



CECIL COUNTY HEALTH DEPARTMENT

JOHN M. BYERS HEALTH CENTER • 401 BOW STREET • ELKTON, MD 21921

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CECIL COUNTY DRUG AND ALCOHOL ABUSE COUNCIL (DAAC) MEETING MINUTES FOR December 20, 2018

Meeting Location: Cecil County Health Department, Auditorium

Members In Attendance: Sheriff Scott Adams, John Bennett, Dr. Paul M. Katz, Ken Collins, Laurie Humphries, Bob Meffley, Allison Russell, Dr. James W. Ziccardi.

Others In Attendance: Virgil Boysaw, Jr., Marc Butler, Katie Carroll, Daniel Coulter, Beth Creek, Jackie Hartman, Theresa Hampton, Sharon Rogers, Jennifer Tuerke, Stephanie Winfree.

Call to Order: John Bennett called the meeting to order at 3:05 p.m. and welcomed everyone. .

COUNCIL BUSINESS:

Chairperson’s Report, John Bennett:

- Expressed support in regards to the recent announcement of development plans for Great Wolf Lodge water park resort. Great Wolf is expected to locate in the Chesapeake Overlook area of Perryville within the next three years, (with a thousand construction jobs during the 18-20 months of construction, and more than 500 new jobs to operate the resort). Appreciation to the Town of Perryville and County Government for pursuing this economic development opportunity.

Board of Health Report – Laurie Humphries, Acting Health Officer:

- No report at this time.

County Executive Report – Bob Meffley reporting for Dr. Alan McCarthy:

- County Council is working on projects including bringing in high speed broadband internet to Cecil County.
- Attended the Cecil County Sheriff’s Office Intel meeting. Reported that while fatal overdoses in Cecil County have decreased, non-fatal overdose incidents have increased.
- John Bennett extended congratulations to Bob Meffley for his selection by County Council members to serve as president of Council during the next two years.

County Health Officer Report – Laurie Humphries Acting Health Officer:

- Reported that the Opioid Operational Command Center (OCC) has a new director, Steve Shue, former County Executive for Anne Arundel County. In addition, the OCC has been aligned under Maryland Emergency Management Association (MEMA).
- Johns Hopkins Bloomberg School of Public Health presented a study on drug checking efforts through the distribution of fentanyl test strips. Results of the study showed the

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majority of individuals who use drugs would change their drug use behavior if the drugs tested positive for fentanyl. Maryland Department of Health (MDH) will purchase fentanyl test strips to be distributed to all jurisdictions within the next few months.

- Naloxone (Narcan) availability will be increased within Maryland. MDH will purchase and distribute Narcan to all Maryland counties. The focus will be on getting Narcan into the hands of high risk individuals through community-based organizations.
- The Cecil County Department of Health submitted an application for a harm reduction grant and awaiting approval.
- Discussion: John Bennett asked if the price of Narcan has increased. The price has risen but not a large increase at this time.

Other Committee/ Sub-Committee Reports:

- No report at this time.

ANNOUNCEMENTS/PRESENTATIONS:

SUD Prevention Efforts in Cecil County – Virgil Boysaw, Jr., Coordinator, Drug Free Communities Coalition (DFC), Cecil County Health Department .

- The DFC focuses on strong collaboration among its twelve sectors and coordination and collaboration with other agencies and coalitions including MSPF2, OMPP and the Maryland Behavioral Health Administration’s Block grant. The DFC also maintains state and federal partnerships with the Office of National Drug Control Policy (ONDCP), Community Anti-Drug Coalitions of America (CADCA), and Substance Abuse and Mental Health Services Administration (SAMHSA). The DFC has also expanded its collaboration with business partners including RX Abuse Leadership Initiative (RALI) and Johnson & Johnson, Inc.
 - RALI serves as the national distributor of Deterra drug disposal bags. Cecil County DFC serves as the contact for Maryland RALI and was tasked with distributing 50,000 Deterra bags throughout the state. Mr. Boysaw serves on the planning team for the 2019 Maryland RALI initiatives.
 - Johnson & Johnson, Inc. is the corporate sponsor for Over the Counter (OTC) Medicine Safety Training. Virgil met with a regional planning team in Philadelphia to present on Cecil County’s efforts. Trained high school student youth leaders will teach the OTC curriculum to all Cecil County sixth graders in the fall of 2019.
- During the CADCA Forum in February 2019, Beth Creek, student Kelsey Meis and Virgil will present on Cecil County’s collaborative efforts.
- Outcomes from the 2018 North Bay Youth Summit include: new student-developed PSAs and billboards; the School of Technology’s Prevention Club; the Youth Coalition; and each high school is working on prevention projects. Strong collaboration and partnerships between NorthBay, Cecil County Public Schools and the Health Department helped make the third annual Summit successful.
- Beth Creek reported that after attending the North Bay Youth Leadership Summit, students formed the Cecil County DFC Youth Coalition devoted to prevention work. The newly formed Youth Coalition received a grant award in the amount of \$20,000.
- Mr. Boysaw expressed pride working with the youth and many agencies in Cecil County.

Update From Voices of Hope for Cecil County– Jennifer Tuerke, Chief Operating Officer

- Ms. Tuerke introduced herself as the Chief Operating Officer of Voices of Hope for Cecil County (VOH), a non-profit formed in 2013 consisting of individuals in recovery, and family members and people who support recovery in Cecil County. The VOH mission is to advocate for recovery resources, mentor people in recovery as well as support all pathways of recovery. Current initiatives include:
 - VOH facilitates Certified Peer Recovery Specialist Academy training for individuals applying for or receiving certified Peer Recovery Specialist credential through the Maryland Addiction and Behavioral Health Professional Certification Board. VOH offers the courses at no cost. 352 individuals participated in VOH sponsored Peer Recovery Specialist training during calendar year 2018.
 - VOH supports four outreach teams:
 - Healing Hearts Overdose Death Grief support group: meets every other Wednesday at the new VOH office at 224 East Main Street, Elkton.
 - Overdose Survivor Outreach (OSO): the team receives a list of overdose incidents from Raymond Lynn through the Health Department, participates in outreach to survivors, and offers resources and support.
 - Homeless Support Team: provides a pathway to treatment, via a connection to homeless individuals at the Paris Foundation and other locations.
 - Hope Street Team is an outreach initiative started October 2018 with weekly visits to various neighborhoods including Winding Brook, Hollingsworth Manor, Lakeside and downtown Elkton. The team provides safe sex and safety supplies, and a connection to treatment resources.
 - VOH received \$248,000 grant from the State of Maryland which will pay for the volunteers, rent and capacity building.
 - Outreach conducted by VOH staff since October 2018, included: 478 connections, 174 safe use bags, 117 safe sex bags, 100 vials of Narcan or 50 kits and collected 53 dirty syringes.
 - VOH support development of a Cecil County 24/7 crisis center.
 - On December 21, 2018, VOH will host an Open House from 5:00pm to 7:00pm at their new office located at 224 E. Main Street, Elkton, MD.
 - The annual VOH Gratitude Banquet is scheduled for March 23, 2018, at North Bay Adventure Camp, North East. The theme is “Fighting for Families”.
- Discussion: John Bennett asked if community providers, including RCA, supported VOH efforts. Jennifer confirmed residential scholarship support from RCA and other providers including Ashley and Bowling Green. Jennifer also reported that VOH volunteers and staff transported individuals to Anne Arundel Safe Stations and the University of Maryland Center. Dr. Katz offered to assist VOH in their pursuit of funding for a crisis center and noted various funding models currently employed within West Virginia, Pennsylvania and Ohio.

Recovery Housing in Cecil County – Katie Carroll and John Davis, Cecil County Health Department

- Katie Carroll shared her experience as a Certified Peer Recovery Support Specialist and Registered Peer Supervisor, and spoke to her role within care coordination and harm reduction services. Discussed significant expansion in Cecil County recovery housing options. At the present time, Cecil County hosts 137 recovery residence beds within 16 recovery houses.

- Peer Recovery Specialist John Davis provided an Overdose Survivor Outreach (OSO) update: Through July 1, 2018, there were 253 overdose incidents for which 257 contact attempts were made; 78 attempts were successful. From the 78 successful attempts, 36 individuals engaged in treatment, 32 of which were the direct result of the OSO program with four individuals already engaged in treatment when the first contact attempt was made. Many of the OSO contact attempts were made in collaboration with Voices of Hope.
- Successful engagements improved since July 2018. Many who we make contact with do not immediately enter treatment. Expressed satisfaction with the numbers and hoped the engagement numbers continue to grow.

Update on Community Health Needs Assessment – Daniel Coulter, Cecil County Health

Department

- The Health Department and Union Hospital are working on a Community Health Needs Assessment for Cecil County. Community Health Advisory Committee (CHAC) acts as guidance for the process to select health priorities. The Needs Assessment is conducted every three years providing the health status and resources available in the community to address the identified health issues. Based on results of the assessment, the CHAC votes on the health priorities to address and develops a Community Health Improvement Plan to address the selected priorities.
- An online Community Engagement Survey was made available to all Cecil County residents. There were 1,400 respondents which was three times the response received in 2015 due to increased promotion of the survey. Many focus groups and key informant interviews were completed as well.
- Survey results: 87% respondents were women; over 75% of respondents chose substance abuse as a health priority; 38% chose mental health; and 33% chose homelessness; most survey respondents said they had moderate to high health literacy and obtain most of their health information from the internet or primary healthcare provider sources. The three largest barriers to access and services identified: inability to pay out of pocket expenses; inadequate healthcare coverage; and the availability of doctors, providers and appointments. Four populations identified as not being adequately served: uninsured and underinsured individuals; homeless; low income individuals; and older adults. Respondents felt the following services were missing in the county: mental health; substance use disorder services; free and low-cost dental care; and free and low-cost medical care. Substance use was the main theme identified across the focus groups and key informant interviews held.
- The full Needs Assessment findings will be presented at the next CHAC meeting scheduled for January 17, 2019 at 4:30pm at the Cecil County Health Department.
- Members were invited to attend the next CHAC meeting to be involved in the selection of the health priorities and development of the Community Health Improvement Plan.

ANNOUNCEMENTS:

REVIEW OF MEETING MINUTES FROM – June 21, 2018

- Due to an insufficient number of voting members in attendance to achieve a quorum, the minutes for the June 21, 2018 and September 27, 2018 meetings will be reviewed and voted on during the spring 2019 meeting.

FOR THE GOOD OF THE CAUSE:

Dr. James W. Ziccardi

- Reported attending the Rowan Medical school for a one day course monitoring what the students receive for substance use material. At the end of the day, there was a panel discussion for the students exposed to AA, Al Anon, NA and Nar Anon.
- Presented on how medical students need to recognize their own impairment and it is their duty to report on the behavior of colleagues.

Dr. Paul M. Katz

- On January 24, 2019, in the Miller Building, Annapolis, invited members to meet with delegates to discuss substance use disorder and judicial perspectives when they vote on bills.
- Susan Krebs, 5th District Representative for Carroll County, discussed the need for collaboration among counties to have a better resource for funding.
- Mental Health Association of Maryland is holding a legislative reception on February 5, 2019 in Baltimore from 4:30pm – 8:00pm.
- Maryland DC Society of Addiction Medicine in working with national has put together a resource panel of how to be successful in grant applications.
- Med Chi presented on cannabis to Cecil County physicians. Maryland physicians recommend but do not prescribe cannabis. ASAM opposes promulgating the use of cannabis which makes the job of treating substance use disorder more difficult; it hurts in recovery and aids in recidivism.
- Dr. Katz is open for collaboration; both the Chesapeake Wellness Cecilton and Elkton offices serve approximately 145 individuals including co-occurring disease treatment. Dr. Katz is working with Eastern Shore Psychiatric Services, a mental health provider with offices in Talbot, Chestertown, Rock Hall, Easton and Salisbury. They are looking for open Medication Assisted Treatment (MAT), not just Vivitrol.
- In Dr. Katz's medical practice in Kent County, nearly every patient with a substance use disorder uses THC.
- Dr. Katz asked Laurie Humphries for an update on the Syringe Services Program. Ms. Humphries responded regarding Sonja Pandit's viability study to determine if there was a need for a Syringe Services Program in Cecil County. Subsequent to that study, an application was submitted in November 2018 by the Health Department for said programming. The application included collaboration with community partners, including VOH. When asked about potential problems obtaining access to a GI or Hepatologist with regard to referrals for Hep-C, the Health Department had not experienced problems. The clinic will offer rapid Hep-C tests through Prep, a Harm Reduction Program. The hope is to refer individuals to insurance so the grant would not have to pay for it.

Ken Collins, Alcohol and Drug Recovery Center, Cecil County Health Department:

- Expressed words of appreciation for guest speakers. Noted that while these are challenging times, our county has experienced many successes in addressing the drug crisis.

John Bennett

- Regarding Virgil Boysaw's presentation on the prevention activities for which NorthBay is involved, it is obviously part of the solution not the problem. The origination of NorthBay as an environmental education center under Governor Schaefer's administration ironically was

originally met with some resistance from the community based on residents fearing it would bring in youth with drugs from Baltimore City.

Sheriff Adams

- Seven recent overdose incidents involving carfentanyl. The carfentanyl substance has been sold in tiny baggies. Sheriff Adams asked council members to communicate the increased risk for overdose. Sheriff Adams expressed frustration at the current state of substance use and overdose incidents in Cecil County while seeing the need for individuals to receive treatment and recovery support.

Dr. Katz

- Reported Kent County had three mortalities involving baking soda and fentanyl.
- The Maryland Justice Reinvestment Act (JRA) legislation to reduce sentencing and take the money from warehousing to provide mental health did not happen. Suggested more severe consequences and sources of funding for future expansion of the correctional facility to accommodate future capacity needs. In response, Sheriff Adams shared the average stay in the Cecil County Detention Center is 60 days which does not provide sufficient time to address the substance use. When asked about the success of Drug Court, the Sheriff reported that while many individuals experienced recovery from participating in Drug Court, some have not done well. The Sheriff also expressed concerns regarding possible future legalization of marijuana and JUUL vaping in the schools. Suggested more severe sentencing for drug dealers which is difficult because many are users.

Allison Russell

- Reported observing substance exposed newborns daily. Asked if cannabis could serve as a form of harm reduction as compared to heroin or cocaine. Dr. Katz stated that newborns exposed to cannabis experience significant long term health effects especially with cognitive skill development and mental health. A bill introduced for cannabis to serve as legitimate therapy for treating opioid addiction did not pass and will most likely be reintroduced. Dr. Katz proposed that DAAC members lead the opposition to cannabis farms and lobby against that bill.
- Ms. Russell noted that enforcement, available resources and recovery houses are growing in Cecil County.

Bob Meffley

- Reported that the use of JUUL electronic nicotine devices is a problem in the schools and should be addressed by educating the youth and administering serious consequences for identified problems. Mr. Meffley brought the substance use issue up in a States Attorney's Office meeting and was told they are doing a good job and are short staffed. Remarked that deterrence for substance use will not occur until we increase sentencing. Drug dealers come to Cecil County because punishment is seen as not severe which adds to the continuation of a substance abuse issue in our county.

PUBLIC COMMENT:

Jennifer Tuerke, Voices of Hope, Cecil County

- Suggested we readjust how to address addiction and advocated for a harm reduction approach. The Harm Reduction approach accepts that people are using drugs; focuses on

keeping individuals alive, so that they can eventually obtain treatment and recovery. This is accomplished by providing Narcan, syringe services, treatment options, and recovery support. Suggested that providing family supports to inmates would be helpful. Even if individuals refuse treatment now, keeping them alive allows the opportunity to seek treatment at a later time.

Beth Creek, Youth Empowerment Source

- Gave appreciation to the Health Department for its support through covering the \$15,000 training expense for the enthusiastic group of nine Cecil County youth attending the CADCA conference from February 4-7, 2019 in Washington D.C. The youth are scheduled to meet with Maryland legislators on Capitol Hill Day and excited to represent Cecil County. Suggested the need for more resources for youth engaged in prevention and refusal skills prevent initial use. Also important is to address childhood trauma.

Stephanie Winfree, Upper Bay

- Reported that they are now offering IOP services.

Dr. James W. Ziccardi

- Commented about how the professionals are treated. The professional assistance programs experience a 90% success rate at almost permanent recovery. Shared that he participated in a tough recovery program for five years, and based on his success, advocated for a getting tough approach.

Adjourned: 4:40 PM.

Submitted by Jackie Hartman