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

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**SIX MONTH PROGRESS REPORT FOR JULY- DECEMBER 2014**

**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 State of Maryland Automated Records Tracking System (SMART) data SMART no longer being used~~
- 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, 9 health promotion events, including Red Ribbon Week.

Objective 2: The Frostburg Community Coalition and FSU have collaborated to implement 64 saturation patrols, 98 “knock and talks”, 124 compliance checks, and 4,500 reached through events/presentations. A total of 25 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. Radio advertisements reached approx approximately 65,000.

Objective 4: 125 alcohol compliance checks were conducted by the County Sheriff’s Department with a 94.4% compliance rate.

Objective 5: Through law enforcement efforts 116 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 Fall 2014 semester. FSU remains an active member in the Maryland Statewide Collaborative. FSU staff has participated in the Collaborative training to enhance SBIRT implementation for high risk drinking judicial violators on campus. AlcoholEdu was administered to first semester freshmen. Ninety-six percent of the 922 freshmen and transfers completed Part 1 of the program. Fifty-six percent of the sample completed both Part 1 and 2 of the program. Part 2 completion rate was slightly lower than the previous year. Each FSU athletic team completed the “Step-Up” bystander intervention training program during the semester.

**Objective 2:** The Frostburg City Administrator has expressed opposition to the introduction of a city social host or unruly party ordinance. This unfortunate decision will continue to restrict enforcement of large parties and the inherent risks in these events.

The University and City police have engaged in fourteen knock and talks during the fall semester.

**Objective 3:** The fall 2014 AlcoholEdu data reports have not been received as of 1-27-15.

Preliminary planning has occurred for the spring 2015 CORE alcohol and drug use survey. These two projects will provide current use data for FSU students.

**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, 9 health promotion events, including Red Ribbon Week and the Great American Smokeout

Objective 2: 73 individuals received cessation services at ACHD

Objective 3: Jane Frazier and Fort Cumberland are going 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 9 health promotion events

Objective 2: 4,055 medication containers were collected at 4 permanent medication drop-off sites.

**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 provide intervention services for substance-exposed pregnant women, postpartum women and their newborns through the Health Department's New Beginnings for a Healthier You Program.~~

**Objective 4** 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: During these past 6 months there have been ten days that the Clinic was closed due to service reduction days and state holidays. This has an impact in providing services. The average for the past six months was 108 clients. We have also had counselor vacancies.

Objective 4: The IOP has maintained an average of 26 patients.

Objective 5: The Outpatient Behavioral Health is providing Buprenorphine treatment. This program is to begin in January 2015.

**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 peer specialists continue to engage patients within the client's treatment stay and after in Continuing Care. In the Outpatient Clinic both of our peer specialists continue to see a combined average of 45 clients per month. During the past six months, the average number of individuals involved in Continuing Care was 72.

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)

During this past six months an average of 32 clients received State Care Coordination Services. The Access to Recovery (ATR) Federal Grant is in final year which ended October 2014. We will continue to provide State Care Coordination in FY 15. The State introduced another program called Maryland Recovery Net that is similar to the (ATR).

**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 will be the data collector. Sources include: Office of Chief Medical Examiner, EMS, C3I, and monthly Western Maryland Health Systems non fatal overdose deaths.

**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)

One electronic billboard message reaching 8,600 individuals, on radio advertisement reaching 50,000, prevention information was disseminated at 9 health promotion events and is posted on the Health Department & county government websites.

**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)

1. As a result of the Opioid Misuse Prevention Grant we will be able to conduct training for physicians and clinicians to increase knowledge of addictions and PDMP.
2. Surveyed practitioners for prescribing protocols. Continuing to work on this objective.
3. No Progress
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 4,055 containers were collected during this reporting period. Radio spots were developed and will air 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)

As a result of obtaining the Opiate Misuse Prevention Grant we were able to apply grant funds towards this opportunity.

**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:** Letters and emails were sent to over 350 providers and agencies about the Overdose Response Program.

**Objective 3:** There were three community training sessions conducted during this time period. There were 23 community people trained during this time period.

**Objective 4:** Eleven training sessions were conducted for Maryland State Police, Cumberland City Police Department, Sheriff's Office, Frostburg City Police Department and Frostburg State University Campus Police. There were a total of 88 officers trained during this time period.

**Estimated dollar amount needed to achieve goal:**

\$28,919– Naloxone grant from ADAA