CECIL COUNTY DRUG AND ALCOHOL ABUSE COUNCIL
MEETING MINUTES FOR September 28, 2017

Meeting Location: Cecil County Health Department

Members In Attendance: Scott Adams, John Bennett, Sean Cannon, Joe Fisona, Howard Isenberg, Dr. Paul Katz, Michael Massuli, Dr. Alan McCarthy, Bob Meffley, Dr. James Ziccardi.


Call to Order: John Bennett called the meeting to order at 3:08 p.m. and welcomed everyone.

Recovery Month Proclamation: Members of County Government
• Presentation of proclamation for September as Recovery Month in Cecil County by Council Vice President Dan Schneckenburger and Councilman Bob Meffley. All meeting attendees were subsequently invited to participate in a group photo with the proclamation.

COUNCIL BUSINESS:
Chairperson’s Report, John Bennett:
• Recognized the expanded celebrations within Cecil County during September’s Recovery Month, including 7th Annual 12-Step Recovery Walk and Block Party scheduled for Saturday, September 30, 2017.

Board of Health Report – Ken Collins reported for Stephanie Garrity:
• Extended Stephanie’s regrets for her absence. Per Stephanie, no Board of Health report at this time.

County Executive Report – Chief Richard Brooks, Director, Department of Emergency Services, reported for Dr. Alan McCarthy:
• Reported that the County Executive, other County representatives (Sean Cannon, Ken Collins, Michelle Lloyd) and himself attended the Northeastern Maryland Community Opioid Summit at Aberdeen Proving Ground on September 7, 2017. Reported that Aberdeen Proving Ground is working on developing detectors and meters that would help first responders when they go into an environment by detecting if a substance such as fentanyl is present.
• Addressed a rumor regarding an alleged “three strike rule” for Narcan use by emergency responders. Stated that the rumor was incorrect, and clarified that paramedics are oriented to focus on the full healthcare requirement in caring for an overdose subject, rather than just getting them out of the situation. Paramedics are administering titrated dosages (the lowest dose possible) to achieve return of spontaneous respirations and a state that emergency responders can
well manage. The current procedures enable paramedics to get the individual to the hospital where a connection to substance use disorder treatment is more likely.

- The establishment of a local Opioid Information Team (OIT) was one of the results of the Governor’s declaration of a State of Emergency on the opioid crisis. That Team met during the spring and summer to identify priorities for related opioid crisis funding. [Based on priorities identified, funding was recently approved to (a) increase youth knowledge of opioid risks and (b) augment the website - www.rewriteyourscript.org and a related public awareness campaign.]

**County Health Officer Report** – Ken Collins reported for Stephanie Garrity:
- No report at this time.

**Other Committee/Sub-Committee Reports:**
- Workforce Committee: Howard Isenberg reported that the local committee had not met recently.
- Ken Collins shared that he recently attended a meeting with the Board of Professional Counselors (BOPC) and their new executive director Kim Link. Shared that Ms. Link acknowledged prior inaccurate and inconsistent instructions to those applying for certifications and licensure. Reported that the prior misdirection was related to inaccurate BOPC staff interpretations of the regulations. Ken reported that Ms. Link is working to correct the overall credentialing process, BOPC staff instructions to applicants, and BOPC operations in general.

**PRESENTATIONS:**
**Defining Substance Use Prevention** – Virgil Boysaw, Jr.
- Defined prevention as “an active, assertive process of creating conditions and/or personal attributes that promote the well-being of people,” according to William Lofquist.
- Defined a coalition, according to CADCA (Community Anti-Drug Coalitions of America) as “a formal arrangement for collaboration agreeing to work together for a common challenge.”
- Three Cecil County prevention coalitions [the Drug Free Community Coalition (DFC), the Maryland Strategic Prevention Framework Coalition (MSPF-2) and Opioid Misuse Prevention Project Coalition (OMPP)] are collaborating to reduce substance abuse among youth.
- The goals of the DFC are increased collaboration and reduced youth substance use. The DFC’s mission promotes prevention, treatment, recovery support and public safety efforts toward reduced substance use.
- One successful DFC initiative includes the Student Leadership Summit, in partnership with NorthBay, Cecil County Public Schools and the Health Department. This year’s event is scheduled for November 9-10, 2017. Several students from each high school will attend the Summit and receive training on how to develop and promote public service announcements (PSA). Use of PSAs is an environmental approach to prevention and one of the six Center for Substance Abuse Prevention (CSAP) strategies used in the field of prevention. Environmental strategies seek to establish or change community prevalence of substance abuse in the general population. The six CSAP Strategies include information dissemination, education and training, community mobilization, problem identification and referral and environmental approach.
- Two students from Elkton High School, representing the youth sector on the DFC, participated in “Over the Counter Medicine Safety” training at the CADCA Midyear conference in July. These students plan to share lessons learned from the training with other students attending the Youth Leadership Summit.
- Reported that representatives from the federal Substance Abuse Mental Health Services Administration (SAMHSA) plan to attend the Drug and Alcohol Council’s 12-Step Recovery Walk on September 30th.
Responsible Beverage Service Training in Cecil County – Don Harmer, Chair, MSPF-2 Coalition, Weavers Liquors; and Linda Rittenhouse Meffley, Cecil County TIPS Trainer, Sentman Distributors

- Don Harmer reported that MSPF-2 coalition is comprised of many agencies include the Cecil County Health Department (CCHD), Cecil College, the Sheriff’s Office (and other law enforcement agencies), Union Hospital, Youth Empowerment Source (YES), alcohol beverage retailers and other business and community members.

- One requirement of the MSPF-2 grant included work on a local policy change. Our local MSPF-2 Coalition selected to address overservice through upgrading and enhancing code with alcohol licensees. Current Cecil County policy requires one person per license to be trained on overservice. That individual does not have to be on-site during hours of operation. To address this deficiency, the Coalition developed a policy requiring training for all bartenders and supervisory staff in every local bar, restaurant and alcohol retail store. Accordingly, if the policy is successfully adopted, a trained staff member would be on site during all hours of operation.

- Another part of the proposed policy includes funding through the MSPF-2 grant to support Responsible Beverage Service (RBS) training for the next three years. This part of the proposed policy was especially well received during a meeting with the alcohol beverage licensees during a presentation at the County Administration building.

- Linda Rittenhouse Meffley reported that she worked for Sentman Distributors for 33 years and has been a TIPS trainer for over 25 years. Per Maryland law, TIPS training must be taken every four years and must be facilitated by an in-person trainer. Classes are offered on a monthly basis and class size averages about 10 people per class. Since the MSPF-2 Grant started funding the training, class size has doubled and tripled during last summer. The class teaches servers an easy preventive training on how to make the sales legally while keeping a customer happy and safe while protecting the community. Anheuser Busch decided a long time ago to require that each of their distributors have a TIPS trainer on the staff. The class includes trainee knowledge sharing, role play and tools to use on the job. The TIPS Training class schedule is located on Sentman’s FaceBook page. Linda welcomed all members to visit a training class.

- Don reported that [per Earl Bradford, Chief Inspector of Cecil County’s Liquor Control Board], Cecil County conducted three rounds of compliance checks per license [in 2016], and that some Maryland jurisdictions did not conduct any checks; few other counties conducted at most 1.5 compliance checks per establishment. There is a correlation between the frequency of checks and successful compliance. In other words, if the Liquor Control Board does not check often, there are usually more failures when they do check; when the board checks often, there are usually more successes.

- Step Mika reported that on October 13, 2017, the MSPF-2 policy change subcommittee will present their policy change proposal to the County Council and County Executive. Also reported that Cecil County has great collaboration among various agencies, and that Drug Free Cecil is the official sponsor of our policy change proposal. Drug Free Cecil includes the Cecil County DFC, MSPF-2, and OMPP Coalitions.

Cecil County Sheriff’s Office Update – Raymond Lynn, Cecil County Heroin Coordinator

- Mr. Lynn reported that as of September 28, 2017, there have been 390 overdose incidents including 50 fatalities. The primary substance present is heroin, the majority of which was laced with fentanyl. Alcohol is usually present. There has also been an increase of cocaine in Cecil County.

- Reported observation that OTC medication, including Benadryl abuse was observed in 11, 12 and 13 year olds.

- Observed that each week we see new drugs in the market, such as an overdose victim claiming she took a drug marked “XO.” Tiny capsules with a little bit of powder present is causing quick
overdoses in other counties. We have not seen these capsules in our county yet. Of particular concern is that we are seeing packaging looking like a toy or candy.

- Most overdoses are occurring in Elkton and North East but also all over the county. Some overdoses incidents occurred in businesses off of I95, and involved prostitution cases.
- Three non-fatal overdose incidents occurred within schools this year.
- Most overdose cases occur among those aged 21-30 years of age. The oldest heroin overdose victim was 70 years of age.
- At least 100 of the 390 overdose victims had prior overdose events. 247 people were administered Narcan.
- A new trend we are seeing now is that it takes six or seven doses of Narcan to save a life compared with one or two doses at the beginning of the year.
- Health Department staff worked with the Paris Foundation to help homeless individuals gain access to treatment.
- Ray reported that four deaths in CY2017 were associated with Carfentanyl – a fentanyl related substance. Five cases were pure fentanyl. 73% of overdose deaths involved a fentanyl related substance.
- During Labor Day weekend, we had 30 cases of overdose and five deaths. We had eleven deaths in August involving 33 children who lost a parent to overdose.
- Today, September 28th, three children lost a parent to overdose.
- The name and contact information for every individual who survived an overdose is forwarded to the Health Department for outreach and attempt to enroll in behavioral health treatment.

ANNOUNCEMENTS:
12-Step Recovery Walk/September Recovery Month Planning – Elaine Barclay, Haven House & Serenity Health

- The Seventh Annual 12-Step Recovery Walk is scheduled for Saturday, September 30, 2017 from 10:00 am – 2:00 pm behind Circuit Court, Elkton, Maryland. The event is free, family friendly, and sponsored by the DAAC. All DAAC members are encouraged to attend and help support the Walk. The event has grown larger each year, and this year workshops on various topics were added to the schedule. The Cecil County Recovery Walk has a Facebook page. Please visit and promote the website and the Walk. The first 200 walkers will receive a t-shirt.
- John reported that the DAAC provides support for Recovery Walk expenses.
- Ken extended appreciation to Elaine, as well as Jackie Hartman and Dan Coulter for their work on the Recovery Walk schedule of events.

REVIEW OF MEETING MINUTES FROM - June 22, 2017

- Dr. Katz motioned and Ken seconded. Minutes from the DAAC meeting of June 22, 2017 were reviewed and adopted unanimously with no revisions.

FOR THE GOOD OF THE CAUSE:
Dr. Katz, Chesapeake Wellness Center:

- Dr. Katz shared information regarding American Society of Addiction Medicine (ASAM) Hill Day which he attended on September 12, 2017, as a representative of the local and state chapter for ASAM. Dr. Katz’s team lobbied for two key issues: (1) expand and invest in a well-trained addiction treatment workforce, and (2) maintain access to addiction treatment and recovery support services. The group also advocated for a bill that enabled nurse anesthetists and clinical nurse specialists to write prescriptions. Respective information shared with DAAC membership. Dr. Katz encouraged all members to review the
information related to these bills and informed that group that these bills are scheduled for a vote in October of 2017. Stated that the membership must be politically active.

**Howard Isenberg:**
- Howard reported that he retired from Open Door but will remain Workforce Sub-Committee Chair for the DAAC.

**Mike Massuli, Cecil County Health Department:**
- With appreciation to Raymond Lynn, Cecil County Sheriff’s Office Heroin Coordinator for his efforts to collect and share data regarding nonfatal overdose events. Using this information, the Cecil County Health Department has implemented the Overdose Survivor Outreach (OSO) project. To date, Peer Recovery Specialists have successfully contacted 46 overdose survivors, assisting 11 of them to engage in recovery support services.
- The Overdose Response Program (ORP) continues to provide education regarding opioid overdose recognition and response as well as information to attendees regarding treatment and support resources. To date, 1,843 individuals have been trained (including 220 since July 1st) with over 160 known lives saved. Trainings are available at no charge every Monday at 6 pm in the auditorium of the Cecil County Health Department. ORP can also be brought to groups or agencies throughout the County. Contact the Overdose Prevention Coordinator at 445-245-3785.
- The Health Department’s Alcohol & Drug Recovery Center has hired a vocational counselor, Melissa Pinson. Ms. Pinson helps individuals develop skills for finding and maintaining employment.
- Reported tremendous collaboration during Recovery Month this September with nine events sponsored by various groups including the Ashley Addiction Treatment, CCHD, Cecil County Public Schools, Dexter House, Haven House, the Chesapeake Bay Coffee Company and Voices of Hope.

**Dr. Jim Ziccardi:**
- Expressed appreciation to Jackie Hartman for her efficiency in adding Dr. Ziccardi to the list of Recovery Walk speakers.
- Reported that Christiana Care Hospital hosts an annual addiction conference. This year’s symposium was held on August 29, 2017, and featured a panel discussion on federal and state efforts to address the current opioid epidemic. The conference discussed some of the Maryland programs. For additional information about the conference topics and slides, visit: www.danyainstitute.org.
- Distributed copy of the New England Journal of Medicine’s Special Report entitled “The Role of Science in Addressing the Opioid Crisis” by Nora D. Volkow, M.D.

**Ken Collins, Cecil County Health Department:**
- Ken referenced the increased collaboration goals within the DAAC plan (goal 5, objective F), and extended appreciation to Don Harmer and Linda Rittenhouse Meffley for their role within the Drug Free Cecil/MSPF-2 Coalition. Acknowledged the value of their efforts as members of the business community to be part of the solution, and that Cecil County benefits by their contributions.
- On October 18, 2017, local community based substance use disorder (SUD) treatment organizations are scheduled to meet at the Cecil County Health Department. The meeting will explore strategies for expanded collaboration, and work to identify emerging needs/trends within the County.

**Sean Cannon, Cecil County Public Schools (CCPS):**
• Extended appreciation to the Health Department for their help updating the CCPS LifeSkills curriculum, and for participating in SUD community presentations at all five Cecil County high schools.

• With a grant from the local Opioid Intervention Team (OIT), CCPS was able to provide incentives (meals) for parents to attend parent/community presentations. Also, during Spring 2018, the OIT grant will facilitate student presentations at all of the middle schools with Tony Hoffman, a world renowned BMX bike rider in recovery.

• Reported that the School Resource Officers (SROs) are providing presentations to every 9th grade class on the heroin and opioid issues in Cecil County.

Bob Meffley, County Council:

• With appreciation to all of the agencies working so hard to address the opioid epidemic in Cecil County. Would welcome additional presentations by the groups during upcoming Council meetings.

Joe Fisona, Mayors’ Drug Task Force:

• At the last Mayors’ Drug Task Force meeting, a gentleman from Kennett Square presented on “Kacie’s Cause.” [Kacie's Cause is an organization consisting of concerned parents, businesspersons and citizens working to address the Heroin epidemic by educating communities on substance use disorders, and suggesting resources for treatment and recovery support.] The gentleman expressed interest in starting several chapters in Cecil County, possibly one in each town. Joe is seeking collaboration from each town to disseminate brochures to all of the pharmacies.

• Joe Tabling from Carroll County coordinated an “Expo” in Carroll County for a couple of years, and offered his help for a Cecil County “Expo.” Mr. Tabling applied for a $20,000 grant to fund the initiative. Recovery Centers of America and the County Chamber of Commerce expressed interest in sponsoring the Expo. Similarly, Chief Brooks and Stephanie Garrity had also discussed potential funding for the project.

PUBLIC COMMENT:

Major George Stanko, Cecil County Sheriff’s Office: As volunteer President of a fire company, George advocated for additional consideration of first responders who frequently witness opioid overdoses. Chief Brooks acknowledged first responder fatigue, and will continue to address the issue in training for local fire companies.

Beth Creek, Y.E.S.: Beth reported that she has Drug Free Cecil t-shirts to distribute to all DAAC members and their families. The t-shirts display the message “Be Part of the Solution.” Requested the forward of photos of individuals and groups wearing the t-shirt to her for posting on www.drugfreececil.com.

Adjourned: 4:54 PM.
Next Meeting: December 14, 2017, 3:00 p.m.
Submitted by Jackie Hartman