

## St. Mary's County Opioid Prevention Efforts

### Background Information

- Local Opioid Overdose Prevention Plans required by state (January 2013)
- St. Mary's Opioid Overdose Prevention Workgroup developed (March 2013)
  - Members
    - Department of Aging & Human Services; Sheriff's Office; Walden Sierra; Health Dept.; Public Schools; Medstar St. Mary's Hospital; local pharmacies.
  - Department of Aging & Human Services performed a quantitative needs assessment, drafted and submitted the St. Mary's County Opioid Overdose Prevention Plan in June 2013.
  - Data Trends for St. Mary's County
    - Intoxication Deaths
      - 2007–2009 = 4 heroin and 17 opioid.
      - 2011–2013 = 17 heroin and 12 opioid.
    - Substance Abuse Treatment
      - 2008-2012 = sharp rise in opioid related admissions for white females ages 18-34.
      - St. Mary's Detention Center data showed female inmate population as underserved with limited access to treatment services.

### Initiatives and Successes (based on Center for Disease Control's Blueprint for public health)

- Medication Disposal (Sheriff's Office)
  - 24/7 collection site at Sheriff's Office in Leonardtown.
  - Provided drug take-back at 2014 health fair and collected over 46,000 pills.
  - Coordinated drug pick-up for homebound residents in Nov./Dec. 2014.
  - One of few Sheriff's offices in Maryland to count and categorize all pills collected (as opposed to weighing).
  - Over 300,000 controlled pills collected since 2011 (over 130,000 collected since 2014 Drug Summit).
- Prevention, Education, and Awareness
  - Ongoing presentations to community (Department of Aging & Human Services, Walden, Sheriff's Office, and Health Department)
    - Schools, senior activity centers, PTAs, naval base, parent groups, businesses, hospitals and physicians.
  - Communication Campaigns (Department of Aging & Human Services)
    - Developed local Smart Medicine Campaign to create awareness and education on dangers, signs of misuse, and responsible medication management.
    - Organizing youth-driven communication campaign for middle and high schools.
    - Organizing youth training to teach youth how to use participatory photography to bring about positive social change on issues.
  - Pharmacy Toolkits (Department of Aging & Human Services)
    - Developed education and resource toolkits and engaged 5 pharmacies to distribute toolkits with prescriptions that contain opiates (St. John's, Tidewater, Target, McKay's, and Giant).
  - Youth Mentoring (Department of Aging & Human Services)
    - Contracted with Basketball 4 L.Y.F.E. to use Asset Development framework in life skills and youth mentoring programs to reduce substance abuse and disciplinary referrals from DJS.
  - Parent Education (Department of Aging & Human Services)
    - Provides evidence-based workshops to the community to reduce substance abuse, adverse childhood experiences, and problem behaviors.
  - Naloxone – Overdose Response Program (Health Department & Law Enforcement)
    - 130 law enforcement officials trained and equipped to administer Naloxone to prevent opioid overdose.

- Overdose Fatality Review Team/OFRT (Health Department)
  - In the process of establishing a OFRT to review overdoses and identify opportunities for public health action.
- Qualitative Needs Assessment (Health Department)
  - Contracted with vendor to complete a qualitative needs assessment on opioid use, misuse, and abuse in St. Mary's County.
- Treatment
  - Screening, Brief Intervention and Referral to Treatment/SBIRT (Walden Sierra)
    - Walden has trained primary care practices and local school counselors on implementing SBIRT.
  - Outpatient Treatment Services for Female Inmate Population (Walden Sierra and Sheriff's Office)
    - Assessment, treatment, and linkage to community outpatient and/or residential care.
- Recovery Support
  - Recovery Centers (Walden Sierra)
    - Beacon of Hope adult recovery center
      - Over 1,000 visits/month (over 120 non-duplicated/month)
    - The Cove adolescent clubhouse/recovery center
      - Over 150 visits/month (15-20 non-duplicated/month)

### **Other Successes**

- Drug Summit for Parents (March 2014)
  - Over 600 attendees with regional, state, and national attention.
- Regional Opioid Overdose Response Workgroup Symposium (July 2014)
  - St. Mary's County organized and hosted a regional symposium to engage law enforcement, treatment & prevention, Social Services, Health Departments, and clinical professionals throughout all three counties.
- \$100k FY15 non-recurring county funds
  - St. Mary's County commissioners reallocated county funding to support local opioid prevention efforts.
- Opioid Misuse Prevention Program (OMPP) Grant Award
  - Department of Aging & Human Services and local Health Department collaborated to successfully apply for OMPP grant to develop and implement a strategic plan to reduce opioid misuse and abuse. Over \$100k received for FY15.
- Student Led Drug Summit (March 2015)
  - SMCPs students organized a student drug summit with local overdose prevention workgroup members serving as adult advisors. Over 150 students in attendance.

### **Challenges**

- Funding
  - Commitment of adequate and long term funding to support initiatives.
  - Availability of funding for treatment services including Medication Assisted Therapies.
  - Funding for treatment of high-risk populations such as female inmates.
- Prescription Drug Monitoring Program
  - Prescribers are not required to use this tool which limits its usefulness.
  - There is also no data available on how many physicians are using this tool within each county.
- Data
  - Availability and timeliness of county level data for opioid use, misuse, and abuse indicators.
- Transitional Resources
  - Availability of long-term recovery housing and affordable housing.