

**Meeting Minutes
Thurmont Addiction Commission**

May 10, 2018. 7pm- 9pm

Attendees:

Commissioner Edward Schildt	Voting member, meeting chairman
Commissioner Rachel Hubbard	Voting member
Commissioner Kim Kerens	Voting member
Commissioner Gina Carbaugh	Non-Voting member (alternate)
Commissioner Myra Derbyshire (Secretary)	Non-Voting member (alternate)
Town Commissioner Wes Hamrick	Town Council Liaison (alternate)
Genesis Treatment Service: Dawn James and David Heard	Presenters
General Public	

As several key commissioners, including the TAC chairman, were absent, those present chose to delay approving the April commission minutes until the June meeting.

Commissioner Edward Schildt, standing in as TAC chairman, gave the opening remarks, adding that he was pleased to see many in the audience present who had been at previous meetings, and he gave special thanks to Town Commissioner Wes Hamrick for standing in for the Town Council liaison. He added that, in keeping with previous meetings, the commission would be respectful of everybody's time, and would follow the guidelines of past meetings rather than adopt the newer format agreed on at the April meeting, and would not therefore be taped.

Support and Recovery Pillar: Commissioner Myra K. Derbyshire announced the completion of the Connecticut Community for Addiction Recovery (CCAR) recovery coach training given by the Frederick County health department to a cadre of 14 local individuals and held in the Thurmont Main Street Center. Recovery coaches were trained to assist in identifying a personalized recovery plan and provide support on the recovery journey, to identify obstacles to recovery, and to assist in navigating access to treatment and other community resources. These coaches plan to use their newly acquired information and skills locally. The next steps involve advertising these services and establishing a phone service and on-call schedule. In the discussion which followed, suggestions were made such as informing the FMH emergency room to connect local people attending with one of these coaches, asking the ministerium to assist with the establishment of a call center. It was suggested that perhaps some of the money approved for TAC could be used for establishing such a center. Commissioners Derbyshire and Hubbard will consider bringing this proposal to TAC at a later meeting. Other points of contact suggested included the Abandon (Fuse) teen center, a recovery center, local Nar-Anon group etc. The Recovery coaches are in the process of creating a comprehensive list of local resources in a small pocket guide to carry with them. Advertising could include linking back to the health department page which advertises

the Thurmont recovery coach program to other communities interested in building a peer recovery program <https://www.facebook.com/fchealthdept/posts/1686348284745536>.

Commissioner Rachel Hubbard and Vicky Grinder are making progress towards TAC becoming a 501(c)(3). Monies earmarked TAC from the town of Thurmont may be available July 1st for fiscal year 2019.

Education and Awareness Pillar report: Commissioner Ed Schildt reminded TAC that the upcoming presentation in the monthly Education and Awareness speaker series is to be given by a speaker from the Frederick County health department who will describe the science of addiction and addiction as a disease. In addition, Ms. Myra L Derbyshire, an alumna of Catoctin High School, and now program director of the Char Hope Foundation, will share her path to Char Hope, and the message that recovery for addiction is possible. The June speaker in the series is James Ryan (Young Adult Program Director at Ashley Addiction Treatment), who will address stigma, stages of use; consequences; neurobiology of addiction; treatment including harm reduction; stages of recovery and barriers to recovery. Commissioner Ed Schildt invited more ideas for speakers.

Other TAC business Commissioner Gina Carbaugh introduced the idea of having an addiction memorial garden in the town of Thurmont. She also discussed having a program for those coming out of incarceration, and located in Thurmont, which would include life-training skills, mediation, mindfulness, yoga, nutrition, etc. It was suggested that she bring a more detailed request to TAC, including what such a program might need in terms of resources, and what else she might need from TAC, etc.

Community business: Genesis Treatment Service: Dawn James (Chief Operating Officer) and David Heard (Director of Business Development, dheard@ahelpinghandtreatment.com 443-301-3772, TAC's contact for the Frederick program) gave an update on progress with the Frederick Facility. Genesis has programs in Westminster and in Woodlawn and now in Frederick (targeted to open in July/August). Genesis provides methadone maintenance, suboxone, intensive outpatient treatment (IOP), traditional outpatient, relapse prevention (RPP), and includes counselling as a critical component of their program. They manage dual diagnosis cases, mental health counseling and support 12-step programs for recovery and support and provide a setting where clients and their families feel comfortable. They accept state insurance and consider needs assessment for payment. They establish relationships with local therapists and doctors. Additionally, they give clients support with finding affordable housing, finding job opportunities. They include Naloxone training

Discussion followed on how we might best educate our youth about the dangers of drugs, and how young that education should start, it included Ms. Susan Crone discussing the Fuse Teen Center's (fuseteencenter@gmail.com) efforts and vision (including education and awareness) to assist youth in setting a path free of drug use.

TAC was challenged to think about where it was going, and more specifically where it might be a year from now. Is TAC helping those in recovery to get to the life they always wanted? The commission was reminded that it was "tackling an unseen enemy with no rules of engagement". Discussion followed including that the disease of addiction thrives on isolation and that anything done to build community, fights against it.

Meeting convened at 8:45.