained that at that meeting he will make a \$5,200 request to the Town of Thurmont for TAC for the fiscal year 2018. He will ask for an operating budget of \$3000, \$1200 for the TAC 501(c)3, and a non-operating budget of \$1000 (to include prize money for the High school poster contest). To assist with this, Town Commissioner Burns asked the pillars to give him some idea of what this money would be used for before the 17<sup>th</sup>, and asked them to let him know if they would be available to attend and speak help at that meeting. TAC noted that the large visionary line items would be through grants donations, engaging the foundations etc.

Pillar reports:

Support and Recovery pillar. Commissioner Myra Derbyshire reported on two initiatives; 14 individuals (comprised of TAC members and concerned public) have completed 2 days of a 4-day CARR Recovery coach training provided for free by the health department and held locally at the Thurmont activity center. This program provided the 14 graduating coaches with the knowledge and skills necessary to guide and mentor others through their own recovery process. We discussed various ways at our March pillar meeting, on how the town having this cohort of recovery coaches would be helpful: one being to have these coaches volunteer at a local Thurmont Recovery center. The health department agreed to work with TAC on this and the other ideas we identified. The other item Commissioner Myra Derbyshire brought for discussion was progress on the "Harm reduction/needle exchange" initiative. The "Support and Recovery" pillar brought this to the meeting in the hope of forming a proposal with TAC, and possibly involving town leaders, in a possible visit to view "Health Right" a successful harm reduction/needle exchange program in rural Morgantown WV which has been in existence since 2015. Commissioner Derbyshire explained that she was introduced to Laura Jones, the executive director of that program by her daughter who heard her speak at a meeting. Ms. Jones has offered for us to visit the program, and/or to talk with us when she is next nearby at an upcoming conference.

Prevention Pillar: Commissioner Mike Randall reported that the prevention pillar was making progress on coordinating with Catocin High School on the poster contest, the prevention flyers to local youth sports programs were coming along. Towards the concept of a centralized web site pulling together local activities, they had solicited work proposal from internet companies and were looking into financial support grants. He asked if TAC could be involved in judging the poster contest. Commissioner Jay Churchill asked if there was an immediate need for money for these programs? Chasity Fox offered the help of the RJS lasting foundation (a local 501(c)3) to write letters for donations. Karen Schildt reminded the commissioners that Becky Perl, an artist in town offered to give a scholarship for her art classes to one person a quarter, and asked if this could be used under the category of prevention? She wondered if it could be given as a prize in this contest through Deb Wivell? Commissioner Mike Randall will follow up on this. Commissioner Jay Churchill reminded commissioners to not let waiting to the once-a-

month meeting be a barrier from them helping, “let it not be the bottle neck”. Commissioner Derbyshire followed this, by adding her pillar had thought to ask for \$100 to donate to the Thurmont regional library for to buy addiction education books/DVDs in recognition and gratitude for the past work of the support group “Mackenzie’s light’s” for the community. The library had offered to provide a name plate on the inside of the book in honor of the work of the Mackenzie’s light support group.

Education Pillar: Commissioner Ed Schildt: reported on the attendance at the monthly addiction education speaker series, being variable (10-30 attendees) good. However, he was encouraged that each time new people showed up. The speaker event will move to the Thurmont town office from now on, with April’s guest speakers being Brian riffle, and Mike shilling, showing that “recovery is possible”, and convening a voice of hope. Other speakers are in the works, these are volunteer speakers with informational messages. He is considering showing a video which was shown at the recovery coaches academy: “The anonymous people”: a story with AA from the 1930’s, and is very powerful and educational, the education pillar is also engaged in meetings of the “Support and Recovery” and the “Prevention” pillars.

#### New Business:

Mr. Erich Kleinschmidt presented to TAC about funding opportunities. He indicated TAC would need "numbers" to establish a need. He noted that he works at HRSA (<https://www.hrsa.gov>), and before that SAMHSA ( <https://www.samhsa.gov>) for 9 years, but is talking at this TAC meeting as a private citizen and not representing the federal government.

Mr. Kleinschmidt asked if the town of Thurmont has done a needs assessment? He advised we need to know factually what the town’s need is: do we know for example: “how many persons in our community are in treatment for opioid addiction? Town Commissioner Burns confirmed that we have not done that, Mr. Kleinschmidt advised that we should consider doing so, and in order to be eligible for grants we would need to have done so. We would need to prove that the need is there. He asked if we could hire someone to do that? Town Commissioner Burns indicated that when we would do this Vickie Grinder could perhaps do the initial work. In his presentation he discussed possible resources and considerations for TAC. He recommended us to the web site [www.grants.gov](http://www.grants.gov) and to search with key word: opioid or substance abuse. And to the SAMSHA site <https://www.samhsa.gov/grants>. He asked TAC investigate whether Thurmont falls under a rural designation and would then be eligible for rural targeted grants. He also suggested we consider the Frederick Community Action Agency (FCAA, <http://cityoffrederick.com/183/Frederick-Community-Action-Agency> ), as they have a component federally funded to provide primary health care and substance abuse treatment services and explore whether they may be able to expand a clinic site to Thurmont, as contacts for FCAA he suggested Janet Jones (director of medical services) and Mike Spurrier (FCAA director). He suggested contacting Andrea Walker at the Frederick County health department to explore possibility of them expanding services to Thurmont for outpatient medication-assisted treatment (MAT).

Mr. Kleinschmidt also suggested that the town commissioners contact Barbara Bazron (State of Maryland Behavioral Health Administration executive director (410) 402-9452, e-mail [Barbara.bazron@maryland.gov](mailto:Barbara.bazron@maryland.gov)). and Anna Barefoot chief of staff (410) 402-8443 , [anna.barefoot@maryland.gov](mailto:anna.barefoot@maryland.gov) ) at BHA (State of Maryland Behavioral Health Administration, <https://bha.health.maryland.gov/Pages/Index.aspx> ) to ask if Thurmont could be part of their grants, as they may have discretionary funds.

Commissioner Jay Churchill asked Mr. Kleinschmidt (recognizing Mr. Kleinschmidt's boundaries as a federal employee) if he would be interested and available to consult. He then thanked Mr. Kleinschmidt for sharing his expertise added that it was tremendously helpful, and then invited him to join future TAC meetings and perhaps to consider doing a presentation on medication-assisted treatment.

Commissioner Jay Churchill then opened the floor to the public.

Ms. Karen Schildt: offered words of encouragement to TAC: She asked the commissioners to realize that it was a year ago yesterday when the performance "Introduction to the Enemy came to the High school", and to recognize Tac has essentially been in existence close to a year. She asked the commissioners to take time to step back and write down what they have accomplished, and to release how much has been achieved in a year. She stated that TACs name is now "out there". She mentioned also an article in Frederick magazine which interviewed Commissioner Ed Schildt (and Shannon, a mother who lost her daughter to this epidemic) had mentioned TAC. She said: know that TAC is out there, doing good things, such as the CARR recovery coaching academy, where commissioners are in room learning with people we didn't know, and others. We all know a lot more about addiction, we are really, moving forward."

Ms. Chasity Fox (RJ's lasting strength foundation) reported that David Brooks and RJ's lasting strength foundation are renting a space in the town of Thurmont, to bring an addictions counselling service (Brookes behavioral health) and a starting Recovery Community center (RJ's lasting strength foundation) to our community. She envisioned possibly having the Recovery Center be available for TAC for speakers and classes, for Health Department CORE classes, and Nar-Anon etc. She envisaged it an all resource place, with computer(s), providing training in resume-writing, job-hunting, with a closet for interview clothes, having fun classes such as yoga etc., and assisted by recovery coaches. Ms. K. Schildt: added that David Brooks could do the first assessment: provide them resources, network of people in Frederick, and determine the level of care need more, noting that he is professionally trained and good to have here.

Town Commissioner Burns (talking as a resident and not in his official capacity) then challenged TAC to create a strategic vision of where we want to go to include long range goals, 5013c status, data studies to assist with grant writing etc.

Commissioner Rachel Hubbard introduced Susan Crumb and Jerry Sealey, facilitators of the Abandon teen group, who talked to Tac about the teen group and outlined some upcoming activities planned for the teens.

Commissioner Jay Churchill adjourned the meeting at 8:45 pm.