**Harford County**

**Harm Reduction Community Advisory Board**

**Wednesday, March 10, 2021**

**Virtual meeting via Google Hangouts Meet (meet.google.com/vyd-jpvq-cia)**

In Attendance: Anastasia Obrien, Jessica Buddemeyer, Ashley Petruno, Austin Torsch, Elliott Slattery, Jack Kristofik, Jason Beinert, Jessica O’Brien, Joe Adams, Karen Kilduff, Katelyn Shephard, Nancy Turner, Peter Bogusko, Shawn Martin, Zach Canter, Jack Latchford

Discussion:

* Good treatment option
* Gives people the ability to have a physical balance so they can work on other areas of use.
	+ Housing, multiple drug use
	+ Looks different for everyone
	+ Getting dose stable
	+ Associated with much stronger reduction in opiate use.
	+ Harm reduction opens up other doors
		- Referrals to higher level of care etc.
	+ Cold Turkey in Jail
	+ Stigma associated with methadone use.
		- Inpatients or sober living not accepting people on Methadone
	+ Tapering off methadone
		- Case by case basis
		- Sometimes many people just do better on medication
		- ~80% will return to use after tapering off.
	+ Medication Treatment or Medication for Opioid Use disorder
	+ Importance of language in Treatment
* Organizational
	+ VOH
		- Event w/ Johns Hopkins Hep C/HIV on site testing
			* Social work
			* Insurance navigation
			* 409 W Pulaski HWY
		- HQ in Aberdeen
			* Aberdeen plaza in Aberdeen
		- Recovery Center at Harvest House
			* Recovery Hub
		- Wound Care services
			* Mobile or meet in RV & Peer Support
		- Outreach walks 5 days a week
			* Having conversations, Narcan, peer support, linkage to care
			* If you know of neighborhoods email Pete
	+ Health Officer letter & signatures
		- Reach out to Pete and Zach if interested in having your organization attached

Also:

"Life in Motion" support group. The group is for any parent or caregiver of someone with a substance use disorder, and takes place every 2nd and 4th Tuesday of the month on Zoom, 6:30pm to 8:00pm

ONLINE/IN-PERSON MEETINGS THAT WELCOME PEOPLE ON MEDICATION:

● SMART recovery: [www.smartrecovery.org](http://www.smartrecovery.org/)

● LifeRing [www.lifering.org](http://www.lifering.org/)

● SOS (Secular Organizations for Sobriety) [www.sossobriety.org](http://www.sossobriety.org/)

● Women for Sobriety [https://womenforsobriety.org](https://womenforsobriety.org/)

● Crystal Meth Anonymous [www.crystalmeth.org](http://www.crystalmeth.org/)

● Methadone & Buprenorphine Discussion Support facebook.com/groups/MethadoneTreatment

● MARA (Medication-Assisted Recovery Anonymous) [www.mara-international.org/](http://www.mara-international.org/)

 or [www.facebook.com/groups/45137](http://www.facebook.com/groups/45137)

PEER AND OTHER RESOURCES:

• Stop Stigma Now ([www.stopstigmanow.org](http://www.stopstigmanow.org/)) developed this summary

● Walter Ginter’s story methadone story: <https://www.vvvtxs.com/WalterGinter.mp3>

● Walter Ginter interview: <https://tinyurl.com/y5trjnna>

● National Alliance for Medication Assisted Recovery: [www.facebook.com/NAMARecovery/](http://www.facebook.com/NAMARecovery/)

● The Addiction Treatment Forum: [http://atforum.com](http://atforum.com/)

● 4 minute NPR broadcast on the need for effective treatment, 2/15/2021 <LINK HERE>

● Government information: [https://w](https://w/)

Joe Adams6:36 PM

SAMHSA. Is Recovery: Is it Right for Me? Decisions in Recovery: Treatment for Opioid Use Disorders.

SELECTED BEST SHORT VIDEOS THAT ADDRESS MEDICATION STIGMA:

Best selected short videos from this site that address medication stigma. (Most of the other videos on this site do not address this).

<https://www.youtube.com/watch?v=wupwGEBa2hk&list=PLBXgZMI_zqfTGp5CW6NTaljlGUeXGCpxk&index=6>

Walter Ginter 1

<https://www.youtube.com/watch?v=0QGtcqfDSpc&list=PLBXgZMI_zqfQttCYox9Kw3nh4rTy1f8DG&index>