

GARRETT COUNTY, MARYLAND STRATEGIC PLAN FOR ALCOHOL AND DRUG ABUSE

Six Month Update: 7/6/16

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.**

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.
- 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 2018.

Progress: **All strategies are reviewed by the GC DFCC or the DFCC Action Teams and conform to the Strategic Prevention Framework as appropriate. Specific strategies currently include:**

- Vendor education, incentives and compliance checks for underage sale of alcohol-98 alcohol packets distributed.
- Training for Intervention Procedures (TIPS) server and concession training -2 training; 35 trained; 13 non-profit organizations
- Mini-grants to Youth in Action Peer Education Groups at each secondary school in county-4
- Mini-grants to community groups to build capacity for grassroots prevention education-6

- Second Step media campaign in partnership with Garrett County Head Start and Judy Center-6 marketing venues; radio, Republican Second Step Corner, AD, monitors, t-shirts, take home links
- Mind Your Meds: 50 magnets at Health Fair; 5 physician offices
- AddictionHappens.org media/marketing campaigns to reduce access to prescription drugs, increase awareness about the addiction problem in the county, and provide prevention, treatment and recovery resources.-60 drug disposal packs and information at HF, radio Ad about Candlelight vigil, Candlelight Vigil (52 attended), displays at event-GC Lighthouse set up table, Community walks during National Prevention Week (signs) Prescription Drug prevention Action Team-12 members
- Ongoing promotion of permanent prescription drug drop boxes.
- Worksite Wellness programs including mini grants to support overall wellness activities-5
- Adult education about myths and facts of marijuana use including media, mass mailing of 4 postcards to parents of secondary education students, presentations to community groups-?
- Social norm campaign about marijuana prevention on campus of Garrett College, monthly prevention messages-6 and Go 4 Health monthly meetings-5
- In the process of completing needs assessment and strategic plans for opioid misuse- both approved and underage/binge drinking using the Strategic Prevention Framework- needs assessment due July 14
- Sticker Shock at nine alcohol establishments, 1681 stickers

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 by the Value Options OMS system.

Progress:

- **Focus groups with providers have taken place as part of the Community Health Assessment**
- **Admissions for FY 2016 increased by 11% compared to the same period of FY 2015. (FY 2015 = 432, FY 2016 = 488)**

- **FY 2016 Performance Management**
 - **23 Adolescents received 0.5 Early Intervention Treatment**
 - **7 Adolescents received Level 1 Treatment**
 - **456 Adults received Level 1 Treatment**
 - **33 Adult inmates received Level 1 Treatment**
 - **15 Adults received Level II.1 Treatment**
 - **430 persons were evaluated for a Substance Related Disorder through the addictions counselor stationed at DSS**
- **OMS Outcome Data for Calendar Year 2015**
 - **Change in the use of drugs and/or alcohol during treatment (Initial interview and most recent interview).**
 - **53.8% reported no use**
 - **30.8% reported a decrease in use**
 - **9.6% reported an increase in use**
 - **5.8% reported no change in use**
 - **Change in Employment (Initial interview and most recent interview).**
 - **7% reported a gain in employment**
 - **9.5% reported a decrease in employment**
 - **22.6% were employed at both interviews**
 - **60.9% were unemployed at both interviews**

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

Goal 3: Increase recovery rates in adults and adolescents through effective treatment and recovery strategies.

- 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.
- Objective 5:** Increased use of medication assisted treatment as appropriate
- Objective 6:** Garrett County will have recovery housing that is approved through the Maryland State Association for Recovery Residences
- Objective 7:** Recovery Net providers will be located 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).
- OMS 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
- Garrett County Behavioral Health providers will receive CARF accreditation by 12/31/2016

Progress: To be reported each six months

- **There were no new providers of substance use disorder treatment added in the community during the review period.**
- **A Garrett County “Substance Abuse Treatment Court” has been initiated without the use of additional State resources.**
- **The GCHD Behavioral Health Clinic has submitted an application to CARF International. The on-site visit is scheduled for August 22-23, 2016.**
- **There are no Recovery Net providers located in Garrett County**

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 2.6 per year to 2 per year).

- Objective 1:** Education of the clinical (medical) community
- Objective 2:** Outreach to High-Risk Individuals and Communities
- Objective 3:** The Garrett County Overdose Review Panel will review all overdose deaths within 3 months of the release intoxication death updates by the State.
- Objective 4:** High risk individuals and emergency medical personnel will receive Overdose Response training.

Performance targets:

- Increase the number of physicians and mid-level providers who have been trained in opioid intoxication overdose prevention.
- Provide S-BIRT (Screening, Brief Intervention and Referral to Treatment) training for primary care medical.
- Provide overdose prevention strategies to all persons entering substance abuse treatment.
- The Garrett County Overdose Review Panel (ORP) will review all overdose deaths from 1/1/14 forward.
- Overdose Response Training will be provided to 100 persons per year.

Progress: To be reported each six months

- **Overdose prevention strategies are being provided to all persons who enter treatment at the GCHD Behavioral Health Clinic.**
- **The Garrett County Overdose Review Panel has been meeting quarterly and has been reviewing all overdose deaths once the death is verified as an accidental overdose by the Office of the Chief Medical Examiner (OCME). There were 5 deaths attributed to overdose during Calendar Year 2015. For Calendar Year 2016, there has been one cause of death classified as Natural, with Narcotic Use leading to complications.**
- **102 persons received Overdose Response Training in of FY 2016**

- **The Deputy Health Officer and prevention staff met with 15 providers to discuss and encourage the use of the PDMP. Thirteen practices have some form of CRISP (either PDMP only, or full access)**

Estimated Dollar Amount needed to achieve goal: \$10,000 – 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.
- Objective 2:** Maximize reimbursement for services by having the out-patient clinic listed with insurers in the Health Benefit Exchange.
- 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

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.
- Facilitate at least 20 hours of continuing education training for addiction professionals per year in Garrett County

Progress: To be reported each six months

- **Garrett County applied for and received an increase in Substance Abuse Treatment Outcomes Partnership (S.T.O.P.) funding over previous years**
- **Garrett County Health Department was awarded a grant by the Maryland Community Health Resources Commission is being developed to provide additional medication assisted treatment options in Garrett County.**
- **Local Training of Professional Staff included**
 - **Compassion Fatigue**
 - **Integrating Problem Gambling into Substance Use and Mental Health Treatment**
 - **Understanding Cultural Competency and its Importance in Appalachia**

Estimated Dollar Amount needed to achieve goal: \$2,000 – Provision of training