
**ALLEGANY COUNTY, MARYLAND
STRATEGIC PLAN FOR ALCOHOL AND DRUG ABUSE
For FY12-FY13
SIX MONTH UPDATE**

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 JURSDICTIONAL NEEDS:

- Maryland Adolescent Survey 2007
- Data from State Epidemiological Outcomes Workgroup
- Western Maryland Health System Emergency Room Data FY' 10 (patients 21 and under seen that had substance issues)
- 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
- College Health Survey
- Allegany County Health Department State of Maryland Automated Records Tracking System (SMART) data
- Allegany County Health Department CQI Performance data, including aftercare data
- Department of Juvenile Services data
- Parole & Probation input
- District Court input

PRIORITIES RANKED IN ORDER:

- 1) To provide integrated continuum of efficient and effective treatment services.
- 2) To provide prevention services to effect a reduction in the harmful effects of the abuse of drugs and alcohol.
- 3) To reduce the use and abuse of alcohol and other substances among the students of Frostburg State University.
- 4) To increase participation of substance-affected newborns, children and their mothers in focused interventions.

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

- Objective 1:** Maintain 25 adult residential ASAM Level III.7, and II.5, 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, and II.5, 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 167 patients per month. (ACHD)
- Objective 4:** Provide ASAM Level III.1 (Halfway House) substance abuse treatment services to an average of 11 patients per month. (ACHD). – See Progress Report Below
- Objective 5:** Provide ASAM Level II.1 (IOP/JSAP) substance abuse treatment services to an average of 29 patients per month in the Allegany County Detention Center. (ACHD)
- Objective 6:** Provide ASAM Level II.1 (IOP) substance abuse treatment services to an average of 22 patients per month. (ACHD)
- Objective 7:** Provide Continuing Care to an average of 6 individuals per month. (ACHD)
- Objective 8:** Collaborate with ADAA to implement Access To Recovery (ATR) in the western jurisdiction. (Massie/ACHD)
- Objective 9:** Maintain 80 (Medication Assisted Treatment) MAT “ASAM Level I” slots for the treatment of Opioid abuse disorders using Buprenorphine (Suboxone). (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 the 25 beds and operated at an average utilization rate in the mid 90 percentile.

Objective 2: The Jackson Unit has maintained 43 beds and operated at an average utilization rate in the mid 90 percentile.

Objective 3: The average number of patients per month for the past 6 months has been 151. The static capacity for FY 13 is being decreased from 167 to 147.

Objective 4: The average patients per month for this 6 month update were 10. This program is closing in July 2012 as a result of funding issues for the upcoming fiscal year, therefore it will be removed as one of our objectives.

Objective 5: The average patients per month for this 6 month update were 30.

Objective 6: The average patients per month for this 6 month update were 26.

Objective 7: The average individuals per month for this 6 month update were 31.

Objective 8: ACHD has hired a Care Coordinator for Allegany County. The coordinator is housed at outpatient addictions. We are using several services from ATR (Access to Recovery Services). Since this SAMHSA Federal Grant was launched in 2011, the ADAA has provided funds and mandated care coordination for everyone leaving residential care.

Objective 9: Slots remain at 65 at this time, pending the start of a new psychiatrist, Dr. Rizal, who will begin employment at WMHS at the end of August. WMHS will assess at that time the ability to increase slots back to 80.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

Goal 2: Use a comprehensive prevention approach, including the application of IOM strategies, to educate and assist individuals and families in Allegany County to live healthier drug-free lifestyles.

- Objective 1:** Use appropriate environmental based prevention programs. (derived from considering norms, regulations and availability as a comprehensive package) that are focused on changing aspects of the environment that contribute to the use of alcohol and other drugs).
- Objective 2:** Increase the effectiveness of prevention activities by targeting direct interventions to the city of Frostburg in which data indicates more severe consequences
- Objective 3:** Utilize *Communities Mobilizing for Change on Alcohol* to assist with community-organizing strategies to reduce youth access to alcohol by changing community policies, practices and norms

Goal 2 Performance Target: (*What are the specific results you attempt to accomplish with this goal, what overall measurable effect are you trying to achieve*)

Reduce the overall incidence of underage drinking in 11 to 17 year olds by 5%.

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

Objective 1: The “Be the Wall” Campaign (between teens & alcohol) – April thru June included several billboards and radio spots with Allegany Radio. The Liquor Board disseminated” Be the Wall” information to each business with an alcohol license, along with poster on the “top reasons not to buy alcohol for teens” poster to display in their establishment. Radio spots in June include tips for parents in keeping their children ATOD free this summer.

Objective 2: MSPF grant. Frostburg State University created a diverse community coalition to address alcohol issues using the MSPF process. Specific data was gathered, assessments were completed, and a strategic plan was developed that has been approved by ADAA. The Coalition was able to implement some of their strategies in this fiscal year.

Objective 3: CMCA - County Sheriff’s Office completed its second round of alcohol compliance checks to all establishments in the county with a liquor license. Data shows a 50% reduction in the number violations from the first round of checks. Cumberland City Police conducted 30 party patrols and administered 27 underage drinking citations. Four community and/or faith-based organizations implemented a variety of alcohol prevention strategies reaching 369 individuals. Banners and a billboard designed by youth participants were displayed in community.

Estimated dollar amount needed to achieve goal:

See matrix

GOAL 3: 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 3 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 President's Alcohol Task Force met monthly during the spring 2012 semester. The initiatives for the semester included the "No Grain" pledge campaign held as part of the junkyard run. More than 300 students participated and pledged during the activity. Reality check participant programs for greeks and athletes were completed during the semester. The ATF also collaborated on activities that support the University's National Collegiate Health Improvement Project, the NCAA Choices grant, and the ADAA Strategic Prevention Framework grant.

Objective 2. The University and the City of Frostburg established a joint jurisdiction agreement that allows for University police to actively patrol the City's student rental district. The agreement has led to more community policing activities, knock and talk efforts, and distribution of prevention literature. The University also now receives regular incident reports from the city and adjudicates offenders who are registered students.

Objective 3. The University will administer AlcoholEdu on a pre-matriculation basis for freshmen beginning this year. Students will complete Part 1 of the program prior to their arrival on campus. In addition, the Spring 2012 Core survey of student alcohol and drug use reports that student high risk drinking has decreased and now falls below the national average. Other drug use rates showed declines except for an increase in marijuana use.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts. See matrix

GOAL 4: To provide comprehensive services that address 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.

Goal 4 Performance Target: To reduce substance use during pregnancy.

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

Objective 1: A total of 234 pregnant women were assessed in FY12 at Tri-State Women's Health Center. A report from NTI Upstream is due to be out in July.

Objective 2: Pregnant women referred to the Outpatient Addictions Program for assessment at the Health Department are seen the same day.

Objective 3: FY 2012 statistics:

Pregnant Women who received monthly Healthy Start case management: **32**

Postpartum women who received monthly New Beginnings case management: **25**

Children received/receiving monthly case management: **37**

Infants & Toddlers Program: 26

New Beginnings Program: 11

One child was showing signs/symptoms of delayed onset of developmental delay due to substance exposure. This child was closed to New Beginnings and re-evaluated for Infants & Toddlers services. Because of the high refusal rate for those referred to the overall program, procedures, including an incentive plan for pregnant women, are being developed to improve program acceptance.

Objective 4: ACHD Tobacco Cessation Coordinator is now providing cessation services to pregnant women at Tri-State Women's Health Center two hours per week. To date there have been a total of 11 pregnant women in the Cessation Program.

Estimated dollar amount needed to achieve goal:

Maintain current funding amounts.

GOAL 5: To increase smoke-free living in Allegany County by June 2016.

Objective 1: To increase smoke-free multi-unit housing by implementing CDC's Healthy Homes strategies in four developments in Allegany County by 2016.

Objective 2: To implement five smoke-free parks in Allegany County.

Goal 5 Performance Target: To increase and promote Smoke- Free living policies.

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

Objective 1: Implemented a county-wide second hand smoke campaign to heighten community awareness about the dangers of second hand smoke.

Objective 2: Will be working with Parks & Recreation agency to newly established smoke-free parks ordinance in the city of Cumberland.

Estimated dollar amount needed to achieve goal:

Utilize new funding from Community Transformation Grant funds over next three years.

Goal 6: To decrease prescription drug misuse/use in Allegany County.

Objective 1: To train prescribers on proper prescription management of controlled substances.

Objective 2: To create four permanent medication/drop off sites in Allegany County for unused or expired medications.

Goal 6 Performance Target: To reduce access to non-prescribed medications in community, as well as reducing potential misuse of prescribed medications.

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

Objective 1: A training entitled, "The Prescribing of Opiates: Finding the Right Balance" was conducted in June 2012. Approximately 88 prescribers and other health professionals attended.

Objective 2: Local law enforcement agencies have agreed to house and/or oversee permanent disposal units in community.

Estimated dollar amount needed to achieve goal:

Utilize part of funding from Community Health Resource Commission Base Grant.- \$25,000.

Goal 7: Increase community awareness on drinking and driving issues.

Objective 1: Health department will partner with law enforcement to participate in awareness/education activities at community events where alcohol is being served/purchased.

Goal 7 Performance Target: To reduce alcohol-related crashes in Allegany County.

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

Objective 1: Health Department has partnered with MD State Police to attend events.

Estimated dollar amount needed to achieve goal:

Utilize part funding from Community Health Resource Commission Base Grant.- \$25,000.