

2018 ANNUAL REPORT





# A MESSAGE FROM THE HEALTH OFFICER



Jenelle Mayer, MPH Health Officer

The Allegany County Health Department touches the lives of every county resident. We work each day to improve health, whether we are providing children with dental care, connecting residents with affordable health insurance, ensuring that restaurants are safely preparing food, or providing mental health treatment services.

The Allegany County Health Department carries out essential public health functions. We monitor local health issues, investigate health hazards, provide health education, work with community partners to solve health problems, develop policies and plans, enforce health laws and regulations, research innovative solutions to health problems, link people to needed services, and provide health care when it is otherwise unavailable.

Addressing health issues in our community is a collaborative effort. We work with many partner organizations including health care providers, social service agencies, schools, law enforcement agencies, nonprofit organizations, and more. The Allegany County Health Planning Coalition, co-chaired by the health department and the Western Maryland Health System, takes the lead on assessing community health needs and implementing local health improvement strategies.

The Allegany County Health Department is committed to serving county residents and dedicated to its mission: Promote physical, behavioral, and environmental health, and prevent disease and disability in Allegany County.

We are proud to share information on the health department's many programs and services in the Allegany County Health Department 2018 Annual Report.

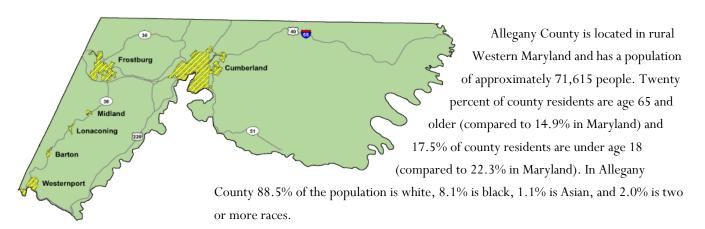
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# **Health Department Overview**

The Allegany County Health Department is located in Cumberland, Maryland and serves Allegany County residents and visitors. With a staff of about 270 employees, the health department provides a wide range of public health programs and services. In fiscal year 2018, the Allegany County Health Department budget totaled \$22.15 million. The health department is funded with state funds, county funds, grants, and collections. The Allegany County Health Department is led by Health Officer Jenelle Mayer, Deputy Health Officer Dr. Jennifer Corder, and a team of Department Directors (see the organizational chart on Page 4). The health department is governed by the Maryland Department of Health and the Allegany County Board of Health. The Board of Health is comprised of the Allegany County Commissioners and the Health Officer. The Allegany County Health Department is nationally accredited by the Public Health Accreditation Board, and the behavioral health programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). The health department participates in continuous quality improvement efforts to ensure that it is making ongoing improvements to enhance services and meet the needs of the community.

# Allegany County Overview



The most recent community health needs assessment identified four health priorities in Allegany County: 1. substance abuse, 2. poverty, 3. heart disease, 4. access to care and health literacy.

Substance abuse was designated as a priority area with the Allegany County drug-induced death rate (37.6 deaths per 100,000 population) exceeding the Maryland rate (24.1/100,000). Poverty influences health in Allegany County with 17% of residents living in poverty compared to 9.3% in Maryland. Heart disease is a leading cause of death and the age-adjusted death rate for heart disease is 246.7 per 100,000 population compared to 166.9 in Maryland. In Allegany County limited resources, geography, transportation, and insurance coverage all impact access to health services.

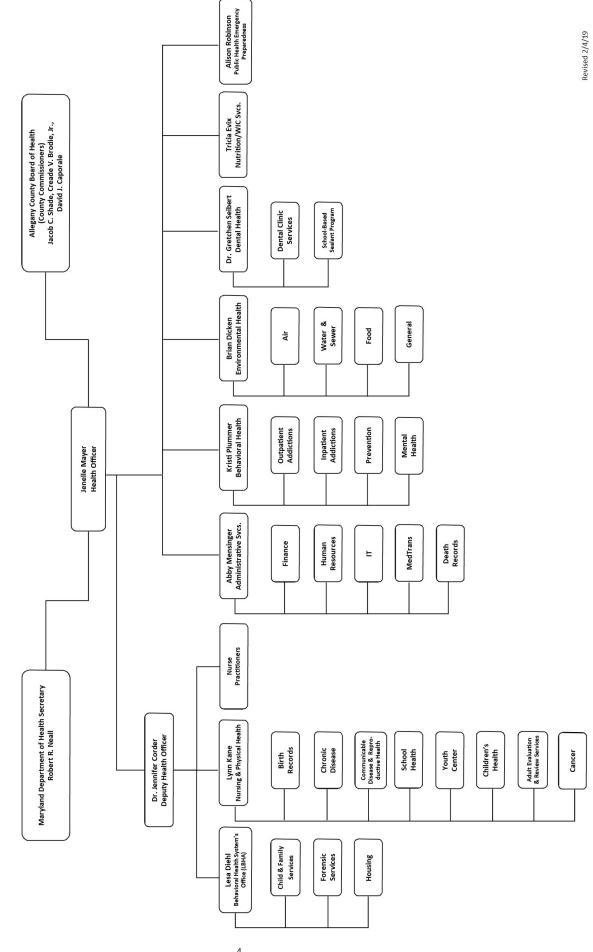
Areas where Allegany County has made significant health improvements are: adult tobacco use, dental emergencies, and cancer mortality. The most recent data show that 15.6% of Allegany County adults smoke cigarettes, down from 24.4% in 2012. Emergency department visits for dental problems declined from 830 in 2012 to 394 in 2017. In 2007 there were 191 cancer deaths in Allegany County and in 2017 there were 157.



# AlleganySpeaks.com

AlleganySpeaks.com is a new website launched in September 2018 that invites all members of our community to participate in discussions, surveys, and educational promotions centering around the health of our population. This tool encourages residents to share their perspectives on the health needs of our community, learn more about specific health issues, and discuss health topics that interest them. Everyone is encouraged to log on to AlleganySpeaks.com and join the conversation.

# Allegany County Health Department Organizational Chart



# **PROGRAMS AND SERVICES**

# **Preventing the Spread of Disease**

#### **IMMUNIZATIONS**

Vaccination is the best way to prevent life-threatening diseases. The health department immunization program provides vaccinations for children and adults through a weekly immunization clinic. Overseas immunizations are scheduled as needed and influenza vaccinations in schools are conducted each fall.

702 vaccinations were given in FY18

## **COMMUNICABLE DISEASE**

Reporting cases of known or suspected infectious diseases allows public health authorities to ensure proper identification and follow-up to protect the public's health. The Communicable Disease program follows individual cases to ensure proper treatment, identify potential sources of infection, provide education to reduce the risk of transmission, and take measures to reduce the spread of disease.

 479 communicable disease cases were investigated in FY18



## **SEXUALLY TRANSMITTED INFECTIONS (STI)**

Allegany County has seen a rise in sexually transmitted infections. In 2017, there were 250 chlamydia infections and 29 gonorrhea infections reported. The STI program operates a walk-in STI Clinic every Tuesday to provide comprehensive testing and treatment for sexually transmitted infections. The program also follows up with partners to arrange for testing and treatment.

 332 individuals (159 females and 173 males) were seen in the STI Clinic in FY18

# **Ensuring Healthy Pregnancies and Healthy Infants**

#### REPRODUCTIVE HEALTH

Over 40% of pregnancies in Maryland are unintended. In FY18, the health department provided walk-in services for pregnancy testing and emergency contraception.

- 94 clients received pregnancy testing in FY18
- 38 clients received emergency contraception services in FY18

# THE WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM



WIC is a federally funded program that provides nutrition and breastfeeding education and support, supplemental food and referrals to community resources. Those eligible are pregnant women, new mothers, infants, and children up to age 5 who meet income and residency guidelines. WIC works to promote healthy pregnancies, prevent health problems in children, and improve the long-term health, growth, and development of all WIC participants.

- 2,696 WIC participants were served at four clinic sites in FY18
- 8,216 participant visits in FY18

#### **BREASTFEEDING SUPPORT**

Breastfeeding is one of the most effective preventive measures a mother can take to protect the health of her infant. The WIC program begins breastfeeding education with each pregnant woman in the program during her initial certification to assist her in making an informed decision about feeding her baby. The WIC Breastfeeding Peer Counselor program works one-on-one with breastfeeding moms and babies, providing education and support with the goal of maintaining breastfeeding for at least six months.

- 128 breastfeeding moms received breastfeeding support in FY18
- 25% of Allegany County WIC infants were exclusively breastfed in FY18

#### HOME VISITING

In Allegany County, 23.3 out of every 1,000 children experience child maltreatment compared to 9.9 out of every 1,000 in Maryland. Healthy Families Allegany is a voluntary home visiting program designed to help parents get their children off to a healthy start. The program promotes positive parenting as well as child health and development.

- 27 Healthy Families Allegany assessments were completed in FY18
- 20 new participants were enrolled in FY18
- 485 visits were completed in FY18

# **Enhancing the Health of Children and Adolescents**



#### CHILD DEVELOPMENT

One in six children (ages 3-17) has a developmental disability, and early intervention can have a significant impact on the child's ability to learn and thrive. The Allegany County Infant and Toddler program is a combined effort of the Allegany County Health Department, Allegany County Public Schools, and Department of Social Services to provide early intervention services to children ages 0-4 who are at risk for developmental delay.

• 60 children received early intervention services in FY18

#### **LEAD POISONING**

Childhood lead exposure continues to be a priority in Allegany County due to the many homes built prior to 1950. The lead poisoning program provides comprehensive nurse case management for children with lead poisoning. Efforts include: working with a team of professionals to conduct home lead inspections, facilitating the steps to reduce lead levels in the home, and assisting with follow-up care.

- 162 lead case management contacts were made to children and families in FY18
- 11 children were provided comprehensive case management for lead poisoning

#### SCHOOL HEALTH

Allegany County has 22 public schools and approximately 8,600 students. The Allegany County Health Department collaborates with the Allegany County Board of Education to provide student health services through the School Health program. School nurses



care for students with acute illnesses and injuries, manage chronic health conditions, administer medications, conduct health screenings, and take part in health education and wellness activities.

- 72,104 visits were made to school nurses during the 2017-2018 school year
- School nurses administered 39,219 doses of prescription medication during the 2017-2018 school year

#### TEEN PREGNANCY PREVENTION

Approximately 9.1% of the births in Allegany County are to mothers less than 20 years of age compared to 3.7% in Maryland. The Allegany County Health Department partners with the Board of Education and Riverside YMCA to deliver an evidence-based curriculum (called Promoting Health Among Teens) to high school adolescents. The curriculum addresses pregnancy prevention and sexually transmitted infections.

575 youth completed the curriculum in FY18

## HEALTH CARE FOR JUVENILE SERVICES YOUTH

The Adolescent Clinic at the health department provides comprehensive health care to incarcerated youth who reside at the Department of Juvenile Services (DJS) Youth Centers. Increasingly, youth are admitted with multiple mental health diagnoses, complicated drug and alcohol addictions, and chronic health conditions. The Adolescent Clinic provides care at the Allegany County Health Department clinic and in the four DJS youth centers.

- 569 youth visits for medical and dental services at the ACHD clinic site
- 3,429 youth contacts by the nurses at the 4 youth centers

# CHILDREN AND PEOPLE WITH SPECIAL HEALTH CARE NEEDS

The Children and People with Special Health Care Needs (CPSHCN) program provides care coordination services for families with children and youth (ages birth to 21) with chronic physical, developmental, behavioral, or emotional conditions. The program also supports a University of Maryland Genetics Clinic held three times per year at the Allegany County Health Department.

- 53 children were case managed in the CPSHCN program with 369 case management contacts and 184 referrals in FY18
- 29 children were seen in the University of Maryland Genetics Clinic in FY18

# Improving Access to Care for Underserved Populations



#### CHILDREN'S HEALTH INSURANCE

It is estimated that in 2017, 5.4% of Allegany County residents were uninsured. The Maryland Children's Health Program (MCHP) provides free or low-cost health insurance for income-eligible children, pregnant women, parents, and other family members caring for children.

- Health insurance applications were processed for 1,470 children, 352 pregnant women, and 1,010 adults in FY18
- 579 residents were assisted in renewing their insurance

## MEDICAL ASSISTANCE CARE COORDINATION

Approximately 30% of all Allegany County residents are receiving Maryland Medical Assistance. In an effort to improve access to health care and decrease unnecessary hospital visits, the Administrative Care Coordination Unit (ACCU) program provides short-term care coordination for Medical Assistance enrollees. Services include education regarding health coverage, assistance in obtaining medical providers, and help resolving access to care issues.

- 1,892 clients were assisted through service coordination in FY18
- 393 education and outreach visits were made to health care provider offices in FY18

# MEDICAL ASSISTANCE TRANSPORTATION

Approximately 16% of Allegany County residents reported that they have missed a health appointment because of lack of transportation. Getting to medical appointments can be especially difficult for individuals who have a limited income, do not own a vehicle, or have physical limitations. To improve access to care, the Non-Emergency Medicaid Transportation program provides clients with Medical Assistance transport to medical appointments.

24,692 rides provided in FY18

#### **NURSE MONITORING**

The nurse monitoring program provides case monitoring for personal care for clients with Medical Assistance. Personal care includes help bathing, dressing, and other activities of daily living to prevent clients from needing to move into a nursing home or other institution.

2,325 hours of Nurse Monitoring services were provided in FY18

#### **SENIOR CARE**

More than 19% of Allegany County's population is age 65 or older compared to 14.6% in Maryland. Some older adults experience functional limitations that prevent them from carrying out everyday tasks. The senior care program provides assistance with chores, respite, personal care, personal emergency response systems, limited medical supplies, and medication copayments for low-income adults ages 65 and older with functional impairments.

 5,340 hours of in-home services were provided in FY18



# **Managing Chronic Disease**

## CHRONIC DISEASE PREVENTION

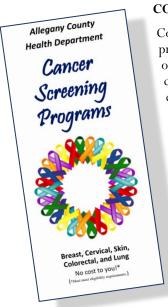
Heart disease, stroke, and diabetes are among the leading causes of death in Allegany County. The chronic disease prevention program works to improve the health of Allegany County residents by promoting wellness, changing the environment to encourage healthy behaviors, linking residents to evidence-based chronic disease programs, and encouraging increased screening for chronic disease risk factors.

- 26 Allegany County businesses were educated on worksite wellness and 10 businesses joined the Healthiest Maryland Businesses network
- Staff collaborated with 5 dental practices, 5 pharmacies and 3 chiropractor practices to promote hypertension awareness

#### BREAST AND CERVICAL CANCER

Breast cancer is the second leading cause of cancer deaths among women in Maryland. The Breast and Cervical Cancer Screening program provides breast and cervical cancer education, and also funds screening and diagnostic services for Maryland residents who meet the age and income guidelines. Patient navigation services are also provided to those who have health insurance but need assistance navigating the complex health care system to fully complete screenings for breast and cervical cancer.

 112 clients were screened for breast and cervical cancer in FY18 24 clients received case management for diagnostic/ treatment services and 70 clients received patient navigation support



#### **COLORECTAL CANCER**

Colorectal cancer can be prevented with early removal of polyps from the rectum and colon before they become cancerous. The Colorectal Cancer Screening program provides education and funding for colorectal cancer screening and treatment services for adults who meet residency, age, and income guidelines. Patient navigation services are also provided to those who have health insurance coverage but need assistance navigating the complex health care system to fully complete

screenings for colorectal cancer.

- 28 clients were screened for colorectal cancer in FY18 and 13 clients had pre-cancerous polyps removed
- 10 clients received navigation support

## SKIN CANCER

There are three major types of skin cancer. Basal cell and squamous cell carcinomas are the most common types of skin cancers. Melanoma is less common but is the most serious. The Skin Cancer Screening program provides education and funding for skin cancer screening and diagnostic and treatment services for adults who meet residency, age, and income guidelines.

- 24 clients were screened for skin cancer in FY18
- 1 cancer was diagnosed in FY18

#### LUNG CANCER

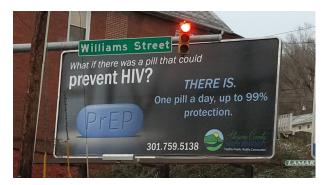
The Allegany County Health Department was chosen as one of five counties in Maryland to pilot a new Lung Cancer screening program. The program began in January 2018 and the purpose is to screen individuals who have a higher risk for lung cancer. High risk is defined by age and smoking history as well as family history of lung cancer or chronic obstructive pulmonary disease (COPD). Clients are seen by a primary care provider to determine if they meet the high-risk criteria for lung cancer screening. If at high risk, a low-dose CT scan is performed. This screening is recommended yearly.

3 clients were screened for lung cancer in 2018

#### **HUMAN IMMUNODEFICIENCY VIRUS (HIV)**

Approximately 74 people are living with HIV in Allegany County and an estimated 13% more people have the virus and are unaware. The HIV program provides free HIV testing and ongoing support for clients living with HIV. In collaboration with Johns Hopkins Hospital, a clinic is held two days per month to provide specialized HIV care. The health department also provides PrEP (Pre-exposure Prophylaxis), a medication taken once per day to help prevent HIV.

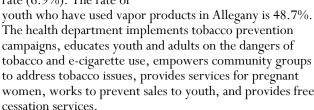
- 69 clients received HIV case management in FY18
- 86 clients received specialized HIV clinical care through the Johns Hopkins Clinic in FY18
- 413 HIV lab tests were conducted in FY18



# Preventing Substance Use

TOBACCO PREVENTION AND **CESSATION** 





- women, works to prevent sales to youth, and provides free cessation services. 105 adults participated in tobacco cessation services in
- 7,204 youth and 482 pregnant women received education in FY18
- 202 tobacco compliance checks were conducted by law enforcement in FY18 with only an 8% non-compliance

#### DRUG AND ALCOHOL PREVENTION

When asked about substance use in the last 30 days, 61% of Allegany County high school students reported drinking alcohol and 37% reported using marijuana. In 2018, the General Prevention Block Grant program implemented environmental strategies such as drug and alcohol prevention media campaigns, educating youth and adults about the dangers of substance use/abuse, coordinating professional trainings, empowering community groups, and supporting the enforcement of alcohol compliance checks to reduce youth access. Training Intervention Procedures (TIPS) programs were conducted to train businesses that sell and/or serve alcohol on the laws related to alcohol sales.



- 5,978 youth were educated through outreach efforts in FY18
  - 321 alcohol compliance checks were conducted in FY18
  - 10 TIPS trainings were conducted educating 86 participants

#### **OPIOID MISUSE PREVENTION**

In 2018, there were 413 non-fatal overdoses and 41 opioid-related deaths in Allegany County. The Opioid Misuse Prevention program implemented a variety of strategies to address this community epidemic. Outreach efforts to educate the public about the dangers of prescription pain medication misuse and heroin abuse included media campaigns, presentations and community events, coordination of professional trainings, Sheriff's Town Hall meetings, and enhanced community partnerships.

- 7,954 reached through community events and presentations
- 55,000 reached through media outreach

#### PRESCRIPTION DRUG TAKE-BACK



In an effort to reduce illegal sales of prescription drugs, four permanent prescription drug drop-off sites have been established at law enforcement agencies in the county including the Allegany County Sheriff's Office, Cumberland City Police Department, Frostburg City Police Department, and Frostburg State University Police. These drop-off sites provide a safe place for community members to dispose of unused or expired medications. Law enforcement officers also conducted mini take-back events and provided medication pick-up services for homebound individuals.

1,480 pounds of medication were collected

#### OVERDOSE PREVENTION

In Maryland, statewide strategies are being implemented to reduce overdoses involving opioids such as prescription pain medications, heroin and fentanyl. The Overdose Response program trains law enforcement officials and community members to administer naloxone, a medication used to counter the effects of an opioid overdose to prevent overdose deaths. Free naloxone trainings are available to the public and trainees receive the medication at no cost.

- 632 community members and 4 law enforcement officials received naloxone training in FY18
- 84 known naloxone administrations in FY18

# Providing Clinical Services That Are Limited in the Community



## **DENTAL HEALTH**

In Allegany County, low-income, uninsured adults are most likely to experience poor access to dental care. The Dental program provides clinical services for children and pregnant women with Medical Assistance, extractions for adults, urgent care for low-income adults and Department of Juvenile Services youth, dental sealants in schools, screenings and fluoride varnish for Head Start children, and oral health education. The program also provides immediate emergency dental treatment to patients reporting to the Western Maryland Health System emergency department with dental pain.

- 9,022 clinical visits for low-income children and adults in FY18
- 1,128 children received dental sealants on 2,360 permanent teeth in the School-Based Sealant program in FY18

#### INPATIENT ADDICTION TREATMENT

The Joseph S. Massie Unit, an adult inpatient substance abuse treatment program located in Cumberland, is operated by the Allegany County Health Department. The Massie Unit serves adults throughout Maryland with a maximum capacity of 45 patients. The Massie Unit provides: individual, family and group counseling; alcohol and drug education; family education; nursing and physician services; psychiatric evaluation; alternative pain management counseling; aftercare planning; and much more in a holistic treatment approach.

 636 patients were admitted to the Massie Unit for inpatient treatment in 2018

# RESIDENTIAL ADDICTION TREATMENT

The Allegany House is an adult residential substance abuse treatment program operated by the Allegany County Health Department. The Allegany House opened in January 2018 and offers clients in early recovery a safe environment to reside and continue outpatient treatment for substance abuse and mental health issues. Clients live at the Allegany House for a period of 3 to 6 months.



 In 2018, Allegany House assisted 39 clients with their recovery

#### **OUTPATIENT ADDICTION TREATMENT**

Addiction affects people from all walks of life. National data show that more than two-thirds of American families have been touched by alcohol or drug addiction. The health department provides outpatient addiction treatment services for adolescents and adults, an intensive outpatient program for adults, peer support, gambling treatment, and DWI education. New clients can walk in Monday through Friday 8:30 a.m. to 3:00 p.m. and be seen right away.

 10,222 outpatient addiction visits by 624 individuals in FY18

#### **OUTPATIENT MENTAL HEALTH SERVICES**

Approximately 1 in 5 adults in the U.S. experience mental illness in a given year, and approximately 1 in 5 youth experience a severe mental disorder at some point during their life. Mental illnesses include many different conditions that vary in degree of severity from mild to severe. The Outpatient Mental Health program provides mental health services for individuals ages 3 and over including individual, family and group therapy, intensive outpatient support, and medication evaluation and management.

- 1,215 individuals (766 adults and 449 children) were served in FY18
- 21,983 services were provided

## **Supporting Mental Health**

#### LOCAL BEHAVIORAL HEALTH AUTHORITY

The Behavioral Health System's Office (BHSO) is responsible for planning, managing, and monitoring publicly funded mental health and substance use disorder services within the county. The BHSO works collaboratively with community partners to meet the needs of individuals with mental health issues and substance use disorders and promotes public education related to mental health.

- 216 individuals trained in Mental Health First Aid in FY18
- 13 law enforcement officers trained in Crisis Intervention

#### SPECIALTY YOUTH BEHAVIORAL HEALTH SERVICES

Children with intensive behavioral health needs, without intensive intervention, frequently end up in more restrictive, out-of-home placements. The Integrative Therapeutic Family Services and Mobile Crisis and Stabilization Services programs provide short-term, specialized supports to youth experiencing emotional and behavioral issues and their caregivers. During FY18, 83% of youth served by these programs

successfully remained at their current level of care or moved to a less restrictive level of care.

- 217 therapeutic outings were conducted in FY18
- 148 family meetings and 8 parent support groups were held in FY18

#### HOMELESS/HOUSING SERVICES

Approximately 15% of homeless individuals in Maryland suffer from serious mental illness and 17% suffer with chronic substance use. The Behavioral Health System's Office assists these individuals through: The Projects for Assistance in Transition from Homelessness (PATH) program which provides care coordination and referral to housing and support services; the Continuum of Care program which provides rental subsidies and support services; and Homeless Resource Day, a day when community partners come together to connect homeless individuals with a wide range of local resources.

- 41 clients served by the PATH program in FY18
- 41 individuals provided with housing assistance and support in FY18

## TRANSITION FROM INCARCERATION

According to the Maryland Department of Corrections, about 25% of Maryland prison inmates have a mental illness. Strong community linkages are critical to preventing homelessness, inpatient hospitalization, and re-incarceration among this population. The New Horizons Re-entry Program provides pre-release planning for individuals in local facilities as well as case management and support services for individuals upon their release.

• 945 services provided to 87 clients in FY18

# **Protecting Against Environmental Hazards**

#### FOOD PROTECTION

In FY18, Allegany County had 425 food service facilities operating in the county. The Food Protection program issues annual permits to each of these facilities and conducts inspections to ensure food is prepared in compliance with State of Maryland regulations. Temporary facilities, such as food stands at fairs and events, are also inspected for compliance.

- 924 food service inspections were conducted in FY18
- 133 temporary facilities were inspected and permitted in FY18

#### WATER AND SEWER

In Allegany County, 13% of residences have private septic systems and 10% have private wells. The Onsite Water and Sewer program reviews and approves properties in the county for installation of onsite wells and septic systems.

- 11 septic system construction permits were issued in FY18
- 19 well permits were reviewed and processed in FY18

#### PUBLIC POOLS AND BEACHES



Allegany County has 23 swimming pools and beaches open to the public. The health department inspects public pools and beaches to ensure their safety for community use.

- 206 inspections were conducted on public swimming pools in FY18
- 11 bathing beach inspections were conducted in FY18

## RABIES

Rabies is a preventable viral disease of all mammals that is transmitted by the bite of a rabid animal. The Rabies and Zoonosis Control program protects the animals and residents of the county by investigating potential rabies cases and conducting public rabies vaccination clinics.

- 225 rabies investigations conducted and 34 specimens submitted for testing in FY18
- 598 rabies vaccinations provided at 2 public rabies clinics in FY18

#### **PUBLIC HEALTH NUISANCES**

The health department investigates public nuisance complaints. Public health nuisances include conditions that affect health, safety, or welfare such as an excessive accumulation of garbage, unsanitary animal enclosures, a

contaminated water supply, a mosquito or vermin harborage, or improper handling of substances that are poisonous to humans or animals.

- 31 public health nuisance complaints were investigated in FY18
- 2,344 burning permits were issued in FY18

# **Preparing for Emergencies**

#### TRACKING ILLNESS IN SCHOOLS

The Maryland Department of Health (MDH) Office of Preparedness and Response collaborates with public schools and acute care hospitals to track potential illnesses across the state. Using a web-based computer program called ESSENCE, the Allegany County Health Department tracks the number of students absent from local public schools as well as the number of emergency room visits as a means to monitor outbreaks of illness.

 22 public schools and 1 hospital reported ESSENCE data during the 2017-2018 school year

#### PREPARING FOR AN OUTBREAK

The Health Department is responsible for preparing for and responding to outbreaks of infectious disease. Multiple health department programs collaborate on surveillance, prevention, and control of infectious diseases. Efforts include educating health care providers and the public, developing policies and protocols, and working with partners to develop community response plans.

 2 infectious disease outbreak drills were conducted in partnership with Frostburg State University in 2018

# **Issuing Vital Records**

#### VITAL RECORDS

The Allegany County Health Department issues birth certificates to individuals who request a certificate and were born in the state of Maryland. Death certificates are issued to funeral directors and family members upon request.

- 2,994 birth certificates were issued in FY18
- 4,489 death certificates were issued in FY18





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