



**Adams County Coalition for Overdose Awareness & Recovery**  
**Minutes**  
**Tuesday, November 14, 2023 In Person**  
**5:00-7:00 pm**

- I. Strategies & “COAR” Values
  - fair & accessible
  - gives voice to the community.
  - meets mission - Community of support working to overcome addiction, provide access to treatment, and champion recovery in Adams County
  - follows science.
  
- II. Updates
  - A. Commissioners’ Updates – Commissioners Martin & Qually
    - A Human Services Resources Coordinator position has been entered into the county budget. This must be approved by the salary board before they can start the hiring process.
    - Hope was expressed that this person would be able to improve the Warm Handoff process.
  - B. Treatment & Recovery – any providers present
    - Innovo Detox in Abbottstown has admission lines staffed from 7:30-10:00.
    - If anyone is interested in taking a tour of Innovo, please contact Matthew McGirr ([mmcgirr@innovodetox.com](mailto:mmcgirr@innovodetox.com)).
  - C. Social Media Metrics – Meghan Riordan
    - Since our last meeting in October, there were 595 people reached on Facebook with 4 additional followers for a total of 501 page followers.
    - Instagram reached 157 people with 9 additional followers for a total of 585 followers.
  - D. Overdose Death Report – Lyric Gallagher reporting for the Coroner’s Office
    - We were unable to contact the Coroner’s Office in time
    - No total for administered naloxone. However, 63 naloxone kits were given out on October 28<sup>th</sup> during Medicine Take Back.
  - E. Recruitment & Communication Updates – Andrea Dolges & Lisa Lindsey
    - Continue to make the meetings accessible to all.
  
  - F. New Meeting Schedule

- Alternating meetings between in-person and Zoom.
- A schedule with new dates and times was handed out to those present. It will be sent with the minutes to all COAR members.

### III. Discussion

#### A. Types of activities that are recovery friendly that we could foster.

- Open gym/volleyball
- Pick strawberries
- Yoga in the park
- Music group
- Hollabaugh Farm tour
- Nature walks
- Book clubs
- Pickleball
- Live music
- Coffee shop
- Movie in the park

#### B. Gaps in services and the road to recovery

- Warm handoff
- Recovery-friendly events
- \$ - Insurance
- Wait time for therapy.
  - Faster to get into groups than individual
- Family intervention and support
- Stable housing
- Employment
- Message & normalize no alcohol is fun

Message of support: We are proud of you!

Messaging: It's okay to talk about it . . .

Bilingual videos

Habit change/language

Culture doesn't have to be alcohol traditional.

How to make recovery part of daily life

Recovery is not a straight line.

Directory - update

#### **For January Meeting:**

Brainstorm who/how/when

#### **Upcoming Meetings and Events:**

### Meetings

12/11 CFY Coalition Meeting w/La Comunidad and dinner, 5:00-7:00

12/19 COAR Steering Meeting, zoom meeting, 12:00-1:00

### Events

11/15 Project Sticker Shock – High Street Brews, 5:00 pm

12/2 Jireh Independent Baptist Church dedication, 104 N Main St, Biglerville, 6:00

12/5 Project Sticker Shock – Taverna, 4:30 pm

### Ongoing

Naloxone available: CFYCD Offices, 233 W. High St, Gettysburg, 717-338-0300