

Frederick County Maryland
Strategic Plan for Alcohol and Drug Abuse Fiscal Years 2016 & 2017

Vision: Frederick County has a strong, active addictions recovery community that invites and engages individuals and families seeking recovery, thus being a county that offers recovery.

Mission: To enhance a recovery community for individuals and families by providing a seamless delivery of prevention, intervention, treatment and recovery services through collaborative efforts of peers, service providers, family members, the judiciary, and legislators.

Rationale: Goals and objectives are determined by current trends and understandings of the needs and best practices in the area of addictions. They are written to operationalize the elements of a Recovery Oriented System of Care (ROSC) as published by SAMHSA (Substance Abuse and Mental Health Administration), such as continuity of care, systems anchored in the community, commitment to peer recovery support services, system-wide education and training, all of which are adequately and flexibly financed. Goals and objectives are written to involve many entities of the community. Frederick County addictions treatment/recovery system of care includes a comprehensive menu of services and supports, including the coordination of multiple systems and maintaining an ongoing process of system improvement.

GOAL I: Expansion of collaborative efforts in the community in order to provide comprehensive recovery-oriented services to individuals in Frederick County.

Objective 1: Expand **Recovery Support Services** through the use of **peers** support in community agencies

Action Plan:

- Engage in ongoing recruitment for peers in both the mental health and addictions fields and ultimately increase the number of individuals with peer certification through CPRS
- Conduct initial training for peers through Recovery Coach Academy (to be held 3 x/year) and WRAP training (1x/year); provide the necessary ongoing supervision for those peers working toward the Peer Recovery Support Specialist credential.
- Increase the number of locations in which peers work by collecting and reviewing data from the pilot programs (FPD and FMH) to determine and refine target populations and intervention settings. FMH data to be reviewed six months from start date of pilot: November 1, 2015.

Objective 2: Development of coordinated services for individuals with **co-occurring disorders**.

Action Plan:

- Increase the number of addictions treatment agencies participating in the co-occurring committee from three to five by October 1, 2015.
- Obtain a landscape analysis report from the committee for substance use disorder and mental health disorder treatment and recovery services in Frederick County by November 1, 2015.

- Identify gaps in services for individuals, with either substance use disorders, mental health disorders, or both, and their families, by December 1, 2015.
- Complete Mini Minkoff/CCISC plan under the guidance of the University of Maryland School of Psychiatry Evidence Based Practice Center by May, 2016.

Objective 3: Expand **housing opportunities** for men, women, and families of Frederick County who are in need of recovery-oriented housing.

Action Plan:

- Consult with M-ROCC about credentialing for supportive/sober housing by December 1, 2015.
- Determine how to promote and provide guidance to those interested in providing sober housing (location, management, credentialing, etc)
- Consult with other county entities such as the Coalition for the Homeless and the Affordable Housing Committee about opportunities for partnership and coordination of efforts by March 2016

Objective 4: Support the efforts of the Frederick County **judiciary/courts** to address the needs of those with substance use disorders, mental health disorders, or both.

Action Plan:

- Maintain Adult Drug Treatment Court
 - Treatment providers obtain proper consents in order to communicate and coordinate care with the Drug Treatment Court team
 - Local entities provide clinical and recovery support to Drug Treatment Court participants
- Provide education and support to Frederick County Judges

Goal1 Performance Target:

With increased communication and collaboration among agencies, individuals and families in Frederick County will benefit from an increase in the number of quality recovery-oriented supportive services, especially peer support, housing and co-occurring services.

Estimated Amount Needed: Unknown.

GOAL II: Prevention Services will be maintained and expanded in Frederick County

Objective 1: Increase targeted prevention services for **“high-risk” populations**, specifically opiate users at high risk for overdose.

Action Plan:

- Revise/update the Overdose Prevention Plan for Frederick County using the Needs Assessment and Strategic Plan of the Opioid Misuse Prevention Program (OMPP)
- Identify efforts already underway to address overdose and explore gaps
- Address gaps using innovative outreach efforts; including possible harm reduction interventions
- Utilize data to identify progress and continued need for intervention efforts (for example: specific populations at high risk, locations within the county)

Objective 2: Maintain and expand prevention services targeting **at-risk youth**.

Action Plan:

- Using data, such as YRBSS (local data) and MTF (national data), and directives, identify prevention priorities by May/June 2016.
- Enhance communication of availability of services for at-risk youth (Kids Like Us, On The Mark, self-help, FCPS curriculum)
- Provide support to FCPS to include feedback on drug/alcohol curriculum, sharing of resources, and joint planning among relevant agencies as indicated.
- Identify opportunities to expand services for at-risk youth through June 2017.

Goal 2 Performance Target: Records of services provided.

Identification of top two priorities based on emerging trends affecting youth

Implementation of at least one innovative community-level intervention to address high-risk populations

Estimated Amount Needed: Unknown.

GOAL III: Increase community public awareness of substance abuse issues and services in order to promote prevention and to facilitate access to services

Objective 1: Increase public awareness of substance abuse issues and services through **outreach** to local communities.

Action Plan:

- Identify special events to promote benefits of substance-free lifestyle, focusing annually on National Recovery Month in September
- Utilize media creatively to inform public of available services/programs and promote messages of recovery
- Utilize data to determine areas and/or communities for targeted interventions

Objective 2: Maintain a **resource** of substance abuse services available in Frederick County.

Action Plan:

- Periodic review of resources.
- Distribute resource guide to provider agencies and public as needed.
- Explore expanded formats for resource guides, i.e. pocket cards, electronic, etc.
- Explore expanded audiences/agencies in which to distribute and/or display resource materials

Goal 3 Performance Target:

Sponsor at least one event during National Recovery Month, in addition to the Rally for Recovery, in 2016 (FY 17)

Distribute substance abuse resource information using at least one new format

Distribute substance abuse resource information to at least one new audience/population

Estimated Amount Needed: Unknown.

UPDATE January 2016

GOAL I: Expansion of collaborative efforts in the community in order to provide comprehensive recovery-oriented services to individuals in Frederick County.

Recovery Support Services through the use of **peers** in the community has seen great success over the last 6 months. The peer currently embedded with Frederick Memorial Hospital staff met the program goal of connecting 40% of the individuals served to recovery support services. Expansion of peer services is in the planning stages and includes peer support for the Department of Parole and Probation, **Frederick County Drug Treatment Court** and Frederick County Adult Detention Center.

The county-wide integration workgroup continues to meet monthly to address the needs of our **co-occurring population**. Participation for SUD providers is still needed. Date will be adjusted for that Action Plan. The group is strengthening the landscape analysis by utilizing an agency's existing tools to streamline communication and referral processes across agencies. SUD providers began meeting monthly prior to the integration workgroup to explore SUD-specific needs and opportunities in the county.

Housing for individuals in recovery remains a need for the community. Consultation with M-ROCC is still needed and the goal date for that Action Plan will be extended.

GOAL II: Prevention Services will be maintained and expanded in Frederick County

Much effort has been underway to reach **high-risk opioid users**. Overdose Response Program sessions continue, and there are plans to expand trainings by implementing Health Department Standing Orders. To date, over 700 individuals have been trained and equipped with naloxone.

Youth prevention services continue to address needs of youth and families. Prevention messages, curricula, and services are present throughout the community and schools. Health Department staff promote prevention at most health fairs and community events throughout the year. The Kids Like Us program provides prevention-focused, supportive groups for youth impacted by substance use disorders. The program operates in 19 public schools, and is exploring additional funding for expansion. [see Attachment A]

GOAL III: Increase community public awareness of substance abuse issues and services in order to promote prevention and to facilitate access to services

Outreach over the last 6 months has been expansive. Through the TakeBackMyLife.org campaign funded by the **Opioid Misuse Prevention Program (OMPP)**, thousands of residents were reached via social media, internet, newspapers, and other print media. Aimed at individuals and families affected by opioid abuse or addiction, the campaign emphasized that help is available, treatment works and recovery is possible.

The **resource guide** maintained by the Council/Health Department was updated in early December, posted on the Health Department website, and will continue to be distributed to various agencies and residents. In addition, newly designed cards have been distributed to law enforcement and EMS. The wallet-sized cards are meant to be a simple tool to guide individuals and families, with whom EMS and law enforcement staff interacts, towards treatment and/or recovery support services.

Attachment A

Kids Like Us Program

Prepared for Substance Abuse Council 1-29-16

Kids Like Us

- Is for youth, currently or directly impacted by substance abuse or addiction of someone close to them, in grades 4 through 12 at selected public schools
- Groups meet 12 - 15 times per school year in small peer groups during the school day led by professional counselors with specific training in addiction and helping youth
- Maintains high standards of confidentiality about who participates to avoid labeling or shaming at school
- Implements engaging programming - such as games, stories, sharing, and art - based on scientific theory and the body of research evidence specifying what does and does not work in preventive intervention

Growing up in a family with substance abuse often comes with unique challenges and life-long consequences: School Problems Physical Illness Mental Illness Behavior Problems Addiction

How Does Kids Like Us Help?

- Addresses the unique challenges of growing up in a family with substance abuse or addiction
- Teaches youth that addiction is an illness and it is not their fault
- Helps youth get along better at home and school, avoid substance abuse, and break the family cycle of addiction
- Helps stop problems before they even start by providing FREE professional services to youth who might not otherwise receive them

Updates and Accomplishments over the Past Year

- 1) Currently in 27th year of continuous service to Frederick County
- 2) KLU provided 1,524 direct services in FY2015 for 157 youth
- 3) In the current school year KLU is providing groups in 13 elementary schools and 6 middle schools
- 4) Currently conducting a scientific longitudinal program evaluation study to assess program efficacy with the intention of acceptance to the National Registry of Evidence Based Programs and Practices (NREPP)
- 5) Twelfth Annual KLU Art Show currently on display in the Health Department, Auditorium C, through May 1, 2016

KLU Staff:

Julie Wood Merchant, LCPAT, jmerchant@frederickcountymd.gov , 301-600-3281 - Director

Cathy Caldwell, MA, ccaldwell@frederickcountymd.gov , 301-600-3218 - Counselor

Erin Poffenberger, epoffenberger@frederickcountymd.gov, 301-600-3244 - Social Work Intern