

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
Extensive discussion about peers at June council meeting. A certified peer shared his experience working through the certification process.
- 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. **WRAP facilitator training completed in June**
- 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. **Data was reviewed; the FMH program has seen enormous success. FCHD Peers are expanding to Probation/Parole, FCSO at FCADC**

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. **One additional SUD provider attends co-occurring committee. Ongoing work to promote the group.**
- 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. **Ongoing; extend goal date to November 1, 2016.**
- Identify gaps in services for individuals, with either substance use disorders, mental health disorders, or both, and their families, by December 1, 2015. **Ongoing; extend goal date to December 1, 2016.**
- Complete Mini Minkoff/CCISC plan under the guidance of the University of Maryland School of Psychiatry Evidence Based Practice Center by May, 2016. **Ongoing; new date May, 2017.**

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. **Ongoing; Edit: Identify council person to contact M-ROCC by October 1, 2016.**
- 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 **Ongoing; Edit: Identify council person to connect with other county entities about opportunities for partnership and coordination efforts by October 1, 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 **There is ongoing communication and coordination among treatment providers and DTC team.**
 - 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. **Ongoing. FCHD clinical staff have met with judges to discuss assessment and treatment in the detention center.**

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) **On going collaboration with the council connected to the OMPP Strategic Plan (Social Access-Lack of knowledge of medication disposal sites. We have worked to increase efforts to publicize community drop off box locations, and educate and inform citizens of the need to secure prescription opioids in the home.**
 - Prescription Drug Take Back Events- Organizations displayed flyers to promote the event at their sites. Shared location of event and date on the organizations page.
 - Drop Box Locations- Organizations took materials that included information on drop box locations, safe storage and safe disposal (cards, booklets, and magnets)
- Identify efforts already underway to address overdose and explore gaps **ongoing Naloxone Trainings, educational materials for patients distributed to pharmacist, and reached out to BHA and seeks to coordinate efforts with CRISP to promote greater PDMP registration and usage.**
- Address gaps using innovative outreach efforts; including possible harm reduction interventions **ongoing efforts with PDMP and collaborative drug take back efforts.**
- Utilize data to identify progress and continued need for intervention efforts (for example: specific populations at high risk, locations within the county) **Ongoing effort; aggregate overdose fatality statistics, law enforcement data for non-fatal overdoses**

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.
 - **Due to an increase in need for services, the “Kids Like Us” (KLU) program has requested additional funds to support an additional KLU staff clinician.**
- 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.

- The FCHD collaborated with FCPS to disseminate messages to parents about the dangers of prescription medication misuse, the promotion of FCPS' "Classmates4Life" anti-drug video contest and red carpet gala, and continues to provide services for children in grades 4 through 8 with the KLU Program.
- Identify opportunities to expand services for at-risk youth through June 2017.
 - On-going

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
 - Council has been informed of the August 20, 2016 "Rally for Recovery" event and will be encouraged to promote the event through the members' channels.
 - Volunteers from the Council are being sought to assist with Overdose Response Training sessions at the Rally
- Utilize media creatively to inform public of available services/programs and promote messages of recovery
 - On-going
- Utilize data to determine areas and/or communities for targeted interventions
 - On-going

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

Action Plan:

- Periodic review of resources.
 - Resource brochure is being reviewed for effectiveness, intended audience, and to add new providers
- Distribute resource guide to provider agencies and public as needed.

- Resources created to promote patient education at local pharmacies were disseminated to Council members for review and use. Members are encouraged to disseminate these materials, as needed.
- Explore expanded formats for resource guides, i.e. pocket cards, electronic, etc.
 - Medication drop box location “pocket cards” were provided to Council members for review and use.
 - Resource cards for the FPD were shared with Council members
- Explore expanded audiences/agencies in which to distribute and/or display resource materials
 - Two new audiences were provided information about local resources. Home health care nursing programs and local veterinarians were provided information about medication drop boxes and the April 30 “Drug Take Back Day” event.

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.