



**Drug and Alcohol Abuse Council Report
Cecil County Community Health Advisory Committee
July 21, 2016**

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

HP 2020 Target: 11.3 MD 2017 Goal: 12.6
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
Source: Maryland Health Services Cost Review Commission (HSCRC), Research Level
Statewide Outpatient Data Files

During the previous six months, the Cecil County Drug and Alcohol Abuse Council (DAAC) met on March 24, 2016, and June 21, 2016.

On February 15, 2016, a progress update on the FY2016 - FY2018 DAAC plan was submitted to the Governor via the Maryland Behavioral Health Administration. The plan was titled: “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.”

The Council’s plan seeks to reduce substance abuse and dependence and related consequences through the development and implementation of an integrated and comprehensive prevention/early-intervention, treatment, recovery support and public safety system. Select accomplishments and recent progress toward the DAAC plan, and the Local Health Improvement Plan follow:

- On September 15, 2015, Cecil County Health Department (CCHD) announced the development of a public awareness campaign, “Rewrite Your Script,” focused on opioid misuse prevention. Campaign objectives include (a) increased community perception of risk/harm for non-medical use of opioids, (b) increased community knowledge for, and utilization of, appropriate disposal methods for unused prescription medications [i.e., drug

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take-back boxes], and (c) an elevated public awareness of resources for treatment, overdose prevention and recovery support. The campaign's website, RewriteYourScript.org, links Cecil County residents with over 100 prevention, treatment and recovery resources. The website also includes testimonials of Marylanders who are in recovery to help inspire others to make similar changes. This campaign was developed through the Opioid Misuse Prevention Program (OMPP) Coalition, and included collaborators from the Local Overdose Fatality Review Team, including representatives from: Cecil County Adult Drug Court, Cecil College, Cecil County Drug Task Force, Elkton Police Department, Department of Emergency Services, Haven House, Department of Juvenile Services, Cecil County Public Schools, Serenity Health, Department of Social Services, Union Hospital, Upper Bay Counseling and Support Services, et al. During the first three months of the initiative (though December 15, 2015), the campaign website observed 6,854 total sessions. Visitors stayed on the website for an average of 2 minutes and 15 seconds, and viewed an average of four pages of website content.

- Drug take back efforts were successful and expanded during FY2016:
 - During FY2016, two additional locations for disposal of expired and unused prescription medications were established. One is located at the Cecil County Sheriff's Office in Elkton, and a second at the North East Police Department. Combined with the Elkton Police Department and the Rising Sun Town Hall, Cecil County has established four permanent locations for drug disposal. The fixed location drop-boxes provide a safe, convenient and anonymous opportunity to dispose of unused and expired medications. Disposal locations are promoted online at: <http://www.rewriteyourscript.org>
 - Elkton Police reported that 406 pounds of unwanted medication were collected during calendar year 2015, via Elkton's permanent prescription drug drop- box; an increase of 53% above the 267 pounds collected during calendar year 2014.
 - A drug take-back day was promoted in Cecil County on April 30, 2016 with several locations available to drop off unused medications throughout the county: Cecil County Sheriff's Office, Elkton Police Department, North East Police Department, Perryville Police Department, Rising Sun Police Department, and two Maryland State Police barracks, North East and JFK Highway. This event was advertised through social media and a press release.
- Between May 2014 and June 2016, the CCHD Overdose Response Program (ORP) trained/certified 1,000 community members and law enforcement officers on overdose recognition and response. Through June 30, 2016, at least 64 lives were reported saved as a result of actions taken by ORP certified individuals.
- The Cecil County Local Overdose Fatality Review Team (LOFRT) was established February 2014. LOFRT is a multi-disciplinary review committee established to encourage and inform local overdose prevention efforts. The Team critically analyzes individual fatal drug overdose deaths, and assesses risk factors and missed opportunities for intervention.

Discussion and recommendations from the team inform policy and programming to help prevent future overdoses.

- A Summary of Findings report was released by LOFRT on December 21, 2015, and the information was presented to the DAAC on March 24, 2016. Trends and recommendations from the report include: (1) evidence of need to provide education, outreach, and supportive services for family members of substance abusers; (2) evidence of need to provide overdose response training and increased access to naloxone in the community; (3) evidence of need to train and equip providers of somatic care to complete Screening, Brief Intervention, and Referral to Treatment protocols; (4) evidence of need to embed peer recovery specialists within somatic care provider offices; (5) evidence of need to expand use of the Prescription Drug Monitoring Program and mandate provider participation; (6) evidence of need to make contact with family members of intoxication death victims to provide access to supportive and treatment services; and (7) evidence of need for care coordination and provider follow-through to ensure continuity of care, regardless of treatment level, reason for discharge, patient prognosis, or perceived patient effort in treatment.
- Thirty one members representing 23 local organizations participate on the Cecil County LOFRT. The Team convened 18 meetings and reviewed 69 cases between February 2014 and June 30, 2016.
- Several innovative prevention and early- intervention projects were implemented during FY 2016:
 - One successful initiative includes a student leadership and substance use disorder prevention Summit. NorthBay Adventure Camp of Cecil County entered into an agreement with Cecil County Public Schools (CCPS) and CCHD to facilitate the Summit. Funding was made available for the project through a donation from the Old Dominion Electric Cooperative. Members of the Cecil County Drug Free Community Coalition (CCDFCC) also supported the Summit. Seventy-seven students from five county high schools (Rising Sun, Bohemia Manor, Perryville, North East, and Elkton) attended the two-day event, and developed student directed action plans to impact each school environment and build safe and sober communities. On completion of the summit, 85% of the students reported an increased understanding of risk factors for drug abuse and an increased understanding of county-wide drug issues; over 90% of the students reported an increased understanding of leadership, reported practicing leadership, and affirmed that they had the power to influence their friends; 91% of the students were able to identify positive relationships in their lives and identify people to support them when they needed help; and 90% of the students reported an intention to take positive action in their communities after going home. Implementation of student action plans are scheduled to continue during F Y2017, with support from NorthBay, CCPS, CCHD, and CCDFCC.
 - A second successful project includes the implementation of universal substance use prevention for all students, grades 3 through 10, within CCPS. Initiated in

August 2015, the project utilized the evidence- based Botvin LifeSkills training with two instructors dedicated to the teaching the curriculum. Pre- and post-survey results found that middle school students showed, on average, an 11% improvement on the survey questions, while elementary school students showed a 26.5 percent increase. One specific example, includes response from students who would say “no” to alcohol and cigarettes if offered: 58% of Elkton Middle School (EMS) students said they would say “no to alcohol” on the pre-survey, compared to 79% on the post-survey; 63% of EMS students said they would say no to cigarettes on the pre-survey, compared to 91 percent on the post-survey. The program plans to add an additional teacher for CCPS high schools during FY2017.

- A third successful project includes the Motivational Enhancement Therapy and Cognitive Behavioral Therapy (MET/CBT-5) intervention project. Through the MET/CBT-5 program, CCHD with the support of CCPS, offered pre-clinical services to teens and young adults between the ages of 14 to 18. The program was designed to help prevent the escalation of substance use and associated consequences. MET/CBT-5 is an evidence- based program, identified as beneficial for adolescents due to its less directive, non-confrontational approach in teaching coping skills. The program also incorporated the power of peer influence into group sessions. The MET/CBT-5 program provided training for building the skills necessary to increase social support, influenced positive behavior change, and helped develop avoidance and coping mechanisms to deal with any potential relapse issues. Fifty-two students participated in the program during FY 2016, the program’s second year of operation. On completion of the program, 76% of students reported motivation to stop using drugs or alcohol; 100% reported confidence in their ability to handle stress, anxiety and anger in a healthy way; and 71% reported confidence for achieving personal success in the future. MET/CBT-5 has been identified as one of the most cost-effective approaches for youth, and services will continue at selected schools during FY 2017.
- During FY2016, the Cecil County Detention Center (CCDC) and the CCHD developed a new Medication Assisted Treatment (MAT) and Re-entry program. Within the program, inmates with a history of opiate dependence received Vivitrol injections at CCDC, just prior to their release from the jail. On return to the community, CCHD coordinated care, recovery support and treatment services for offenders including visits with a physician for continued Vivitrol injections. Vivitrol (naltrexone) is an opioid antagonist medication administrated as an extended-release injectable. Patient enrollment in the program began on October 2, 2015. The program was funded by the Governor’s Office of Crime Control and Prevention and supported by medication donations from Alkermes, Inc. Community physicians involved in the project included Dr. Katz of Cecilton, and Drs. Yu and Hsu of Elkton.

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