

Charles County Opiate Overdose Prevention Plan Update, July 1-December 31, 2014:

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.*

A second educational session for providers is currently being planned for Winter 2015. More emphasis will be placed on inviting dentists and other specialists that were not in attendance at the last provider education presentation.

2. *Conduct 2 presentations to public mental health system providers by the end of FY2014.*

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 Planned: Information will be presented to the providers participating in the Charles County Mental Health Advisory Board in the near future.

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 serving Charles County residents by the end of FY2015.*

A partnership is being developed with four local hospitals: the University of Maryland Charles Regional Medical Center, MedStar Southern Maryland Hospital, MedStar St Mary's Hospital, and Calvert Memorial Hospital.

A working group has been established by the University of Maryland Charles Regional Medical Center to address pain management and drug overdoses in the emergency department and community. The health department has become an active member of this working group to offer more collaboration and to develop open communication between the county hospital's ED case managers and psychiatric services to refer patients to substance abuse treatment services at the health department. Four local hospitals, the University of Maryland Charles Regional Medical Center, Calvert Memorial Hospital, MedStar St Mary's Hospital, and MedStar Southern Maryland Hospital were present at this working group and will be working together to address this issue. Additional partners on this working group include the St Mary's and Charles County Prevention and Treatment Coordinators, Walden Sierra, Outlook Recovery (methadone clinic), Open Arms, and the National Spine and Pain Center in Waldorf.

The Goals of this team are:

- Increased unified approaches regarding pain management and behavioral health between local hospitals and the community at large
- Improving dialogues to improve referral processes for treatment and follow-up care between providers within the community
- Open communication for better continuity of care and treatment modalities
- Improved times for treatment when a client is in crisis within our local community
- Strengthening partnerships to have a WARM HANDOFF between providers when referrals are made
- Coming together to educate providers and clients regarding treatment plans: i.e. pain, substance abuse, mental health
- Increasing community awareness of resources available.

- Helping clients to have a better understanding of what the insurance will and will not pay for
- Empowering the clients we serve to manage their own care and accept ownership
- Improve primary care provider engagement
- Working closer with our community providers: pain management providers/treatment plans, community behavioral health agencies, local health departments
- Encourage use of CRISP within the community
- Target at risk populations

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.*

As the county completes its community health needs assessment report and begins to formulate its next county health improvement plan for behavioral health, we are optimistic that the University of Maryland Charles Regional Medical Center and the Charles County Department of Health can formalize a referral system for substance abuse treatment services by ED case managers and hospital social workers. A discussion surrounded the implementation of best practices, like SBIRT, will be discussed at that time.

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.*

Work needs to be done to set up new partnerships in order to address this priority in Charles County.

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 each of the county high schools surrounded drugs and alcohol, with particular emphasis placed on effects of opiates and heroin.

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.

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.
 - 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. Meetings have been held with the Charles County Sheriff’s Office and Charles County Emergency Medical Services to discuss the need for a naloxone distribution program for all Charles County first responders. The Sheriff and EMS both feel there is significant need for such as program in Charles County. The training will be conducted for first responders in January by the Charles County Health Officer, Dr Dianna Abney.
 - 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.

- 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.
- 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.

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 by the end of FY2014.*

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. Recruitment for additional providers will continue in fiscal year 2015.

4. *Undertake 1 needs assessment to examine opiate overdose hospital data by the end of FY2014.*

Thus far, attempts to examine hospital data regarding opiate overdoses have been futile. The local hospital emergency department codes for the actual situation and therefore, the underlying causes of emergency are not always known. They do not have the staff to conduct a thorough investigation of patient records to determine if they are Opioid-related. Therefore, we would like to take a different approach. We will be contacting Walden Sierra, the inpatient and detoxification facility for Southern Maryland, to see if they will provide aggregate demographics on the Charles County residents served in their Level III.7D program. They have previously provided this information to our neighboring jurisdiction, St Mary's County.

5. *Conduct one needs assessment to determine the need for, community readiness for, and stakeholder buy-in for a naloxone distribution program by the end of FY2014.*

Meetings have been held with the Charles County Sheriff's Office and Charles County Emergency Medical Services to discuss the need for a naloxone distribution program for all Charles County first responders. The Sheriff and EMS both feel there is significant need for such as program in Charles County. The training will be conducted for first responders in January by the Charles County Health Officer, Dr Dianna Abney.

The Charles County Department of Health has 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.

The overarching objective of this program is to reverse opioid overdoses , and thereby, save lives. Charles County Department of Health (CCDoH) will train 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 will provide 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.

6. *Establish 1 opiate overdose fatality review team by the end of FY2015.*

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 step is to get the team members trained through DHMH on the specific responsibilities of the team. We believe that the team will begin meeting to review fatalities by Spring 2015.