

~~Unapproved~~ **APPROVED**  
**Candia's Selectmen's Public Meeting Minutes**  
**May 23, 2016**

**Attendance:** Chairman Boyd Chivers, Vice-Chair Susan Young, Selectman Scott Komisarek, Selectman Russ Dann, Selectman Mark Laliberte, and Administrative Assistant Andria Hansen.

**Approval of minutes from previous meeting.** Selectman Dann moved to approve the Selectmen's meeting minutes of May 9<sup>th</sup>, 2016 as presented. Seconded by Selectman Laliberte. Chairman Chivers, Selectman Young, Selectman Laliberte, and Selectman Dann were in favor and Selectman Komisarek abstained. Motion carried on a vote of 4 to 1 (4-0-1).

**The Board to consider appointment of Dana Buckley as an alternate to the Zoning Board of Adjustment.** Chairman Chivers explained that Selectman Laliberte resigned from the ZBA a month ago. He can attest that they need someone to serve as an alternate. They don't have one now and if a full member is absent they would have to postpone the meeting. *Chairman Chivers moved to accept Dana Buckley's interest in serving on the ZBA and appoint him to a 3 year term as an alternate. Seconded by Selectman Young.* Selectman Laliberte explained he resigned from the ZBA as an alternate because he felt having two Selectmen on the Zoning Board would not be in the best interest of the town as much as he enjoyed serving on it. He was glad to see someone come in and fill the spot. Chairman Chivers called for a vote. *All were in favor. Motion carried.*

**The Board to receive an update from the Conservation Commission Chair.** Conservation Commission Chair Susan Wilderman was in attendance. She explained they would like a new Selectman Representative on the Conservation Commission. The last year and a half they have focused their efforts towards managing the current conservation land and keeping up and improving trails. They have events every three months for the public to come and enjoy a piece of land that is currently owned by the CCC. This has been their main push. In the event there was a landowner that was interested in conservation land they would like to know they had someone that could work with them from the Board. Just to be aware of what is going on and they could work as a team. It's been a bit of a struggle the past few years for good communication and they would like to reach out and be better with that. She asked if the Board had any questions for the Conservation Commission. Chairman Chivers asked if there was a position for a representative on the Conservation Commission. CC Chair Wilderman explained they really don't have to be a member, they would like there to be good communication so there are no misconceptions about what is going on. She noted in that past there was a Selectmen's representative. She asked if one of the Selectmen would be interested. Selectman Dann asked when they meet. CC Chair Wilderman said they meet on the 3<sup>rd</sup> Tuesday of the month. Dick Snow had been the representative for many years. Chairman Chivers asked if this member would be a voting member of the Conservation Commission. CC Chair Wilderman said if this person decided to be an alternate they potentially could be a voting member. Selectman Laliberte said unless another Board member wants it; he'll be the representative to the Conservation Commission. He'll give the Selectmen a report as needed. It was noted that the next Conservation Commission meeting is June 21<sup>st</sup>.

**The Board to appoint a delegation to the 2016 Memorial Day Service.** Chairman Chivers said there will be a Memorial Day Service on May 30<sup>th</sup> at 11:00 am at the Soldiers Monument on High

Street. He asked if the Board would like to appoint a delegation. He would be willing to serve. Selectman Laliberte said he would attend as well.

**The Board to recognize Lucinda (Cinny) Griswold's award as NRRA Volunteer of the Year.** Chairman Chivers noted that Cinny Griswold received an award from NRRA. She was awarded the Volunteer of the Year Award for 2016. The Board presented Cinny with some flowers. Cinny thanked the other volunteers, the gentlemen who work for the Recycling Center, and the Town.

**The Board to approve accounts payable and payroll (5/19/16, 5/26/16).** Selectman Laliberte announced the grand total for accounts payable and payroll checks for May 19<sup>th</sup> and May 26<sup>th</sup> was \$72,870.89. Selectman Dann moved to approve the accounts payable and payroll checks for May 19<sup>th</sup> and May 26<sup>th</sup> in the amount of \$72,870.89. Seconded by Selectman Komisarek. All were in favor. Motion carried.

**Update on the roof replacement project at the Moore Park.** Building Inspector Dave Murray said there was quite a bit of rot on the pavilion roof. They only charged \$200 for the repairs. The total cost of the roofing project was \$6,200. Chairman Chivers asked Building Inspector Murray if he had the water tested in the drinking fountain. Building Inspector Murray said he took it from the men's bathroom, not the water fountain. It passed; they have a little bit of iron in the water.

**Other Business:**

**The Board to consider proposed contract with AMR for approval.** John Seidner explained it is a renewal of the same contract that they already have on file. He has no hesitation recommending that they renew the contract. Selectman Young motioned to renew the Town's ambulance contract with AMR. Seconded by Selectman Dann. All were in favor. Motion carried.

**Roadside clean up:** Selectman Dann thanked the Heritage Commission for the work they did and they were very aggressive with a lot of things. He felt overall it went well and they have cleaner roads. He wanted to make sure the Heritage Commission is recognized for the work they did. They should look at thanking Waste Management for the dumpster. He also wanted to thank all of the townspeople and the volunteers and all of the people that worked to accomplish what we did.

**Selectman Laliberte to facilitate a community discussion of the opioid epidemic.** Selectman Laliberte said when he was first looking to get into office this subject came up a lot. It is no surprise that this subject has been in the paper a lot. His wife is a nurse at the Elliot and she does education for the pediatrics and the nicu and the former picu, so she sees it up close and personal. The thing that is really difficult for her is that more and more of the babies being born are addicted to heroin, fentanyl, or other drugs. What he is finding in talking to people outside of Candia and in smaller towns is that it is affecting them more and more. A lot of towns are trying to figure out what is the best response to be proactive. He felt it was good to have all of the players in the room and get this Board and the public a sense of what is happening and what they need to do and what should this Board be doing. What he wanted to get out of this is that maybe they could have a community forum later this year. It would be much more in depth. He knows other towns that are going through this that are smaller than ours. It will help people understand the issue with opioids. He wanted to thank Police Chief McGillen and Fire Chief Young. They are on the front lines with this and they see what is happening with the opioid issue. A couple of people he invited were Kriss Blevens who is the Founder of Amber's Place in Manchester. She has a heroine story to tell and

also one that shows where the future of treatment is going. He also introduced Holly Cekala who is the Director of Hope for New Hampshire Recovery. Also in attendance is Joe Flanagan who is a retired Firefighter Captain and is currently serving on the Candia Volunteer Fire Department. Dr. Seidner was also in attendance, who works in the Emergency Room at the Elliot. They also invited Bob Stout and Nicole LaFlamme and neither was able to attend. He wanted to start off with the Chiefs' to speak on this issue and what their observations are. He didn't want this discussion to be formal; he wanted it to be organic. This will be best way to move forward. Chief Young explained they are fire and medical at the CVFD. Most of this stuff would be on the EMS side. It's out there and there is no question about it. He felt they were prepared for it as they can be and they are there for however they can help. Chairman Chivers asked if the firefighters can administer Narcan. Chief Young said he would give the floor to Dr. Seidner on that. As far as him being the Chief they do all they can and they've responded to a few calls. The first overdose call he went to Narcan was administered. It was an eye opening experience for him. Fortunately that young man survived. Dr. Seidner asked how the Board wanted to go about this because it is a very broad topic. It starts with elementary school education and it ends with the overdoses in the street. Speaking on the Fire Department side they have been reasonably insulated when you compare us to surrounding communities. They have had a few overdoses but the majority of them have been out-of-towner's stopping through. This shows that it is not perhaps a problem to our residents as it is to people out of town. He thought they would be pulling the wool over their eyes if they pretended they didn't have a community of people using and abusing in town. He can only remember one person that overdosed who is a resident of this town. In terms of preparedness all of the EMT's are trained and they have Narcan as a primary response drug. They have been doing a lot of great work with Chief McGillen and his officers to educate them on what to look for on narcotic overdoses. Chief McGillen said there are a couple of different sides to the drug problem. He's had people call up with a family member looking for services. He happens to know someone at the Making It Happen Coalition in Manchester. They work with the Manchester Health Department and Candia is in the catch basin for the City of Manchester. He's hearing that there aren't a lot of resources out there. People are calling and looking for help and they don't have insurance. He felt things were changing now because they have started getting some funding. He heard some new places are opening up. He would like to get something on the website with a list of treatment and recovery places. He went to a forum in Rye and they had all of the resources available. They need a chart or pamphlet, something they could hand out to citizens. Once they have something they'll get it on the website. On the other end burglaries are low right now, but a lot of this stuff drives the crime rate up. Raymond and Deerfield have been getting hit. They did have a fentanyl death in Candia last year. It was a person from Manchester. They've seen overdoses in the parking lot of the gas station. One of their driver vehicle stops was a person overdosing on heroin. The girl was turning blue in the car and they revived her. Selectman Young said they talk about tobacco in the 5<sup>th</sup> grade, do they bring heroin up. Chief McGillen said he has been in meetings with the school. The school would like to put a forum on with the parents in the fall. They want people form with different expertise on the panel. Selectman Young said she didn't know how young do you discuss it. Chief McGillen said they have Narcan in the elementary schools in Manchester, not for the children it's for the parents. He didn't know of any kids around here that are on opioids or heroin. Ms. Cekala said they start the education as early as elementary school, because some of these kids have parents that are users. Arming these kids with education is like sending them home with a "Did you get your flu shot" flyer. Some parents learn a lot of preventative health education through their kids. It also educates kids on where they can get support if they have a parent who has a problem. The education piece for elementary school is different than middle school and high school. They have been to Raymond and did some forums. Hope for New Hampshire has been to several high schools throughout the

state. This can be customized to the community that you are trying to educate. They have done public forums with various people to talk about certain things and access to treatment and where to access it. Maybe it is not you, but someone you know. She felt you can't be fearful of education. Arming people with knowledge is power. Allowing kids to understand that Mom and Dad aren't angry alcoholics, but they have an issue and they can get help. Those are perfect examples of educating and not scaring. Chairman Chivers said that Joe Flanagan was a first responder in Manchester for 37 years. He asked if he could give some information on the magnitude of the problem. Mr. Flanagan said they started noticing overdoses towards the end of 2013. In the earlier part of his career he probably went on one overdose and in 2013 they started to notice a significant amount of overdoses. He retired at the end of 2015. In the last part of his career his company alone went to 75 overdoses in that two year period. Combined with the other companies they were averaging three to five per day. It was repeat people. They would go to a home and revive someone and three hours later go back to the same place. He felt education was huge and the kids have to know what is going on. They've started a new program the other day and if anyone needs help they can walk into any fire station in Manchester. This is open to anyone in Candia, Auburn, or any surrounding towns. They will contact someone and get them the help they need. He has been on calls where they've treated a seventeen year old and then a seventy year old that has overdosed. It spans the gamut. It's not the poor people, it goes everywhere. It's the wealthy, middle class, the poor, and the homeless. They revived a guy one time and asked him why and he said it was cheaper than going and buying a six pack of beer. It's out there and it is becoming more potent. So people that have an addiction are finding out the hard way, it's a lot more powerful than what it used to be. They are now cutting it with fentanyl which is twice as more powerful. The only thing that can bring people back from an overdose is Narcan. People can now buy it at the drug store. Chairman Chivers asked if all heroin use ended up in an overdose. Is there a responsible user? Mr. Flanagan said he couldn't answer that because he doesn't use it, but he was sure that people out there that use it and can function. He noted that Candia is on the outskirts. If you drive down Route 101 there is a cross that says "Jessica". Jessica overdosed and crashed her car. This is what they are going to see more and more of. Selectman Laliberte asked how the fentanyl is getting into the heroin. This is what seems to be amping the stuff up. Mrs. Blevens said basically what is happening is the fentanyl is being synthetically produced. It's cheaper and they can make it faster. They don't have to wait for the poppy plants to grow. Now they are cutting it. About 80% of the most recent overdose deaths have been pure fentanyl and it is being colored to look like heroin. The person that is using doesn't know they are purchasing fentanyl. It was noted that the new anonymous stuff has more fentanyl than anything else. There are other synthetic drugs that haven't made into the United States yet but they are on the lookout for it. Mrs. Blevens said she is on the Board of Directors for Hope for NH Recovery. She is involved with Farnum Center and Families in Transition. Ms. Cekala is the Director for Hope for NH Recovery. She and Ms. Cekala are responsible for birthing this crisis stabilization unit in Manchester called Amber's Place. She explained that Amber was Mark Blevens's (of Candia) daughter and her stepdaughter. Amber was raised in Candia and went to Candia schools. Two years ago on April 23<sup>rd</sup> Amber lost her battle with substance use. She had several incarcerations and she spent time at Valley Street jail. It started with over the counter Benadryl and smoking pot. Then she started to buy opioid prescription pills on the street. Then that got too expensive and she turned to heroin and became an intravenous drug user. The last two years of her life was intravenous drug use and four incarcerations in Valley Street jail. There were also prostitution charges for her. They found out after her death she was a victim of trafficking. This is what a lot of the drug dealers are doing in Manchester. They pay these girls in drugs and make them work for it. Amber's body was found in an alley in Manchester and she died from a heroin overdose. She and Mark decided to handle their grief by going out and

talking about it. She is a national political makeup artist. She works on top dignitaries all the way to the White House. All of the state officials are regular clients of hers and all of this happened in the state elections. She began to advocate on behalf of the problem to people in politics and the people in the media to build awareness. They had 430 deaths last year in New Hampshire. They year Amber passed away it was 328. They are on an escalation course. She explained a crisis stabilization unit is an emergency recovery shelter. She went to Holly and Melissa Cruz with the idea and they were on board with it. Hope for NH Recovery is a recovery center that is rapidly growing in Manchester and they have locations throughout the state. They have become the forefront of how to navigate treatment in New Hampshire. When someone wanted to get help there were really no treatment beds. So they began fund raising for Amber's Place and thirteen weeks they have been able to open a sixteen bed capacity facility and they are open 24/7. Now Hope is the safe station program. If you go into any fire department in Manchester they call them. They've had 62 people come to the facility in two weeks. There have been 143 since they opened. Amber's Place is running full throttle on community donations. The numbers and the problems they are seeing are phenomenal. The souls that come in there need to want their recovery. It is hard to get some of these people in treatment and it is a really big struggle on their behalf. It is a 24/7 labor of love. The community support is what they need. It's not just the people wanting the recovery, it is also the families that are torn apart and in fear their child is going to die. The majority they are seeing is in the early twenties and thirties. Many of the people coming into Amber's Place have as many as five children. Many of them are homeless because they have burned all of their bridges with their families and they have nowhere to go. They have placed pets. She noted that Candia has had minimal activity and that is phenomenal since it is so close to Manchester. They are seeing the complete opposite in Manchester and it is hell on wheels, this is the only way she can describe it. Ms. Cekala said since July 1<sup>st</sup> they have seen 14,000 people come to the center. This isn't just people looking for treatment; it is family members and concerned members of the community. She noted 90% of people with a substance abuse problem never reach out. Some people won't seek treatment because they are afraid they will lose their job or their neighbor passing judgment. They have a work place initiative. She noted that elder addiction can't be taken for granted, because elders have a lot of medications. They can't leave this population out. The age range is there. She noted 50% of their calls come from Manchester and the other 50% come from surrounding towns in New Hampshire. They have received calls from Keene and Berlin. Mrs. Blevens noted they are the only recovery center in the State of New Hampshire that has the capacity to help people get placed in some kind of path for their recovery. They are attempting to build out centers. Concord opened two weeks ago and there have been 135 people that have come through the door. There also have a center in Newport. It's nice to know what is going on in your surrounding communities. Selectman Laliberte asked if there was anyone in the audience had any questions. Chief McGillen asked if someone comes to the police department looking for help should they provide transportation to the center or call someone. Mrs. Blevens said call Hope for NH. You can bring them to the community center from 9a to 5p or if it is after hours you can call our line. We are connected to 211 now. The other thing they are doing with the Bedford PD and Goffstown PD is a diversion program. If someone gets arrested on a burglary and they are a substance abuser they are offering to let them go to Hope for NH. They'll meet them down the road for someone with that charge and hopefully this person will be in recovery. This program started a couple of weeks ago and they have had some success with helping people. She talked with a parent this morning whose daughter was one of Amber's roommates in Valley and she gave her my number. Her Mom is in a panic, because each time she gets out of jail she goes back to the same behavior. The mother is crying out for help. These are the situations and she doesn't know where to turn. These are people being affected by substance abuse disorder. She encouraged people to call Hope for NH. A lot of

their coaches at Hope for NH have lost their children to an overdose. She and Mark do this because it really helps put their grief into perspective. It has been uplifting for them. She noted for Amber's Place they assess them and the people need to be medical cleared before they come and stay with us. They can't take anyone that has issues with alcohol or benzodiazepine's. They aren't a medical facility, they are a recovery shelter. Mrs. Blevens noted they are very blessed to have Holly Cekala. Holly was part of building the recovery structure in Rhode Island. The fact that they have her knowledge here in New Hampshire is a blessing. She would be a dynamic contribution if the town decided to have a community forum. Selectman Komisarek said he heard a lot of stories of kids getting sports injuries and they are being prescribed opioids. He read a story about the number of opioids prescribed in New Hampshire and it was staggering. There was further about opioids being prescribed. Selectman Laliberte said they need to have some steps moving forward. First they should be looking at a forum. He thought late summer would be a good time. He is going to start putting something together. He mentioned the website and putting some information on it. He asked if they should be putting 2-1-1 info on the website. Mrs. Blevens thought they could put the Hope number up as well. Chief McGillen said he would like to see all of the numbers on the website. There was some discussion about the Drug Take Back Day. Chief McGillen said anyone can bring prescriptions down to the police department at anytime and they'll take them. They don't have a drop box but they will accept any medication and he'll get it to the right place. Selectman Laliberte thanked Mrs. Blevens and Ms. Cekala.

**Other Business continued:**

**Recycling Center Incident:** Selectman Dann explained that a resident tried to drop off something this weekend at the recycling center, Chuck refused it and the person got very vocal. He wanted to say none of the employees should have rough language used on them. The person was trying to drop off a small refrigerator and they didn't want to pay the \$20. Chuck said he was going to call the police and they left. Selectman Dann said all of the employees should be treated properly and if not it has to be addressed in a meeting properly. Selectman Komisarek asked if they are coaching the employees on what to say if this happens. Selectman Dann said these guys help people all of the time and something like this doesn't happen often. Chuck handled it properly. He mentioned that one of the things going into the compactor excessively is paper which can be recycled. He asked Chuck to give this some thought. Just four pounds of paper per week at 1,500 households in 52 weeks is 156 tons. The total cost per year is \$12,608. If they were able to put that into recycling, Candia would get \$3,900. The difference being \$8,708.

**Solar Exemption:** Chairman Chivers mentioned that the letters were sent out for the solar panel exemption. The deadline is July 1<sup>st</sup>.

**Land Use/Building/Fire Department Administrative Assistant position:** Chairman Chivers said they received four applications for the Land Use job. The deadline is June 10<sup>th</sup> for the applications. Land Use/ Building/ Fire Department Administrative Assistant Sharon Robichaud's last day is July 22<sup>nd</sup>. They would like to put someone in there by July 1<sup>st</sup> for training. They are going to start interviewing people. He suggested they appoint two members of the Board to an interview panel. They will interview people and make a recommendation to the full Board based on what they see. Selectman Young thought they should include Building Inspector Murray.

**Solar Up & Complete Streets Project:** Selectman Laliberte said Mr. Hall said the deadline had been extended for Solar Up NH. The deadline was last week and it has been extended to May 27<sup>th</sup>.

He didn't know if there was enough time to submit the application. He asked where the application comes from - Planning Board or Selectmen. Selectman Komisarek thought it was the Selectmen. Selectman Laliberte thought the time line was real tight. Planning Board Vice Chair Hall said if the Selectmen are in favor all they need to do is sign a letter saying that. Selectman Laliberte thought they had to submit a decent amount of stuff. He didn't feel they had enough time to do this. Planning Board Vice Chair Hall said they have nothing to gain and nothing to lose. The SNHPC monthly meeting is tomorrow and he'll be there. Selectman Young said she wanted to comment on the Boards communication. She didn't know about the award and she didn't know about this and their being asked to sign off on it. They have to get it together here. There is a lot of things going around that other people aren't aware of. She would like to see a copy of this application. Selectman Laliberte said he literally received this on Saturday night and he is doing it as a courtesy to Mr. Hall and the Planning Board. Selectman Young would like some time to think about this. Selectman Laliberte said he received the complete streets pilot program information and he would like to discuss it with the Board at their next meeting. There was some further discussion about the Solar Up program. Planning Board Vice Chair Hall said he would prepare the application and bring it to the Board. He felt the deadline would be extended.

**Public Comments:**

Al Hall wanted to complement the Police Department. They should show their appreciation to the staff and put a bonus in their pocket.

Chief McGillen said he would like to sign up for leads on line. He felt it is something the department needs to get. It is a search engine and it helps solve cases with leads on line. It will cost \$1,500 per year. He would like to pull it out of their drug money. Chairman Chivers said it was Chief McGillen's discretion. This is a tool they need. The Board supported this request.

Selectman Dann moved to go into a non public session under RSA 91-A:3 II (a). Seconded by Selectman Laliberte. All were in favor. Motion carried.

Selectman Dann moved to adjourn at 10:00 p.m.