

Committee on Oversight and Government Reform
Witness Disclosure Requirement - "Truth in Testimony"
Required by House Rule X1, Clause 2 (g) (5)

Name: Michael Gimbel

1. Please list any federal grants or contracts (including subgrants or subcontracts) you have received since October 1, 2010. Include the source and amount of each grant or contract.

The Powered by ME! anti drug program receives no government grants of any kind.

2. Please list any entity you are testifying on behalf of and briefly describe your relationship with these entities.

University of Maryland St. Joseph Medical center is the medical center that sponsored the Powered by ME! program. It was started 5 years ago by the St. Joseph Medical Center.

3. Please list any federal grants or contracts (including subgrants or subcontracts) received since October 1, 2010, by the entity (ies) you listed above. Include the source and amount of each grant or contract.

The Powered by ME! anti drug program receives no federal grants, subgrants or federal contracts.

I certify that the above information is true and correct.

Signature:



Michael Gimbel, Director

TESTIMONY OF
MIKE GIMBEL, DIRECTOR
UNIVERSITY OF MARYLAND, ST. JOSEPH MEDICAL CENTER
“POWERED BY ME!” PROGRAM

TO

THE UNITED STATES CONGRESSIONAL HOUSE COMMITTEE ON
OVERSITE AND GOVERNMENT REFORM

WEDNESDAY DECEMBER 12, 2012

WASHINGTON, DC

Mr. Chairman and Members of the House Oversight and Government Reform Committee:

First I would like to thank you for inviting us here to speak with you today about the impact that the use of Performance Enhancing Substances by professional athletes have on our youth.

My name is Mike Gimbel; I am the Director of the University of Maryland St. Joseph Medical Center's "Powered by Me!" Anti-Drug Education program. I am also a recovering addict with 40 years of sobriety and I am an 18 time marathon runner including finishing the Boston Marathon 8 times. I love sports and I love working with our young athletes. I am deeply worried about the use of Performance Enhancing Substances in sports and its impact on our young athletes.

Five years ago under the encouragement of Congressman Elijah Cummings the University of Maryland St. Joseph Medical Center made a commitment to develop a program to educate our young athletes in the state of Maryland and across the country about the dangers of using Performance Enhancing Substances, from energy drinks to anabolic steroids. This was the beginning of the "Powered by Me!" program. We are very proud of our efforts and feel like we are beginning to make a difference in changing the attitudes among our young athletes. Over these past 5 years "Powered by Me!" has reached over 30,000 young athletes, coaches and parents with our message of "Playing Safe, Fair and Drug Free".

It became very clear at the beginning of our program that young people were following in the footsteps of our professional athletes by using more and more Performance Enhancing Substances, both legal and illegal. Our young athletes have also embraced the professional athlete's mantra of "WINNING AT ALL COSTS." This "Winning at All Costs" mentality has led to a behavior that believes, "If Winning is everything, you will do anything to win..." And that is just what our young athletes are doing. Whether it's playing injured to prove they are tough or taking some type of performance enhancing drug to bulk up... to our youth, the ends justify the means.

A recent study published by the "American Academy of Pediatrics", shows that the use of Performance Enhancing Substances is growing and effecting both athletes and non athletes. This study, which surveyed over 2,800 middle and high school teens, showed that 1 out of every 3 teenage boys used a dietary supplement to help build muscle and 6% used steroids. The girls surveyed showed that 1 in every 5 teen girls used a diet supplement and 5% used steroids.

This shows that many of our teens, are willing to take a variety of supplements in order to get "Bigger, Stronger and Faster." And because teens often feel invincible, they are convinced that nothing bad will happen. But as educators, parents and coaches, we know better and have an obligation to educate and convince our young people that taking any form of dietary supplements is like playing Russian Roulette.....

But how do we get our message of playing safe, fair and drug free to these young athletes when their professional athlete role models are doing the very behavior we're trying to teach them not to do? It makes our work and the work of good coaches and loving parents very hard because taking these dangerous Performance Enhancing Substances work and as we know, teens only see the immediate results and not the long-term danger.

Eliminating all Performance Enhancing Drugs from Recreation, high school, college and professional sports would be the best of all worlds and it would send a clear and positive message to our teens. We have come a long way, but we are not there yet. We certainly applaud all the professional sports organizations, the NCAA and the Olympics for working so hard to making their sports drug free.

It is important for all of us to continue our quest to eliminate the use of all Performance Enhancing Drugs from sports. This includes the use and abuse of Human Growth Hormones (HGH). The University of Maryland St. Joseph Medical Center Powered by Me! program supports the use of drug testing as a major tool in confronting the illegal use of HGH from all sports. The use of drug testing for other Performance Enhancing Drugs have helped to reduce the use and abuse of these substances and we believe the same will happen if we institute drug testing for Human Growth Hormone. It's safe, it's accurate and it's needed.

Again, we have come a long way in a short period of time in confronting the issue of Performance Enhancing Substances in sports. We can't stop now. Our kids are depending on us to make sports as safe, fair and drug free as possible.

On behalf of the University of Maryland St. Joseph Medical Center Powered by Me! program, we ask this committee to encourage all sports to educate their athletes about the dangers of all Performance Enhancing Substances and to include testing for Human Growth Hormones.

I would like to thank the committee for inviting me here today and especially to our Congressman Elijah Cummings, whose commitment to our program and our youth never stops. We appreciate him and all the work he does to improve the quality of life of our youth and families.

I would be happy to answer any questions.

Respectfully Submitted by:

Mike Gimbel

MICHAEL M. GIMBEL

Professional Experience

DIRECTOR, "POWERED BY ME"
University of Maryland St. Joseph Medical Center
Towson, MD
2008 – Present

Responsible for the overall leadership & administration of the "Powered by Me" program which educates students, parents, teachers, coaches and other health professionals about the dangers of steroids and other performance enhancing substances. Responsibilities include the creation of a public awareness campaign, the development of curriculum to be used in schools and recreation councils. Spokesperson and lead trainer for the program. Liason with business community and government leaders.

MIKE GIMBEL ASSOCIATES LLC.
Towson, Maryland
2008 - Present

President & Owner of a nationally recognized substance abuse consultant & education service addressing the issue of substance abuse in schools, communities, business, faith institutions and colleges. Programs include "TRIAGE", which helps to guide individuals, and or families through the substance abuse treatment system. Other services include Expert Witness on Substance Abuse & Addiction related issues.

Professional Experience

DIRECTOR, SUBSTANCE ABUSE EDUCATION
Sheppard Pratt Health System
2003 – 2008

Responsible for the development of a school, community, faith and business based substance abuse education and prevention program. Plan and implement a peer leadership institute to train youth leaders and adults who work with youth. Conduct "Drive to Survive classes for teen drivers in partnership with trauma nurses and victims. Coordinate substance abuse education and treatment services for the Independent School System in the Baltimore Metropolitan area, including the development of a Student Assistance Program and a parent support network. Provide support services for businesses developing "Drug Free Workplace" programs.

DIRECTOR, BUREAU OF SUBSTANCE ABUSE
Baltimore County Department of Health
Baltimore County Government
1980 – December, 2002

Responsible for overall administration of substance-abuse prevention, intervention and treatment services for over 700,000 citizens of Baltimore County, Maryland

Responsibilities included:

- Development and monitoring of an \$11 million annual budget consisting of county, state and federal dollars. This included grant management, the development of fiscal policies, and collection of third-party insurance revenues.
- Staff management of over 100 health professionals, including recruitment, supervision, and the evaluation of personnel in the central office, community clinics, and court-related programs.
- Planning and implementation of countrywide substance abuse education and treatment services based on research, data collection and other needs / assessment activities.
- Serving as county representative on a wide variety of county, state and federal committees, task forces and advisory councils.
- Development and implementation of a countrywide media and public relations campaign aimed at raising the public's knowledge regarding substance abuse prevention, treatment and enforcement efforts throughout the county. This included hosting a substance-abuse prevention television show, *Straight Talk*.
- Development and implementation of a comprehensive DWI education and treatment delivery system in conjunction with the court system, police department and State's Attorney's office.
- Coordination of the countrywide Students Against Destructive Decisions (SADD) program in area elementary, middle and high schools.
- Development and implementation of a Substance Abuse in the Workplace Program for area businesses and for county government.
- Oversight of the county's Substance Abuse in the Workplace Program for area businesses and for the county government.
- Development, implementation and management of the Baltimore County Substance Abuse Data Information

System to help monitor client information, insurance billing information and for research purposes.

DIRECTOR, CHEMICAL DEPENDENCY COUNSELOR
First Step Youth Services Center
1978 – 1980

Responsible for program development, budget, and management of the daily operations of the community-based substance abuse education and treatment program for youths and their families.

**Membership /
Appointments**

American Association for Counseling and Development
American Counseling Association
Association of Labor Management Administrators and Consultants
Association for Supervision and Curriculum Development
International Narcotics Enforcement Officers Association
National Association of Counties Drug Abuse Task Force
National Board Member, Students Against Destructive Decisions
Professional Advisor, The Johns Hopkins University, School of Hygiene and Public Health, Hubert H. Humphrey Fellowship Program / Drug Abuse

Awards

National Register's *Who's Who in Executives and Professionals*, 2002 – present
Listed In News Media Yellow Book and Leadership Library, 2006 – present
Congressional Achievement Award, 2000
Listed in Marquis' *Who's Who in Medicine and Healthcare*, 2000 – present
National Center for Public Productivity Exemplary State and Local Award, 1994
Listed in Marquis' *Who's Who in the World*, 1994 - present
National Center for Public Productivity Exemplary State and Local Award, 1994

Awards (cont.)

Listed in Marquis' *Who's Who in the World*, 1994 – present
National Commission Against Drunk Driving Commendation Award, 1996
FBI Director's Community Leadership Award, 1993
Safety Council of Maryland Achievement Award, 1988
Baltimore County Medical Association Distinguished Services Award, 1984
Daily Record Newspaper Health Care Heroes 2011 Finalist

Education and

Maryland Department of Health and Mental Hygiene Addiction

Training

Counselor Certification Level I, Level II, and Level III

Milford Mill High School, 1969

Certified addictions trainer for the National Collegiate Athletic Association of America (NCAA)

Publications

“Alternatives to Alcohol,” *The Maryland Bar Journal*, Vol XIX, October 1986

“The Baltimore County Office of Substance Abuse Uses a Customized Model for Collection and Billing System,” *The Addiction Letter*, November, 1992

“Boot Camps” Are a Way to Reach Drug Addicts – Editorial Story, *Baltimore Evening Sun paper*, December, 1989

“Clean Needles Should Not Be Distributed to Illegal Drug User” *Light Christian Life Publication*, July – August 1994

“Collaboration Between Law Enforcement, Schools and the Substance Abuse Treatment Community,” with Donald Murphy And Barbara Zugor, *National Association of Counties* November, 1990

Combatting Hard Core Drunk Driving, Collaboration with The Century Council, Washington, DC, 1999

“Parents’ Role in Preventing Teenage Drunk Driving,” *Maryland MADD Newsletter*, winter 1987

“Solving the Drug Abuse Problem in Baltimore County,” Baltimore County Government *Focus* Newspaper, Vol. I, Spring, 1988

Media Productions

“Code of the Road,” COURT TV, 2001

“Not Me” about the crack cocaine, *J.C. Penney Golden Rule Nationwide TV Network*

Public Service Announcements on Drug Information, *Maryland Public Television*, 1987

“Steering Clear,” a substance abuse prevention television talk

Show, *WBFF-TV – Fox 45*, Baltimore, Maryland, 1991 – Present

“Straight Talk” a substance abuse prevention television talk show, *WBFF-TV – Fox 45, Baltimore, Maryland, 1991 – Present*

“Under the Influence: Kids, Ads and Alcohol” *Dystar Television, Inc., October, 1993*

“The Road to Recovery,” A substance abuse treatment television show, written and directed by Mike Gimbel, Produced by *Comcast Cablevision*, Baltimore, Maryland, October, 2002

“*Teen Talk*,” An MTV style interview show with area teens discussing issues that are important to young people. 2003 – Present

Al Roker Productions “Heroin Inc.” 2010

References

Excellent references available upon request.