



Franklin Mayor's Drug Task Force
 Task Force Meeting Minutes
 Thursday, December 10, 2015
 5:00pm – 7:00pm at Bessie Rowell Community Center

Present:

<i>Name:</i>	<i>Sector:</i>	<i>Name:</i>	<i>Sector:</i>
Angela Lynch	Coalition Coordinator	Andrea McFall	Franklin Resident
Elizabeth Dragon	City Manager, City of Franklin	Alan Grill	Religious/Fraternal Organization: Franklin United Methodist Church
Melissa Lee	Healthcare	Tamara Feener	School Board, SAU 18
Chief Goldstein	State, Local or Tribal Governmental Agency with Expertise in the Field of Substance Abuse	Daniel Plichta	Other Organization Involved in Reducing Substance Abuse: Recovery, HOPE for NH Recovery
Mayor Ken Merrifield	City of Franklin	Paul Blackford	Franklin Resident
Karen Darling	Civic/Volunteer Group (Choose Franklin, Franklin Jr. Youth Group)	Michelle Betts	Religious/Fraternal Organization: GTA Family Resource Center
Bill Grimm	SAU 18 School Board	Darryl Lennon	Franklin Citizen
Paul Friend	Healthcare	Marcia Feener	Franklin Resident, CCNTR
Kim Maynard	Religious/Fraternal Organization: Franklin Elks	Joe Giunta	Religious/Fraternal Organization: Franklin Elks
Sandi Coyle	Other Organization Involved in Reducing Substance Abuse: Recovery, Statewide	Katy Shea	Other Organization Involved in Reducing Substance Abuse: Capital Area Public Health Network
Kathy Rago	Franklin Citizen	Scott Burns	SAU 18 School Board
Tammy Emery	Parent	Cecile Beaupre	Franklin Citizen
Allyson Vachon	Parent, Franklin Citizen	Holly Cekala	Other Organization Involved in Reducing Substance Abuse: HOPE for NH Recovery
+ 6 people, not signed in			

Welcome and Introductions

Angela welcomed the group, reviewed guidelines and began the group in brief introductions around the room. Then she gave the floor to Allyson Vachon and her presentation with Hope for NH's Holly Cekala. Ally explains the café model recovery center and introduces the survivor of substitute disorder.

Franklin Recovery Center Initiative

Holly Cekala, from Hope for NH Recovery talked about how important it is to have access to a center for recovery help because the problem is so large. Has built many different recovery centers with a 98% success rate. Every community can embrace and benefit from a center like this. Manchester is different because everyone has different organic growth and their own specific needs. New Hampshire's opened in July it is a very small center but they recently moved and have seen over 1600 people since its opening and 200 of those were family members looking for help and resources. Shows the things Manchester offers which can always change depending on what the community brings together. The treatment capacity and insurance regulations in NH are "disgraceful."

Allyson Vachon has discussed opening a Recovery Café in Franklin, which is one of many types of recovery centers. Recovery Community Centers provide an open door access for immediate support for the small number of people who reach out for help and in New Hampshire that number is even small because we can't connect people immediately and a center can help people stay engaged while they're on a waiting list. They can meet with coaches, go to meetings, seeking safety groups, and all sorts of different groups. Bill asked a question about how long a waiting list is. Holly responded that she doesn't have a waiting list, but that treatment centers have a waiting list and it is generally about 6-8 weeks long. Ally talked about her experience with Holly's recovery center in Manchester and how it was helpful, there was no judgement or stigma and no sterile waiting room, it had a nice flow and even on their way out someone told them about an organized heroin addiction group he had started and invited them. Recovery isn't always dependent on a bed. Treatment isn't for everyone. The need for treatment centers and recovery centers is needed. Treatment isn't always necessary and these recovery centers can provide a lot of help.

Recovery centers get people connected and informed and social events like game day sober parties, St. Patrick day sober parties; because people need to enjoy life. Showing these people that they can be happy and have fun without drugs and alcohol. What the community needs or is interested in, dictates what these activities and social events are. So it is people in recovery, with lived experience, helping other people maintain their recovery or initiate recovery or re-initiate recovery. It reduces the instance of reoccurrence or relapse. It can definitely reduce the criminal aspect of people actively using in a community. It can reduce incarceration or re-incarceration (recidivism) rates significantly. In a prison in Rhode Island, 86% of the people they met with before they left prison, engaged in their recovery after prison and 6 months after they had left prison they still had not committed another crime and were still continuing with their recovery. So evidence tells us that treatment is much more effective when coupled with recovery supports. Holly calls this the insurance policy for treatment: if you pay for treatment and you don't insure that investment with something, then you're probably going to lose. Funding for Hope for NH is unique in that has 52% to 62% private funds, about 20% in grants and the rest in fundraising. Grants being public grants or private foundations. There are about 6 businesses in Manchester that have signed on with workforce initiatives. There is also a return on investment calculator that businesses can use to show: what is their return? By openly allowing their employees to seek treatment, or find out about recovery for themselves or family members. You've got absenteeism, lost productivity, turn-over, all sorts of stuff happening in companies across NH and across the nation.

Face it Together is the company that designed their data system. It is consistent and concise. It produces a recovery capital index for people that are involved with coaching. Coaching either via text, telephone or telehealth. It is a really nice platform. They think it will work well in helping them collect data around this to help assure people that this is working.

January 20th they are doing a full Affiliate Training, which will teach people what it takes to be an affiliate of Hope for NH. Hope is currently going for their accreditation process through an initiative funded by SAMHSA. Once they are accredited, then all affiliates will be able to use the whole toolkit and handbook on how to do this in their own community. They do not do any clinical services at the center they do them with partnerships. They have eight employees and 40 volunteers in Manchester and the recovery community is really “getting their give back on.”

This is all about changing the view of what the recovery process is and showing that it doesn't have to be in the clinical, with the bed and the 12 step process obviously chronic conditions are different. It is also about educating local legislators and community members about the language and how important it is to know and understand the language to really understand the recovery process.

Elizabeth encourages people to make connections with Alyson to keep the conversation going. Our coalition is based in prevention, which is a part of the continuum of care and a partner to the other areas such as recovery. So anyone in the room with interest in becoming involved with this recovery movement in our community, please keep in touch with Alyson and get involved. She is holding a meeting on the Franklin Recovery Initiative in the same conference room at Bessie Rowell Community Center on January 6th.

The group then took a 10-minute break.

Mayor's Minutes

Jumping from a description Holly mentioned about the “red” and “blue” politicians, Mayor Ken recently had a recent discussion with Congresswoman Annie Kuster at the Franklin Police Department and he and she happen to be different colors. They had a discussion about the substance misuse issues that we are all confronting, and he thinks that it demonstrated the completely non-partisan, a-political response that we are having in the state to this issue. It really is not defined by party. The level of concern on both sides of the isle is real and tangible. Also, through their discussions, he pointed out that some of the discussion he has heard at the state level seems to leave our effort of prevention; the focus on prevention; out of the equation. So Annie very cordially accepted the invitation to join us at a future coalition meeting.

Coalition in Action!

Check-in on the Rx Drop Box work: Over the last couple months we have been talking about the Rx drop box and it has come to conclusion that many people didn't know we had one. When we added the box three years ago we did a great job of canvassing the box but we really need to revisit that and make it more relevant. For example, bringing our rack cards to different places in the community and educating different people in the community.

Elizabeth talked to Director Sullivan about including a message with the water bills and that hasn't happened yet but it should soon, and that will reach a larger audience. Melissa talked about how important it is to educate people about the existence of this Rx drop box and why it is important to dispose of your prescription medication. Karen shared that she went to CVS and that the pharmacist was very happy to receive more rack cards, and Karen talked to the pharmacist about the idea of putting this information with prescriptions going and but they felt that this may be too pushy.

More rack cards are needed for the churches and health first. Marcia wrote a letter as an example of the way the churches could put it out. Jacqueline took the information to the Laconia Clinic pharmacy which has the locations of all of the drop boxes within the Lakes Region. Hannaford and Rite Aid will be done in the next few weeks.

Sticker Shock Campaign: Elizabeth explained that the high school Franklin Youth Initiative (FYI) group is planning on doing a Sticker Shock campaign on December 22nd. This campaign is where the students neatly place stickers that have messaging on the social host law and not supplying to minors on cases of alcohol and

other alcohol products, under the supervision of an adult, at local convenience stores. Karen volunteered to help with this initiative.

Partnering with the Business Community: Since our contacts at Watts Water Technologies left the company, we have had trouble engaging someone from their business. A past manager was very engaged last year and we are looking to increase our engagement from the business community as a whole, not just Watts but of course Watts is one of the largest employers in the City. So one idea was to have a meeting during the day for business representatives, at a time and place more accessible for them. The idea behind this is to have these on a quarterly basis. We can all work together to invite community members to the table.

The group worked on answering a question on the board on notecards and hand in.

Other Updates/Comments

- **Recovery Center:** Dan is still working on getting a recovery center and recovery services for our area. He did exchange information with Allyson.
- **NHMA Conference:** They talked about this last month.
- **Elks Drug Quiz Show:** Don't forget, it's still happening. The website has more information and you can sign up as a coach or to receive informational packets. Angela will send out the information sheet via email.
- **Art Car** was in the Plymouth holiday parade and was well received.
- The school board is also looking into getting the **21st Century Grant** in partnership with the Franklin Parks and Recreation Department.
- Elizabeth gave an update on the fact that she and Angela attended the mandatory DFC grant training in Washington, DC.
- The Franklin Elks is gearing materials gathered for their annual poster contest for grades 3-5 and essay contest for grades 6-8. In years past the Drug Task Force has provided bags and help with this, which we still will get bags to them for this.
- Karen Darling shared that the Junior Youth group is doing very well. They meet every other Friday night and they have been doing this for 3 years. The purpose of the group is about making good moral choices, performing community work and becoming overall good citizens.

Meeting Adjourned at 7:00 p.m.

Submitted by PSU intern, Paige Kennelly