

# DORCHESTER COUNTY DRUG & ALCOHOL ABUSE COUNCIL STRATEGIC TWO-YEAR PLAN

2015-2017

*Six-month update: January-June 2015 (second half of fiscal year 2015)*

## **Vision:**

A safe and drug free Dorchester County

## **Mission:**

*To reduce the incidence and prevalence of alcohol and drug abuse and its consequences to affected individuals, their families and all other Dorchester County residents.*

A Comprehensive Assessment to identify drug use and the levels of risk and protective factors among youth in Dorchester County was conducted through a partnership with the local Board of Education, the Partnership for Youth and Families (Local Management Board) and the Health Department. The "Communities That Care" (CTC) youth survey for grades 6 to 12 was completed by 746 Dorchester County public school students in grades 6, 8, 10, and 12 in May of 2015. It was designed to predict problem behaviors such as alcohol, tobacco, and other drug use, poor school achievement, and delinquency using four core measures: past 30-day use, perception of risk, perception of parental disapproval, and perception of friends disapproval. In recognizing at least one of the measures, survey results indicated for the combined grades that 8.1% reported past 30-day alcohol use and as students' ages progressed, all alcohol use rates showed increases. For example, 2.6% of students in grade 6 reported past 30-day alcohol use, whereas 35.7% of students in grade 12 reported past 30-day alcohol use. While CTC trend data collected from 2002 to 2015 indicated that, at least, past 30-day use of substances has declined among 6<sup>th</sup> -8<sup>th</sup> graders, the trend data also indicated that the use of alcohol, tobacco, and marijuana were the primary drugs used through the adolescent years. The data across year and grade level correlations indicate alcohol as the "drug of choice" by far for Dorchester County students. In February of 2015 a "Youth Risk and Behavior Survey" (YRBS) was conducted, and the results are pending. Meanwhile, in consideration of the most recent CTC data, County prevention efforts that address underage drinking have been determined to continue as a priority.

According to the 2013 Maryland Kids Count Data, rankings with the 22 other counties and Baltimore City found Dorchester: 3<sup>rd</sup> highest of children living in poverty; 2<sup>nd</sup> lowest in 8<sup>th</sup> grade reading achievement and 5<sup>th</sup> lowest in 8<sup>th</sup> grade math achievement; 3<sup>rd</sup> in suspension rates; 3<sup>rd</sup> in juvenile arrests; 2<sup>nd</sup> in teen births; 4<sup>th</sup> highest in drop-out rates; and 3<sup>rd</sup> lowest in graduation rates.

According to a 2014 Youth Risk Behavior Survey: 8% Dorchester students tried heroin at least once.

The State of Maryland Automated Record Tracking (SMART) data informs us that inpatient admission for Dorchester residents with Heroin problems rose significantly from 36 in 2012 to 65 in 2013 and finally 163 in 2014. In 2014 the primary reported substance problems (both inpatient and outpatient) were #1: marijuana 30.4%, #2: Alcohol 27.4%, and Heroin 27.1%.

More needs to be done in Dorchester County to deter youth from experimentation and abuse of alcohol, tobacco, and other drugs of addiction, which is known to have a direct correlation to crime and negative school performance. Prevention efforts are critical toward that end. However, an analysis of the local continuum of care reveals a lack of adequate funding for the provision of prevention services in Dorchester County. Data reveals that while Treatment receives 96% of funding from the Behavioral Health Administration, Prevention only receives 4% of funds. Research-based prevention programs have shown to be cost-effective. Similar to earlier research, recent research shows that for each dollar invested in prevention, a savings of up to \$10 in treatment for alcohol or other substance abuse can be seen (Aos et al. 2001; Hawkins et al. 1999; Pentz 1998; Spoth et al. 2002a).

Towards that end, Dorchester County's two-year plan seeks to address these prevention-related concerns, while reinforcing the goals initially established and expanded by the Council since 2005.

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*The following goals have been selected by the Dorchester County Drug & Alcohol Abuse Council for the upcoming FY2015-2017 two-year plan. This plan, initiated in 2005, has become a work in progress as certain countywide goals & objectives have been or are being met and/or revised and other issues and concerns move to the forefront.*

## **Goal 1: PREVENTION/INTERVENTION/TREATMENT: Adapt to Health Care Reform**

Objective 1: *Integrate Addictions and Mental Health services providers into a "Behavioral Health" care system*

Objective 2: *Integrate Behavioral Health care with Somatic care*

**Goal 1 Performance Target:** *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

**Improve the ability to assist in the provision of a full range of Dorchester County resident's health needs (body, mind & spirit)**

**Progress:** *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

The Mid-Shore Behavioral Health Services Network's **Integration Workgroup** continues efforts towards achieving their two established goals:

The **goals** of the project are 1) To become, at a minimum, a Dual Diagnosis-Capable provider 2) to improving client outcomes through integrated care, and 3)

service coordination and network building with Mid-Shore Mental Health and Addiction providers.

Mental Health & Substance Use Disorder providers within Dorchester County are all engaged in integrative efforts to varying degrees.

A number of Dorchester and Caroline County agencies including the Dorchester County Health Department and the Dorchester County Addictions Program continue participating in a **Health Enterprise Zone (HEZ)** grant that is building significant bridges between Somatic and Behavioral Health. Mental Health & Addiction Peers, Community Health Outreach Workers, the Mobile Crisis Team, School-Based Wellness Program, and many others are providing coordinated integrated health care services to create a reduction in behavioral health emergency department (ED) visits and hospitalization rates for hypertension, and obesity prevention.

Efforts have been widely undertaken through the Health Department to take advantage of Medicaid expansion- allowing for greater numbers of Dorchester residents to become insured and eligible not only to be covered for substance abuse disorder and mental health treatment, but for somatic care as well. The Dorchester County Health Department's Addictions Program (DCAP) assists in the initial enrollment process as needed and is prepared to assist clients in re-enrolling in their Medicaid programs as their annual policies terminate.

**Estimated Dollar Amount needed to achieve goal:**

Medicaid Expansion: Nominal direct cost involved (staff/administrative time)  
\*HEZ year one budget: \$755 thousand. *\*Note: Only a small indeterminate portion of the HEZ grant is dedicated to peer efforts.*

**Goal 2: PREVENTION/INTERVENTION/TREATMENT Incorporate the Recovery Oriented System of Care (ROSC) model as the overarching framework that addresses Dorchester County substance abuse concerns. This initiative shall be known as the "Dorchester Recovery Initiative" (DRI).**

Objective 1: *Inform and educate all county participants involved in the delivery of substance abuse-related services re: the ROSC concept.*

Objective 2: *Encourage peer support/volunteerism.*

Objective 3: *Expand recovery support services.*

**Goal Performance Target: Fully embrace the paradigm shift from singular and episodic treatment encounters to a model that recognizes that addiction is chronic, progressive, incurable, potentially fatal, and in which relapse is not uncommon. This model will more fully address the whole continuum of care and provide greater support for sustained recovery.**

## **Progress:**

The Dorchester Drug & Alcohol Jurisdiction Coordinator/ROSC Coordinator continues actively attending and participating in various local, regional, and statewide meetings, workshops, and committees to better understand and help shape the ROSC framework.

The **DRI-DOCK Recovery & Wellness Center** moved to a new and more suitable location on the fall of 2014: 206 Sunburst Highway, Cambridge, MD. This dwelling is directly on Route 50 in the center of Cambridge, is much more visible, accessible, and spacious than our previous location, and offers a full commercial kitchen.

Dri-Dock continues offering a wide variety of recovery support services and activities for those with mental health, co-occurring, and substance abuse concerns. DRI-DOCK offers Alcoholics Anonymous, Narcotics Anonymous, Chemical Dependents Anonymous meetings, as well as Smoking Cessation, STD/HIV reduction, Veterans services in addition to a 6-person computer lab. Discussions are underway to offer a Celebrate Recovery and an "All Recovery" meeting as well.

Peer outreach efforts include re-establishing a peer presence at the Dorchester County Addictions Program and at the Dorchester General Hospital. We also look to offer peer services as part of a prisoner reentry service to those with behavioral health issues to be released from the local Detention Center back to Dorchester County.

The Dri-Dock ([www.dri-dock.org](http://www.dri-dock.org)) and Facebook (<https://www.facebook.com/pages/Dri-Dock-Recovery-Wellness-Center/183481638334041?ref=hl>) websites are being routinely updated and maintained.

A number of our Drug & Alcohol Abuse Council members are also involved with other local collaborative ventures such as the Communities Mobilized for Change on Alcohol (CMCA), the Dorchester Substance Abuse Committee, and the Partnership for a Drug Free Dorchester (PDFD) and work to partner with various local religious and social groups and organizations.

A new round of Access To Recovery (ATR)-like services are now being offered to support ongoing recovery efforts.

A Christmas, Valentine's Day, and St. Patrick's Day dinner, "All Recovery" meeting, & dance were all held at our new location in conjunction with Chesapeake Voyagers, Inc.

Funding was gifted to Dri-Dock by the National Council on Alcoholism & Drug Dependence-Maryland (NCADD-MD) to get our kitchen compliant with the Health Department. Discussions are underway with recovery partners to open a "Recovery Café" and possibly offer a Culinary Arts school practicum via the Chesapeake Community College, Social Services, & a local faith-based program (Anchor Point).

## **Estimated Dollar Amount needed to achieve goal:**

\$150 thousand annually grant funding provided by the Behavioral Health Administration for the DRI-DOCK, Care Coordination, Peer Support, & Recovery Housing. \*\$1,000 to get kitchen to state of readiness.

**Goal 3: PREVENTION: Develop and maintain a broad and consistent mechanism for the reduction of underage alcohol, tobacco and other drug (ATOD) use.**

- Objective 1: *Increase annual number of youth access enforcements in each related place of business within the county.*
- Objective 2: *Increase annual number of shoulder-tap enforcements within the county.*
- Objective 3: *Develop procedures, policies and/or legislation to deter Social Provision of alcohol and tobacco to minors.*
- Objective 4: Secure Strategic Prevention Framework funding through the efforts of Partnership for a Drug Free Dorchester (PDFD) in order to accomplish the above objectives and meet this goal.

**Goal 3 Performance Target:** *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

**Reduce the number of underage users of alcohol and tobacco products in Dorchester County.**

**Progress:** *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

As a result of prior compliance checks in June 2014, Show Cause Hearings held by the local Liquor Board on 1/26/15: Ocean Exxon fined \$1000, Sailwinds Station fined \$1500, and Corner Market fined \$2500; and Show Cause Hearings held on 6/15/15 : Portside Seafood Rest. Fined \$250, Zip Mart fined \$500, and Linkwood Deli fined \$500.

Cambridge Police Department conducted 4 compliance checks on 2/4/15 and 4 compliance checks on 2/10/15 resulting in no citations; Co. Sheriff's Office conducted 7 compliance checks on 6/2/15 resulting in 2 citations (owner and clerk) to Shop Stop, Nasr's Exxon, and Springdale Market.

Natural Resources Police conducted 6 patrols of the County waterways, which did not result in citations for underage drinking violations.

**Estimated Dollar Amount needed to achieve goal:**

Efforts will be made to advance the achievement of this goal despite absence of adequate funding.

**Goal 4: PREVENTION: Inform Dorchester County residents of the consequences of substance abuse and promote the benefits of healthy and drug free lifestyles.**

- Objective 1: *Expand available local data by administering the Communities That Care Survey in Dorchester County Public Schools on ‘odd’ years (i.e., 2011, 2013), for the purpose of complementing the Maryland Adolescent Survey.*
- Objective 2: *Use appropriate evidence-based prevention programs in community settings.*
- Objective 3: *Incorporate Search Institutes’ 40 Developmental Assets into appropriate Programming.*
- Objective 4: *Utilize evidence-based environmental strategies to change individual and community norms.*

**Goal 4 Performance Target:** *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

**Provide information about substance abuse prevention strategies to at least 10,000 Dorchester County residents.**

**Progress:** *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

Partnership for Drug Free Dorchester (PDFD) held 6 coalition meetings to continue planning and implementing evidence-based environmental strategies.

PDFD members (3) attended CADCA’s Prevention Forum: Prevention Day on February 2, 2015 and Drug Free Communities Grant Writing Workshop on February 6, 2015 in National Harbor, MD.

PDFD held a recognition ceremony for partners supporting the County’s National Prescription Take Back Day initiative on February 9, 2015, which included the Dorchester County Sheriff’s Office, Cambridge Police Department, Hurlock Police Department, and Craig’s Drug Store.

PDFD, in partnership with the Dorchester County Sheriff’s Office and the Hurlock Police Department in February 2015, secured a permanent prescription drop box located in department lobbies for the community to safely discard unwanted/expired medication.

PDFD produced a 30-second commercials in partnership with WMDT-TV and partnership/participation from Cambridge Police Department (Lt./Det. Justin Todd), Dorchester County Sheriff’s Office (Sheriff James Phillips), and Hurlock Police

Department (Cpl. Johnnie Beasley) regarding unwanted/unused prescription information and permanent prescription drop box locations.

PDFD promoted 2 articles addressing the 40 Developmental Assets social media and other forms of electronic networking.

PDFD sponsored a “Nature and Nurture Conference” on March 7, 2015 at Sojourner Douglass College (Cambridge campus), with 21 community service participants in attendance.

PDFD members attended Opioid Misuse Prevention Program (OMPP) training sessions on March 18, 2015 and June 9, 2015 related to the need assessment and strategic planning, respectively.

Media Committee managed PDFD’s social media accounts for this period: You-Tube (over 470 views) and “Be the Parent on the Scene” website (over 1880 views), PDFD Facebook (over 1,573 views), and “Be the Parent on the Scene” Facebook (approx. 10,000 people reached); and posted compliance checks and Show Cause Hearing results in June 2015.

Media Committee placed “Don’t Be a Party to Binge Drinking commercial on Comcast In-Banner Video section for the months of January and March 2015, which views chose to watch 5986 times. The “Be the Parent on the Scene”, “I’d Rather” Part 2, and “Don’t Be a Party to Binge Drinking” 30-second commercials continued to be aired (since 9/22/14) through January 2015 on Comcast Cable Spotlight: Monday Night NFL games schedule on prime channels and aired on 36 networks on Comcast Xfinity TV beginning 5/4/15 and continuing thru 8/2/15.

Media Committee placed the “Be the Parent on the Scene”, “I’d Rather Part 1 & 2”, and “Don’t Be a Party to Binge Drinking” 30-second commercials at Cambridge Premier Cinema, which will be shown alternatively 12,000 times from July 2015 through June 2016.

Media Committee continues accounts for “Be the Parent on the Scene” website and Face Book, PDFD Face book, Linked-in, and Twitter through June30, 2015. The “Be the Parent on the Scene” website is linked to the Dorchester County’s Recreation and Parks, Sheriff’s Office, and Health Department, and the Hurlock Police Department websites.

Media Committee’s placement of printed advertising for PDFD and “Be the Parent on the Scene” campaign in Cambridge-South Dorchester High School’s Athletic Program (400 printed) continued in January through June 2015. “Be the Parent on the Scene” printed advertising was shown 50 hours on the school’s stadium scoreboard from January to May 2015 during the spring school athletic program schedule.

Media Committee provided an article published in two local newspapers on May 17 and 20, 2015 related to responsible alcohol sales awareness training.

Youth Action Council (YAC) has 14 participating youth members. YAC conducted 5 meetings to plan activities, etc. Also, Council continues to engage the community for recruitment and promotion efforts.

YAC members provided underage drinking promotion at the 2015 Martin Luther King, Jr. Breakfast on held January 19, 2015 at Dorchester Elks' Lodge # 223.

YAC disseminated underage drinking prevention materials at the Chesapeake Multi-cultural Resource Center's Health Fair on March 11, 2015.

YAC, guided by PDFD, held a formal dinner on March 14, 2015 Jimmy & Sooks Restaurant (upstairs banquet room) to recognize underage drinking prevention efforts/accomplishments for 2014.

YAC members provided an underage drinking prevention presentation and recruitment efforts at Union Chapel Church on April 19, 2015.

YAC members presented a workshop for the YMCA's After-School Program at Mace's Lane Middle School on April 23, 2015.

YAC, guided by PDFD, sponsored the "Prevention Walk" community event on May 16, 2015, to promote underage drinking prevention, etc., with a designated route and ending at Sojourner Douglass College for additional activities. The event was supported by 10 partners and at least 92 people participated.

YAC, guided by PDFD, sponsored "End of School Play Day" on June 11, 2015 at Hurlock Elementary School with 45 youth in attendance and June 15, 2015 at Sojourner Douglass College (Cambridge campus) with 62 youth in attendance, and promoted anti-substance abuse messages.

CMCA held 4 coalition meetings to continue environmental strategy efforts regarding underage drinking prevention.

CMCA held "Counterfeit Identification and Money" trainings on March 23, 2015 for local alcohol retailers and separately for local law enforcement at the Dorchester County Health Department.

CMCA/PDFD, in partnership with the Dorchester County Liquor Board, adopted a policy that requires every 1-Day license applicant (for alcohol sales) to post "We Card" signage at their perspective event in designated areas. The signage is provided by CMCA and disseminated by the Dorchester County Liquor Board along with the license and list of policies.

CMCA continued compliance checks with Cambridge Police Dept., Sheriff's Dept. and MD State Police. Dept. of Natural Resources continued their assignment of saturation patrols for community boating events and waterways. The funds and contracts are provided through the Local Management Board (LMB)

CMCA conducted 9 environmental scans at community events to determine best practices used in deterring alcohol access to persons under 21 years old.

CMCA/PDFD members attended a session provided by MD Behavioral Health Administration (BHA) on April 30, 2015 for strategic planning and implementation practices.

CMCA partnered with the Regional Highway Safety Office to conduct the “Safe Driver” survey in February 2015.

### **Under DCHD Tobacco Prevention and Cessation Program, CRF**

#### **Enforcement component:**

- Cambridge Police Department conducted 63 tobacco compliance checks with 29 tobacco retailers. Out of the 29 retail sites, 6 sites were in violation hence 6 citations were issued. Two additional checks were conducted with five of the sites, with no violations.
- Twenty-three adults/employees from 23 retail sites received education on youth access laws.
- Two community non-governmental organizations received community contracts to conduct face to face education to fifteen vendors/retailers which included Maryland’s tobacco laws, and state and county resources.
- 32 tobacco retail vendors (unduplicated) were visited, with 32 employees received education.

#### **Community Component:**

- Nine community based organizations serving youth received community contracts to educate youth on the dangers of tobacco / nicotine use, second-hand smoke, electronic cigarettes, cigar use, and tobacco industry marketing. (714 youth and 156 adults were educated).
- Nine licensed Child Care Centers / Providers (serving children under the age of six and their parents/caregivers) received community contracts to conduct tobacco prevention programs by providing tobacco prevention lessons with the children and an activity with the parents. (159 children and 206 + adults were educated)

#### **Cessation Component:**

- 50 cessation classes were offered at the DCHD (twice every Wednesday).

Prevention Services partnered with 3 community organizations which provided Second Step, and/or Chill & Spill and Dorchester County Freedom Writers sessions with relative supportive activities to 90 students, aged 4 to 17 throughout the school year.

Prevention Services, in partnership with the 4 other regional counties, conducted a needs assessment, which involved key witness interviews, focus groups and surveys in March and April 2015 for the Opioid Misuse Prevention Program (OMPP) initiative.

Prevention Services, in partnership with the 4 other regional counties, conducted a OMMP an informational session for regional community partners on June 24, 2015 at Chesapeake College (Wye Mills campus) with over 50 attendees.

Prevention Services, in partnership with the Eastern Shore Regional Prevention Coordinators, provided the spring 2015 media campaign with anti-underage drinking prevention messages focused on social availability thru local television/cable stations, radio stations, newspapers, and Comcast Cable website.

Prevention Services disseminated educational materials at 8 community events.

**Estimated Dollar Amount needed to achieve goal:**

Efforts will be made to advance the achievement of this goal despite absence of adequate funding.

**Goal 5: PREVENTION: Develop and maintain a broad and consistent mechanism for the reduction of Opioid Overdoses**

- Objective 1: *Increase annual number of First Responders and Others trained and certified in responding to a potential Opioid overdose*
- Objective 2: *Increase awareness of Opioid-dependent treatment participants in Overdose Prevention protocols*
- Objective 3: *Ensure availability of Medication Assistance Therapy for Opioid-dependent treatment recipients.*
- Objective 4: *Administration of Prescription Drug Take-Back Program*
- Objective 5: *Administration of Opioid Misuse Prevention Program*

**Goal 3 Performance Target:** *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

**Reduce the number of fatal and near-fatal Opioid Overdoses in Dorchester County.**

**Progress:** *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

*A Naloxone Training program is being implemented as a joint partnership effort between the Dorchester County Emergency Management System and the Dorchester County Health Department. Currently, local law enforcement officers are receiving the training, with training to soon follow in the next few months for family members, friends, those that are opioid-dependent, and local treatment and peer staff.*

*Clients receiving treatment for Opioid addiction are provided with information re: Overdose Prevention.*

*Medication Assistance Therapy for Opioid-dependent treatment recipients is becoming increasingly available and broadly covered through health insurance and medical services paid for in some cases by grant funding.*

*Cambridge now has a permanent drug take-back location at the Public Safety Building. There are also permanent disposal boxes at the County Sheriff's Office and the Hurlock Police Department.*

*Talbot, Caroline, Queen Anne's, Kent, and Dorchester Counties have established an Opioid Misuse Prevention program. Dorchester County Health Department is the fiscally responsible entity and employs the regional program Coordinator. A regional needs assessment has been conducted and on June 25, 2015 a Strategic Planning event was attended by a wide range of regional stakeholders to develop best practices in reducing Opioid/Heroin misuse.*

### **Estimated Dollar Amount needed to achieve goal:**

Approximately \$6,000 for Naloxone training was made available through the Behavioral Health Administration to be encumbered by 6/30/15. Opioid Misuse Prevention program: approximately \$225,000 was awarded for the Regional project (disseminated in 2 portions of \$112,500 each – the second of which is contingent on approval of the Strategic Planning document, which should be submitted to BHA by the end of this calendar year). Additional funding sources and opportunities to partner to increase the effect of scarce resources continues to be sought.

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