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**CECIL COUNTY DRUG AND ALCOHOL ABUSE COUNCIL**

**PLANS, STRATEGIES AND PRIORITIES FOR MEETING THE IDENTIFIED NEEDS OF THE  
GENERAL PUBLIC AND THE CRIMINAL JUSTICE SYSTEM FOR ALCOHOL AND DRUG  
ABUSE EVALUATION, PREVENTION, AND TREATMENT**

**JULY 2013 THROUGH JUNE 2015**

Updated February 1, 2014

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**VISION:**

A community free from substance abuse and dependence.

**MISSION:**

To reduce substance abuse and dependence and related consequences through development and implementation of an integrated and comprehensive prevention, early-intervention and treatment service system which meets the needs of the general public and the criminal justice system.

**DATA DRIVEN ANALYSIS OF JURISDICTIONAL NEEDS:**

Cecil County is located in the northeast corner of Maryland, adjacent to Harford County, Maryland on the west, and bordering Chester County, and Lancaster County, Pennsylvania on the north, and New Castle, County, Delaware on the east. The County is bisected east-to-west by Interstate 95. Cecil County is primarily rural, with denser development around the city of Elkton. During the recent twelve years, Cecil County observed a significant growth in population, increasing from 85,951 in 2000, to an estimated 101,696 in 2012. Twenty-five percent of the population in 2012 was under the age of 18, slightly larger than the Maryland average of 23%.<sup>1</sup> Unemployment rates in Cecil County have been higher than many other Maryland jurisdictions, peaking in 2011 at 10.8% for all populations, and 19.5% for young adults aged 20 to 24.<sup>2</sup> Between 2007 and 2011, 9.4% of households were below the poverty level, slightly above the Maryland poverty level of 9%. The median household income for residents was \$5,516 below the Maryland median household income of \$72,419. For residents above the age of 25, 86.9% are high-school graduates, slightly less than the Maryland rate of 88.2%, and neighboring New Castle County, Delaware rate of 88.9%.<sup>3</sup>

A significant percentage of Cecil County residents are concerned about substance use and the potential for their children's abuse of alcohol and drugs.<sup>4</sup> In Cecil County, illicit drug use ranks

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<sup>1</sup> U.S. Department of Commerce, United States Census Bureau

<sup>2</sup> American Community Survey-2011 (via - Health Resources in Action, Preliminary Report of Cecil County Substance Abuse, 2013)

<sup>3</sup> U.S. Department of Commerce, op. cit.

<sup>4</sup> The Cecil County Community Health Survey 2009 Report, Cecil County Health Department, Elkton, Maryland, May 2010.

among the highest in the state of Maryland. The average number of people reporting current illicit drug abuse or dependence in Cecil County (4.4%) exceeds the state average (2.88%)<sup>5</sup>, and 29.1% of young adults, aged 18 to 24, report a history of illegal drug use.<sup>6</sup> The rate of drug-related public school suspensions in Cecil County has also been higher than most jurisdictions in Maryland.<sup>7</sup>

The rate of drug-related motor vehicle thefts in Cecil County was 22.1 per 100,000 population (5th highest in Maryland), and the rate of drug-related burglaries in Cecil County was 266.3 per 100,000 population (the 6th highest in Maryland).<sup>8</sup> Cecil County property and violent crime, which may correlate with substance abuse, is also higher than neighboring counties and the Maryland average.<sup>9</sup>

Like many other counties in Maryland, Cecil County experienced rising rates of prescription drug abuse. Nationally, since 1997, unintentional opioid deaths increased concurrent with the increased per capita annual sales of opioid analgesics, and deaths from opioid pain relievers exceeded the sum of all deaths involving heroin or cocaine.<sup>10</sup> Since 2008, drug treatment admissions related to prescription opioids like oxycodone, hydrocodone and methadone increased steadily. The Maryland rate of prescription opiate-related treatment admissions during fiscal year 2011 was 159 per 100,000 population over the age of 14. In Cecil County, the 2011 per-capita opiate-related treatment admission rate was 588 per 100,000.<sup>11</sup>

These trends appeared to reverse in 2011 and 2012. While concurrent use of multiple substances appeared to be a factor in the majority of treatment admissions and overdoses, many substance users appeared to trend from prescription opioids to heroin. For some, heroin proved an accessible and relatively inexpensive alternative to prescription opioids. Throughout Maryland, overdose deaths due to heroin increased, and overdoses from prescription opioids decreased. In Cecil County, between 2011 and 2012, heroin related deaths increased by 25%, and prescription opioid-related deaths decreased by 13%.<sup>12</sup>

Overall deaths in Maryland increased in 2012 by 15% from the prior year. For the same time frame, deaths in Cecil County decreased by 18%. Illicit prescription opioid drug and heroin use remain significant throughout Maryland and the jurisdiction.<sup>13</sup>

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<sup>5</sup> Maryland Epidemiological Profile: Consequences of Illicit Drug Use, Alcohol Abuse, and Smoking. The Alcohol and Drug Abuse Administration and the Center for Substance Abuse Research, University of Maryland, College Park, March 14, 2008.

<sup>6</sup> The Cecil County Community Health Survey 2009 Report, op. cit.

<sup>7</sup> Maryland Department of Education, 2010-2011

<sup>8</sup> Maryland Epidemiological Profile, op. cit.

<sup>9</sup> Vital Statistics, 2009-2011

<sup>10</sup> National Vital Statistics System, Multiple Cause of Death Dataset and DEA ARCOS, "Abuse of Marketed Analgesics and Its Contribution to the National Problem of Drug Abuse," Leonard Paulozzi, MD, MPH, October 2010

<sup>11</sup> Maryland Department of Health and Mental Hygiene, Factsheet - "Prescription Opiate-Related Treatment Admissions Fiscal Year 2011," January 2011

<sup>12</sup> Alcohol and Drug Abuse Administration, Intoxication Deaths by Substance Involved and Location of Occurrence, June 2013.

<sup>13</sup> Alcohol and Drug Abuse Administration, Intoxication Deaths, op. cit.

Reducing substance abuse and related consequences, and preventing the onset and escalation of substance use by adolescents are critical goals for the Cecil County community. The strategic plan identified below is the result of work from the Cecil County Drug and Alcohol Council, a local group of concerned community members and service providers. The plan, developed by the local group, identifies the service needs of the general public and the criminal justice system, and is in response to the Council's review of available federal, state, local, and private funds used for evaluation, prevention, and treatment services. Successful implementation the following plan is contingent upon receipt of sufficient funding.

**GOALS:**

The goals of the jurisdictional plan for Cecil County are:

- 1) Establish an accessible and integrated continuum of substance abuse treatment services for adult residents of Cecil County.
- 2) Establish and enhance resources and programs to address the substance abuse concerns among individuals referred by the criminal justice system.
- 3) Establish an accessible and integrated continuum of substance abuse prevention, intervention and treatment services for the adolescents and their families of Cecil County.
- 4) Educate and assist families in Cecil County to live healthy and drug free lives.
- 5) Decrease perceived obstacles to prevention and treatment programs.
- 6) Develop a recovery-oriented systems approach that build on the strengths and resilience of individuals, families, and communities to take responsibility for their sustaining health, wellness, and recovery from alcohol and drug problems.
- 7) Decrease the number of drug exposed newborns born in Cecil County.
- 8) Establish an accessible and integrated continuum of gambling prevention, intervention and treatment services.
- 9) **Reduced the incidence of fatal and non-fatal overdoses in Cecil County.**

**OBJECTIVES, ACTION PLAN, ACTUAL OUTPUTS:**

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**GOAL 1:** Establish an accessible and integrated continuum of substance abuse treatment services for adult residents of Cecil County.

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- Objective A:** Improve access to residential treatment services.
- Objective B:** Increase capacity to treat co-occurring disorders.
- Objective C:** Improve transitional housing services for individuals in need of ongoing long-term substance abuse care.
- Objective D:** Implement an emergency room diversion program for individuals experiencing mental health crises with or without coexisting substance abuse concerns.
- Objective E:** Increase the availability of buprenorphine and methadone treatments for persons addicted to opioids.
- Performance Target:** Increased quality and quantity of treatment modalities accessible to Cecil County residents.

**Estimated Dollar Amount Needed to Achieve Goal:** \$850,000

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**GOAL 2:** Establish and enhance resources and programs to address the substance abuse concerns among individuals referred by the criminal justice system.

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- Objective A:** Enhance and expand the Adult Drug Treatment Court Program within the Circuit Court for Cecil County.
- Objective B:** Expand treatment and re-entry aftercare programs for residents of the Cecil County Detention Center and the Community Adult Rehabilitation Center.
- Objective C:** Increase treatment capacity for clients referred through the criminal justice system.
- Objective D:** Expand utilization of a victim impact panels for DUI offenders.
- Performance Target:** Improved substance-abuse related resources for individuals involved with the criminal justice system.

**Estimated Dollar Amount Needed to Achieve Goal:** \$400,000

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**GOAL 3:** Establish an accessible and integrated continuum of substance abuse prevention, intervention and treatment services for the adolescents and their families of Cecil County.

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**Objective A:** Improve access for adolescents and families to residential treatment services.

**Objective B:** Expand evidenced-based counseling and case management services for the families of at-risk children and adolescents.

**Objective C:** Extend the benefits of the drug court treatment model to adolescent offenders and their families.

**Objective D:** Expand adolescent offender participation in criminal justice diversion programs and neighborhood youth panels.

**Objective E:** Raise awareness about consequences of drug use among youth in Cecil County

**Objective F:** Increase the number of Cecil County youth who participate in evidenced-based prevention and early-intervention programs.

**Performance Target:** Increased number of adolescents accessing integrated prevention, intervention and treatment services.

**Estimated Dollar Amount Needed to Achieve Goal:** \$525,000

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**GOAL 4:** Educate and assist families in Cecil County to live healthy and drug free lives.

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**Objective A:** Utilize multi-media initiatives to change individual and community norms.

**Objective B:** Increase the percentage of healthcare providers who routinely screen for substance abuse, and refer for further assessment/treatment for those patients at-risk.

**Performance Target:** Reduced prevalence of high risk substance abusing behaviors among residents as indicated by Cecil County Community Health Survey and Maryland Adolescent Survey.

**Estimated Dollar Amount Needed to Achieve Goal:** \$165,000

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**GOAL 5:** Decrease perceived obstacles to prevention, early-intervention and treatment programs.

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**Objective A:** Establish new transportation resources for Cecil County residents seeking prevention, early-intervention and treatment services.

**Objective B:** Evaluate viable locations for new satellite community-based programming.

**Objective C:** Improve services for non-English speaking community members.

**Performance Target:** Increased attendance and participation of those community members in need of services.

**Estimated Dollar Amount Needed to Achieve Goal:** \$370,000

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**GOAL 6:** Sustain a recovery-oriented systems approach that build on the strengths and resilience of individuals, families, and communities to take responsibility for sustaining health, wellness, and recovery from alcohol and drug problems.

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**Objective A:** Develop a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual's needs and chosen pathway to recovery

**Objective B:** Develop an ongoing process of systems-improvement that incorporates the experiences of those in recovery and their family members

**Objective C:** Coordinate with multiple systems to develop responsive, outcomes-driven approaches to care.

**Performance Target:** Increased recognition, growth and system collaboration of recovery oriented processes and resources.

**Estimated Dollar Amount Needed to Achieve Goal:** Undetermined

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**GOAL 7:** Decrease the number of drug exposed newborns born in Cecil County.

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**Objective A:** Identify resources, barriers to care and gaps in services for drug exposed newborns and their families

**Objective B:** Increase physician/obstetrician screening for substance abuse and respective referrals for substance abuse assessments and treatment.

**Objective C:** Expand the menu of services and supports for parents who use and abuse alcohol and other drugs of abuse.

**Objective D:** Develop a comprehensive menu of services and supports for infants and children affected by parental substance use

**Performance Target:** Decreased number of drug exposed newborns. Decreased premature birth, miscarriage, low birth weight, and the variety of behavioral and cognitive problems associated with prenatal and postnatal drug exposure.

**Estimated Dollar Amount Needed to Achieve Goal:** \$425,000

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**GOAL 8:** Establish an accessible and integrated continuum of gambling prevention, intervention and treatment services.

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**Objective A:** Implement problem gambling prevention and early-intervention programming throughout Cecil County.

**Objective B:** Raise awareness about consequences of problem-gambling.

**Objective C:** Recruit and train workforce to provide competent problem gambling assessment, intervention and counseling.

**Objective D:** Integrate problem gambling screening within all substance abuse assessments

**Objective E:** Expand access to evidenced-based problem-gambling services. Identify barriers to care and gaps in services for problem gamblers and their families.

**Performance Target:** Increased number of individuals accessing integrated prevention, intervention and treatment services.

**Estimated Dollar Amount Needed to Achieve Goal:** \$650,000

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**GOAL 9:** Reduced incidence of fatal and non-fatal overdoses in Cecil County

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- Objective A: Raise awareness about consequences of substance abuse, including opioids and prescription drugs.
- Objective B: Increase community participation in official drug take back events for the disposal of unused and expired medications.
- Objective C: Elevate physician participation in Maryland’s prescription drug monitoring program (PDMP).
- Objective D: Increase healthcare provider screening of patients for substance abuse treatment.
- Objective E: Increase overdose prevention education and related outreach to individuals and groups identified as high risk.
- Objective F: Increase availability of emergency overdose response kits and intranasal Naloxone medication.
- Objective G: Elevate review and consideration of local overdose incidents. Identify root causes, determine trends, target resources to decrease overdose death rates, and support implementation of other prevention/intervention efforts.
- Performance Target: Reduced per-capita rate of fatal and non-fatal overdoses in Cecil County

**Estimated Dollar Amount Needed to Achieve Goal:** \$250,000

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