

Charles County Opiate Overdose Prevention Plan Update, January 1-June 30, 2015:

Goal 1: Decrease the percentage of Southern Maryland residents aged 18-25 years who report non-medical use of pain killers in the past year from 9.5% to 8.55% (a 10% decrease) by the end of 2016.

1. *Conduct 4 educational/informational sessions to general practitioners, specialists, dentists, OBGYN's, and FQHC's by the end of FY2016.*

1 Presentation Conducted this time period: The Charles County Public Schools, in partnership with the Charles County Substance Abuse Advisory Coalition, the College of Southern Maryland, the Partnerships for a Healthier Charles County Behavioral Health Team, and the Charles County Department of Health, held a presentation entitled "Addiction in the Brain" on May 11, 2015. The presentation was held at the College of Southern Maryland and was open to all school and health professionals in the county. Continuing education credit was available through the College of Southern Maryland. Attendance was approximately 200 people. Participants including substance abuse treatment providers, mental health providers, school counselors, school nurses, health department personnel, and physicians/nurses/case managers from the county hospital.

Total Number of Presentations Conducted to Date: 2

2. *Conduct 2 presentations to public mental health system providers.*

1 Presentation Conducted: The Partnerships for a Healthier Charles County's Behavioral Health Team, in collaboration with the Charles County Department of Health, the MD DHMH, and the Maryland Women's Coalition on Health Care Reform, conducted an Access to Care Forum on Behavioral Health for Charles County on July 11, 2014. The event was held at the College of Southern Maryland. Key stakeholders, public mental health system providers, and substance abuse treatment providers were present to discuss the challenges and barriers to accessing behavioral health care and to develop action steps for improvement. Presentations were given in the morning to describe the scope of the problem and available resources. Then 5 breakout sessions were conducted to talk about the various barriers to access to care for behavioral health. Action plans were developed and discussed with the large group. A total of 50 participants attended this event.

Second Presentation Conducted: The Charles County Public Schools, in partnership with the Charles County Substance Abuse Advisory Coalition, the College of Southern Maryland, the Partnerships for a Healthier Charles County Behavioral Health Team, and the Charles County Department of Health, held a presentation entitled "Addiction in the Brain" on May 11, 2015. The presentation was held at the College of Southern Maryland and was open to all school and health professionals in the county. Continuing education credit was available through the

College of Southern Maryland. Attendance was approximately 200 people. Participants including substance abuse treatment providers, mental health providers, school counselors, school nurses, health department personnel, and physicians/nurses/case managers from the county hospital.

Frank Kros, from the Upside Down Organization, was the presenter for the Addiction in the Brain presentation. The presentation was divided into four parts: Brain 101: An Introduction to Brain Anatomy and Chemistry; Cortisol: the Mysterious Motivator known as Stress; The Adolescent Brain; and Addiction in the Brain: the 4 "What's."

Evaluations from the presentation highly rated this event. Community members and key stakeholders have already requested an additional presentation in the next fiscal year.

Total Number of Presentations Conducted to Date: 2

3. *Convene 1 conference with substance abuse treatment providers including the methadone clinic and Walden Sierra by the end of FY2014.*

1 County Event Conducted: The Partnerships for a Healthier Charles County's Behavioral Health Team, in collaboration with the Charles County Department of Health, the MD DHMH, and the Maryland Women's Coalition on Health Care Reform, conducted an Access to Care Forum on Behavioral Health for Charles County on July 11, 2014. The event was held at the College of Southern Maryland. Key stakeholders, public mental health system providers, and substance abuse treatment providers were present to discuss the challenges and barriers to accessing behavioral health care and to develop action steps for improvement. Presentations were given in the morning to describe the scope of the problem and available resources. Then 5 breakout sessions were conducted to talk about the various barriers to access to care for behavioral health. Action plans were developed and discussed with the large group. A total of 50 participants attended this event.

1 Southern Maryland Regional Event Conducted: Various members of the Charles County LHIC participated in the Southern Maryland Opioid Overdose Prevention and Response Symposium on July 1, 2014. This regional meeting was held to discuss the problem in Southern Maryland and the resources/initiatives in each county. The event was organized by the three Southern Maryland health officers. A total of 90 people were in attendance at this event.

4. *Establish 4 partnerships with local hospitals/health systems serving Charles County residents by the end of FY2015.*

A working group has been established by the University of Maryland Charles Regional Medical Center to address the burden of chronic disease and behavioral health on hospital utilization, EMS transportation, and community resources. It is the goal of the group to improve community

linkages to resources and available services, thereby reducing hospital and emergency department utilization. The health department has become an active member of this working group. The group is lead by the local hospital and also includes assisted living and nursing home facilities, private practitioners, and veteran support groups.

The health department was awarded a capacity building grant through the Maryland Million Hearts Initiative to work closely with local health systems to improve the care of their patients living with hypertension and diabetes. We have applied for an additional grant to continue these activities in fiscal year 2016. While we are discussing their patients with chronic disease conditions, we will take the opportunity to provide them with information and educate them on behavioral health resources. It is our expectation that open dialogue with county physicians will help us to better understand the burden of substance use among their patients, to determine their barriers for prescribing Suboxone, and to learn what services, resources, and education they would like to have available in the future. Some of the health systems include Health Partners Inc and the Western County Family Medical Center.

Goal 2: Decrease the Charles County Opioid-related hospital inpatient admissions rate from 1.23 per 100,000 to 1.1 per 100,000 (a 10% decrease) by the end of 2016.

1. *Establish 4 partnerships with local hospitals serving Charles County residents by the end of FY2015.*

See previously stated response

2. *Implement 1 educational strategy in partnership with The University of Maryland Charles Regional Medical Center to enhance hospital capacity for screening, education, and referral by the end of FY2016.*

Behavioral Health has been identified as a health priority for the University of Maryland Charles Regional Medical Center and the county's local health improvement coalition, the Partnerships for a Healthier Charles County. The Behavioral Health subcommittee has been developing an action plan to address this priority. One of the main strategies is to educate many segments of the community in SBIRT. The University of Maryland Charles Regional Medical Center has expressed interest in having their emergency department staff trained in this program. Additional information on SBIRT and the DHMH contact for SBIRT have been provided to the hospital. The chief medical officer, the Chief of the Emergency Department, and the Community Benefits staff are scheduled to meet the first week of August to discuss the potential for future SBIRT training and implementation. Additional information will be provided in the next report. In addition to the hospital ED staff, the Behavioral Health Subcommittee plans to train primary care providers, College of Southern Maryland faculty, school personnel, health department employees, and other interested community agencies in the next 1-2 years.

Goal 3: Increase those over 21 years of age seeking treatment for opiates from 274 to 301 and those 18-25 years of age seeking treatment for opiates from 66 to 73 by the end of 2016 (10% increase).

1. *Establish 4 partnerships with local hospitals serving Charles County residents by the end of FY2015.*

See previously stated response

2. *Implement 1 educational strategy in partnership with University of Maryland Charles Regional Medical Center to enhance hospital capacity for screening, education, and referral by the end of FY2016.*

See previously stated response

3. *Establish 3 new partners for the recruitment and education of high-risk individuals and communities for treatment by the end of FY2015.*

Jude House: The Charles County Department of Health continues to work closely with Jude House, the transitional housing program in the county, on projects aimed at reducing opiate overdose. The health department will be conducting a training for any Jude House staff who are in need of Naloxone administration training. They will be provided with kits at the end of the training. The anticipated time of training is September-October 2015.

Jude House residents played an instrumental role in the community forums held in May and October 2014. They spoke at the community listening forum in May. Their powerful words made an impact on the individuals in attendance. Therefore, we made a video of several Jude House residents before the October 2014 meeting. They told their stories in their own words. The video ran continuously during the information session held at St Charles High School.

Point of Change Jail and Street Ministry: Pastor John Lewis, the founder of the Point of Change Ministry, is an advocate for increased behavioral health treatment in Charles County. He works specifically with individuals in the detention center who may be transitioning back into society. The health department substance use prevention coordinator and his staff work with Pastor Lewis to provide at-risk individuals with cognitive skills, values, and recovery. Pastor Lewis is an active member of the Charles County Drug and Alcohol Council and the Partnerships for a Healthier Charles County.

Charles County Service and Advocacy Network and the University of Maryland Charles Regional Medical Center Faith-based Working Group: One of the focuses of our county initiatives for the next 3 years to ensure that our faith-based leaders, the trusted individuals in our communities, are educated and equipped to handle the increase in behavioral health issues among their parishioners. When they call their faith leaders, community members are often in crisis and looking for help. Educating these leaders and setting up a referral system to available services is

critical. The health department will be providing these leaders Mental Health First Aid and additional information on substance use treatment services at their September 2015 meeting.

4. *Develop 1 curriculum with the Charles County Public Schools to address prescription drug abuse by the end of FY2016.*

A specific curriculum has yet to be developed for the Charles County Public Schools, but it is the development stage. Jennifer Conte, the Student Services Coordinator from the Charles County Public Schools, and Amber Starn, the epidemiologist from the Charles County Department of Health, developed a Power Point Presentation on the Charles County High School results from the 2013 Youth Tobacco and Risk Behavior Survey (YTRBS). The data was presented by Jennifer at a meeting with the student government from all of the county high schools. After the presentation, a discussion was held to find if the students believe the YTRBS results are indicative of the issues they see in the schools and to determine if there is anything that parents and the community can do to change student perceptions on drugs and alcohol. Many of the students felt that there is nothing parents can do to stop youth from taking opiates, smoking marijuana, and drinking alcohol. They said that the only way to stop the occurrence is to change the social norms in the elementary and middle school populations. The results of this group discussion will be used by the Charles County Public School personnel to devise new ways to educate the students on the dangers of drugs and alcohol.

The Charles County Substance Abuse Prevention Coordinator, Allen Evans, and Dawn Williams-McBryde, conducted presentations at many of the county schools surrounding drugs and alcohol, with particular emphasis placed on effects of opiates and heroin. The participating schools included Malcolm, Berry, JC Parks, Neal, Dr. Brown, Jennifer, Mitchell, Diggs, and Indian Head "JUST SAY NO" Clubs. A letter was recently sent to all of the Charles County school principals outlining the education the health department can provide and the importance of these presentations.

5. *Develop 1 awareness campaign with Youth from a church, school, or the college by the end of FY2014.*

An awareness campaign was conducted in the county using ads on VanGo buses (county public transit system). In November 2014, three bus ads with the tagline "Opiates kill" and another regarding prescription drug abuse were placed on county transit buses that circulate the county. The ads will run for a 90 day period and will be seen throughout the county.

6. *Educate 5 county commissioners on the issue of opiate overdose in Charles County by the end of FY2014.*

Opiate overdose is a priority of the Charles County Commissioners. Meetings have been held with the commissioners to discuss the magnitude of the problem within the county. The health

officer reports to the county commissioners on a quarterly basis to report the activities of the health department including our efforts toward opiate overdose prevention.

On April 1, 2014, the Commissioners signed Resolution #2014-06, Emergency Drug Crisis in Charles County. The Commissioners adopted the resolution to take action against drug abuse by partnering with the community, legislators, law enforcement, treatment facilities, and others to learn what the needs are and how to facilitate effective solutions to the drug problem.

The County Commissioners were in attendance at the October 25th community event held at St Charles High School to discuss opiate addiction and county available resources to address the issue. We will continue to remain in contact with the commissioners on upcoming events and new programming.

On June 16, 2015, the public information officer and the epidemiologist from the health department presented to the county commissioners regarding the community health needs assessment and the new health priorities for the county, including behavioral health.

Quantitative and qualitative data regarding behavioral health and access to care were discussed at that meeting.

Additionally, the county commissioners were presented with a report on the Charles County drug-induced deaths on May 19, 2015. The health department felt it was important for the commissioners to be informed of the county statistics before the DHMH report was released in the afternoon.

7. *Recruit 4 "out of the box" community partners to develop and work on community outreach and education on opiate overdose prevention and response by the end of FY2014.*
 - i. Charles County Public Schools: Presentations on drug abuse have been given at all of the local public middle and high schools. A letter was sent by Jennifer Conte, our Board of Education contact, to all of the middle and high school principals about the need for prescription drug use prevention education and the available services at the health department. Allen Evans and Dawn Williams-McBryde of the Substance Prevention Program at the health department attended North Point High School, Westlake High School, and Thomas Stone High School to talk to their 9th graders during health class and presented to Malcolm, Berry, JC Parks, Neal, Dr. Brown, Jennifer, Mitchell, Diggs, and Indian Head "JUST SAY NO" Clubs.
 - ii. Charles County Department of Aging: Presentations were given by Allen Evans at the Charles County Senior Centers regarding drug abuse and prevention.
 - iii. Charles County Sheriff's Office: The Charles County Sheriff's Office has worked in partnership with the health department to provide a 24 hour take back for drug disposal. The Sheriff's Office has also provided "take back" days at the county senior centers for proper medication disposal. The Sheriff's Office also works in collaboration with the health department to hold many drug-free events for youth in the county including Project Graduation for all graduating seniors, the Fishing Derby for all youth 8-15 years of age, and the Summer Youth Achievement Program. All of these programs

are designed to give at-risk youth alternative activities during times of celebration and during times of school breaks. The programs are meant to empower them to succeed.

Dr Dianna Abney, the county health officer, met with Troy Berry, the new county Sheriff in January 2015, to discuss the importance of Naloxone training for all county first responders. He was susceptible to the idea, and trainings were scheduled for Summer 2015. A total of 31 law enforcement officers from the Charles County Sheriff's Office and La Plata Police Department were trained in Naloxone distribution on June 25 and 26, 2015. An additional 25 officers were trained on July 16, 2015. The remaining officers will be trained on July 24, 2015 and the first week of August. After that time, we will train health department employees, specifically those working in behavior health. In Fall 2015, we will train any interested community agencies including Lifestyles Inc, the Department of Social Services, and the Jude House. Around Thanksgiving, the training will be opened up to the general public.

- iv. Charles County Government: The Charles County Government in collaboration with the Charles County Department of Health, held a community drug forum on May 27th, 2014 at La Plata High School in La Plata, MD. The theme for this forum was "A Time to Listen." The forum was a time for community members to speak on the impact of drug and alcohol abuse on Charles County families. Government and elected officials were present to listen and be educated by the recovery community, friends, and family. The community needs identified included recovery housing and job opportunities. Some of the community concerns identified were early age initiation of use and ease of access. An additional follow-up forum was held on October 15th to provide information on available behavioral health resources.
- v. The Partnerships for a Healthier Charles County (the county LHIC): As a follow-up to this forum, the Charles County Drug and Alcohol Council decided that an educational forum for parents and the community should be planned for Fall 2014. The Behavioral Health Team of the local health improvement coalition (LHIC) took the lead on the development of this forum. It was held on October 15th at St Charles High School from 4-9. The key note speaker was from the Upside Down Brain organization who gave a presentation on the effects of drugs and alcohol on the development of the brain and how that can subsequently affect a person's life. It was very well received by the audience. There were also shorter presentations that addressed many different topics of concern such as the signs of possible drug addiction that parents need to look for, where to go if your child or family member is in need of substance abuse services and the support services available to families in recovery. Speakers included Judge Harrington of the Family Recovery Court and representative from the Sheriff's Office. Community agencies and resources set up tables outside of the auditorium with information for those attending. It is estimated that approximately 175 people were in attendance for this event.

This presentation was repeated in Spring 2015 for professionals. The Charles County Public Schools, in partnership with the Charles County Substance Abuse Advisory Coalition, the College of Southern Maryland, the Partnerships for a Healthier Charles County Behavioral Health Team, and the Charles County Department of Health, held a presentation entitled "Addiction in the Brain" on May 11, 2015. The presentation was held at the College of Southern Maryland and was open to all school and health professionals in the county. Continuing education credit was available through the College of Southern Maryland. Attendance was approximately 200 people. Participants including substance abuse treatment providers, mental health providers, school counselors, school nurses, health department personnel, and physicians/nurses/case managers from the county hospital.

Frank Kros, from the Upside Down Organization, was the presenter for the Addiction in the Brain presentation. The presentation was divided into four parts: Brain 101: An Introduction to Brain Anatomy and Chemistry; Cortisol: the Mysterious Motivator known as Stress; The Adolescent Brain; and Addiction in the Brain: the 4 "What's."

Evaluations from the presentation highly rated this event. Community members and key stakeholders have already requested an additional presentation in the next fiscal year.

- vi. Indian Head Naval Base: Allen Evans, the Charles County Substance Abuse Prevention Coordinator, provided presentations on drugs and alcohol to all EDSI personnel at the Indian Head Naval Base in November 2014. He will continue to this opportunity to provide information on the dangers of substance use and on the available resources at the health department.

Total Number of Partnerships Established: 6

Goal 4: Decrease the percentage of drug intoxication deaths in Charles County that are opiate-related from 71% to 64% by the end of 2016 (10% decrease).

1. *Establish 4 partnerships with local hospitals serving Charles County residents by the end of FY2015.*

See previously stated response

2. *Implement 1 educational strategy in partnership with University of Maryland Charles Regional Medical Center to enhance hospital capacity for screening, education, and referral by FY2016.*

See previously stated response

3. *Provide information on Suboxone certification to 6 outpatient mental health clinics and all private practice psychiatrists who take medical assistance.*

Sara Haina, the director of Substance Abuse Treatment and Prevention Services, and Karyn Black, the director of the Core Service Agency, met with a psychiatrist from QCI to discuss his obtaining authorization to prescribe medication to treat opiate addiction (suboxone/buprenorphine). The psychiatrist has since taken the required course from Jon Hopkins. However, this provider can only take 30 patients in their first year. All of the other county providers are currently at their maximum of 100 patients.

The Behavioral Health Team of the county's local health improvement coalition will be working in the next 1-2 years to recruit additional providers to prescribe Suboxone. First, a survey will be sent to county providers to better understand the burden of substance use among their patients, to determine their barriers for prescribing Suboxone and to learn what services, resources, and education they would like to have available in the future. After determining the problems, they will devise programming to help providers overcome those barriers and begin their training and prescribing in the county.

4. *Undertake 1 needs assessment to examine opiate overdose hospital data by the end of FY2016.*

Some headway has been made to gather hospital data. The epidemiologist at the health department has met with the hospital compliance officer and has been granted access to aggregated hospital data. The epidemiologist also met with the individual in charge of the hospital databases. He will run all queries for the epidemiologist. Requests for specific conditions and DRE's are being developed and will be given to the hospital contact in the near future for query.

5. *Conduct one needs assessment to determine the need for, community readiness for, and stakeholder buy-in for a naloxone distribution program.*

Meetings were held with the Charles County Sheriff's Office to discuss the need for a naloxone distribution program for all Charles County first responders. The Sheriff felt there is significant need for such as program in Charles County. The training is being conducted for first responders by the Charles County Health Officer, Dr Dianna Abney.

The Charles County Department of Health received funding to establish a naloxone training program for first responders in the county, our substance abuse treatment providers, and family members in the community. We have been delaying in implementation due to a change in county sheriff.

The overarching objective of this program was to reverse opioid overdoses , and thereby, save lives. Charles County Department of Health (CCDoH) is training and certify community members to recognize signs and symptoms of opioid overdose and administer Naloxone to reverse

overdose. In addition to saving lives, the program provides another opportunity to engage people in treatment and ultimately recovery. The specific objectives are as follows:

- Educate community members, specifically people at risk of opioid overdose, their friends, and family on the signs and symptoms of opioid overdose.
- Provide training and certification on the steps to take in the event of suspected overdose—such as calling 911, providing rescue breathing, administering Naloxone, and remaining with victim until EMS arrives.
- Provide those who have completed the ADAA approved training with access to Naloxone and reversal kits for opioid overdose reversal.
- Prevent fatal opioid overdoses and save lives of citizens in Charles County.

Dr Dianna Abney, the county health officer, met with Troy Berry, the new county Sheriff in January 2015, to discuss the importance of Naloxone training for all county first responders. He was susceptible to the idea, and trainings were scheduled for Summer 2015. A total of 31 law enforcement officers from the Charles County Sheriff's Office and La Plata Police Department were trained in Naloxone distribution on June 25 and 26, 2015. An additional 25 officers were trained on July 16, 2015. The remaining officers will be trained on July 24, 2015 and the first week of August. After that time, we will train health department employees, specifically those working in behavior health. In Fall 2015, we will train any interested community agencies including Lifestyles Inc, the Department of Social Services, and the Jude House. Around Thanksgiving, the training will be opened up to the general public.

6. Establish 1 opiate overdose fatality review team.

The Charles County Department of Health has taken steps to establish its opiate overdose fatality review team. Individuals from each of the required organizations have been contacted and have agreed to participate on the team. The next scheduled meeting of the Opiate Overdose Fatality Review Team is September 2015. Formal invitations to the meeting will be sent out in August. The county health officer is the lead on this initiative.