



**CECIL COUNTY DRUG AND ALCOHOL ABUSE COUNCIL
MEETING MINUTES FOR MARCH 22, 2018**

Meeting Location: Cecil County Health Department

Members In Attendance: John Bennett, Ken Collins, Joe Fisona, Stephanie Garrity, Howard Isenberg, Dr. Paul Katz, Tyra Kenly.

Others In Attendance: Nicola Barteau, Amy Baumgardner, Amanda Bessicks, Virgil Boysaw Jr., Katie Carroll, Daniel Coulter, Tahia Glanton, Jackie Hartman, Roberta Johnson, Linda Katz, Raymond Lynn, George Stanko, Tabitha Stone, Steven Trostle, Shawn Wister.

Call to Order: John Bennett called the meeting to order at 3:00 p.m. and welcomed everyone.

COUNCIL BUSINESS:

Chairperson’s Report, John Bennett:

- Reported that the federal Omnibus bill is pending legislative approval on March 23, 2018. The bill will provide funding for treatment, prevention and law enforcement resources to combat the opioid crisis.

Board of Health Report – Stephanie Garrity:

- No Board of Health meeting since the December 2017 DAAC meeting. The next Board of Health meeting is scheduled for March 27, 2018 at 9:00 am in the Elk Room of the County Administration Building, 200 Chesapeake Blvd, Elkton, MD. The topic of the March meeting is the opioid issue. The Board of Health meeting agenda includes an update on the following:
 - Cecil County overdose incidents by Raymond Lynn
 - Cecil County Detention Center’s Vivitrol program by Sheriff Adams
 - Cecil County Drug Free Communities Coalition (CCDFCC) including the youth developed public service videos by Ken Collins and Virgil Boysaw Jr.
 - Outreach to Overdose Survivors (OSO) program by Ken Collins
 - Maryland Opioid Operation Command Center (OOCC) and the local Opioid Intervention Team (OIT) efforts by Stephanie Garrity, Ken Collins and possibly Chief Brooks from Department of Emergency Services
- All members are welcome to attend the Board of Health meeting.

County Executive Report – Joe Fisona reported for Dr. Alan McCarthy:

- No report at this time.

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ADMINISTRATIVE SERVICES	410-996-5550	ENVIRONMENTAL HEALTH SERVICES	410-996-5160
ALCOHOL & DRUG RECOVERY CENTER	410-996-5106	HEALTH PROMOTION	410-996-5168
OFFICE OF EPIDEMIOLOGY & EMERGENCY PREPAREDNESS	410-996-5113	SPECIAL POPULATIONS MENTAL HEALTH C.S.A.	410-996-5112
COMMUNITY HEALTH SERVICES	410-996-5130	TTY USERS FOR DISABLED: MARYLAND RELAY	800-201-7165
DISEASE CONTROL	410-996-5100	EN ESPAÑOL	410-996-5550 EXT. 4680

HEALTH DEPARTMENT TOLL FREE . . . 877-334-9985

County Health Officer Report – Stephanie Garrity:

- Topics of legislation moving through House and Senate committees of the Maryland legislature including the following: medical marijuana; smoking marijuana while in an automobile; Prescription Drug Monitoring Program (PDMP) legislation; powdered alcohol sales prohibition; penalties for drug dealers; reporting of drug overdoses and to whom information should be sent; insurance reimbursement Peer Support Specialists encounters; pill mill tip line; increasing the legal age to purchase or use tobacco to 21 years; e-cigarette and vaping bills; inmate reentry behavioral support programs; behavioral health education in the schools and a task force to study premature discharge of patients with substance use disorders. Also for consideration is legislation allowing local health departments to bill commercial insurance providers such as Aetna and BCBS Carefirst for behavioral health services including substance use disorder and mental health services.
- Ms. Garrity offered to forward information pertaining to specific bills upon request.

Other Committee/ Sub-Committee Reports:

- Howard Isenberg resigned as committee chair from the workforce committee.
- Ken reported that Rebecca Larson is considering chairing the workforce committee.

PRESENTATIONS:

PEERS to You (Recovery Support Group) – Amy Baumgardner, Recovery Support Services Supervisor; Katie Carroll, Certified Peer Recovery Specialist, Alcohol and Drug Recovery Center (ADRC), Cecil County Health Department

- The PEERS (People Enhancing and Expanding Recovery Support) to You support group follows a secular model of recovery support. Katie Carroll started the group based on successful experiences facilitating the SMART recovery support program at On Our Own. The new support group serves as a network of support for adults in recovery who do not identify with either a faith-based or 12-step model of recovery but who seek long term recovery support.
- The support group will meet the first and third Monday of every month from 11:00 am – 12:00 pm at the Cecil County Health Department, 401 Bow Street, in Room M115.
- Eventually, an additional group may be offered for adolescents.
- Amy and Katie received evidence-based training at the Recovery Coach Academy in Connecticut to train additional Peer Support Specialists to teach recovery coach support.
- DAAC members were asked to help promote the PEERS to You support group.
- John Bennett invited Amy and Katie to provide a future update to the DAAC on the support group.

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

- In calendar year 2018 as of 3/22/18, the number of overdoses totaled 107 including 91 non-fatal and 16 fatal. Of the 16 fatal overdoses, 73% were fentanyl, 18% heroin and 10% prescription opiates. Opiates contributed to 89% of all overdoses with at least 37% of the overdose victims having had a prior history of overdose. A total of 68% of patients were transported to the hospital post overdose incident and 20% of patients were not transported having refused treatment. (Some jurisdictions are making individuals go to the hospital for a few hours.) Of the 107 victims, 101 were referred to the Cecil County Health Department.
- A comparison of calendar years 2017 and 2018 (through March 22nd of each calendar year) shows a decrease in total overdoses by 14% from 124 in 2017 to 107 in 2018 with fatal

overdoses down by 16% from 19 in 2017 to 16 in 2018. Non-fatal overdoses decreased by 14% from 105 in 2017 to 91 in 2018. Health Department referrals increased by 77% from 28 in 2017 to 101 in 2018.

- During 2018, the average age for an overdose decreased by at least five years to 25-30 years of age. The drug composition is changing. Youth progression of use from alcohol to marijuana and directly to the opioids. Ten of 16 autopsy reports in 2018 showed three overdoses involved heroin; the remaining six cases showed either cocaine laced with fentanyl, fentanyl or methamphetamine. The biggest trend which is region-wide shows an increase in cocaine use including cocaine cut with fentanyl. In Delaware, cocaine and crack cocaine are on the rise.
- Contact information of the survivors of overdose are referred to the health department within 24-48 hours from the time of the overdose incident.
- Fifteen to 25% of the overdose cases involved children in the home.
- Based on Ray's data, patients experience, on average, four overdoses before the fatal overdose incident.

Local Overdose Fatality Review Team - Overview of Third Annual Report – Roberta Johnson, Overdose Prevention Coordinator

- The third annual Local Overdose Fatality Review Team (LOFRT) report was submitted on February 2, 2018.
- The LOFRT consists of 38 members representing 26 community agencies. LOFRT reviews fatal and non-fatal overdoses and identifies gaps in public systems and social services that if strengthened could prevent future deaths. A total of 30 cases of intoxication death were reviewed between December of 2016 and December of 2017 for deaths occurred between March of 2016 and September of 2017. Based on cases reviewed, most deaths were young men with an average age of 38. The number of overdoses occurring in Elkton decreased while the number increased for North East. Several cases reviewed included individuals who lived “out of county.” The number of heroin-only overdose deaths decreased from 19 in 2015 to three in 2017. Prescription opioids (prescribed and non-prescribed) decreased from 12 in 2015 to zero in 2017. Most cases involved multiple substances including opioids and non-opioids.
- Summary of trends for intoxication deaths reviewed showed 58% poly-substance use (17), 15% family impact (5) and 10% of decedents with mental health co-morbidity as well as chronic somatic health. Several decedents had history of: chronic pain; suicide attempts; trauma and secondary trauma; family substance use/multi-generational use; and shared prescribed medication between family members. Several individuals had experienced a relapse to substance use after a period of sobriety.
- LOFRT recommendations included:
 - Expand overdose response training and increase access to Naloxone.
 - Increase outreach and support to families experiencing substance use disorders related trauma.
 - Reduce inappropriate or overuse of prescription opiates. Increasing education among prescribers and patients. Data suggests numerous decedents had multiple presentations to the emergency room with minimum or no identification of a substance use disorder.
 - Continue outreach/attempt to engage Perry Point Veterans Administration (VA) Medical Center, and begin coordination of care with the VA staff.

- Action Steps:
 - Expand community and provider education focused on a “T.A.C.K.L.E.” (Talk, Assess, Consider, Keep Monitoring, Lower, Examine) approach. Related flyers will be distributed to area healthcare providers, pharmacies and community agencies.
 - Additional promotion of Rewriteyourscript.org.
 - Expanded utilization of Peer Recovery Support Specialists; enhance outreach to nonfatal overdose victims.
 - Encourage prescription drug disposal via drug take events, permanent drug drop boxes and Deterra drug activation bags.

ANNOUNCEMENTS:

REVIEW OF MEETING MINUTES FROM – December 14, 2017

- Due to a lack of members present for a quorum vote, review of the December 14, 2017 meeting minutes was postponed until the next DAAC meeting on June 21, 2018.

FOR THE GOOD OF THE CAUSE:

Joe Fisona, Mayors’ Drug Task Force:

- As reported in the December 2017 meeting minutes, Joe Tabling from Carroll County is working with Cecil County to plan the April 2019 Cecil County “Expo.” Two representatives from Cecil County will observe the April 2018 Carroll County Expo to see how they run their Expo. Mr. Tabling has provided a checklist for the workgroup to assist with planning.

Dr. Katz, Chesapeake Wellness Center:

- Reported on a House bill regarding preventive care to address at risk children using substances to act out and formally requested that a sub-committee be formed to address this need in Cecil County.
- Suggestions were made by DAAC members to look at school background for children at risk and if available services are meeting their needs. Stephanie suggested inviting Sean Cannon to report at the next DAAC meeting regarding school history. For next DAAC meeting in June, Dr. Katz offered to invite author, Dr. Kathryn Seifert, to present her research on mental health and the disruptive child, as well as offer suggestions for how Cecil County might address these issues.

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

- Announced the Cecil County Public Library is hosting the 9th Annual Teen Film Fest on March 22, 2018 at 6:00 pm at the Elkton branch. Twenty four short films produced by local teens will compete for prizes. For this context, NorthBay Leadership Summit/Cecil County Public School student developed public service announcements (PSA) were submitted for consideration. Tyra Kenly is one of the event judges.
- On April 3, 2018 at 6:00 pm, Cecil College is hosting a performance-based event titled “Spotlight on Students,” comprised of high school and college students partnering to create a drug-free Cecil. This is a free event showcasing the NorthBay Leadership Summit/youth developed PSAs along with skits, poems and stories performed by Cecil College students. The location is Cecil College, Technology Center, Room 106, 1 Seahawk Dr., North East. Coffee, donuts and networking begins at 5:00 pm.

- The next Cecil County Prescription Drug Take Back Day is scheduled for April 28, 2018 from 10:00 am – 2:00 pm and all seven law enforcement agencies will be participating.

John Bennett:

- Reflected on the number of people running for Cecil County Council. Suggested inviting the candidates to the next DAAC meeting to review the DAAC's programs and present their political platforms. The Maryland primary is June 21, 2018.

PUBLIC COMMENT:

Virgil Boysaw, Jr., Drug Free Communities (DFC): On March 27, 2018 at 3:30 pm in the Cecil County Health Department Auditorium, there will be a Drug Free Cecil meeting. This meeting includes the Drug Free Communities (DFC) Coalition, Maryland Strategic Prevention Framework (MSPF 2) Coalition and the Opioid Misuse Prevention Project (OMPP) Coalition. All are welcome to attend.

Steve Trostle, Interim States Attorney for Cecil County: The Maryland State's Attorneys Association (MSAA) is challenging some of the bills going through legislation. There are some initiatives to create funding for the Maryland Department of Health and for mental health treatment, but funding is not tied into the Justice Reinvestment Act (JRA). There are some movements to change the statutory language piggybacking on the already approved JRA.

Dr. Katz, Chesapeake Wellness Center: Asked Joe Fisona what was the outcome at the Mayor's Drug Task Force meeting of the discussion regarding use of the National Guard Armory building as a crisis center. Joe suggested asking Bob Meffley.

Adjourned: 4:37 PM.

Next Meeting: June 21, 2018, 3:00 p.m.

Submitted by Jackie Hartman