

**Meeting Minutes  
Thurmont Addiction Commission**

**Feb 14, 2019. 7pm- 8:15 pm**

**Attendees:**

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

This meeting was televised:

In the first item of business, the January 2019 TAC meeting minutes written by Commissioner Derbyshire were approved unanimously.

Commission Chair Churchill introduced the meeting and asked that if anyone listening was interested in getting involved in the work of TAC, to let one of the TAC commissioners know. He added that "TAC is seeking help in any capacity possible". He made a plea for someone to fill the open TAC secretary position, adding that working in this position would provide one an opportunity to come to meetings, and that all that would be asked of them was to take notes. He added that anyone, including high-school or middle-school students with an interest in earning service hours could apply. He emphasized that TAC's role was to empower foundations and others in our community working in the fight against addiction and its impacts. He urged people to get involved in any capacity and added that there were "definitely opportunities for people to get involved".

Town Commissioner Burns suggested that as the town budget is being formulated that TAC think about its financial needs. Commissioner Churchill said he would reach out to the town Mayor Kinnard, and that TAC commissioners would talk among themselves by email about needs. Town Commissioner Burns suggested that we suggest specific projects and specific numbers; for example, one month's seed money to get local projects off the ground.

Support and Recovery pillar update: Commissioner Derbyshire initiated discussion regarding the Frederick County Health Department Mobile Harm reduction syringe services program. She asked what role TAC might have in supporting bringing this program to Thurmont. She reminded those present that the Health Department had recently updated the town commissioners and had met with Chief Eyler and his staff to inform them about the program. Commissioner Derbyshire will reach out to the health

department to discuss their plans for moving forward, she felt it important to bring the valuable resources the health dept offers through the program to those in active addiction in our community. She let the commission know that the health department had connected her with the Baltimore harm reduction commission who provided an intern to draft an opinion article with her for the Fredrick News Post. She asked if she could mention in the op-ed (although it was written as her own opinion) her connection with TAC. Commissioner Churchill asked that she send it around by email before getting an answer. She agreed to do so but read the letter to the commission as she felt that its timeliness for kindness and empathy was important for those in our community struggling with addiction and recovery to hear. The letter raised the importance of communities affording the same care and respect to those struggling with substance use disorders that they give do to those suffering with other disorders. She agreed to forward this letter by email to the other commissioners and would consider their advice on whether to send it.

The commission returned to the discussion about reaching out to the County Council at large member. Town Commissioner Burns offered to reach out but added that he believed it would be stronger message for the commission to give a presentation. He suggested that TAC organize a 15 min presentation, with each member talking for about 3 mins from their experience. He suggested TAC request to be added to the county council agenda for an upcoming meeting. The commissioners agreed that it makes sense to do so.

Commissioner Churchill gave the treasurers report for Commissioner Karen Schildt in her absence. The balance in the TAC bank account has remained unchanged at \$3,185. He noted that the TAC banner has been purchased by Commissioner Ed Schildt but that he has not yet filed for reimbursement. Commissioner Churchill added that Vickie Grinder is waiting to hear from the IRS regarding our 501(c)3 status and that she recommended Beth Helmick be given the power of attorney to file taxes for TAC.

Prevention and Outreach Pillar update: Commissioner Crone reported that the Fuse teen center will soon be requiring membership, and that this would enable them to enact a code of conduct. She reported that so far 19 people have signed up for membership. She added that Fuse is partnering with a Mount Saint Mary's University Department of Social Justice service project on painting a mural on one of their walls, and that there will be opportunities for other projects in the spring. Additional activities being planned include a visit to the White House, a Potter baseball clinic etc. Commissioner Crone specifically referenced Doctor John's day of service from which he made a large donation to the teen center. She reported that Fuse needs items such as a movie projector and a new sound system. She also reported that the Music is Medicine Foundation will host a fundraiser bingo on Sunday Feb 24<sup>th</sup>. The Music is Medicine Foundation will team with Fuse on a June 8th end of school year event to be held at the Carnival grounds and to bring awareness to the different organizations serving Thurmont. Commissioner Crone added that the hope is get the musician B-rain for that event. She will have more information on these and others plans at the March 2019 TAC meeting.

Education and Awareness Pillar update: Commissioner Churchill provided an update on behalf of Commissioner Ed Schildt in his absence. He reported that the next speaker in the speaker series is Terry Austin (owner of Austin Addiction and Mental Health). Her talk is planned for Feb 21 at 7pm and will focus on pain management issues. Commissioner Churchill encouraged anyone interested in attending to please consider coming.

At-Large Commissioner update: Commissioner Michael Shilling agreed with Town Commissioner Burns that TAC needs to “go to those people who can make changes”. He would like us to reach out to the community groups and businesses to talk with them. Commissioner Shilling expressed that TAC needs more publicity and to get the message out about what it’s about. He added that he still has people asking him “what is TAC?” Commissioner Shilling would like to host an event in the spring, and he will look into using Eyler field as a venue. He would like it to be an event not only for those in recovery but for their families and others in the community. He added there is “no cookie cutter” way to recovery, and that everybody’s journey of change will be different.

Commissioner Churchill offered to help organize determining who to target with our 15-minute TAC presentation and asked what would be most impactful message to deliver for the different groups. Commissioner Churchill suggested the grange and police officers. Commissioner Shilling added that what Commissioner Derbyshire said earlier in the meeting about showing love and empathy for the person suffering with addiction was important, he agreed that it’s important for people not to think they are alone, and that sometimes people don’t show love until it’s too late.

Student Representative update: Commissioner Rogers let TAC know that he had contacted Ed Schildt about talking at Catoctin High School. A discussion followed on the risk of high schoolers vaping or Juuling.

Commissioner Randall reported he has investigated options for a drug education kit for TAC to use when members are out in the community: he had narrowed options down to 2 kits that he felt would suit TACs purposes and had information on both. One kit was organized in a carrying suitcase that TAC could easily transport and set up. It had the benefit of being portable, it covered major drugs and paraphernalia and the cost was \$350, with an additional \$20 shipping. The other option was a stand-alone kit to place on a table that would accomplish similar goals as the first, and the cost would be \$478 total. He offered to email pamphlets about each to the commissioners and to bring them for consideration for vote at the next meeting. He added that TAC would not be duplicating effort as the police department does not have one, and if the police wanted to borrow it they could.

Commissioner Randall reported that all the information for the resource compendium had been assemble by the team attending the TAC workshops for that purpose, he added that edits and proofing were completed and that he was awaiting feedback from three people at the workshops and would next do the final editing. He expressed that it was an impressive 28-page document and a likely valuable tool for engaging with the community, adding selective parts of it could be presented in a trifold and it resource manual would be available in electronic version for community members.

Commissioner Churchill mentioned that Ms. Vickie Ginder met with people representing a wellness center for women in recovery that is hoping to serve Thurmont. He indicated that he would provide more detail at the TAC March meeting and that this is another example of things happening in Thurmont that the county council needs to hear more about.

Commissioner Churchill reported on scientific literature about how the lessons and successes learned in tackling the HIV crisis can be applied to tackling the opioid crisis, from a public health perspective. He gave an example of secondary prevention: i.e. considering that someone in your family taking pain medication might be at risk for addiction and letting them know that. In terms of treatment: he

mentioned being proactive in engaging people in the treatment phase. In terms of recovery: he mentioned recognizing that people in recovery have to be vigilant.

Commissioner Randall reminded the pillar heads to consider tangible goals that they need funding for, in terms of approaching the town for funds for these. He offered to develop a script and roles of individuals for the TAC presentation and distribute it to the commissioners as a starting point to develop the 15 min presentation/pitch. Commissioner Churchill added that "Myth busting is really important, lets present the data, present real-life stories, and break down some of the stigma".

Town Commissioner Burns asked commissioners to send him questions that they might like to ask town folks who were not involved in the commission, as he will be reaching out to these with questions.

The TAC meeting adjourned at 8:15pm