

---

## CECIL COUNTY DRUG AND ALCOHOL ABUSE COUNCIL

### 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

**JULY 2017 THROUGH JUNE 2019**

Progress Updated: January 31, 2018

---

#### **VISION:**

A community free from substance abuse and dependence.

#### **MISSION:**

To reduce substance abuse and dependence and related consequences through development and implementation of an integrated and comprehensive prevention, early-intervention, treatment, recovery support and public safety system that meets the needs of the general public and the criminal justice system.

#### **GOALS:**

Reducing substance abuse and its related consequences, and preventing the onset and escalation of substance use by adolescents are critical goals for the Cecil County community. The strategic plan detailed below is the result of work from the Cecil County Drug and Alcohol Council, a local group of concerned community members and service providers. The plan, developed by the local group, identifies the service needs of the general public and the criminal justice system, and is in response to the Council's review of available federal, state, local, and private resources for evaluation, prevention, and treatment services. Successful implementation of the following plan is contingent upon receipt of sufficient funding.

The goals of the jurisdictional plan include:

- 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.

**PRIORITIES ALIGNED WITH COMMUNITY HEALTH IMPROVEMENT PLAN:**

Based on the above goals, and the following objectives, the Cecil County Drug and Alcohol Abuse Council identified three priorities for specific focus for the next two years, 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.

**OBJECTIVES, ACTION PLAN, ACTUAL OUTPUTS:**

---

**GOAL 1:** Establish an accessible and integrated continuum of substance abuse treatment services for adult residents of Cecil County.

---

- Objective A:** Improve access to residential treatment services.
- Objective B:** Increase capacity to treat co-occurring disorders.
- Objective C:** Improve transitional housing services for individuals in need of ongoing long-term substance abuse care.
- Objective D:** Increase the availability of Vivitrol (naltrexone), Suboxone (buprenorphine and naloxone) and Methadone treatments for persons addicted to opioids.
- Objective E:** Increase continuum of services (education, support and treatment) for families affected by substance use disorders.
- Objective F:** Support the development and coordination of recovery support services offered by non-traditional (citizen-driven, grassroots, faith-based) groups.
- Objective G:** Increase community and provider awareness of existing treatment and recovery support resources.
- Performance Target:** Increased quality and quantity of treatment modalities accessible to Cecil County residents.

---

**GOAL 2:** Establish and enhance resources and programs to address the substance use disorder concerns among individuals referred by the criminal justice system.

---

**Objective A:** Enhance and expand the Adult Drug Treatment Court Program within the Circuit Court for Cecil County.

**January 2018 Update:** One-hundred and four participants were enrolled in the Cecil County Adjudicated Adult Drug Treatment Court on December 31, 2017.

**Objective B:** Expand treatment and re-entry aftercare programs for residents of the Cecil County Detention Center and the Community Corrections.

**Objective C:** Increase treatment capacity for clients referred through the criminal justice system.

**Objective D:** Reeducate prosecutors, judges, and probation agents on treatment resources and recovery supports available for individuals referred through the criminal justice system.

**Performance Target:** Improved substance use disorder related resources for individuals involved with the criminal justice system.

---

**GOAL 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.

---

**Objective A:** Improve access for adolescents and families to residential treatment services.

**Objective B:** Expand evidenced-based counseling and case management services for the families of at-risk children and adolescents.

**January 2018 Update:** 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. 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 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 post-traumatic stress disorder; 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.

**January 2018 Update:** The Y.E.S. (Youth Empowerment Source) Initiative for Children of Incarcerated Parents was launched in November 2016. Designed to provide support to children and caregivers impacted by incarceration this program provided counseling, support services, life skills and more to families. Through December 31, 2017, forty-seven children were enrolled in services. Additionally, twenty-four referrals are either pending or have been shelved due to inability to engage caregivers. Caregivers had access to a monthly support group to address challenges specific to their situations.

**Objective C:** Extend the benefits of the drug court treatment model to adolescent offenders and their families.

**Objective D:** Expand adolescent offender participation in criminal justice diversion programs and neighborhood youth panels.

**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.

**January 2018 Update:** The Cecil County Leadership Summit at NorthBay Adventure Camp, in partnership with Cecil County Public Schools (CCPS), Cecil County Drug Free Community Coalition (CCDFCC) and the Cecil County Health Department (CCHD), began its third year during FY2018. Forty-eight students from five county high schools (Bohemia Manor, Elkton, North East, Perryville, Rising Sun) attended the two-day event during November 2017, and continued development of “youth-led, adult-guided” action plans to reduce adolescent substance use through impacting school environments and changing social norms. On completion of the two-day summit, students presented five draft video public service announcements on different prevention topics (marijuana, underage drinking, over the counter medicine abuse, opioid abuse), and related peer-to-peer messages (for social media posts, billboards). The videos and related messages will be distributed during the spring of 2018. Additional implementation of student action plans are scheduled to continue during the remainder of FY2018, with

monthly meetings at each high school with students and staff from NorthBay, CCPS and CCDFCC.

**Objective F:** Increase the number of Cecil County youth who participate in evidenced-based prevention and early-intervention programs.

**Performance Target:** Increased number of children and adolescents accessing integrated prevention, intervention and treatment services.

---

**GOAL 4:** Educate and assist the Cecil County community to live healthy and drug free lives.

---

**Objective A:** Utilize multi-media initiatives to change individual and community norms.

**January 2018 Update:** Focused on efforts to reduce alcohol binge drinking and overservice, the Cecil County Maryland Strategic Prevention Framework-2 (MSPF2) Coalition sought to expand TIPS (Training for Intervention ProcedureS) for alcohol-serving establishments. TIPS training provides education and skills to ensure responsible service, sale, and consumption of alcohol. Current Cecil County policy requires training for only one employee of an alcohol-serving establishment. The Coalition proposed a policy change which would require TIPS training for all bartenders and any employee in a supervisory position. This policy change has been supported by Cecil County Council and will be presented for legislative approval in Annapolis in February and March of 2018.

**Objective B:** Increase community awareness of behavioral health prevention and treatment resources.

**Objective C:** Increase the percentage of healthcare providers who routinely screen for substance use disorder, and refer for further assessment/treatment for those patients at-risk.

**Performance Target:** Reduced prevalence of high risk behaviors associated with substance use disorders among residents as indicated by Cecil County Community Health Survey and Maryland Adolescent Survey.

---

**GOAL 5:** Decrease obstacles to prevention, early-intervention, treatment and emergency response programs.

---

- Objective A:** Establish new transportation resources for Cecil County residents seeking prevention, early-intervention and treatment services.
- Objective B:** Promote the establishment of community based and Telemedicine behavioral health services in underserved areas.
- Objective C:** Improve services for non-English speaking community members.
- Objective D:** Initiate activities to address behavioral health workforce shortage issues in Cecil County (in an effort to increase the number of residents served).
- Objective E:** Identify and address challenges that discourage emergency response associated with behavioral health incidents.
- Objective F:** Increase communication, collaboration, and, where possible consolidation, among various stakeholder groups.
- Performance Target:** Increased attendance and participation of those community members in need of services.

---

**GOAL 6:** Sustain a recovery-oriented systems approach that builds on the strengths and resilience of individuals, families, and communities to take responsibility for sustaining health, wellness, and recovery from alcohol and drug problems.

---

- Objective A:** Develop a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual's needs and chosen pathway to recovery.
- Objective B:** Develop an ongoing process of systems-improvement that incorporates the experiences of those in recovery and their family members.
- Objective C:** Coordinate with multiple systems to develop responsive, outcomes-driven approaches to care.
- Objective D:** Elevate the visibility of behavioral health recovery and decrease the related negative stigma. Incorporate the experiences of those in recovery to help and support individuals and families suffering with behavioral health disease.

January 2018 Update: The Cecil County Drug and Alcohol Abuse Council helped promote National Recovery Month during September 2017. The event helped to elevate the visibility of behavioral health recovery and decrease the related negative stigma. The Recovery Month theme, “Join the Voices for Recovery - Strengthen Families and Communities,” highlighted the value of family and community support throughout recovery. Local celebrations during September 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 26<sup>th</sup>; 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.

January 2018 Update: On November 15, 2017, 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 Recovery” 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 a 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.

January 2018 Update: 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. The event included a panel discussion with individuals in recovery from substance use disorders for a presentation on “A Patient's Journey: Navigating the Stigma of Addiction.” Approximately 80 physicians and nurses attended.

**Performance Target:** Increased recognition, growth and system collaboration of recovery oriented processes and resources.

---

**GOAL 7:** Decrease the number of drug exposed newborns born in Cecil County.

---

**Objective A:** Identify resources, barriers to care and gaps in services for drug exposed newborns and their families.

**Objective B:** Increase physician/obstetrician screening for substance abuse and respective referrals for substance abuse assessments and treatment.

**Objective C:** Expand the menu of services and supports for parents who use and abuse alcohol and other drugs of abuse.

**Objective D:** Develop a comprehensive menu of services and supports for infants and children affected by parental substance use

**Performance Target:** Decreased number of drug exposed newborns. Decreased premature birth, miscarriage, low birth weight, and the variety of behavioral and cognitive problems associated with prenatal and postnatal drug exposure.

---

**GOAL 8:** Establish an accessible and integrated continuum of gambling prevention, intervention and treatment services.

---

**Objective A:** Implement problem gambling prevention and early-intervention programming throughout Cecil County.

**Objective B:** Raise awareness about consequences of problem-gambling.

**Objective C:** Recruit and train workforce to provide competent problem gambling assessment, intervention and counseling.

**Objective D:** Integrate problem gambling screening within all substance abuse assessments.

**Objective E:** Expand access to evidenced-based problem-gambling services. Identify barriers to care and gaps in services for problem gamblers and their families.

**Performance Target:** Increased number of individuals accessing integrated prevention, intervention and treatment services.

---

**GOAL 9:** Reduce incidence of fatal and non-fatal overdoses in Cecil County

---

**Objective A:** Raise awareness about consequences of substance abuse, including opioids and prescription drugs.

**January 2018 Update:** Cecil County Public Schools (CCPS) with support from the Cecil County Drug Free Community Coalition, developed additional initiatives to increase youth knowledge of opioid risk. During the fall of 2017 (with funding from the Cecil County Opioid Information Team via the Maryland Opioid Operational Command Center), 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.

**Objective B:** Increase community participation in disposal of unused and expired medications.

**January 2018 Update:** Medication take back efforts were successful and expanded during calendar year (CY) 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; Elkton High School (with support of the Cecil County Sheriff's Office); 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 CY2017, an increase of 115% above CY2016 Take Back Day totals.

**January 2018 Update:** Cecil County added two additional permanent drug drop boxes during CY2017. New boxes were placed at North East Barrack of the Maryland State Police and the Perryville Police Department. With the additional boxes, Cecil County currently hosts six permanent drug drop locations, including the Elkton, North East, and Rising Sun Police Departments, and the Cecil County Sheriff's Office in Elkton. Local disposal locations are promoted online at: <http://www.rewriteyourscript.org/>

**Objective C:** Elevate physician participation in Maryland's prescription drug monitoring program (PDMP).

**Objective D:** Increase healthcare provider screening of patients for substance abuse treatment.

**Objective E:** Increase overdose prevention education and related outreach to individuals and groups identified as high risk. Educate community members and law enforcement officers in overdose recognition and response.

**January 2018 Update:** 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 January 25, 2018, the program provided training and naloxone to 1,653 community residents and 335 law enforcement officers; (1,988 total trained). Through January 25, 2018, a minimum of 214 lives were reported saved as a result of actions taken by ORP trained individuals, (108 saved by community members, 106 saved by law enforcement officers).

**January 2018 Update:** 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.

**Objective F:** Increase availability of emergency overdose response kits and intranasal Naloxone medication.

**Objective G:** Elevate review and consideration of local overdose incidents. Identify root causes, determine trends, target resources to decrease overdose death rates, and support implementation of other prevention/intervention efforts.

**Performance Target:** Reduced per-capita rate of fatal and non-fatal overdoses in Cecil County.

###

---