



# 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 September 27, 2018

**Meeting Location:** Cecil County Administration Building, Elk Room

**Members In Attendance:** John Bennett, Ken Collins, Joe Fisona, Jack Foreaker, April Foster, Laurie Humphries, Mike Massuli, John Roush, Dr. James Ziccardi.

**Others In Attendance:** Daniel Atzmon, Marc Butler, Katie Carroll, Tricia Christensen, Daniel Coulter, Hailey Cox, Leslie Crabbe, Myra Derbyshire, Jackie Hartman, Amy LePore, Howie Newton, Tasha Peniche, Sgt. George Stanko.

**Call to Order:** John Bennett called the meeting to order at 3:10 p.m. and welcomed everyone. A new DAAC member replacing Sean Cannon was introduced. John Roush, Director of Student and School Safety, Cecil County Public Schools. Laurie Humphries will serve as the Acting Health Officer as of October 1, 2018 standing in for retiring Health Officer, Stephanie Garrity.

### COUNCIL BUSINESS:

#### Chairperson’s Report, John Bennett:

- On September 4, 2018, County Council read the Cecil County Proclamation in honor of National Recovery Month. Members from Voices of Hope for Cecil County were in attendance and were invited to participate in reading the Proclamation.

#### Board of Health Report – Laurie Humphries reported for Stephanie Garrity:

- No report at this time. The next Board of Health meeting is scheduled for October 23, 2018.

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

- No report at this time.

#### County Health Officer Report – Laurie Humphries reporting for Stephanie Garrity:

- Maryland Department of Health Behavioral Health Administration has been working towards integrating publicly funded mental health and substance abuse disorder systems management at both the state and the local levels. The goal of this effort is to support high quality culturally and linguistically appropriate person-centered behavioral health experiences in a timely manner with a no-wrong-door approach to the system. Systems management includes leadership and governance, budgeting and operations, planning, data-driven decision making, quality assurance, public outreach, and education, collaborating with stakeholders, workforce recruitment, training, development and retention. As the Health Department works through this process, the DAAC will be invited to attend joint meetings with the Mental Health Core Service Agency council to assist with assessing current systems and provide input on how an

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integration of this nature would be beneficial to our patients and relevant to providers. More information on the integration efforts will be forthcoming.

- The Health Department will be awarded funding to hire a family mentor (Peer Advocate) to implement a Sobriety Treatment and Recovery Team (START) program, collaboration between the Department of Social Services and Department of Health. START is a child protective services intervention serving families with children aged 0 to 5 who have had prenatal substance exposure. The goal is to help parents achieve recovery and keep children in the home with their family when it is safe and possible to do so.
- The State of Maryland Opioid Operational Command Center (OCCC) hosts webinars on the fourth Wednesday of each month on various topics related to the opioid epidemic. The webinars are recorded and available for viewing on the “Before It’s Too Late” (BITL) website, <https://beforeitstoolate.maryland.gov> under the Resources tab. The most recent webinar entitled “Reducing Stigma Around Medication Assisted Treatment” was very informative and included a story about an individual who found the road to recovery through a comprehensive harm reduction program.
- The Community Health Needs Assessment Survey is open until September 30, 2018. To date, over 1,300 responses have been recorded. Survey results will be presented at the next CHAC meeting on January 17, 2018.

#### **Other Committee/ Sub-Committee Reports:**

- Workforce Development – Mike reported that things are moving in a positive direction with regards to counselor certification within the State of Maryland. Some improvements with the Board of Professional Counselors which issues the certifications for substance use counselors include receptivity, customer service, and flexibility with regard to education and experience.

#### **PRESENTATIONS:**

##### **Department of Justice Trauma Grant** – Amy LePore, PhD, Director, Local Management Board

- The LMB was awarded \$639,000 over a three year period from the Department of Justice to serve children impacted by substance use. This grant seeks to serve the youngest victims of crime including alleged crimes, cases investigated by social services and referrals from various organizations.
- Grant provisions include:
  - Trauma training for therapists already in the behavioral health system.
  - Community awareness through forums and public education to empower families with the understanding of what trauma looks like, how it manifests itself, what treatment is available in Cecil County and what types of services we can provide.
  - Awareness level training for frontline workers includes education for Peer and Family Advocates who will visit homes to educate families about what is trauma and resilience, determine what services are most needed and to direct families to utilize those services. More details will be forthcoming.
- Discussion: Ken Collins asked how many therapists this grant would support. Details have yet to be worked out with the Department of Justice, but the grant will train one therapist in the first year and additional therapists in years two and three. John Bennett asked if this is a voluntary program only or could it be a court ordered program in conjunction with sentencing and other issues with substance abuse. Currently, this is a voluntary program but we are working closely with the court system to assist families with accessing a local care team. Mr. Bennett suggested working with Drug Court. Ms. LePore agreed that was the direction to

take going forward. Ken asked what the stakeholders of the DAAC could do to help make this grant be successful. Ms. LePore would like to return to the council to discuss referral mechanisms, what types of services are available to the children and families, how to educate families about trauma and to assist with community awareness. Mike Massuli mentioned that part of the concept for this grant originated from data reported by Raymond Lynn to the LOFRT which spotlighted children impacted from overdose. Approximately twenty agencies were involved in the development of the concepts of this grant. Mike noted it was a comprehensive effort to bring services to those in need, expand understanding of childhood trauma and identify it so connections to resources can be made. April Foster reported that STEPS Recovery Resources provides two programs to the detention centers and would like to meet with Ms. LePore to discuss what services the agency can provide to families. Council members extended appreciation to Amy for leading the effort toward successful award of new funding to support this initiative.

### **Harm Reduction Principles – Katie Carroll, Peer Recovery Specialist, Cecil County Health Department**

- Harm reduction involves employing strategies to improve the wellness of an individual which might reduce some of the negative consequences relating to drug use and other risk behaviors. Strategies include safer use, managed use and abstinence. The goals of harm reduction include: increased health and well-being of the person affected by substance use as well the community and family environment, increased self-esteem and self-efficacy, better living situations, reduced isolation and stigma, safer drug use and reduced drug use and/or abstinence and increase services offered. Maryland Department of Health’s three principles include trauma-informed care, principles of harm reduction and SAMHSA recovery focus on participant-centered services. “Meeting people where they are at but not leaving them there” is the spirit of what harm reduction will look like in Cecil County. Accepting that people use drugs and there are certain things that people can do to make that action less harmful until they are ready to address other needs.
- Harm reduction benefits include: reduced risk of disease transmission (HIV/HCV), increased safety of person and community, cost effectiveness, decreased interaction with law enforcement (the likelihood of engagement is five times higher when an individual is engaged in a harm reduction or syringe service program.); and education and a space for individuals to attain wellness. Ms. Carroll received multiple trainings from Maryland Department of Health relating to harm reduction.
- A comprehensive harm reduction program involves: utilizing peer support, community-based partnerships including the faith-based organizations, partnerships with law enforcement and recovery houses can help with referrals to primary care, safer-sex supplies, overdose response supplies, providing care coordination by sending Peers to on-site and offering assistance to individuals explaining how to navigate the system. Please refer to the attached presentation.
- Discussion: In response to questions regarding harm reduction, Katie stated that harm reduction is not just syringe services but also mobilizing the efforts and reaching individuals who may otherwise fall through the cracks. Katie also spoke on the importance of collaboration among the four pillars of prevention, treatment, recovery support and public safety. Dr. Ziccardi extended appreciation to Katie for being a part of the solution, not the problem.

**Introduction to Law Enforcement and Harm Reduction – Bridging the Gap Between Public Health and Public Safety – Howie Newton, Law Enforcement Harm Reduction Training Coordinator, Prevention and Health Promotion, Maryland Department of Health**

- Mr. Newton served thirty years in Law Enforcement and has been working for 22 years in the behavioral health field.
- The premise of harm reduction is about saving lives. Mr. Newton's role is to bridge the gap between law enforcement and harm reduction by providing support and education, building partnerships with law enforcement across the state to address the opioid crisis. The goal is to guide individuals to treatment by connecting them to services.
- In the first week of December, statewide training and education will be offered to law enforcement. National law enforcement champions will speak to law enforcement about the benefits of a harm reduction approach. Details regarding the training will be forthcoming.
- Discussion: John Bennett asked what observations were made from visiting other counties with regards to challenges with promoting the program and interaction with law enforcement. Mr. Newton reported that the challenge with promoting harm reduction to law enforcement involves the law enforcement culture and planting seeds to start the conversation. Jack Foreaker mentioned that Harford County Detention Center has a complete program which offers individuals assistance with obtaining housing, a GED and job placement. April Foster reported the certified program entitled SMART Recovery is in its second year and is facilitated by STEPS Recovery Resources in Harford County. Ms. Foster also is in the community corrections program providing SMART Recovery and works with the Rising Sun Police Department to meet individuals where they are and provide resources. Mr. Newton pointed out that a harm reduction approach allows an individual who does not want treatment to pursue treatment by staying engaged with services and as safe as possible until ready to seek treatment. Joe Fisona asked if it is possible to have a harm reduction program here in Cecil County. Mr. Newton replied that a harm reduction program is possible to implement in Cecil County.

**Introduction to Law Enforcement Assisted Diversion as a Tool to Reduce Arrest and Increase Treatment on a Path to Community Wellness – Daniel Atzmon, Statewide LEAD Expansion Coordinator, Governor's Office of Crime Control and Prevention of Maryland (GOCCP)**

- GOCCP's goal is to invest in police and give them the tools and resources to support a variety of efforts in responding to the opioid epidemic. Assistance provided includes training, help with planning and setting up a diversion program and strengthening public safety and public health partnerships.
- In Baltimore City, the LEAD Program is in its second year. For certain categories of events, such as low level crime and prosecution offenses, at the point of arrest, police have the opportunity to offer individuals LEAD services provided by a team of case managers and Peers. Referrals at the point of arrest may include treatment, healthcare, housing, new clothing, meals and Christmas presents for their children. Engagement allows individuals to move in the right direction which decreases the likelihood of future police interactions and costly hospital visits. In addition to point of arrest services, police can make social assistance referrals, i.e. mothers looking for resources for their children. This tool helped improve the relationship between the community and law enforcement. Police are approached on Baltimore Street for assistance. This was unheard of previously. Due to the many partnerships between agencies, Cecil County has a strong infrastructure to build off of to support a LEAD program.

- Discussion: Training for law enforcement includes policy and public health and behavioral health training to combat any prejudice of law enforcement officers toward individuals of substance use. Having a well-resourced program and intensive case management are keys to a successful program. Baltimore program has three case managers and three Peers. The service model depends on location and site. Putting together service models and financing details falls under Mr. Atzmon's responsibilities. Major Stanko reflected on individuals not wanting to be helped, police maintaining them and the difficulty in keeping individuals long enough for a Peer to get to the hospital in time to help. Mr. Atzmon pointed out that connecting individuals to other services will aide in keeping them safe and more likely to move in a positive direction to seek treatment, thus decreasing the frustration that law enforcement may feel. April remarked that being able to offer things like a can opener, etc. is all that is needed. Showing that someone cares about them has impact.

**Maryland Harm Reduction Action Network (HRAN) – Tricia Christensen, Legislative Advocacy Coordinator, Baltimore Harm Reduction Coalition**

- Maryland HRAN is a network of individuals, organizations and government workers interested in using a harm reduction approach to addressing the opioid overdose crisis. Members work with individuals with a substance use disorder by asking what their needs are; work with families affected by overdose; and law enforcement to provide them with tools.
- HRAN works with Voices of Hope and On Our Own.
- HRAN works on Narcan bills, expansion of MAT, SSP and diversion programs.
- The first Harm Reduction Advocacy Day was held earlier in 2018 in Baltimore City. Our goal for 2019 is to have a larger Advocacy Day with more of a statewide presence.
- Members were invited to sign up for the HRAN list serv.
- Discussion: John Bennett remarked that Delegate Lam is running for Senate and if he wins, he would be a good legislator to work with since he had worked on the Guardian bills and SSP bills in the past.

**Update From Ashley Treatment Center – Marc Butler, Clinical Outreach Representative, Ashley Treatment**

- Father Martin's Ashley, a non-profit, mission-driven provider celebrated 35 years of service in 2017.
- Ashley has 110 residential and detox beds in Havre de Grace. Programming includes: Primary tract for individuals in their first treatment episode; relapse tract is for individuals who have had significant times of abstinence or sobriety working a program in recovery; a Young Adult/emerging adult program; a Pain Recovery program; a Family Wellness program (at the residence campus on Friday, Saturday and Sunday); and a Children and Youth program (for 6-11 year olds offered on the first Saturday of each month).
- Residential program accepts commercial insurance. Scholarships are available including two beds reserved for Cecil County managed through the Health Department and two beds reserved for Harford County residents. In 2017, Ashley awarded \$3 million dollars in scholarships.
- Ashley community based services at Union Hospital include intensive outpatient programming and an outpatient detox program. Buprenorphine induction, Suboxone, OMT services and Vivitrol are also offered. To date, a total of 838 individuals have received treatment in Elkton since December of 2016 and 782 visits occurred in Elkton for August of 2018.

- On October 22, 2018, Ashley will add transportation to treatment services. The goal is to target local recovery houses in North East and Elkton. We started working with Solution House, Monarch House and Limitless Sober Living for the transportation services.
- Discussion: Ken Collins expressed support for Ashley's plan to transport individuals from local recovery houses to intensive and outpatient treatment.

#### **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 meeting will be reviewed and voted on at the December 2018 DAAC meeting.

#### **FOR THE GOOD OF THE CAUSE:**

#### **Jack Foreaker, Haven House**

- Haven House passed an initial review for meeting standards of the Accreditation Commission for Health Care (ACHC). ACHC site visit scheduled for November of 2018.
- Haven House has hired a new bookkeeper.
- The Children and Youth Program at Ashley Addiction Treatment is a wonderful program.

#### **Dr. Joe Ziccardi:**

- SAMHSA publishes a Daily Digest Bulletin which sends daily emails including information on new publications. To sign up to receive the bulletin, visit: <https://public.govdelivery.com/accounts/USSAMHSA/subscriber/new>
- In the August 20, 2018 edition, SAMHSA announced new behavioral health resources for First Responders. One article reported results from a recent national survey of firefighters and emergency medical service personnel: 19% reported having thoughts of suicide, 27% reported struggling with substance use, and 81% reported fearing being seen as weak or unfit for duty if they asked for help. SAMHSA is offering a new online training to address these issues. It is important to take care of our First Responders mental health and wellness.

#### **Joe Fisona**

- Suggested we try to get a harm reduction program in Cecil County.

#### **Major Stanko**

- In Cecil County, methamphetamine use is on the rise and also mixed with Fentanyl. Cecil County was chosen as a Police Athletic League (PAL) site. Cecil County Sheriff's Office is in the process of forming the Cecil County PAL organization.

#### **Jackie Hartman**

- September is National Recovery Month. The 8<sup>th</sup> Annual Cecil County 5K Recovery Walk and Block Party is scheduled for September 29, 2018 from 10:00 am until 2:00 pm.

#### **April Foster, STEPS Recovery Resources, Inc.:**

- On Tuesdays from 6:00-7:30 pm, Bergand Group Treatment Center in Fallston, a SMART Recovery IOP program.

- On Saturdays at 10:00 am, Janes United Methodist Church, a Family and Friends group offers SMART, Al Anon and Nar Anon support.
- On October 23, 2018, April will sit for the Peer Recovery Support test.
- STEPS will be represented at the following Trunk or Treat events:
  - On October 20, 2018 from 3:00-5:00 pm at Janes United Methodist Church in conjunction with Rising Sun's Fall Fest.
  - On October 27, 2018 from 5:00-8:00 pm at Havre de Grace Housing Authority.
  - On October 31, 2018 at the North East United Methodist Church Boys and Girls Club from 5:00-8:00 pm.

**Mike Massuli, Alcohol and Drug Recovery Center**

- The Cecil County Health Department continues to offer free Narcan training weekly on Mondays at 6:00 pm as well as Narcan "On Demand" is offered to anyone in the community.

**Laurie Humphries:**

- Hailey Cox is our statewide Opioid Operational Command Center (OCCC) representative, Opioid Intervention Team (OIT). Hailey is our liaison working with Cecil County's OIT.

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

- Appreciation was extended to all providers who hosted events during National Recovery Month. To date, events have been well attended. The Cecil County Recovery Month Calendar was developed with help from Mike Massuli and Jackie Hartman.
- On December 11, 2018, the 2018 Community Opioid Summit will be held at Aberdeen Proving Ground,. The Cecil County Health Department is involved with planning this event. Invitations /event flyer will be distributed soon.
- On October 24, 2018 at 2:00 pm, the Cecil County Health Department will host a talk about the potential benefits of Meditation. All encouraged to attend.
- The [www.rewriteyourscrip.org](http://www.rewriteyourscrip.org) website was recently updated. The update includes additional student developed public service announcements, and video interviews of Dr. Teal -Medical Director of Union Hospital, Sheriff Adams, Stephanie Garrity, and several Peer Recovery Specialists. Members were encouraged to help promote the resource as a "go to website" for prevention, treatment, recovery support and public safety information.

**Dan Coulter, Cecil County Health Department**

- Community Health Survey closes on September 30, 2018. Conducting focus groups. The next CHAC meeting is scheduled for January 17, 2019 at 4:30 pm in the Cecil County Health Department. Survey results will be presented at the meeting as well as selecting next year's priorities.

**PUBLIC COMMENT:**

**Marc Butler, Ashley Addiction**

- On September 30, 2018 from 1:00 pm – 4:00 pm, Ashley Addiction will host a Crab Feast at Ripkin Stadium.

**Jack Foreaker, Haven House**

- On October 27, 2018, Haven House will host a fundraiser entitled "Zombie Bowling" at Elk Lanes, Elkton. This event has grown from 6 lanes to 23 lanes last year.

Next Meeting: Tentatively - December 20, 2018, 3:00 p.m.  
Adjourned: 4:49 PM.

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Submitted by Jackie Hartman