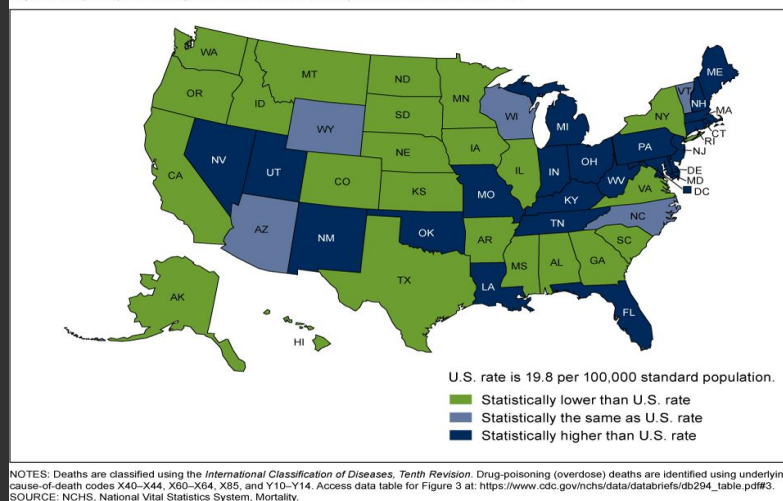


# THE REHABILITATION DEPARTMENT & UNIVERSITY OF MARYLAND EASTERN SHORE RESPONSE TO THE OPIOID CRISIS

## THE OPIOID CRISIS

Figure 3. Age-adjusted drug overdose death rates, by state: United States, 2016



## NUMBER OF OPIOID-RELATED DEATHS OCCURRING IN MARYLAND BY SUBSTANCE, 2010-2016

|                    | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |
|--------------------|------|------|------|------|------|------|------|
| Heroin             | 238  | 247  | 238  | 464  | 578  | 748  | 1212 |
| Prescription Drugs | 311  | 342  | 311  | 316  | 330  | 351  | 418  |
| Fentanyl           |      |      | 39   | 58   | 186  | 340  | 1119 |

## SUMMIT ON OPIOIDS & MARIJUANA

**October 18<sup>th</sup>, 2017**  
**Holiday Inn Oceanfront**  
 6600 Coastal Highway Ocean City, MD

**SAVE THE DATE**  
 For More Info: **410-651-8440**  
[www.360development.org](http://www.360development.org)

**OBJECTIVES:**

- » To take a fresh look at how to tackle opioid and marijuana misuse among youth and young adults.
- » To convene a community of practice to disseminate information on technology, media, and social media prevention strategies and research application for opioids and marijuana and other issues related to youth and young adult substance misuse.
- » To provide professional development for young adults in the behavioral health field



**BUILDING A HEALTHY TOMORROW... TOGETHER!**

A convening of educators and practitioners to explore and examine emerging issues and conceptualize local, regional, and national responses. A platform to connect resources and leverage community and political will for opioid and marijuana prevention strategies and research applications for youth and young adults.






## CLAY STAMP, DIRECTOR OF THE GOVERNOR'S INTER-AGENCY HEROIN AND OPIOID COORDINATING COUNCIL



- Mr. Clay Stamp shared the importance of finding community members that can provide valuable research to aide in finding a solutions to the opiate epidemic
- Described the council's approach for combating opioid and heroin use.

## HEIDI MCNEELY, WORCESTER COUNTY WARRIORS AGAINST ADDICTION (WOW)



- Founded the Worcester County Warriors (WOW) after a personal tragedy struck her family when she discovered her son was using heroin
- Discussed how to organize the organize to develop a support system for opiate addicts and their family members
- Her advice is to just open up , invite people to the discussion and create a safe space for people to share.

## DR. P. THANDI HICKS-HARPER, PRESIDENT AND CEO OF THE YOUTH POPULAR CULTURE INSTITUTE



- Developed research of how to use hip-hop to prevent marijuana use .
- Has revolutionized the way to talk to children and teens about drug use.
- Believes that hip-hop can prevent substance use.

## SOPHIA LERDAHL, DIRECTOR OF STRATEGIC PLANNING AT RESCUE



- Ms. Sophia Lerdahl, Director of Strategic Planning at RESCUE: The Behavior Institute (also referred to as the Behavior Change Agency),
- Discussed emerging issues in regard to the opioid and marijuana crisis.
- Her institute RESCUE uses the influence of Social Media to promote healthy behavior, in regards to marijuana, tobacco, physical activity, healthy eating, sexual health, and alcohol..

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## ATTENDEES RESPONSE

- Valuable experience
- Awareness of drug prevention.
- Less afraid about initiating conversations and starting small with their prevention efforts.
- Felt they had the tools to make prevention personal and help more people.
- Hip-Hop to Prevent presentation provided them with a new way to approach presentations with their
- Hip Hop Prevention a fresh innovative way to engage students while leaving a lasting impression.
- A new perspective on how to effectively reach youth using social media and technology.
- Overall, the materials presented by the many presenters had great quality, educational value, and practicality.

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## COMMUNITY COLLABORATION





## WRITTEN OFF

- The documentary *Written Off* tells the story of one man's journey, in words taken from his detailed personal journals that read like the *Bridget Jones Diary* of addiction. Instead of pounds, cigarettes and drinks he exhaustively records his drug intake and what it costs him. This film makes a viewer realize that behind the addiction, there is a person. *Written Off* faces off against stigma, doing for addiction what the film *Philadelphia* did for HIV/AIDS.

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## WRITTEN OFF

- Held in the University's Movie Theater
- 150+ student, treatment providers & community members present
- Panel Discussion after movie included:
  - 2 parents of opiate addicts
  - 1 person in recovery
  - Movie director Molly Herman
  - Provided Narcan training

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## MSI GRANT

- Ongoing projects
  - Research on At risk behaviors associated with substance use
  - PSA Development

# **Collaborations with Local Health Departments for Chronic Disease State Management**

**Yen H. Dang, PharmD, CTTS-M**  
**Assistant Professor of Pharmacy Practice**  
**University of Maryland Eastern Shore School of Pharmacy**

**Health Equity Summit**  
**Princess Anne, MD**  
**April 20, 2018**



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## **Healthy Village Hands: Empowering Children, Youth, and Families**

**Somerset County Local Management Board**  
**It Takes a Village, Inc.**  
**Crisfield High School**

**2015 - 2016**



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## Objectives

- **Children Safe in Their Families and Communities (Indicator: Substance abuse)**
  - Goal 1 - Increase youth's knowledge of substance abuse.
  - Goal 2- Increase the proportion of adolescents who perceive greater risks associated with substance abuse.
  - Goal 3- Increase the proportion of youth from using tobacco, alcohol, illicit drugs, and the nonmedical use of prescription drugs for the first time.
- **Children Successful in School (Indicator: Academic Performance)**
  - Goal 1- Increase awareness and interest of children in professions in the healthcare field.
  - Goal 2 - Prepare interested children for careers in the healthcare fields.
  - Goal 3 - Increase exposure of children with healthcare professionals and healthcare settings.



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## Protocol

- **Children Safe in Their Families and Communities (Indicator: Substance abuse)**
  - One-hour weekly workshops led by healthcare professionals and students at It Takes a Village to Help Our Children, Inc., in Crisfield were conducted on common illicit and prescription drugs.
  - The workshops were divided into grade level from K-12 and focused on lectures and interactive learning about substance abuse.
  - Additionally, a pre- and post- test was used to assess the youth's knowledge of the material and standardized screening tests were used to detect dependency.



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# Protocol

- **Children Successful in School (Indicator: Academic Performance)**
  - A healthcare professional club was implemented once a month at Crisfield High School to assist high school students going into the healthcare field.
  - During these meetings, different healthcare professionals discussed the duties of their professions and taught participants essential skills in their field.
  - Additionally, information about the requirements to get into their respective professional school, job applications, and networking opportunities were reviewed to enhance the student's chances of succeeding in the profession.



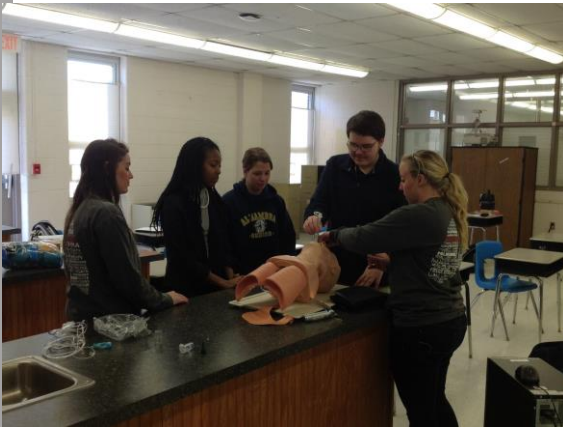
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## It Takes a Village Workshops



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# Crisfield High School Health Professions Club



  
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## Results

- At It Takes a Village, a 10-session workshop series was created to increase the knowledge of youth to substance abuse.
  - There was an average of 60 students per workshop and an average of 5 program personnel who facilitated the sessions.
  - An average of 55% of all participants scored higher on the post-test, demonstrating knowledge of the topic.
  - For all the children that were screened, there were none who screened positive for illicit drugs (DAST-10 test), alcoholism (CAGE-AID test), or nicotine dependence (HONC test).

  
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## Results

- A health professions club was held at Crisfield High School where healthcare professionals discussed the roles of different professions and college requirements.
  - All health disciplines from University of Maryland Eastern Shore and Salisbury University were represented for a total of 8 sessions.
  - Approximately 80% of all participants scored higher on the post-test, and 100% of all participants expressed satisfaction with the club.
  - There was one senior who participated in the club and he will be attending college in a science major after graduation.



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## 1422 Project: Establishing a Bi-Directional Referral System for Diabetes and Hypertension

Caroline, Dorchester, Somerset, Wicomico, and Worcester County

2016 - present



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## Objectives

- Enhance health screenings for patients with new or established hypertension and diabetes
- Increase medication adherence rates for anti-hypertensive and anti-diabetic prescriptions
- Establish a bi-directional process for follow-up between the pharmacy, patients, and primary care provider



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## Eligible Patients

- New script for diabetes (DM) or hypertension (HTN)
- Score a 5 or higher on the American Diabetes Association Screening test
- Blood pressure > 140/90 mmHg
- Patients flagged on pharmacy systems for DM or HTN for noncompliance (medication adherence rate of 75% or less)



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# Protocol

## Screening Patients

- Health fairs
- Pharmacy computer systems

## Contacting Patients

- Education
- Address non-compliance
- Establish follow-up appointment with PCP

## Contacting Providers

- Obtain medical history and labs
- Establish follow-up appointment with patient

# 1422 Protocol



## Partnerships

- Caroline County (2016)
  - Greensboro Pharmacy
  - Cantner's Pharmacy
  - Walmart Pharmacy
- Dorchester County (2016)
  - The Drug Store in Hurlock
  - Craig's Pharmacy
- Somerset County (2017)
  - Karemore Pharmacy
  - Crisfield Pharmacy
- Worcester County (2017)
  - City Discount Drugs
  - Coastal Drug Health Mart
- Wicomico County (2018)
  - Milford Street Pharmacy
  - Pemberton Pharmacy



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## Results

- Total number of patients screened = 811
  - Hypertensive patients = 476
  - Diabetic patients = 255
  - Both hypertension and diabetes = 80
- Total number of providers = 179
- Total number of bi-directional referrals = 506
- Baseline A1c, average = 8.1%
- Baseline blood pressure, average = 143/83 mmHg
- 3-month A1c, average = 7.8%
- 3-month blood pressure, average = 135/81 mmHg



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# Pregnancy and Tobacco Cessation Help Initiative (PATCH)

Somerset County Health Department  
Chesapeake Healthcare

2014 - 2016



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## Objectives

- Create an individualized smoking cessation clinic program to provide tobacco-cessation services and counseling for patients who smoke
- Provide complementary smoking cessation medications and aids
- Reduce cigarette consumption by 50% or greater in the first month and reach abstinence at 3 months after intervention



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# Protocol

- All tobacco-dependent patients in Somerset County receiving medical care at Chesapeake Healthcare were referred to smoking cessation clinic.
- The clinics were facilitated by a certified tobacco cessation specialist and assisted by pharmacy students.
- The clinic sessions focused on pathophysiology of tobacco dependence, pharmacotherapy and alternative treatments to cessation, lifestyle modifications, managing triggers, and preventing relapse.
- Additionally, medications were prescribed to patients to help with cravings.



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# Protocol



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## Results

- Total number of patients = 62
  - Males = 30
  - Females = 32
- Average age = 57 years
- Mean cigarette consumption = 1 pack-per day
- Mean tobacco usage, years = 26.2
- Total number of patients given complementary medications = 19
- Percentage of patients decreasing cigarette consumption by > 50% in the first month = 81%
- Percentage of patients achieving abstinence at 3 months = 16.4%



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## Healthy Hawk Program: Healthiest Maryland Businesses through Healthiest Maryland

Somerset County Health Department  
University of Maryland Eastern Shore

2016 - 2017



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## Objectives

- To increase physical activity in the workplace through tai chi classes held during the workday
- To distribute newsletters to all UMES employees focusing on health eating and exercise fitness
- To increase awareness of exercise and exercise and nutrition in the workplace by the advertisement of signs and posters



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## Protocol

- Tai chi classes and holistic health seminars were held periodically to improve strength, balance, and reduce stress.
- A newsletter was circulated once a month that offered all employees at UMES information on nutrition and physical fitness.
- Educational seminars on chronic disease states involving heart disease, diabetes, stroke, and obesity were conducted periodically.
- Posters about nutrition and physical activity were posted across campus.



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## Protocol



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## Results

- Four tai chi sessions were held each semester.
- 5,000 handouts were printed on information pertaining to nutrition and physical activity and placed at communal places.
- 5,910 emails were sent to employees about nutrition and physical activity in the workplace.
- Posters with health information were hung in 16 buildings across campus.

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