

**Meeting Minutes
Thurmont Addiction Commission**

Jan 10, 2019. 7pm- 8:24pm

Attendees:

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 Myra Derbyshire	Support and Recovery Pillar lead Pillar Secretary (temporary), Voting member
Commissioner Mike Shilling	Member at large, Non-Voting member
Town Commissioner Martin Burns	Town Council Liaison
General public	

This meeting was televised:

In the first item of business, the December TAC meeting minutes written by Commissioner M. Derbyshire were approved unanimously.

Commission Chairman Churchill gave an introduction to the meeting strongly encouraging those listening in the TV audience to participate in the work of TAC. He re-announced the secretary opening on the commission, and explaining that it would entail simply taking notes at TAC's monthly meetings, and distributing these. He asked if anyone interested in helping out in any way, big or small, be in touch and let us know.

Town report: Town Commissioner M. Burns updated us that the county had approved funding for the Frederick Health Department's Harm Reduction van. He suggested TAC meet with County Councilman Dacey, (or he could approach him himself) to try to better understand why he had voted against funding the grant for the van. He detailed various reasons this might be this, from fiscal conservative to ideological. County Councilman Dacey is also the at large councilman and represents us in the county. He suggested we invite him to a short, scripted program comprised of excerpts of TAC's commissioner's experiences.

Commission Chairman Churchill thanked Town Commissioner Burns, agreeing that it would educate both Councilman Phil Dacey and us on the different opinions/perspectives. He agreed that a scripted meeting would be of value.

Commissioner M. Shilling also agreed, he explained how his views had changed since he started working in the area of harm reduction. He saw the value in building trust with someone in active addiction. The

value of being there when they were ready to work with you to get treatment. He added that he felt that “knowledge is power”.

Commissioner M. Derbyshire explained that she personally knew people in long-term recovery who had taken advantage of such programs when they were in active addiction and were now living in recovery free of HIV and Hepatitis C.

Commission Chairman Churchill reminded everyone that the health department was returning to talk with the town on Jan 29th after having talked with Chief Eyer and his staff. He reminded us that our job was to give people information so they could make informed decisions.

TAC agreed that town Commissioner Burns should reach out to County Councilman Dacey and that the commissioners should craft something for the proposed meeting.

Commissioner M. Shilling suggested TAC focus on what he called “power in numbers” i.e. that the more people we bring into the conversation the better, even if they don’t agree with our point of view.

Treasurers report: Commissioner E. Schildt gave the report for Commissioner K. Schildt, there been no expenditures or changes to the report since at the December full TAC meeting, TAC has \$3,185 dollars. In terms of 501(c)(3) status, Commissioner K. Schildt is trying to connect with Ms V. Grinder, who has agreed to prioritize working with her on this.

Prevention Pillar: Commission Crone had sent written comments, Commission Chairman Churchill read those in her absence: they explained that she had cancelled the New Year’s party due to lack of response, but that she would continue to look for opportunities for sober events targeted also at adults. She updated us on donations given to the Fuse Teen Center, including from: alizeepathology and Gateway Orthodontics.

Commission M. Shilling informed the commission that he has reached out to a few people in the recovery community in Frederick, and explained that events take time and planning. He cautioned that it’s important not to not overlap with another’s events and pull people away from these.

Support and Recovery pillar: Commissioner M. Derbyshire summarized the following goals under consideration by the Support and Recovery pillar for 2019

1. To garner support for the comprehensive (one shop stop) recovery center soon to open in Thurmont pioneered by Chasity Fox (of the Music is Medicine Foundation) assisted by Rachel Hubbard (now of the same foundation and formally of TAC), and to support for health department programs, and other foundations, continuing in the mind-set that our role is (to quote Commission Chairman Churchill): to facilitate, empower and include.
2. Work towards attracting a quality women’s sober living house to Thurmont. Our pillars vision is of a farm based 1-year program. Based on the twin streams learning ranch of Hartford counties Char hope foundation.
3. Carry forward our vision of a healthy recovery community: the recovering addict and the recovering families, working with others in the community in an environment of support and reduced stigma, with our citizens informed by education of recovery and resources.

4. By Feb we hope that there will be in place 4 local support meetings a month for friends and families of those with substance abuse disorder: two TACs family and friends support groups, and two Nar-Anon meetings monthly
5. Support the Health department expanding syringe exchange programs into northern Frederick county, clean needles and at every exchange the opportunity for resources and treatment.

Commissioner M. Derbyshire said that to move forward on these she will need extra help: and the plan is to convene both workshops and pillar meetings throughout 2019. She asked if you would let her know if you have any interest in any of these to let her, or any other of the commissioners know.

Commission Chairman Churchill followed with some comments: our job is not to pick sides but empower, we are not here to step on toes, we are here to help groups, and be cognizant of the competing interests. He added the plea: "If you want your activity read here at the TAC meeting let us know, and better yet come to the meeting, come and share those ideas".

Town Commissioner Martin Burns suggested that if TAC wants additional people to serve, that we specifically ask for people to serve for short periods of time, on specific tasks, for example attending a workshop.

Education and Awareness Pillar: Commissioner E. Schildt followed with comments about how the soon to open peer-path comprehensive recovery center in Thurmont, will assist with being a point of contact with more people in the community. Its services will include housing one of the TAC family and friends support group meetings, and a new Thurmont Nar-anon group, and provide Health Department CORE recovery classes. Commissioner E. Schildt added that he continues to look for someone to undertake publicity and exposure, for that center and for any other upcoming addiction related activities in Thurmont.

Commissioner E. Schildt gave an update on the Education and awareness Speaker series: the first event in that series for 2019 will be on Thursday Feb 21st at 7pm to be given by Terry Austin of Austin Addiction and Mental Health Center, and will educate on the topic of pain management, helping one to better understand the need for pain management in certain situations. He explained that a portion of people feel that they can't take pain medication at all, but that there may be a place and time when it may be needed. In that case, he explained, one should be aware of the risks versus reward; and be educated on what the options are.

Commissioner E. Schildt asked for input on other topics to present in future speaker series events. These could include topics such as: recovery is possible, changing techniques and strategies of treatment, parent of those in recovery sharing the story of how addiction has affected the family, presentations by the Frederick County Health department such as Narcan training and harm reduction strategies, talks by law enforcement or addressing the needs of first responders.

In the discussion that followed it was suggested that the series be every other month (rather than every month as it had been in 2018) and be better advertised to reach more people. Commissioner E. Schildt added that this was in his plan, and that if more needs came up, he could perhaps accommodate two speakers in one event.

A travelling series was also suggested: where we would "go to them", i.e. out in the community to share for example to the Lions Club, Boy and Girl Scouts, schools, churches, the ministerium, and "bring the

message to the community.” It was suggested the format of bringing half a dozen little stories in one presentation would make an impact. This idea had a favorable response from those present. Commission Chairman Churchill cautioned TAC to be strategic with these presentations and to “not inundate the community”.

Commissioner E. Schildt asked for TAC’s support for the pop-up banner which he had presented at the December TAC meeting and revised as TAC requested at that meeting. The wording Thurmont Addiction Commission was moved to the top, and the acronym TAC was below that, to emphasize the role of TAC was and so that people were not confused by the acronym. The commissioner voiced their support for the banner with revisions. Commissioner E. Schildt next asked if TAC was comfortable with him paying for the banner and being reimbursed at a later time when TAC’s bank account had been set up.

Commissioner E. Schildt took time to describe the banners cost (in the order of \$80 plus \$20 shipping) dimensions (33” wide, 78” tall), that the banner was self-contained and would roll down into a canvas bag for easy storage, and transportation to events where commissioners would talk about TAC. TAC would have this in addition to the table cloth and informational handouts.

TAC took two formal votes: first that the banner, as presented currently (Jan 10th 2019), was appropriate for TAC’s need, and second that TAC approved of Commissioner E. Schildt paying for the banner himself and being reimbursed once the TAC bank account was set up (reimbursement would be up to \$80 plus \$20 shipping, to the cost of \$100 and no more). Both votes passed 4 in favor: 0 against, with 1 abstention (Commissioner E. Schildt).

Commissioners E. Schildt and M. Randall next discussed the drug identification kit/visual talking piece for display on TAC resource tables at community events which Commissioner E. Schildt had introduced at the December 2018 TAC meeting. Commissioner M. Randall said that he had looked at the various tools on the market and that these were all in the same \$375-450 expenditure price range, and he agreed they would be valuable to educate the community. Commission Chairman Churchill added that he had also done so and found the same price range. They next will follow up to see if such tools are either already in use in the community for example by the Thurmont police department, and if so might there be any interest in sharing the tool, and if not perhaps of sharing the cost. They will reach out to Chuck Jenkins and Chief Eyler. Commission Chairman Churchill encouraged other commissioners to reach out to Commissioner M. Randall for the education tool web sites.

Other:

Commission Chairman Churchill asked secretary M. Derbyshire to remind him to leave formal time for Commissioner Co-chair M. Randall and at large member Commissioner M. Shilling to speak on the next agenda.

Student representative report. Student representative not present.

Commissioner M. Randall updated TAC that a workshop had been held on the Resource compendium. The event went very well he felt and was a positive experience for everyone. Everyone left with their tasks, and it should be tightening up in a week and a half, when they meet for the next resource workshop, and that he is excited for the output.

Commissioner M. Shilling added that TAC needs to move and be pro-active, and that lives are at stake. He mentioned the prevalence of LSD, Adderall and marijuana among middle schoolers in Thurmont. He would like to have an event bringing together treatment providers and community members in Utica park to network. He suggested corn hole, and food for such an event, and to have the proceeds to go towards TAC and the Frederick homeless community.

Commission Chairman Churchill said that he would support this idea, he suggested using the TAC meetings as a venue to advertise these kinds of events, and to ask for help with these. He asked Commissioner M. Shilling to put together a wish list of items, with details of when and where, and to bring these back to the commission.

Commissioner E. Schildt then asked if he could have a synopsis of the TAC meeting to give to Deb Spalding of the Catocin Banner. He asked if he could in future get an unapproved version of the mins from Secretary M. Derbyshire within a week after the full meeting, from which he could extract such things as the speaker series, and to create an events calendar to connect with the community. It was agreed upon that he could do that.

Town Commissioner M. Burns suggested that TAC might want to have a booth at a Maryland Municipal League summer conference 2019 to be held at Ocean City, MD. It would be an opportunity to talk with delegates and the governor. He said if we were interested in doing so, he would take the idea to the town. Commission Chairman Churchill said he would be interested in hearing feedback from Town Commissioner M. Burns after he has talked with the town about this possibility.

Commissioner M. Shilling mentioned the Tuerk conference On Mental Health and Addiction Treatment, in Maryland as another venue for TAC to perhaps have a booth at in coming years.

Commission Chairman Churchill reminded everyone that the next TAC meeting will be in Feb 14, 2019 and closed the meeting by sharing that one of the big issues is pain management. He added that our ability to measure pain has traditionally been a on a scale of 1-10 or use of a smiley face or other faces. He asked us if a patient approaches a doctor how might he assess their level of pain? Then he let us know of the advent of a new more accurate technology for measuring pain based on pupil size.

The meeting adjourned at 8:24pm