



**Drug and Alcohol Abuse Council Report
Cecil County Community Health Advisory
Committee January 18, 2018**

Drug-induced death rate per 100,000 population							
	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013	2012-2014	2013-2015
Cecil	21.6	21.2	27.4	29.5	26.5	27.9	30.5
Maryland	12.9	12.1	11.9	12.3	13.3	15.2	17.7

HP 2020 Target: 11.3 MD 2017 Goal: 12.6 Cecil 2019 CHIP Goal: 25.2
Source: Maryland DHMH Vital Statistics Administration (VSA)

Rate of emergency department visits related to substance abuse disorders (per 100,000 population)					
	2010	2011	2012	2013	2014
Cecil	1538.6	2121.9	2234.8	2057.6	2165.7
Maryland	1122.4	1237.5	1398.2	1474.6	1591.3

MD 2017 Goal: 1400.9 Cecil 2019 CHIP Goal: 2057.4
Source: Maryland Health Services Cost Review Commission (HSCRC), Research Level Statewide Outpatient Data Files

Percentage of high school students who had at least one drink of alcohol on one or more of the past 30 days		
	2013	2014
Cecil	37.5	35.3
Maryland	31.2	26.1

Cecil 2019 CHIP Goal: 33.8%
Source: Maryland Youth Risk Behavior Survey

The Cecil County Drug and Alcohol Abuse Council (DAAC) seeks to reduce substance use disorders and related consequences through development and implementation of an integrated and comprehensive prevention/early-intervention, treatment, recovery support and public safety system.

The Council’s plan, entitled “Plans, Strategies and Priorities for Meeting the Identified Needs of the General Public and the Criminal Justice System for Alcohol and Drug Abuse Evaluation, Prevention, and Treatment,” was developed by local and regional stakeholders and multiple agencies to guide the improvement of current services, as well as document the need for new initiatives. The goals of the jurisdictional plan include the following:

- 1) Establish an accessible and integrated continuum of substance abuse treatment services for adult residents of Cecil County.
- 2) Establish and enhance resources and programs to address the substance use disorder concerns among individuals referred by the criminal justice system.

- 3) Establish an accessible and integrated continuum of substance use disorder prevention, intervention and treatment services for children, adolescents and their families of Cecil County.
- 4) Educate and assist the Cecil County community to live healthy and drug free lives.
- 5) Decrease obstacles to prevention, early-intervention, treatment and emergency response programs.
- 6) Develop a recovery-oriented systems approach that builds on the strengths and resilience of individuals, families, and communities to take responsibility for their sustaining health, wellness, and recovery from alcohol and drug problems.
- 7) Decrease the number of drug exposed newborns born in Cecil County.
- 8) Establish an accessible and integrated continuum of gambling prevention, intervention and treatment services.
- 9) Reduce incidence of fatal and non-fatal overdoses in Cecil County.

The above goals are supported by 46 objectives and related performance targets.

During the development of the local plan, the Cecil County Drug and Alcohol Abuse Council identified three priorities (objectives) for specific focus through June 2019. The priorities are aligned with the Cecil County Community Health Improvement Plan, and include the following:

- 1) **Goal 3, Objective E:** Increase protective factors and resiliency to prevent or delay the initiation of substance use and other high risk behaviors among youth in Cecil County.
- 2) **Goal 9, Objective E:** Increase overdose prevention education and related outreach to individuals and groups identified as high risk. Educate community members in overdose recognition and response.
- 3) **Goal 5, Objective F:** Increase communication, collaboration, and, where possible consolidation, among various stakeholder groups.

Select accomplishments and recent progress toward the above priorities and overall plan follow:

- During the spring of 2017, Cecil County established a local Opioid Information Team (OIT) pursuant to the Governor's declaration of a State of Emergency on the opioid crisis. The Cecil County OIT met during the spring and summer of 2017 to identify priorities for related opioid crisis funding. On July 6, 2017, the Maryland Opioid Operational Command Center (OOCC) awarded funding to the OIT to: (a) increase youth knowledge of opioid risks and (b) augment the www.rewriteyourscript.org public awareness campaign. Efforts to increase youth knowledge of opioid risk were facilitated by Cecil County Public Schools (CCPS) with support from the Cecil County Drug Free Community Coalition. During the fall of 2017, CCPS organized five Parent Engagement Nights at each of the five high schools. The events helped increase awareness of: (1) the current opioid epidemic, (2) strategies for discussing opioid use/substance use disorders at home, (3) early signs and symptoms of substance use, and (4) resources for early-intervention and treatment. Ten additional events are planned for the spring of 2018. Similarly, the OOCC funded efforts to expand the local public awareness campaign are under development and expected to be deployed in early spring 2018.

- The Cecil County Drug and Alcohol Abuse Council helped promote National Recovery Month during September 2017. The Recovery Month theme, “Join the Voices for Recovery - Strengthen Families and Communities,” highlighted the value of family and community support throughout recovery. Recovery month celebrations in Cecil County included: the Haven House “4th Annual Recovery Picnic” on September 9th; the Voices of Hope “One Step at a Time 5K” on September 17th; the Chesapeake Bay Coffee House presentation of the “The Anonymous People” with special guest Tony Luke on September 20th; the Dexter House “Pig Roast” on September 23rd; a presentation by Ashley Addiction Treatment on “the Opioid Crisis & the Pathway to Recovery” on September 25th; a Cecil County Public School “Drug Prevention Community Seminar” on September 26th; the County Executive and County Council proclamation of Recovery Month in Cecil County during a meeting of the Drug and Alcohol Abuse Council on September 28th; and the seventh annual 5K/12-Step Recovery Walk & Block Party on September 30th. The above listed events brought more than one-thousand people together to share real life experiences of the power of recovery from mental and/or substance use disorders.
- Medication take back efforts were successful and expanded during FY 2017. National Prescription Drug Take Back Days, scheduled twice annually, strive to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse and medications. On the most recent Take Back Day, October 28, 2017, Cecil County hosted eight locations for medication collections including: the Cecil County Sheriff’s Office; the Elkton Police Department; the JFK Highway Barrack of the Maryland State Police; the North East Barrack of the Maryland State Police; the North East Police Department; the North East Walgreens Pharmacy (with support of the North East Police Department); the Perryville Police Department; and the Rising Sun Police Department. Officers at these sites collected 199 lbs of medications, an increase of 34% above amounts tallied for Drug Take Back Day during fall 2016, and the second highest Cecil County collection day on record. (Including the 342 lbs received on April 29, 2017), a combined 541 lbs were collected during local Drug Take Back Day events in calendar year 2017, an increase of 115% above calendar year 2016 Take Back Day totals. Additional prescription drug disposal options within Cecil County include six permanent drug drop boxes. Locations include new drop boxes at the North East Barrack of the Maryland State Police and the Perryville Police Department, as well as the Elkton, North East, and Rising Sun Police Departments, and the Cecil County Sheriff’s Office in Elkton. Disposal locations are promoted online at: <http://www.rewriteyourscript.org/>
- On October 28, 2017, Cecil County Drug and Alcohol Abuse Council members participated in a local roundtable discussion with Mr. Richard Baum, the acting director of the White House Office of National Drug Control Policy. (According to the Cecil Whig, Mr. Baum was the highest ranking White House official to visit Cecil County since President John F. Kennedy’s visit in 1963.) Mr. Baum attended the Drug Free Cecil/Drug Free Community Coalition Health Fair and Restore Church Trunk-or-Treat event at Elkton High School. He was joined by U.S. Representative Andy Harris; County Executive, Dr. Alan J. McCarthy; Cecil County Council President Joyce Bowsbey;

County Council Vice President Dan Schneckenburger; Maryland Department of Health Secretary Dennis Schrader; and other federal, state and local officials. The round-table discussion focused on National Prescription Drug Take Back Day, and other efforts to address on the heroin epidemic permeating the county, state, and country.

Approximately thirty Cecil County leaders and community representatives participated in the round-table discussion, including two Elkton High School students.

- On November 15th, Cecil College, Voices of Hope for Cecil County, Drug Free Cecil and the Cecil County Health Department partnered to facilitate an “Evening of Hope” presentation on the North East campus of Cecil College. The event was inspired by the Cecil Whig’s “Voices of Hope” series and focused on inspirational stories of recovery from substance use disorders. Opening remarks were delivered by County Executive Dr. Alan J. McCarthy, and Cecil Whig Editor Jake Owens. Six individuals with connection to Cecil College (including students, faculty, and parent of a Cecil student), shared their stories of recovery and hope, and participated in a question and answer session with the audience. The event also included a resource/information fair and open house for Cecil College's Student Support and Resource Center.
- On December 6, 2017, Cecil County Public Schools (CCPS), in partnership with the Center for School Mental Health within the University of Maryland School of Medicine, announced the award of a \$3 million grant from the National Institute of Justice (NIJ). The grant will be focused on providing behavioral support for students who have experienced various levels of trauma. Components of the grant include: training for School Resource Officers (SROs) and CCPS staff for responding to adolescent behavior issues; an examination the impact of a promising conflict-resolution strategy for de-escalating student acting-out behaviors; the incorporation of Support for Students Exposed to Trauma program (a 10-week school-based cognitive-behavioral group intervention for students who have been exposed to traumatic events and have elevated symptoms consistent with PTSD); the development of graduated response systems for student misbehavior; and training for staff focused on de-escalating situations and redirecting students back to engagement in their learning.
- On December 14, 2017, Union Hospital in partnership with the Maryland Behavioral Health Administration, The Anti-Stigma Project of On Our Own of Maryland, and the Cecil County Health Department, facilitated an inter-professional education initiative for community health care providers. The presentation was titled “Chronic Pain and Implicit Bias - What Every Health Care Provider Should Know About Managing Personal Beliefs and Patients with Chronic Pain.” Opening remarks were delivered by County Executive Dr. Alan J. McCarthy, and Union Hospital Chief Executive Officer, Dr. Richard C. Szumel, M.D. Approximately 80 physicians and nurses attended.
- The Cecil County Outreach to Survivors of Overdose (OSO) program was developed in partnership between the Cecil County Sheriff’s Office (CCSO) and the Cecil County Health Department. Objectives for the program include the prevention of disease progression, future overdose incidents and death. The project strives to connect with individuals who survived an overdose event but refused transportation to Union Hospital

or other healthcare provider. The CCSO provides overdose incident data and contact information for many of the overdose survivors. Health Department Peer Recovery Specialists and Overdose Prevention staff employ the CCSO data to contact the survivors, offer assistance and community resources, and encourage treatment admission. The program started on April 3, 2017. Through December 31, 2017, three-hundred and forty three contacts (initial and subsequent) were initiated with survivors. From these attempts, sixty-nine connections were successful, and fifteen individuals enrolled into substance use disorder treatment.

- The Cecil County Overdose Response Program (ORP) provides substance use disorder education, overdose identification and response guidance, and naloxone distribution. Naloxone is a life-saving opioid antagonist medication that counters the effects of an opioid overdose, reversing the depression of the central nervous system and respiratory system. The education and medication distribution were available for individuals with a history of opioid use and to those that could be in a position to witness and respond to an overdose. Between April 30, 2014 and December 31, 2017, the program provided training and naloxone to 1,640 community residents and 335 law enforcement officers; (1,975 total trained). Through December 31, 2017, a minimum of 177 lives were reported saved as a result of actions taken by ORP trained individuals. (This count includes lives saved by community participants and law enforcement officers. The count does not include naloxone administrations by paramedics and other medical emergency service responders.)

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