



Garrett County

Drug Free Communities Coalition

Strategic Plan for Alcohol and Drug Abuse

2014-2016
December 2013 Update

GARRETT COUNTY, MARYLAND

STRATEGIC PLAN FOR ALCOHOL AND DRUG ABUSE

Vision: **A safe and drug free Garrett County**

Mission: **To assist in promoting treatment, intervention and prevention services to those people affected by alcohol and other drug abuse in Garrett County.**

Data driven analysis of jurisdictional needs:

Garrett County is Maryland’s western most county and is home to a high concentration of vulnerable residents who lack access to many of the services available in more urban and suburban settings. The entire county is classified as rural with less than 22% of the total population of 30,097 (2010 Census) living within municipal boundaries. The mountainous topography, severe weather and considerable distances prevent residents from accessing health care including substance abuse treatment outside the county. The nearest source of in-patient treatment, residential half-way house or medically assisted withdrawal programs for substance abuse treatment is over 60 miles away in Allegany County.



Treatment, intervention and prevention strategies require the use of data to make informed decisions. Data is routinely reviewed during the Drug Free Communities meetings. For this document the information cited comes from the Alcohol and Drug Abuse Administration, Maryland Vital Statistics and the Garrett County Youth Risk Behavior Survey.

One of the goals of the Garrett County Drug Free Communities Coalition (DFCC) is to reduce youth substance abuse. To measure the efficacy of youth prevention strategies, the Garrett County Health Department and the Garrett County Board of Education collaborated in April of 2012 to survey all middle and high school youth using the Youth Risk Behavior Survey Scale. Survey results have been presented to the Garrett County Drug Free Communities Coalition and are discussed below.

Results - Past 30-Day Use

- Alcohol* Over half of all Garrett County 12th grade youth consistently report using Beer/Wine or Alcohol in the past 30 days. There has been no significant change since 2004. There is a dramatic increase for 8th grade (9.1%) and 10th grade (9.5%) of youth who report using alcohol in the past 30 days.
- Cigarettes* *About three in ten 12th graders report having used cigarettes in the last 30 days. This indicator has not changed significantly since 2007. There was a significant decrease in use by 8th graders (6.2%) and a notable decrease in use by 10th graders (11.9%).*
- Marijuana* *For both 8th and 12th grade youth there was virtually no change in the reported use Marijuana in the past 30 days. There was a significant decrease in the past 30 day use of marijuana (13.3%) by 10th grade youth since last surveyed.*
- Rx Abuse* The abuse of prescription drugs by youth remains a concern but has not changed significantly between the 2010 and 2012 administration of the YRBS. Prescription drug abuse in the last 30 days among all youth in grades 9-12 was 8.8%.

COMET Data for Past 30-Day Use

Cigarettes

Alcohol

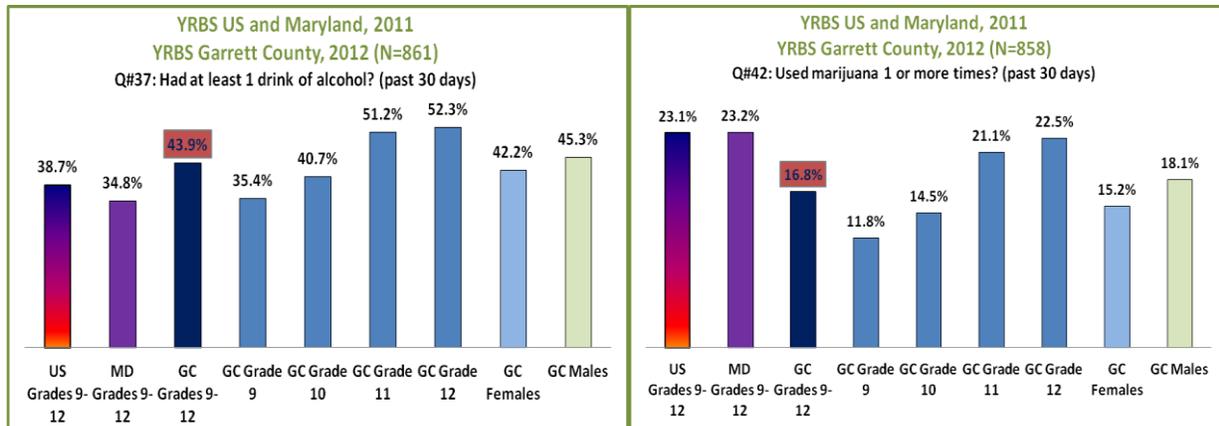
MEASURE	8 th Grade				10 th Grade				12 th Grade				MEASURE	8 th Grade				10 th Grade				12 th Grade			
	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS		2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS
Past 30-Day Use (%)	10.4	12.7	7.1	13.3	22.0	19.0	31.2	19.3	23.8	30.4	30.3	30.9	Past 30-Day Use (%)	20.0	24.5	15.9	25.0	22.0	19.0	31.2	40.7	51.5	53.9	50.3	52.3
Average Age of Onset (yrs.)	11.4	11.5	10.8	--	12.0	12.6	11.5	--	13.2	14.4	13.7	--	Average Age of Onset (yrs.)	11.8	11.9	11.1	--	12.9	13.0	12.0	--	14.1	14.4	12.9	--
Perception of Risk (%)	82.4	78.1	89.1	75.1	65.8	69.0	71.4	74.4	66.0	62.0	68.0	73.0	Perception of Risk (%)	64.5	60.0	58.0	58.5 binge	47.4	43.6	39.8	49.3 binge	47.6	44.4	37.2	50.3 binge
Perception of Parental Disapproval (%)	98.5	93.4	93.6	94.7	86.3	93.0	82.7	92.2	82.7	86.6	88.2	81.2	Perception of Parental Disapproval (%)	88.0	80.3	84.2	87.5	70.1	74.4	73.2	80.0	66.6	69.9	64.8	74.7
Perception of Peer Disapproval (%)	--	--	--	71.7	--	--	--	64.9	--	--	--	51.3	Perception of Peer Disapproval (%)	--	--	--	62.7	--	--	--	55.8	--	--	--	48.0

Marijuana

Prescription Drug

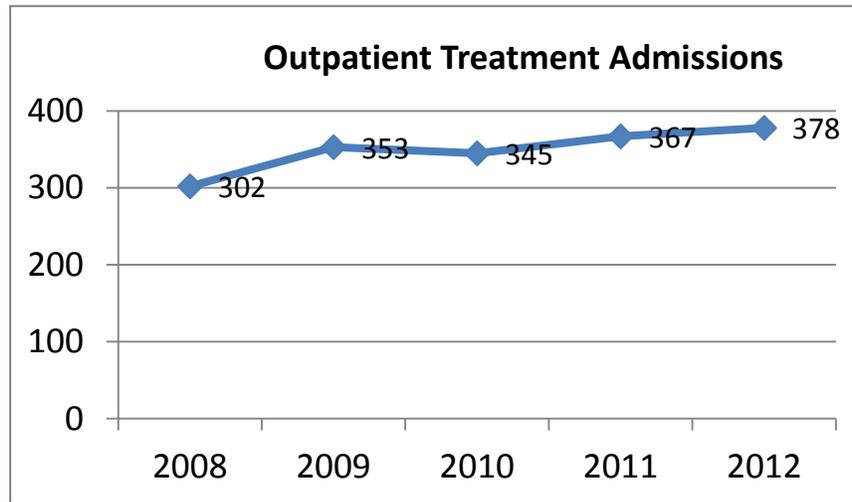
MEASURE	8 th Grade				10 th Grade				12 th Grade				MEASURE	8 th Grade				10 th Grade				12 th Grade			
	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS		2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS	2004 MAS	2007 MAS	2010 YRBS	2012 YRBS
Past 30-Day Use (%)	7.4	6.4	--	7.4	17.6	15.0	27.8	14.5	20.4	20.6	22.5	22.5	Past 30-Day Use (%)	--	--	1.8	4.3	--	--	17.5	5.7	--	--	12.5	12.1
Average Age of Onset (yrs.)	11.7	12.1	11.4	--	13.3	13.5	12.9	--	14.4	15.3	13.6	--	Average Age of Onset (yrs.)	--	--	11.9	--	--	--	13.2	--	--	--	13.4	--
Perception of Risk (%)	91.7	92.8	86.7	72.0	78.0	77.3	54.8	58.2	72.6	74.3	52.3	44.1	Perception of Risk (%)	--	--	90.3	80.2	--	--	74.7	76.1	--	--	70.3	75.8
Perception of Parental Disapproval (%)	98.7	97.2	94.7	94.3	92.6	97.1	87.5	92.2	92.0	95.8	89.5	86.2	Perception of Parental Disapproval (%)	--	--	96.7	96.5	--	--	91.7	90.0	--	--	92.4	91.4
Perception of Peer Disapproval (%)	--	--	--	80.0	--	--	--	68.4	--	--	--	52.3	Perception of Peer Disapproval (%)	--	--	--	81.9	--	--	--	76.1	--	--	--	69.3

While there is a lack of comparative data for prescription drug abuse, we are able to compare past 30 day alcohol and marijuana use with Maryland and US data. As noted above, Garrett County fares poorly for youth use of alcohol, while marijuana use is lower than that of Maryland and the US... See charts below.



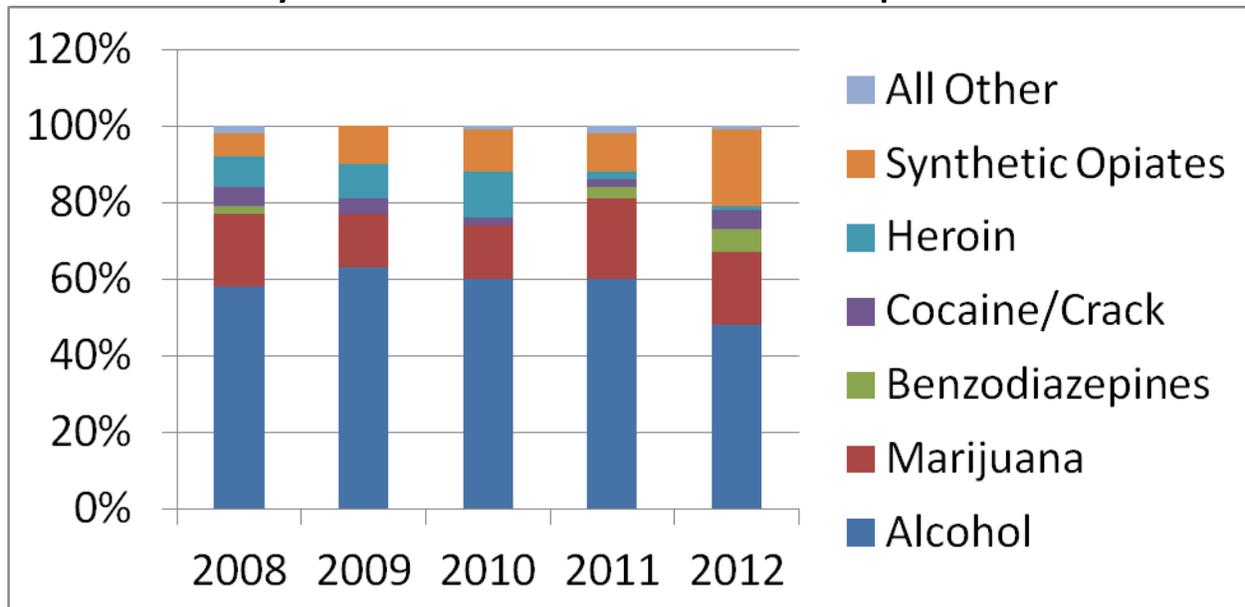
Drug and Alcohol Treatment Admission Data

The number of persons admitted into out-patient treatment has steadily increased (See chart below).



A survey of FY 2008 and 2012 ADA funded outpatient clinic admissions revealed that the primary substance at admission in Garrett County continues to be alcohol; however that percentage has been decreasing. Marijuana is the second most frequently identified primary drug of choice. The percentage has remained between 14% and 21%. The biggest increases have been for synthetic opiates and benzodiazepines while heroin has decreased. It should be noted that heroin use has been increasing statewide as it has become increasingly difficult for drug seekers to obtain prescription drugs.

Primary Substances Indicated at Intake to Outpatient Clinic



Overdose Deaths

Although our numbers are relatively low when compared to more metropolitan areas of the State, the trend for overdose deaths is still alarming. The data from 2007 through 2011 indicates that Garrett

County has had 11 intoxication deaths. Opiates have been involved in 6 of these deaths. The chart below lists specific substances identified in the toxicology screen of the deceased.

Substance involved in Death	2007	2008	2009	2010	2011
Heroin related	0	0	0	0	1
Prescription opiate related	0	2	2	1	1
Oxycodone related	0	1	0	0	0
Methadone related	0	0	1	1	0
Fentanyl related	0	1	0	0	1
Tramadol related	0	1	1	0	0
Cocaine related	0	0	0	1	0
Benzodiazepine related	0	0	1	0	0
Alcohol related	1	2	1	1	1
Total Opiate Related Deaths	0	2	2	1	1
Total Intoxication related Deaths	1	3	2	3	2

As the data suggests, most deaths have been involved with a combination of substances including alcohol. Opiates did not appear to play a role in intoxication deaths until 2008. Most substance related deaths are prescription related with heroin playing a smaller role. It is unknown whether or not the deceased had been prescribed these opiates at the time of their death. We expect that as prescription drugs become less available heroin will play a larger role within our community. However, the most current data provided from the Maryland Department of Health and Mental Hygiene indicates that total deaths from “All Drugs”, “All Opioids”, “Prescription Opioids” and “Heroin” decreased in Western Maryland counties for the periods on January to July 2011 and January to July 2012.

In the past two years, county level data indicates that our clinic has made many improvements and now performs favorably compared to the state for: Average Length of Stay; Completion of Treatment; change of Substance Abuse; and transfers to another level of care.

This plan also proposes enhancements to treatment and support services to build on the progress made over the past two years. Below is a summary of the progress that has been made since 2008 for drug and alcohol treatment and support services.

Improvements in the system of prevention, intervention and treatment include:

- All publically funded prevention programs are either evidence-based or environmental strategies as dictated by the funding source.
- Public agencies are using an agreed upon uniform screening tool.
- A public/private partnership has been developed to provide buprenorphine treatment and supportive (relapse prevention) therapy.
- Acudetox is being used as a method of treatment.
- Improved integration of local Mental Health and Addictions programs.
- The Garrett County DAAC was designated and funded by SAMHSA as a “Drug Free Community Coalition”.

¹ Drug and Alcohol Deaths Intoxication Deaths in Maryland, 2007 to 2011: MD Department of Health and Mental Hygiene - Extracted from Maryland Vital Records

- Local physicians have increased their level of in office screening and referrals.
- The DFCC and the Garrett County Sheriff's office and the Maryland State Police have successfully collaborated in holding prescription drug take back events and now have permanent collection sites.
- Components of a Recovery Oriented System of Care (ROSC) have been implemented including:
 - Peer Recovery Coaching
 - Recovery Housing
 - Participation the Maryland's Access to Recovery (ATR) initiative
 - Some transportation provided by the peer recovery coaches

Areas where progress has been less than desired include:

- A lack of public transportation during evening hours continues to be an issue
- No progress on developing a local drug court
- Lack of options and funding for medication assisted treatment

Priorities:

- Increase the percentage of individuals who are healthy and drug free.
- Identify and move individuals to the appropriate level of care.
- Increase recovery rates in adults and adolescents through effective treatment.
- Develop the means to sustain a drug prevention, intervention and treatment system that is efficient and effective.

The plan that follows outlines the steps to be taken by our local Drug and Alcohol Council to improve the system of care and prevention.

GOAL 1: INCREASE THE PERCENTAGE OF INDIVIDUALS WHO ARE HEALTHY AND DRUG FREE.

Objective 1: Use only evidence-based (NREP) programs and environmental strategies to change individual and community norms.

Objective 2: Change community norms so that:

- underage use of alcohol and tobacco is considered inappropriate and unacceptable,
- the misuse of prescription drugs is considered inappropriate and unacceptable, and
- any use of illegal drugs is considered inappropriate and unacceptable.

Objective 3: Reduce commercial and social access to alcohol, tobacco, marijuana, and prescription drugs.

Objective 4: Support community ownership of anti-drug efforts and promote coalition-building.

Performance targets:

- All prevention strategies will conform to the Strategic Prevention Framework

- All new drug and alcohol prevention programs will be reviewed by the GC DFCC to assure the strategies are evidence-based.
- Utilize the Communities Mobilizing for Change on Alcohol model for prevention activities
- Reduce the 30-day rate for alcohol, marijuana and prescription drugs among high school youth by 5% as measured by the YRBSS or its equivalent by 2016.

Progress: All community strategies are reviewed by the GC DFCC conform to the Strategic Prevention Framework or Communities Mobilizing for Change on Alcohol as appropriate.

Specific strategies currently occurring include:

- Social norming campaigns (“Second Step” and “Be the Wall”).
- Ongoing vendor education, incentives and compliance checks for underage sale of alcohol and tobacco, e-cigarettes added to the education
- Training for Intervention Procedures (TIPS) server and concession training
- Students Against Destructive Decisions (SADD) Youth Leadership Groups
- Prescription Drug Take-Back Days (Collaboration between GCSO and GCHD)
- Worksite Wellness programs including mini grants to support overall wellness activities
- The Garrett County Health Department and the Garrett County Board of Education are in discussions regarding the administration of the Youth Risk Behavior Survey in the spring of 2014.
- Garrett County did not receive funding through the Drug Free Communities Grant for years 6-10.

Estimated Dollar Amount needed to achieve goal: \$125,000/year from DFC grant

GOAL 2: IDENTIFY AND MOVE INDIVIDUALS TO THE APPROPRIATE LEVEL OF CARE.

- Objective 1:** Increase collaboration between primary care and substance abuse treatment
- Objective 2:** Provide medical and legal community with training and educational resources to better identify persons in need of treatment for addictions.
- Objective 3:** Continue providing jail based services including education, treatment and Trauma, Addictions, Mental Health and Recovery (TAMAR).
- Objective 4:** Assess all behavioral health patients for underlying substance abuse and/or mental health disorders

Performance targets:

- Increase the number of individuals accessing substance abuse treatment by 5%.
- Meet or exceed Maryland’s annual Managing for Results (MFR) goals.
- Improved treatment outcomes for patients as measured through SMART.

Progress: The local Drug Free Communities Coalition plans to have representatives meet with the medical staff of Garrett County Memorial Hospital to develop a plan of collaboration with primary care providers in the community. A local training on Drug Affected Newborns was held on August 6th. Staff from the Department of Social Services, Health Department and local medical practices attended. A team from Garrett County attended a conference on November 13th on The Challenges of Substance Use in Pregnancy and a Toolkit to Help.

Performance targets Progress:

- Increase the number of individuals accessing substance abuse treatment by 5%.
Baseline 2012 = 378
- Meet or exceed Maryland’s annual Managing for Results (MFR) goals.
Will be reported in July 2014
- Improved treatment outcomes for patients as measured through SMART.
Will be reported in July 2014

Estimated Dollar Amount needed to achieve goal: \$5,000

GOAL 3: INCREASE RECOVERY RATES IN ADULTS AND ADOLESCENTS THROUGH EFFECTIVE TREATMENT.

- Objective 1:** Monitor and review the array of addiction treatment services available in the community and recommend changes in the system.
- Objective 2:** Increase the recovery supports that are available to patients in treatment and recovery in Garrett County
- Objective 3:** Encourage the development of innovative and evidence based programs.
- Objective 4:** Continue advocating for a “functional” behavioral health court in Garrett County.

Performance targets:

- Treatment services will be reviewed annually by the GC DFCC. Minutes and progress notes will document the review.
- Increase the number of programs available in the community that are evidence based (public and private).
- SMART data will verify that the percentage decrease of substance use among adult patients completing treatment will be at least 75%.
- Establishment of a “functional” behavioral health court in Garrett County

Progress:

- Treatment services will be reviewed annually by the GC DFCC. Minutes and progress notes will document the review. **All programs are reviewed in June of each year.**
- Increase the number of programs available in the community that are evidence based (public and private). **No new programs have been initiated since the plan was developed.**

- SMART data will verify that the percentage decrease of substance use among adult patients completing treatment will be at least 75%. **Preliminary data reported at 83.3%**
- Establishment of a “functional” behavioral health court in Garrett County. **No progress has been made on this objective.**

Estimated Dollar Amount needed to achieve goal: \$100,000/year for a behavioral health court

GOAL 4: REDUCE THE NUMBER OF ACCIDENTAL OVERDOSE DEATHS ON A FIVE YEAR AVERAGE IN GARRETT COUNTY BY 25% BY 2018 (FROM 2.2 PER YEAR TO 1.5 PER YEAR).

- Objective 1:** Education of the clinical (medical) community
- Objective 2:** Outreach to High-Risk Individuals and Communities
- Objective 3:** Development of local “Overdose Review Panel” to review overdoses and overdose deaths.

Performance targets:

- Increase the number of physicians and mid-level providers who have been trained in opioid intoxication overdose prevention.
- Provide S-BIRT Training for primary care medical practices.
- Provide overdose prevention strategies to all persons entering substance abuse treatment.
- Development of an Overdose Review Panel (ORP) Protocol and begin reviewing all overdose deaths by 1/1/14.

Progress:

- GCHD will be applying for funding to implement an Overdose Response Program (ORP).
- S-BIRT Training will be provided concurrently with the ORP.
- We are awaiting guidance from the State prior to implementing a local Overdose Review Panel.

Estimated Dollar Amount needed to achieve goal: \$5,000 – For trainers and materials for S-BIRT and overdose prevention

Goal 5: Develop the means to sustain a drug prevention, intervention and treatment system that is efficient and effective.

- Objective 1:** Facilitate the provision of substance abuse training for all behavioral health staff and other interested persons in Garrett County. **Training will be scheduled for the spring of 2014**

Objective 2: Maximize reimbursement for services by having the out-patient clinic listed with insurers in the Health Benefit Exchange. **The clinic is working with insurers in the Health Benefits Exchange to assure that this is not a barrier to treatment.**

Objective 3: Work with the medical community to take advantage of treatment and prevention opportunities available through the Patient Protection and Affordable Care Act (PPACA) options **GCHD is working with Healthy Howard to assist uncovered persons in obtaining health insurance coverage.**

Performance targets:

- Increase the number of treatment and prevention professionals that are working in Garrett County.
- Increase the amount of fees collected for substance abuse treatment in the outpatient addictions clinic by 25% annually.

Progress:

- **In spite of staff turnover, the number of prevention and treatment professionals working in Garrett County has remained constant.**
- **Collections for addictions treatment for the first 5 months of FY 14 are up 36%.**

Estimated Dollar Amount needed to achieve goal: \$0 – Will need technical assistance with billing issues and the impact of the PPACA.

GLOSSERY

ADAA:	Alcohol and Drug Abuse Administration (State)
ASAM:	American Society of Addiction Medicine
ATR:	Access to Recovery
CBH:	Center for Behavioral Health (County)
CRF:	Cigarette Restitution Fund
CSA:	Mental Health Core Services Agency
DAAC:	Drug and Alcohol Abuse Council
DFCC:	Drug Free Communities Coalition
DHMH:	Department of Health and Mental Hygiene (State)
DJS:	Department of Juvenile Services (State)
DSS:	Department of Social Services (County)
MAS:	Maryland Adolescent Survey
MA/MC:	Medical Assistance / Medicare
MHA:	Mental Hygiene Administration (State)
MSAP:	Maryland Student Assistance Program
NREP:	National Registry of Effective Programs
OAS:	Outpatient Addictions Services
PPACA:	Patient Protection and Affordable Care Act

ROSC: Recovery Oriented System of Care
SADD: Students against Destructive Decisions
SAMHSA: Substance abuse and Mental Health Services Administration (Federal)
SMART: State of Maryland Automated Record Tracking
SPF: Strategic Prevention Framework.
TAMAR: Trauma, Addictions, Mental Health and Recovery
YRBSS: Youth Risk Behavior Survey Scale