

Alcohol and Other Drug Abuse Advisory Council (AODAAC)
Meeting Minutes: Thursday February 13, 2020, 7:00- 9:00 pm

401 Hungerford Drive Rockville, MD 20850, 1st Floor Conference Room

Voting Members Present: Elyse Grossman, Larry Simmons, Margaret Mattson, Ed “Bunny” Rich, Evelyn Saim-Lobos, Celia Young, Dawinder “Dave” Sidhu, Cynthia Wright

Ex-Officio Members Present: Hardy Bennett, Caryn “Corey” Brandel, Yasmeen Mabry, Anthony “Tony” Sturgess

Guests Present: LaTonia Rich, Arise & Flourish: Joey Zabel, Betty Djawadan, Ali Taghavi

Overview: The goal of the Alcohol and Other Drug Abuse Advisory Council (AODAAC) is to express the views of the community in the formulation and administration of alcohol and other drug abuse prevention and treatment services in Montgomery County. Members of the Alcohol and Other Drug Abuse Advisory Council serve as community representatives, who provide guidance to the County Executive and the County Council in identifying prevention and treatment needs and reviewing the county’s efforts in addressing those needs. The Advisory Council will make recommendations in support of, or to improve, current prevention and treatment efforts. The AODAAC also serves as the local drug and alcohol abuse council and submits a bi-annual strategic plan to the State Alcohol and Drug Abuse Administration.

Call to order. Elyse Grossman, Chair, called the meeting to order at 7:05pm. Introductions followed. With 8 voting members, numbers were insufficient for a quorum; thus, no voting took place to approve pending November and December meeting minutes.

Guest Speaker: Arise & Flourish—Joey Zabel, Betty Djawadan, Ali Taghavi

- Joey, creator of the Preventing Addiction Program on the “cycle of addiction”, led a demo.
 - Components: list life stressors, ID emotional responses, discuss how craving responses differ in an addicted brain, describe how remorse in recovery leads back to drugs to cope.
- Betty gave an overview of how the nonprofit engages MS/HS classes to prevent addiction.
 - 100% volunteer-run and donation-funded. 68 schools and 16,000 students from 2017-2019.
 - 1 storyteller (person in recovery 1+ years, paid) and 1 presentation leader at each class visit.
 - Student feedback forms and student/teacher anecdotes suggest program effectiveness.
 - They do not provide recovery resources to minors, but have info on their website/brochure.
 - In coalition w/ SOUL (Surviving Our Ultimate Loss), SAMHSA, Lifeguards (HS anti-vaping club), SCUP (School Community United in Partnership), & Keeping it Safe student video contest.
 - Facing political resistance from parents and MC public schools; did not receive DHHS grant.
 - Seeking a \$75,000 grant to expand operations and classroom visit capabilities in 2020.
- AODAAC member questions and discussion:
 - Elyse clarified that AODAAC does not have grant funding but can support grant efforts.
 - Evelyn recommended SASCA (Screening and Assessment Services for Children and Adolescents) as a good resource for Arise & Flourish to share with students.
 - Elyse and Margaret asked about outcomes data beyond student feedback on presentations. Elyse recommended external program evaluations to strengthen their grant applications.
 - Betty discussed the film *Written Off* as a tool for parents, but they have low parent turn-out.

Updates

Spring Forum

- Margaret summarized the first teleconference call to plan the Spring Forum, which will be held the evening of Thursday May 21. She shared that organizer Diane Lininger is seeking theme ideas, and AODAAC and MHAC members will vote on the theme using a Doodle Poll.
- Evelyn expressed support for the theme “Many Pathways to Recovery” but with a family component. Larry suggested “Many Pathways to Family Recovery”.
- Margaret mentioned that evidence-based treatment is an important subject area for the forum. Elyse, Larry, Bunny, and Cynthia expressed that the peer movement is about choosing from many pathways, which include peer programs with less evidence-base.
- Margaret suggested Tree of Hope as speakers. Dave liked how last year Sarah Rose started with what is happening in the county. Evelyn suggested inviting the county executive or a councilmember as a speaker, to secure their attendance and promote county resources.

Committee Reports

Prevention:

- Margaret shared that she and Larry had an informal discussion with the three Arise & Flourish guests. She is impressed by their dedication and passion and hopes that they can collaborate in some way, and support their efforts to secure independent funding.

Treatment & Recovery:

- Bunny and Evelyn discussed the AODAAC Treatment and Recovery Resource Fair and Open Mic at The Landing on March 14 from 1-4pm. Councilmember Gabe Albornoz may speak there. They are offering supervision hours for recovery coaches who volunteer at the event. They will advertise the event to clubhouses and treatment centers in the area, and via contact lists within the committee members’ organizations. Cynthia suggested using leftover materials from the Marijuana Forum (wristbands, etc.) at the event.

County Reports

Health and Human Services report:

Hardy shared the following:

- All testimony must be sent to Hardy and Corey to submit to Dr. Crowel for approval.
- There are 4 AODAAC vacancies (clergy, pharmacist, treatment provider, general member) and only one applicant (for the clergy position). The opening has been reposted on the BCC page and Corey sent the link to all group members so they can reach out to their networks.
- There is momentum toward filling the vacant behavioral health chief role. AODAAC members may be contacted to help with selection.
- The county budget will be announced on 3/16, right before the next AODAAC meeting.
- Some AODAAC members may need to complete online trainings and will be e-mailed if so.

- A few HHS workers have expressed intent to retire in FY21, but it is not yet official.
- There is a vaping prevention symposium on 3/28 with tours of the Community Opioid Prevention Education (COPE) trailer. Separately, there is a focus group about syringe services seeking anyone in Montgomery County with an awareness of opioid issues.

Yasmeen shared the following:

- Two transitions have happened: Dr. Alia Jones became the new LBHA (Local Behavioral Health Authority) Deputy Secretary, and administrative services shifted from Beacon Health to Optum. There have been issues with Optum authorizations; providers should discuss any issues with the LBHA and join the provider e-mail list for updates.
- Maryland legislative sessions started on 1/8 and the LBHA has a dedicated advocacy section. Also, the LBHA's annual plan will be sent out tomorrow, for which AODAAC submitted a letter in support. Lastly, learning communities occur every 2 months to integrate mental health & substance use providers.

Correction and Rehabilitation report:

- Tony gave an update on HB116. Montgomery County is 1 of 4 in Maryland required since January 1 to provide Medication Assisted Treatment (MAT) in jails. They are required to a) continue MAT for those who received it immediately before incarceration, and b) initiate new MAT cases during incarceration. Currently they do not have the resources to initiate new MAT, but they anticipate receiving a state grant to expand the program. So far there have been 7 MAT cases, all successful, including one transition to a state facility and 4 transitions to the community without any breaks in receiving MAT services or withdrawals.

Public Comment

- LaTonia shared several upcoming events including: a training for peer coach supervisors, Safe Talk on suicidal ideation, & training for recovery coaches in emergency departments.

The meeting was adjourned at 9:05 PM

Follow-Up Items

1. **Send final testimony letter edits to Dave ASAP. The letter is due 2/20.**
2. **Next Spring Forum planning call is Wednesday 2/19 at 7pm.** Call 712-770-5505 code 880287.
3. Elyse recommends **sending a Spring Forum save-the-date to councilmembers ASAP.**
4. **Start thinking about June AODAAC elections/ elections committee.**
5. Dave suggests **clarifying to all future presenters that AODAAC does not give funding and the time limits for their presentation and** to discourage long sales-pitch presentations.