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**Cecil County Alcohol and Drug Council**  
Report to the Community Health Advisory Committee  
July 21, 2011

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The following is a summary of the activities of Cecil County's Alcohol and Drug Council since the last Community Health Advisory Committee meeting.

**Survey of Local Resources:**

During the most recent meeting of the Cecil County Alcohol and Drug Council on June 23, 2011, council members reviewed and updated its survey of local resources. The purpose of the survey was to capture all local resources, including Federal, State, County, and private foundation dollars, that provide substance abuse prevention (defined as those efforts that reduce rates of first-time use of alcohol and nicotine for adolescents, or illicit substance by adolescents or adults), intervention (those resources that identify and move individuals to care), and treatment (defined as services which reduce rates of substance abuse and addiction in adults or adolescents).

**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:**

Incorporating the survey and input from multiple agencies, the Council developed its plan and priorities for FY2012 - FY2013. In short, the plan seeks to reduce substance abuse/dependence and related consequences, and problem gambling, through development and implementation of an integrated and comprehensive prevention, early-intervention and treatment service system. The major goals of the Council are identified below:

- 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 abuse concerns among individuals referred by the criminal justice system.
- 3) Establish an accessible and integrated continuum of substance abuse prevention, intervention and treatment services for the adolescents and their families of Cecil County.
- 4) Educate and assist families in Cecil County to live healthy and drug free lives.
- 5) Decrease perceived obstacles to prevention and treatment programs.
- 6) Develop a recovery-oriented systems approach that build 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.

The above goals are supported by 33 objectives and related performance targets. Successful implementation of the goals and objectives is contingent upon receipt of sufficient funding.

**Cancer Task Force Report**  
**Cecil County Community Health Advisory Committee**  
**July 21, 2011**

The Cancer Task Force met on September 2010, March 25, 2011, and May 6, 2011. Grant activities throughout the year were presented for comment. Grant activities in the following grants were accomplished or exceeded: CRFP – Cancer Prevention, Education, Screening and Treatment Program, Program, Cancer Early Detection/Prevention Grant, Maryland Cancer Fund, Breast and Cervical Cancer Program, Cecil County Colorectal Cancer Small Media Campaign Grant Pilot Grant, and the Just Us! A Community Legacy for Breast Cancer Screening Program, Maryland Affiliate - Susan G. Komen for the Cure®. The task force discussed and agreed with the proposed action plans for these Fiscal Year 2012 grants. Other topics presented during the meetings were personal stories of two cancer survivors, Chris Adams and Delois Brown. They shared their personal story of how they were originally diagnosed and treated for their cancer and how important screening test are since they saved their lives. Union Hospital representatives shared information about free screenings available for prostate cancer and skin cancer. Beth Money, RN, Union Hospital announced the new peer to peer Breast Cancer Mentoring Program and the opening of Oncore E Radiation Unit at the Department of Oncology Office in the Medical Professional Building. The Health Care Reform 3590 Patient Protection & Affordable Care Act requires hospitals to conduct a community health needs assessment at least once every three years which Kathy McKinney and Carla Moore explained that Union Hospital will be conducting a community health survey in the near future. Beth Zych, American Cancer Society, provided updates on several upcoming events and programs including: Relay By The Bay, 5K Run and Walk, Elkton's Relay for Life, Look Good...Feel Better program, The "I Can Cope" program, Reach to Recovery Program, and Cancer Prevention Study-3 (CPS3).

The next meeting of the Cancer Task Force is September 9, 2011 at 12 noon at the Cecil County Health Department.

**Healthy Lifestyle Task Force Report**  
**Cecil County Community Health Advisory Committee**  
**July 21, 2011**

The Healthy Lifestyle Task Force met on September 24, 2010, March 18, 2011, and May 20, 2011.

**Cecil County Diabetes Prevention Program**

Fourteen Cecil County Diabetes Prevention Programs were held at: local churches, Elkton Housing Authority, Senior Services Community Transit, Job Start, Fairgreen, Fairview, and Local Libraries in the county. The program reviewed information about diabetes, blood pressure, healthy eating and physical activity to raise awareness about ways to live a healthy life by engaging in regular physical activity and learning to eat right. Participants received food and physical activity journals to encourage monitoring of healthy behaviors as well as pedometers to encourage walking to the 10,000 daily steps recommendation from the American Heart Association. Participants' pre and post-test surveys documented an increase in fruits and vegetable consumption and physical activity for a majority of participants. These healthy life style modifications have been proven to prevent the onset of Diabetes.

**Chronic Disease Self-Management Program**

Senior Services & Community Transit and the Cecil County Health Department are collaborating to implement the evidence based Chronic Disease Self-Management Program (CDSMP) from Stanford University which is known in Maryland as the "*Living Well...Take Charge of Your Health*" Program. The program is a free workshop held at community sites in Cecil County for two and half hours, once a week for six weeks. Workshops are facilitated by two trained lay leaders who live with a chronic condition or who are caregivers of someone who has a chronic condition. Subjects covered in the program include:

- How to manage symptoms;
- How to communicate effectively with doctors;
- How to lessen your frustration;
- How to make daily tasks easier; and
- How to get more out of life.

Lay leaders were trained on June 8, 9 15, & 16, 2011. Meetings were held prior to the task force meeting for the trained lay leaders to review and provide technical assistance on required program documentations, coordination of programs at community sites, and understanding proper emergency procedures. Eight programs have been completed.

The next Healthy Lifestyle Task Force meeting is Friday, September 16, 2011 at 12 noon at the Cecil County Health Department.

**State of Maryland Cigarette Restitution Fund Program  
Local Public Health Tobacco Use Prevention and Cessation Grant  
Cecil County Program Highlights FY11  
June 30, 2011**

The Tobacco Task Force met on September, 17, 2010, March 11, 2011, and May 13, 2011.

The Local Public Health Tobacco Use Prevention and Cessation Program Grant's Community Action Plan progress was reviewed with the task force members with all performance measures being accomplished or exceeded in the Community, Cessation, and Enforcement components of the grant. This April 2011, the addition of the Nicotine Replacement Program and Chantix™ Services were added with overwhelming support of local health care providers and pharmacies. The task force discussed and agreed the action plans for these grant upcoming year FY 2012. Several speakers presented information to the Tobacco Task Force members. Sara Wolf, guest speaker, discussed the Maryland Tobacco Quitline which provides free counseling, "Quit" coaches with individualized plans, and referrals to local counties. Sherry McCammon, Grassroots Manager, from the American Cancer Society discussed the Maryland Cancer Society 2011 Maryland Legislative Priorities, which includes the patient protection and affordable care act implementation, cancer and tobacco control prevention, and obesity, nutrition, and physical activity prevention. American Cancer Society representative also encourage members to support the tobacco tax increase in Maryland. This increase can save lives by helping tobacco user quit and prevent youth from starting, reduce health care costs and generate revenue. The Health Care Reform 3590 Patient Protection & Affordable Care Act requires hospitals to conduct a community health needs assessment at least once every three years. Kathy McKinney and Carla Moore explained that they will be conducting a community health survey in the near future.

The next Tobacco Task Force meeting will be September 23, 2011 at 9:30 am at the Cecil County Health Department.