

## ***Alcohol and Other Drug Abuse Advisory Council (AODAAC)***

**Meeting Minutes: Thursday April 9, 2021, 7:00- 9:00 pm**

Virtual Meeting via Microsoft Teams

**Voting Members Present:** Margaret Mattson, Ed “Bunny” Rich, Evelyn Saim-Lobos, Elyse Grossman, Larry Simmons, Laura Mitchell, Cristina Rabadan, Kabir Singh, Cynthia Wright, Katrina Busk, Valerie Adelson, Denyse Dillon

**Ex-Officio Members Present:** Hardy Bennett, Corey Brandel, Robin Cody, Kyle Potter, Celia Serkin, Ruben Rosario, Ingrid Gonzalez, Rose Burnhill, Gabriela Monzon-Reynolds

**Guests Present:** Sean Channer, Ali Taghavi, & Joey Zabel of Arise & Flourish; Stephanie Izard & Sean Kelly of SUPRE; Elizabeth Leek of Narcotics Anonymous, Julia Halberstam of MADD

**Call to order.** Margaret Mattson, Chair, called the Microsoft Teams videoconference meeting to order at 7:04pm. Introductions followed. With 12 voting members, a quorum was present. AODAAC voting members voted and approved drafted March meeting minutes.

### **Speakers—Sean Kelly and Stephanie Izard of SUPRE (Social-Emotional Response to Substance Use)**

- Sean and Stephanie have been collaborating with AODAAC member Laura, and hope to extend their partnerships with AODAAC members and their outreach about SUPRE.
- Via SUPRE, Montgomery County Public School (MCPS) students under the influence or with substances at school can complete a program instead of suspension for the first offense.
- Referred students elect voluntarily to complete SUPRE with a caregiver after school hours.
- SUPRE addresses that black and brown students disproportionately are handcuffed for their first substance use offense rather than being sent to rehab to get support.
- Sean is a restorative justice instructional coach who works with school administrators to help reform how they respond to student behaviors. Behaviors are communication, so impacting students positively means listening to how they communicate even at their lowest point.
- SUPRE offers school administrators another option as an alternative to removal-based discipline like suspension and arrest when SUPRE is appropriate. It offers education, support, resources, and tools to educators, students, and to their families. The program focuses on mental health, physical health, and wellness. They bring awareness to substance use dangers and increase refusal skills and self-esteem in young adults.
- What sets SUPRE apart are the mindfulness and parent-child communication components. Mindfulness in a substance use context means recognizing the social and emotional situations leading to the substance use, using self-awareness to analyze how they feel when they want to use, where they were and who they were with.
- The first time caught isn't always the first use, so there is opportunity to address patterns that had not been known to family and/or school staff. Caregivers can refer their child too.
- They typical process: a referral is made at school at the time of the first substance use incident. The school's SUPRE liaison determines if SUPRE is appropriate and contacts Sean. If the student elects to participate with a caregiver instead of punitive consequences, they join a cohort with some student-only exercises, some caregiver-only, and some for the full group. They practice effective communication and mindfulness. There is a graduation at the end.

- Larry asked why the MCPS 2009 program Strengthening Families only lasted around 2 years. The program seemed similar and was effective, with youth roleplaying as parents and vice versa. The presenters are unfamiliar but SUPRE has a role play lesson and SUPRE was developed with input from partners at DHHS, the internal Restorative Justice office, etc.
- The presenters asked for feedback from AODAAC on the program plans for SUPRE. Laura circulated a Google doc and asked members to comment on the questions posed in the document.

### **Speaker— Julia Halberstam of Maryland MADD (Mothers Against Drunk Driving)**

- In 2020, 142 people in Maryland were killed due to drunk driving and over 20,000 Maryland drivers were arrested for a DUI.
- Parents are the leading decider influencing if students choose to drink under the age of 21.
- MADD now has a YouTube channel as part of a social media campaign. Other MADD resources include Power of Parents and Power of Youth, which give resources and tips on how to start a conversation about alcohol with youth especially middle schoolers.
- In 2020, student surveys showed speaker stories are most impactful for them, so now MADD spends a short time giving important information and statistics and most of the time is used by speakers.
- On April 18 MADD will hold a virtual Victim Candlelight Service.
- **Margaret** asked about MADD's work this year for prom season. MADD has virtual presentations with the Dept. of Juvenile Justice and today they had a virtual expo with Carroll County students. They have 15 presentations set up for April. Speakers range and include a 13-year-old who lost a relative and parents who lost a child.
- **Laura** shared that AODAAC is working on an April 28 virtual event with Arise & Flourish and MADD ahead of prom season. There will be guest speakers close to students' ages. No proms are sanctioned this year, but students will likely hold unofficial events with less oversight. Students get SSL hours for attending the virtual event and there will be contests with cash prizes.

### **AODAAC Name Change Vote**

Margaret reintroduced the AODAAC name change to remove the controversial word "abuse". There were 3 name options after the first round of voting. Voting members voted by hand raise:

- Alcohol and other Drug Addiction Advisory Council (AODAAC)- **7 votes**
- Advisory Council on Addiction Prevention and Treatment (ACAPT)- **2 votes**
- Addiction Prevention and Treatment Advisory Council (APT Advisory Council)- **3 votes**

### **AODAAC Elections and New Members**

- The 4 new AODAAC members will be formally introduced at the June AODAAC meeting
- Also, at the June meeting will be AODAAC elections to vote for 3 executive board positions: 1 Chair and 2 Co-Vice Chairs. All AODAAC voting members are eligible to run for all 3. Job descriptions for the positions will be sent out.
- A nominating committee needs to be appointed before the June meeting, but nominating committee members cannot run. Those interested in being on the Nominating Committee

should let Margaret and Corey know. Once the nominating committee is appointed, voting members should let the nominating committee know if they are interested in running for either position. Voting members can also self-nominate during the meeting.

### **Ex-Officio Reports**

#### **Hardy Bennett, Montgomery County DHHS, Behavioral Health & Crisis Services (BHCS)**

- There are 2 new voting members present: Valerie (Provider) and Denyse (General Public).
- The state took over the Montgomery College Germantown Campus mass vaccination site today. They are distributing 3,000 vaccines per day, 7 days per week. Youth 16-18 years old can be vaccinated starting Monday.
- The renovated Avery Road Treatment Center (ARTC) is now operational. Clients had been staying across the road at Avery Road Combined Care but are now in ARTC. County Executive Marc Elrich plans to hold a grand opening ribbon cutting, date to be announced. In the fall he will ask Megan Westwood or another ARTC representative to give an update to AODAAC about many new services that ARTC is now providing.
- The County Executive released the county budget on 3/15. The budget for DHHS is encouraging. A week ago, BHCS Chief Rolando Santiago and LBHA Director Regina Morales spoke about the budget during a Mental Health Advisory Committee Meeting. Behavioral Health and Crisis Services Leadership has been discussing raising the hourly wage for all DHHS contract psychiatrists and therapists.

#### **Lt. Ruben Rosario, Police**

- This year to date, per police reports there have been 20 fatal overdoses compared to 19 over the same period last year. Non-fatal overdoses are up 43%, with 56 versus 39 last year.

#### **Gabriela Monzon-Reynolds, Alcohol Beverage Services (ABS)**

- The Keeping It Safe video contest went live in January and closed last Friday. 57 middle and high schoolers entered the contest. The videos are undergoing judging now. ABS would be happy to partner with MADD on their PSA contest.
- April is Alcohol Awareness Month: ABS is doing a social media post campaign with ready-to-use materials that can be customized to suit different organizations.
- ABS will be distributing curbside pickup stickers to the 500+ food service establishments with off-site alcohol permits. The stickers go on alcohol lids and say to pause and not consume the alcohol until arriving home. These will also be given at county stores that have tastings.

#### **Dr. Kyle Potter, Montgomery County Public Schools**

- There will be an LGBTQ Town Hall on May 26 to include various MCPS offices.
- MCPS is working with faith-based organizations to focus on mental health via live Waymaking sessions. They are also training staff to implement youth mental health first aid.

#### **Robin Cody, Corrections**

- In partnership with DHHS, Fire & Rescue, and Homeland Security, the jails are vaccinating all interested Tier 2 inmates. So far, they have given 250 vaccinations. They were earmarked for Johnson & Johnson vaccines since releases make multi-dose follow-up hard. Safely orchestrating vaccinations in jails is tricky but it has ripple effects to reduce COVID spread upon release to the community and homeless shelters.

- The jails have 1 COVID case: an asymptomatic inmate identified through random testing.
- The average number of inmates is down during covid, from 741 in 2019 to 505 average now.
- There are 3 to 7 Medication-Assisted Treatment (MAT) patients at any given time.
- The jails are using video visitation to see family members, and they are accommodating remote court hearings in their facility.
- The jails are looking to hire a MAT psychiatrist.

### Subcommittee Updates

- **Legislative:** did not meet
- **Treatment & Recovery:** They are working on the Alcohol and Other Drug 101 miniseries which will be on Sept. 12, 19, and 26. The 26<sup>th</sup> will be a resource fair and AODAAC members will be invited to serve on the expert panel based on their individual expertise areas. They are working to come up with speakers.
- **Prevention:** They worked on revisions to the mission statement and charge of the subcommittee for the AODAAC website.
- **Website:** Voting member bios are now live and can be reached by clicking the photo banner on the homepage. There are plans to post a list of 14 AODAAC accomplishments.

### New Business

- **Larry** followed up with Cristina about her email seeking community service options for an individual with court-mandated service who is connected to a Surviving Our Ultimate Loss (S.O.U.L) member. Cristina said she sent suggestions but has not heard back.
- **Corey** discussed that the Spring Forum is in place of the May AODAAC meeting: AODAAC voting members are expected to register to get credit for AODAAC attendance for May, and all are encouraged to help spread the word via both the English and Spanish flyers that were sent. Corey also shared that new members will receive e-mails requesting a biography and professional photo so they can be added to the website.
- **Margaret** told new members that there will be a new member orientation for them, with a few one-time courses for them to complete. She also shared this was the last AODAAC meeting with speakers for the fiscal year (ending June 30),

**The meeting was adjourned at 8:45pm.**