

Meeting Minutes
Thurmont Addiction Commission
Dec 17th, 2018. 7pm- 8:30pm

Attendees:

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Commissioner Jay Churchill	Commission Chair, Voting member
Commissioner Michael Randall	Commission Co-Chair, Voting member
Commissioner Edward Schildt	Education and Awareness Pillar lead, Voting member
Commissioner Susan Crone	Prevention and Outreach Pillar lead, Voting member
Commissioner Myra Derbyshire	Support and Recovery Pillar lead Pillar Secretary (temporary), Voting member
Commissioner Mark Rogers	Student representative, Voting member
Commissioner Mike Shilling	Member at large, Non-Voting member
Commissioner Karen Schildt	Treasurer, Non-Voting member (alternate)
Town Commissioner Martin Burns	Town Council Liaison
General public	

This meeting was televised:

In the first item of business, the November TAC meeting minutes were approved unanimously.

Commission Chairman Churchill asked those present and those watching on television to reach out to the commission and become involved in the work of the commission in any capacity. He asked for a new TAC Secretary, as Commissioner Derbyshire is now doing double duty as the Support and Recovery Pillar lead and secretary. The position as secretary is a non-voting non-paid position, with the responsibility to capture the meeting mins and communicate them out to the commission. He asked for volunteers to reach out to TAC.

The next item of business was for input from the Town Commissioners. Town Commissioner Burns had nothing to share.

Treasurer's Report: Commissioner Karen Schildt distributed copies of the treasurer's report to those present and read it aloud. Since the November full TAC meeting where she gave the last Treasurer's

report, no expenses were incurred and there were multiple deposits. \$3,485 was therefore carried over, she will forward this by email to the commissioners. Commission Chairman Churchill asked if there was an expiration date for those dollars and if they could be carried over into the next fiscal year. He also asked if it was the case that once TAC had confirmed 501c3 status that the agreed bank account be set up and these funds transferred to TAC.

Commissioner K. Schildt said that she was awaiting full clarity on our status, at the last communication Ms. Vicky Grinder was waiting for an ID number from the state, Commissioner K. Schildt will follow up with her, and then establish the account with the Woodsboro bank to make the funds transfer. Commissioner S. Crone offered to write the one outstanding thank you note for the memorial donation.

Education and Awareness Pillar Report:

Commissioner E. Schildt thanked everyone for their help with the "Introduction to the Enemy" program held at Catocin High School. He reported that about 180 people attended despite other competing events in Thurmont that same night.

Commissioner E. Schildt invited everyone to the upcoming Dec 20 second annual Night of Remembrance to be held at the Thurmont Carnival grounds. The evening will honor those lost to the disease of addiction as well as recognize both those in recovery and those still in active addiction.

Commissioner E. Schildt requested TAC to aim for 6 speakers in the 2019 education and awareness speaker series, the first of the 2019 series to be held in February. He asked for input from TAC and others for topic and speakers that would be useful to the community: one topic he suggested was for someone to discuss options for pain management for parents and young adults.

Commissioner E. Schildt discussed the importance for TAC to connect with Chief Eyler and others in Thurmont's law enforcement.

Commissioner E. Schildt discussed education and awareness tools, including the pop-up banner to be used in the various events such as Catocin Colorfest and the Thurmont community show. The banner would be 33" wide, 78" tall, and cost \$80 plus \$20 shipping. The commissioners gave several suggestions to improve the banner layout to make it clearer that the TAC acronym stands for "Thurmont Addiction Commission". Commissioner K. Schildt will send out a few options in layout to the other commissioners by email.

Commissioner E. Schildt introduced the idea of TAC having a drug identification kit as a visual talking piece for display on TAC resource tables at community events. The one he gave as an example would cost \$478 plus shipping. He agreed to look at some other options and evaluate these and bring back to the commission at a later date. A discussion followed: Commission Chairman Churchill agreed that a visual display like this can be very effective way of communicating, he suggested also considering a bootstrap kit example with broken pens etc., not something that even has to be exhaustive. Commissioner Michael Randall offered to investigate alternatives. Town Commissioner M. Burns suggested including such a visual to send out in a town utility billing showing parents what to be concerned about, and to include a number to call if they had any concerns. TAC was in agreement that this was a good idea. Commission Chairman Churchill cautioned the commissioners to limit such a mailing as this to a periodic basis, and to think of the timing and content so that it was a powerful

message. Commissioners E. Schildt and M. Randall offered to develop a visual printable document geared towards inclusion in a town mailing.

Commissioner E. Schildt continued that with discussion about a request that had been made to publish a link to an unfamiliar out of town resource on the TAC town website. The decision was made not to publish the link for this specific request. In the discussion, Commissioner Mike Shilling remarked that TAC should have good resources to give to people that contact them, and added that he can assist in developing these as TAC develops the resource guide. Commissioner Susan Crone added to “not rush to judgement” on a resource.

Commissioner E. Schildt next added that TAC is looking for a volunteer with journalism skills to help communicate and get the word out to the community of TAC events and events organized by local foundations and to capture the TAC meeting mins to distribute to the media. Town Commissioner Martin Burns suggested that TAC commissioners write articles of 500 words or less to local papers capturing things such as their own opinions, or their real-life stories, something to grab people’s attention.

Commissioner E. Schildt concluded that he has scheduled the library for a Jan 7th meeting at 7pm for a workshop on the resource compendium. He suggested TAC dedicate the first Monday of each month to have workshops.

Prevention and Outreach Pillar Report: Commissioner Susan Crone updated the commission on progress on the Fuse New Year’s Eve adult sober event and will give Town Commissioner Burns the address to announce to the town.

Support and Recovery Pillar Report: time was given to Chasity Fox founder of the Music is Medicine Foundation to give an update on their soon to be opened Path Peer Recovery Community Center in Thurmont.

Ms. Fox mentioned plans to include TACs Friends and Family Support Group and a new Thurmont Nar-Anon 12-step group. Both are support groups for friends and family of those impacted by addiction. In addition, there will be a NA (Narcotics anonymous). The center will offer comprehensive support programs such as mindfulness classes, yoga, feel-good Fridays with a musician, music therapy, field trips, sober activities, job development classes, mock interviews, CORE classes, educational movie nights, and Narcan training. She explained that this “one stop shop” would be supported through volunteers, peer-to-peer recovery coaches who will meet the addict “where they are”, and fund-raising. She detailed immediate needs such as office furniture and office supplies. She talked about the impact their foundation has had already in the Thurmont community.

Commissioner Jay Churchill thanked her for such an important resource and asked her to summarize what she would like TAC to do. Ms. Fox answered that she is asking for TAC to present to the town a request on her behalf for monetary help. She also needs someone to help write a business plan and to apply for grants. Commissioner M. Derbyshire said that she would enquire of the health department if and when they would again offer a free a grant writing course.

Town Commissioner Martin Burns asked Ms. Fox to provide an itemized list of her needs for consideration. It was suggested that someone from the Path Peer Recovery Community Center come regularly to the monthly TAC meetings.

TAC Student Representative Report:

Commissioner Rogers reported that he had spoken with Coach Franklin and that January was open for Commissions K. and E. Schildt to talk to Catoclin High School students. He also reported that he had the opportunity in a Frederick Community College speech class to develop a speech on heroin and addiction and on discouraging people from experimenting with drugs. He added that this speech has been captured in a video which he would like to show to the commissioners.

Public Comments: Ms K. Schildt advertised upcoming showings of the local movie "Heroin's Grip". It will be showing at the Holiday Inn cinema 18, 19 and 20 of Jan.

Commissioner Jay Churchill concluded the meeting by reminding the commissioner to develop their 2019 goals and gave the following sobering statistics: deaths from drug overdose in the U.S. are up 10% from 63,632 in 2016 to 70,237 in 2017. He added that Maryland now ranks as the tenth highest state in overdose deaths. He also added that last year 47,173 Americans killed themselves marking a 3.7% increase from the previous year.

Meeting adjourned 8:38