
**ALLEGANY COUNTY, MARYLAND
STRATEGIC PLAN FOR ALCOHOL AND DRUG ABUSE
For FY14-15**

SIX MONTH PROGRESS REPORT FOR JANUARY-JUNE 2015

VISION: Allegany County- A Healthy, Drug Free Community

MISSION: To reduce the incidence and prevalence of alcohol and drug abuse in Allegany County.

DATA DRIVEN ANALYSIS OF JURISIDICTIONAL NEEDS:

- Community–Wide Health Needs Assessment 2011
- 2013 YRBSS
- Data from State Epidemiological Outcomes Workgroup
- Western Maryland Health System Emergency Room Data
- Western Maryland Health System Addictions Treatment Data
- Western Maryland Health System number of Substance Affected Newborn Deliveries
- Frostburg State University Core Alcohol and Drug Survey
- National College Health Assessment
- Frostburg State University AcoholEdu
- Allegany County Health Department CQI Performance Data, including Aftercare Data
- Department of Juvenile Services Data
- Parole & Probation Input
- District Court Input
- Maryland Strategic Prevention Framework Data
- Law Enforcement Data
- County/State Overdose Data

PRIORITIES RANKED IN ORDER:

- 1) Prevention & Wellness
- 2) Treatment
- 3) Recovery Support Systems
- 4) Overdose Prevention

#1 Priority: PREVENTION

GOAL 1: Use a comprehensive prevention approach, including the application of IOM (universal, selective, indicated) and environmental strategies, to address alcohol related consequences.

- Objective 1:** Provide opportunities to education the community on alcohol through media campaigns, presentations, and trainings. (ACHD)
- Objective 2:** Increase prevention efforts for underage and binge drinking in the city of Frostburg. (MSPF/Frostburg Community Coalition/FSU)
- Objective 3:** Utilize *Communities Mobilizing for Change on Alcohol* to assist community & faith based organizations in planning & implementing strategies to reduce youth access and use of alcohol, and to change community norms. (ACHD)
- Objective 4:** Reduce youth access to alcohol through the utilization of law enforcement to conduct alcohol compliance checks and party/saturation patrols. (Law Enforcement)
- Objective 5:** Reduce alcohol related crashes through awareness/education activities in community. (ACHD/Law Enforcement)

Goal 1 Performance Target: Reduce alcohol consumption patterns and their consequences.

Progress: (To be reported as applicable every six months)

Objective 1: Over 65,000 individuals were reached by ACHD efforts including presentations, electronic billboards, radio advertisements, 6 health promotion events..

Objective 2: The Frostburg Community Coalition and FSU have collaborated to implement 38 saturation patrols, 110 “knock and talks”, 205 compliance checks, and 5,840 reached through events/presentations. A total of 26 establishments have a Cooperating Alcohol Agreement with the Coalition.

Objective 3: Four community/faith-based organizations were funded mini-grants to implement underage drinking strategies reaching 513 youth. Radio advertisements reached approx approximately 65,000.

Objective 4: 105 alcohol compliance checks were conducted by the County Sheriff’s Department with a 94% compliance rate.

Objective 5: Through law enforcement efforts 100 individuals were charged with DUI/DWI’s.

Estimated dollar amount needed to achieve goal:

See matrix

GOAL 2: Enhance comprehensive prevention program pertaining to high risk drinking and drug use among college students.

Objective 1: To maintain the Alcohol Task Force and Community Campus Coalition to address substance abuse issues for college students.

Objective 2: To review University policies, strengthen responsible business practices, and to consistently enforce University policies, state laws and local ordinances.

Objective 3: Examine the impact of academic policies and practices upon student high risk drinking behaviors.

Goal 2 Performance Target: To reduce the use of alcohol and other substances among the students of Frostburg State University.

Progress: (To be reported as applicable every six months)

Objective 1: The FSU Alcohol Task Force met monthly during the Spring 2015 semester. Frostburg State University participated in the Maryland State Collaborative Alcohol Survey in March. The Maryland State Collaborative will conclude its activities on July 1st due to a lack of state financial support.

Objective 1: The Frostburg Drug Free Community Grant is fully operational and making progress toward completing its action plan for year 1. Activities include: a community Marijuana analysis and subsequent logic model to address the problem; The Real Deal presentations and AlcoholEdu program at MRHS; support for MRHS After Prom, social marketing billboard and radio PSA campaigns; and a USA Today article on the FCC and college alcohol use.

Objective 1: 32 judicial violators successfully completed the Basics Screening Initiative program. Thirty day follow up data shows significantly lower frequency and volume alcohol use results.

Objective2: The efforts to pass and implement a Frostburg City unruly party ordinance has been blocked by the Frostburg City Administrator.

Objective 2: The number of on and off campus alcohol violations has decreased for the second consecutive academic year. FSU credits consistent enforcement and the joint jurisdiction agreement for the reductions in violations. FSU also reports fewer large off-campus parties during the past year. Police completed 50

Knock and talk contacts, and there were 648 additional hours of law enforcement patrols in the student rental district during the spring semester.

Objective 2: There were 148 business compliance checks during the year. There were five failures in Frostburg city bars and retailers.

Objective 3: 773 FSU freshmen students successfully completed AlcoholEdu during the Fall semester. Alcohol use data is slightly below the national freshmen use data, and 89% of drinkers indicated that the course prepared them to make responsible decisions about alcohol. The results indicate significant gains in alcohol knowledge, increased awareness of risk reduction methods; and gains in readiness to change their alcohol behavior following completion of the course.

Objective 3: The CORE survey of alcohol and drug use was completed in May. The results have not been received and analyzed at this reporting date.

Objective 3: The Maryland Strategic Prevention Framework grant will end June 30, 2015. This funding sponsored overtime for extra enforcement efforts and numerous marketing efforts over the past three years. The loss of funding will reduce enforcement in the future.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

GOAL 3: To reduce the use of tobacco products among youth and adults, and to decrease secondhand smoke exposure.

Objective 1: Provide opportunities to educate the community on tobacco use through media campaigns, presentations, and trainings.

Objective 2: Maintain tobacco cessation services to adults.

Objective 3: Increase smoke-free living in Allegany County.

Objective 4: Promote smoke-free outdoors in Allegany County.

Goal 3 Performance Target: To reduce the use of tobacco products among youth and adults, and to decrease secondhand smoke exposure.

Progress: (To be reported as applicable every six months)

Objective 1: Approx. 11,450 were reached through electronic billboards, presentations, 6 health promotion events

Objective 2: 83 individuals received cessation services at ACHD

Objective 3: Jane Frazier and Fort Cumberland went smoke free, and plans are in process for Meshach Village, Mt. View Towers (was Booth Towers), Cumberland Arms and Oldtown Manor (low income multi-unit housing).

Objective 4: Objective completed

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

GOAL 4: To reduce substance (drug) use/misuse by youth and adults in Allegany County.

Objective 1: Provide opportunities to education the community on substances (drugs) use through media campaigns, presentations, and trainings.

Objective 2: Reduce access to non-prescribed medications in community, as well as reducing potential misuse of prescribed medications.

Goal 4 Performance Target: To reduce substance (drug) use/misuse by youth and adults in Allegany County.

Progress: (To be reported as applicable every six months)

Objective 1: Approximately 65,000 were reached through a media campaign on marijuana and 6 health promotion events

Objective 2: 3,198 medication containers were collected at 4 permanent medication drop-off sites. In May law enforcement began measuring collected by pounds rather than number of containers.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

GOAL 5: To provide comprehensive services that addresses all aspects of substance use during pregnancy.

Objective 1: To reduce the number of substance affected newborns by implementing the SART 4 P's Plus© Assessment Tool in local obstetrician offices to identify and refer substance (ATOD) using pregnant women to treatment.

Objective 2: To respond to the needs of substance using pregnant women by providing immediate access to treatment services.

Objective 3: To reduce the number of pregnant women that smoke by providing on-site cessation services at Tri-State Women's Health Center. (ACHD)

Goal 5 Performance Target: To reduce substance use during pregnancy.

Progress: (To be reported as applicable every six months)

Objective 1: Tri-State Women's Health Center assessed 210 pregnant women

Objective 2: Referrals to ACHD OP Clinic were seen on same day.

Objective 3: This grant program is no longer funded

Objective 4: The Allegany County Cessation Program continues to provide cessation services on-site at Tri-State.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts (see matrix).

#2 Priority: TREATMENT

GOAL 1: Provide integrated continuum of efficient and effective treatment services.

Objective 1: Maintain 25 adult residential ASAM Level III.7, II.5, and II.1 beds for the treatment of substance abuse disorders at the Massie Unit. (Massie Unit)

Objective 2: Maintain 43 adolescent residential ASAM Level III.7, II.5, and II.1 beds for the treatment of substance abuse disorders. (Jackson Unit)

Objective 3: Provide ASAM Level 1 (Outpatient) substance abuse treatment services to an average of 147 patients per month. (ACHD)

Objective 4: Provide ASAM Level II.1 (IOP) substance abuse treatment services to an average of 22 patients per month. (ACHD)

Objective 5: Provide Buprenorphine Treatment services to an average of (5) patients per month. (ACHD)

Objective 6: Maintain 80 (Medication Assisted Treatment) MAT "ASAM Level I" slots for the treatment of Opioid abuse disorders using Buprenorphine (Suboxone). (Western Maryland Health System)

Objective 7: Maintain an average of 5 admissions per month in Occupational Health Buprenorphine Detox program. (Western Maryland Health System)

Goal 1 Performance Target: Reduce the negative consequences of substance abuse in the treated population.

Progress: (To be reported as applicable every six months)

Objective 1: The Massie Unit has maintained 31 beds and operated at a 94% utilization rate.

Objective 2: The Jackson Unit has maintained 43 beds and operated at an average 86% utilization rate.

Objective 3: The average number of patients in Level I Outpatient per month during these past six months was 108. We have had 2 vacant counselor positions for most of this time period. There were 3 liberal leave days during this time period. These two issues greatly impact being able to do evaluations and admissions.

Objective 4: The average number of patients in Level II.1 Intensive Outpatient per month during these past six months was 26.

Objective 5: We began Buprenorphine Treatment in late January. Since the beginning of the program, we have admitted 6 patients.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

Priority #3: RECOVERY SUPPORT SYSTEMS

Goal 1: Utilize five peer recovery support specialists to enhance the treatment and recovery process. (ACHD)

Objective 1: Utilize peer specialists to maximize client engagement. (Massie/Jackson/OP Addictions)

Objective 2: Utilize peer specialists in the continuing care process. (OP Addictions)

Objective 3: Utilize peer specialists to introduce clients to self-help groups. (OP Addictions)

Objective 4: Utilize peer specialists to support and assist patients and with their daily regimen, including accompanying them to appointments and treatment activities. (Massie/Jackson)

Goal 1 Performance Target: Enhance the treatment and recovery process for clients.

Progress: (To be reported as applicable every six months)

ACHD OP: Objectives 1-3 The Outpatient Addictions peer specialists made contact with an average of 26 clients per month that are enrolled in Continuing Care. Peer Specialists also have conducted on an average of 42 sessions per month.

MASSIE/JACKSON: Objective 1: The three Peer Specialists on Massie and Jackson are involved with patients both individually and in groups to maximize their engagement in the treatment process.

Objective 4: The three Peer Specialists on the Massie (1) and Jackson Units (2) continue to be utilized in providing an array of peer support services to patients during their daily treatment regimen.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

Goal 2: Implement comprehensive Recovery Services to clients served at the Behavioral Health Addictions Program. (ACHD)

Objective 1: Provide state care coordination services to an average of 30 clients per month

Objective 2: Provide Access to Recovery (ATR) services to all clients that meet eligibility requirements. (Massie/OP Addictions)

Goal 2 Performance Target: Approximately 30 clients per month will receive Care Coordination Services.

Progress: (To be reported as applicable every six months)

Objective 1: Care Coordination is being provided to an average of 35 clients per month.

Objective 2: The Care Coordinator continues to provide Maryland Recovery Net services to clients that meet the criteria.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

Priority #4: OVERDOSE PREVENTION

Goal 1: Establish and maintain a mechanism for obtaining relevant data for review and analysis of trends and patterns, high-risk individuals, and for the development of strategies by March 31, 2014.

Objective 1: Establish a mechanism for obtaining relevant data.

Goal 1 Performance Target: Identify 5 agencies with applicable data sources and establish one centralized database system.

Progress: (To be reported as applicable every six months)
The Allegany County Health Department Behavioral Health Outpatient Addictions Program Director continues to collect data on non-fatal and fatal overdoses.

Estimated dollar amount needed to achieve goal:
TBD

Goal 2: Develop and implement a comprehensive media campaign which will include electronic billboard, radio, and health promotion events by April 30, 2014.

Objective 1: Develop a comprehensive media campaign

Goal 2 Performance Target: OD Prevention information on one electronic billboard, 3 radio spots, at 3 health promotion events, and links on ACHD website.

Progress: (To be reported as applicable every six months)
Completed.

Estimated dollar amount needed to achieve goal:
Approximately \$1,850.00

Goal 3: Provide an opportunity coordinated through Western Maryland AHEC and/or Western Maryland Health System for the clinical community (including medical, dental, addictions and mental health) to receive training on Addiction and Overdose Prevention Strategies by January 31, 2015.

Objective 1: Provide comprehensive trainings to clinicians

Objective 2: Develop one unified policy on prescribing pain medications

Objective 3: Identify mechanisms within the community to address potential red flags regarding shared patients/clients to enhance a stronger networking of providers

Objective 4: Increase clinicians awareness of overdose prevention planning

Goal 3 Performance Target: Approximately 50 clinicians trained on a variety of subjects related to Overdose.

Progress: (To be reported as applicable every six months)

Objective 1: A training called Addictions and PDMP was held May 2, 2015 at the Western Maryland Health Systems. There were 36 prescribers who attended with a total of 49 participating.

Objective 2: Surveyed practitioners for prescribing protocols. At this time no further progress can be made due to the lack of prescribers participating in the survey.

Objective 3: No Progress.

Objective 4: Completed.

Estimated dollar amount needed to achieve goal:

TBD

Goal 4: Reduce the number of prescription drugs in the county by continuing to provide opportunities for community to safely dispose of their unused and/or expired medications throughout the year by December 31, 2014.

Objective 1: Provide safe opportunities for community to dispose of unused or outdated medications

Goal 4 Performance Target: Over 3,000 medicine containers will be collected through permanent drop off sites and National Take Back Day initiatives.

Progress: (To be reported as applicable every six months)

Approximately 3,198 containers were collected during this reporting period. In May law enforcement began measuring content collected in pounds rather than number of containers. Radio spots aired in February on 3 local stations reaching 65,000.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

Goal 5: Expand SBIRT to Tri-State Community Health Center and to WMHS Primary Care Centers provided there is funding available January 31, 2015.

Objective 1: Expand SBIRT to primary care settings in the county.

Goal 5 Performance Target: Approximately 50 clinicians will be trained on SBIRT with two practices utilizing SBIRT.

Progress: (To be reported as applicable every six months)

SBIRT was part of a training for clinicians that was held on May 2, 2015 at Western Maryland Health System's Medical Center at which there were 46 attendees.

Estimated dollar amount needed to achieve goal:

TBD

Goal 6: To train and certify approximately 300 individuals to administer naloxone.

Objective 1: To obtain Naloxone grant funding for FY 2015.

Objective 2: To inform all community providers and agencies of the Overdose Response Program.

Objective 3: To provide bi-monthly training sessions for community by June 30, 2015.

Objective 4: To conduct law enforcement training sessions as needed to get all entities trained by June 30, 2015.

Goal 6 Performance Target: To certify individuals on Naloxone

Progress: (To be reported as applicable every six months)

Objective 1: Received Award letter Aug 15, 2014 for \$28,919.

Objective 2: Completed.

Objective 3: Trainings were conducted on an as needed basis. A total of 111 community people have been trained.

Objective 4: Completed .All law enforcement entities have been trained. A total of 117 officers have been trained.

Estimated dollar amount needed to achieve goal:

\$28,919– Naloxone grant from ADAA