

DORCHESTER COUNTY DRUG & ALCOHOL ABUSE COUNCIL STRATEGIC TWO-YEAR PLAN

2012-2014

Six-month update: January-June 2012 (second half of fiscal year 2012)

Vision:

A safe and drug free Dorchester County

Mission:

To reduce the incidence and prevalence of alcohol and drug abuse and its consequences to affected individuals, their families and all other Dorchester County residents.

A **Comprehensive Assessment of the Needs of Families and Children in Dorchester County** was conducted by the *Center for Family and Community Life* at Salisbury University in 2006. The survey utilized a multi-method plan to include five sources of data: a telephone scientific county-wide household survey, individual interviews with key informants, focus groups with selected middle and high school students, a secondary data analysis, and community forums for adult stakeholders. The two highest ranking county concerns or problems related to families and children are: 1.) **Underage Drinking**; and 2.) **Adolescent Drug Use**. Following these were poverty, Teen Pregnancy, and School Performance (including dropping out prior to graduation). In this report, it was found that Dorchester's eighth-graders exceeded state percentages in use in 22 of 24 substance categories, while tenth-graders exceeded state percentage of use in 21 of 24 substance categories. Also, 62% of twelfth-graders reported drinking beer, wine or wine coolers in the previous 12 months, and 58% of twelfth-graders reported having drunk liquor in the previous year.

Dorchester County is shown to have the second highest number of children living in poverty among all 23 counties according to *SAIPE* estimates, and the County's school drop-out rate in 2004 was the worst in the state. Furthermore, the *2007 Maryland Kids Count Data* found Dorchester County experienced a 150% increase in juvenile violent crime arrests from 2000 to 2005, ranking 22nd worst out of 24.

More needs to be done in Dorchester County to deter youth from experimentation and abuse of alcohol, tobacco, and other drugs of addiction, which is known to have a direct correlation to crime and negative school performance. Prevention efforts are critical toward that end. However, an analysis of the local continuum of care reveals a lack of adequate funding for the provision of prevention services in Dorchester County. Data reveals that while Treatment receives 96% of funding from the Maryland Alcohol and Drug Abuse Administration, Prevention only receives 4% of funds. Research-based prevention programs have shown to be cost-effective. Similar to earlier research, recent research shows that for each dollar invested in prevention, a savings of up to \$10 in treatment for alcohol or other substance abuse can be seen (Aos et al. 2001; Hawkins et al. 1999; Pentz 1998; Spoth et al. 2002a).

Towards that end, Dorchester County's two-year plan seeks to address these prevention-related concerns, while reinforcing the goals initially established and expanded by the Council since 2005.

The following goals have been selected by the Dorchester County Drug & Alcohol Abuse Council for the upcoming 2012-2014 two-year plan. This plan, initiated in 2005, has become a work in progress as certain countywide goals & objectives have been or are being met and/or revised, and other issues and concerns move to the forefront.

Goal 1: PREVENTION/INTERVENTION/TREATMENT: Adapt to Health Care Reform

Objective 1: *Integrate substance abuse, mental health, and developmental disabilities into a “Behavioral Health” care system*

Objective 2: *Integrate Behavioral Health care with Somatic care*

Goal 1 Performance Target: *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

Improve the ability to assist in the provision of a full range of Dorchester County resident’s health needs (body, mind & spirit)

Progress: *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

The Jurisdiction Coordinator continues actively participating in various local, regional, and statewide discussions that are laying-out the groundwork for Health Care Reform.

A Dorchester Behavioral Health Integration (DBHI) project was submitted for CMS grant funding. This project was not selected.

Dorchester County Addictions Program and Warwick Manor participated in a regional behavioral health screening pilot project to move integration efforts forward and provide greater uniformity in the screen process. Data collection is in progress and the results of this project have yet to be determined.

The Jurisdiction Coordinator is Co-Chair of the regional Behavioral Health Co-Occurring workgroup. This group is tasked with strategizing to move local integration forward. In addition to the screening pilot project, we are in process of developing a regional matrix of behavioral health providers to assess which programs are co-occurring capable & those that are enhanced. This benchmark will assist in moving us all forward toward greater integration. We are also in process of collecting each program’s service and support information to disseminate among providers, thus furthering integration.

Estimated Dollar Amount needed to achieve goal:

\$15 Thousand for Regional Screening Project : DCAP to be reimbursed \$500 for participation in this project.

Goal 2: PREVENTION/INTERVENTION/TREATMENT Incorporate the Recovery Oriented System of Care (ROSC) model as the overarching framework that addresses Dorchester County substance abuse concerns. *This initiative shall be known as the “Dorchester Recovery Initiative” (DRI).*

Objective 1: *Inform and educate all county participants involved in the delivery of substance abuse-related services re: the ROSC concept.*

Objective 2: *Encourage peer support/volunteerism.*

Objective 3: *Expand recovery support services.*

Goal Performance Target: Fully embrace the paradigm shift from singular and episodic treatment encounters to a model that recognizes that addiction is chronic, progressive, incurable, potentially fatal, and in which relapse is not uncommon. This model will more fully address the whole continuum of care and provide greater support for sustained recovery.

Progress:

The Dorchester Drug & Alcohol Jurisdiction Coordinator & the ROSC Coordinator continue actively attending and participating in various meetings/workshops/committees to better understand and help shape the ROSC framework. A Jurisdictional ROSC plan was submitted to ADAA in June, 2010. The plan's three goals are: to 1.) Educate the community; 2.) Encourage peer support/volunteerism (example: create a DCAP Alumni Association); and 3.) Expand recovery support services (example: DCAP's continuing care program).

A Local Care Coordinator was hired to provide **Access To Recovery** grant service delivery. In addition to the Hudson Health Services inpatient rehabilitation program serving as a “portal” to qualified funding recipients, the Dorchester County Addictions Program Intensive Outpatient Program and the Cambridge Veterans Administration office are serving as additional ATR portals. A Peer Support Specialist has been hired to provide additional Care Coordination support.

The Dorchester Recovery Initiative partnered with the Chesapeake Voyagers (a mental health peer support organization) to open the DRI-DOCK Recovery & Wellness Center. The DRI-DOCK offers a wide variety of recovery support services and activities for those with mental health, co-occurring, and substance abuse concerns.

A planning meeting for the DRI-DOCK Center was initially held with community partners/members to discern services to be offered at the center. Additionally, a Needs Assessment was conducted through Salisbury University to determine what services & activities were desired by participants and stakeholders. Two full-time peer recovery

support specialists were hired to staff the DRI-DOCK. One full-time peer support specialist was hired to support the ATR local Care Coordinator.

The DRI-DOCK now offers an Alcoholics Anonymous meeting, Smoking Cessation, STD/HIV reduction, Veterans services, a monthly Movie Night, and a Women's group in addition to the computer lab. A Trauma Support group, a general Narcotics Anonymous (NA) meeting, and a Gay/Lesbian NA meeting are also in the planning stages.

A Dri-Dock website (www.dri-dock.org) website was created to coincide with our Facebook and YouTube sites, fully complimenting utilization of social media.

A contractual arrangement with Verlia's House was established to provide supportive housing for six adult males and six adult females currently receiving substance abuse treatment.

A number of our Drug & Alcohol Abuse Council members are also involved with other local collaborative ventures such as the Communities Mobilized for Change on Alcohol (CMCA), the Dorchester Substance Abuse Committee, and the Partnership for a Drug Free Dorchester (PDFD) and work to partner with various religious and social groups and organizations.

Estimated Dollar Amount needed to achieve goal:

\$150 thousand provided by ADAA for the DRI-DOCK, Care Coordination, Peer Support, & Recovery housing.

Goal 3: PREVENTION: Develop and maintain a broad and consistent mechanism for the reduction of underage alcohol, tobacco and other drug (ATOD) use.

Objective 1: *Increase annual number of youth access enforcements in each related place of business within the county.*

Objective 2: *Increase annual number of shoulder-tap enforcements within the county.*

Objective 3: *Develop procedures, policies and/or legislation to deter Social Provision of alcohol and tobacco to minors.*

Objective 4: Secure Strategic Prevention Framework funding through the efforts of Partnership for a Drug Free Dorchester (PDFD) in order to accomplish the above objectives and meet this goal.

Goal 3 Performance Target: *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

Reduce the number of underage users of alcohol and tobacco products in Dorchester County.

Progress: *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

Cambridge City Police Department reported 30 tobacco compliance checks conducted, with 1 retailer in violation of selling to an underage cadet after reviewing identification.

Cambridge City Police Department reported 25 alcohol compliance checks conducted, with no retailer in violation of selling to an underage person.

Sheriff's Department reported 20 alcohol compliance checks conducted with 2 retailers in violation of selling to an underage person.

Liquor Board has scheduled hearings in August 2012 to follow-up on violations. Penalties/suspensions may be pending.

Estimated Dollar Amount needed to achieve goal: Efforts will be made to advance the achievement of this goal despite absence of adequate funding.

Goal 4: PREVENTION: Inform Dorchester County residents of the consequences of substance abuse and promote the benefits of healthy and drug free lifestyles.

Objective 1: *Expand available local data by administering the Communities That Care Survey in Dorchester County Public Schools on 'odd' years (i.e. 2009,2011), for the purpose of complementing the Maryland Adolescent Survey.*

Objective 2: *Use appropriate evidence-based prevention programs in community settings.*

Objective 3: *Incorporate Search Institutes' 40 Developmental Assets into appropriate Programming.*

Objective 4: *Utilize evidence-based environmental strategies to change individual and community norms.*

Goal 4 Performance Target: *(What are we attempting to accomplish with this goal, what overall effect are we trying to achieve)*

Provide information about substance abuse prevention strategies to at least 10,000 Dorchester County residents.

Progress: *(What steps have been accomplished towards achieving this goal, has our performance target been met? How have we measured our progress?) To be reported as applicable every six months.*

Partnership for a Drug Free Dorchester (PDFD) graduated from the Community Anti-Drug Coalitions of America's (CADCA) National Coalition Institute. The certificate was received at CADCA's 22nd Annual National Leadership Forum, which was attended by 3 adult and 5 youth PDFD/YAC members.

PDFD sponsored a 40 Developmental Assets training event: "Everyone's An Asset Builder", whereby 19 local and regional community members participated.

PDFD coalition facilitated the second prescription Rx drug take back event in conjunction with the "National Rx Take Back Day" on 4/28/12. 227 lbs. were collected with approximately 75 people participating. The event was held in collaboration with Craig's Drug Store and the Cambridge Police Department, which provided over-sight for proper disposal. 3 University of Maryland students (pharmacology) volunteered their time.

PDFD along with Communities Mobilizing for Change on Alcohol (CMCA) and Youth Action Council (YAC) provided educational/promotional materials at the Multi-Cultural Festival in Hurlock.

PDFD provided funds to the Cambridge City Police Department for tobacco compliance checks.

PDFD held 6 coalition meetings to continue planning and implementing evidence-based environmental strategies.

PDFD published 6 articles addressing the 40 Developmental Assets, 1 article regarding local Rx Prescription Take Back Day event, 1 article regarding "Everyone's an Asset" training event.

PDFD created a YouTube account: www.youtube.com/drugfreedorchester. Also, a promotional brochure and calling cards have been developed.

CMCA's Strategic Plan was completed using the Maryland Strategic Prevention Framework as the guide. One additional training (provided by ADAA) for strategic planning was attended by CMCA/Partnership for a Drug Free Dorchester (PDFD) members.

CMCA along with Local Management Board (LMB) provided funds to Cambridge City Police Department and Dorchester County Sheriff's Office for alcohol compliance checks.

CMCA sponsored a logo contest among the county's middle and high schools. The winning entry was chosen as the official logo for all of CMCA's promotional materials. CMCA collaborated with the Board of Education to have all of the student's entries exhibited at their perspective schools.

CMCA provided its annual presentation with an anti-underage drinking message at the county's high schools to the graduating seniors. As with tradition, CMCA disseminated its graduation towels and "Play it Safe" booklets (in partnership with the Worcester County Health Department for "Senior Week" in Ocean City, Md.)

CMCA held 7 coalition meetings to continue environmental strategy efforts.

Tobacco Sub-Committee has collaborated with Cambridge City Police Department to re-introduce distribution of "We Card for Tobacco" decals along with the relative brochure when compliance checks are conducted.

52 smoking cessation group sessions were provided to 84 clients. 13 educational presentations were provided to youth and adult groups. 15 nicotine patches and 14 Chantix packets were provided to the general population.

PDFD's Residential Affairs sub-committee, which collaborates with local housing developments to strengthen opportunities for a substance free environment for youth, and its Marijuana Committee combined to form the Communities United (CU) sub-committee, with an emphasis on marijuana issues. CU conducted 6 meetings and developed a promotional brochure.

Youth Action Council (YAC) consists of 11 active youth members, which includes 2 new members. Council has conducted 14 meetings to plan activities, etc. Also, Council continues to engage the community for recruitment and promotion efforts.

YAC participated in a focus group session held by CMCA, and planned and participated in a D.A.R.E. event at North Dorchester Middle School.

YAC developed and signed drug-free pledges, developed their logo, created a promotion board and brochure, and filmed 2 videos.

Eastern Shore Regional Media Campaign continued in Spring 2012 for anti-underage drinking prevention messages focused on social availability on local television/cable stations, radio stations, newspapers, Comcast Cable website, and The Cinema in Salisbury, Md. Also, an anti-binge drinking commercial was aired on local television stations. The video was filmed in partnership with Chesapeake Community College.

The media campaign entitled "Be the Parent on the Scene", through a partnership with Dorchester and Talbot County Health Departments, continues on the website: www.parentonthescene.org. The goal is to present messages to parents and guardians of minors about current alcohol-related "facts and figures", and to promote the importance of being involved and aware of their children's social activities.

Second Step program (violence and substance abuse prevention) was provided to 180 students of ages 4 to 16. While funding ended, local partners have committed to continuing the program.

Prevention Services disseminated educational materials at 8 community events.

Estimated Dollar Amount needed to achieve goal: Efforts will be made to advance the achievement of this goal despite absence of adequate funding.