

Frederick County Maryland
Strategic Plan for Alcohol and Drug Abuse Fiscal Years 2014 & 2015

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, and adequately and flexibly financed. Goals and objectives are written to involve many entities of the community.

January 2015 updates

GOAL I: Frederick County will embrace a Recovery-Oriented System of Care (ROSC), providing a large continuum of care, addressing the needs of the whole person/families, and responding to drug/alcohol abuse trends as they occur.

Objective 1: Frederick County Substance abuse 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. Services will be expanded as identified and needed to meet unmet and emerging needs, while maintaining current services

Action Plan:

- Identify unmet and emerging needs
- Pursue all available funding
- Identify needed partners and resources

Objective 2: Recovery Centers and peer support services will be developed in various areas of the county and/or with different populations.

Action Plan:

- Peers and interested persons will form a group to organize services within a community
- Volunteers will be recruited and trained
- Peer mentors/recovery coaches will be recruited and trained
- Volunteer services will be coordinated
- Peers and family members will serve on Councils and Coalitions and be a part of all planning of services within the County

- Pursue all available funding

Recovery Center has started services in Emmitsburg, MD (in the far northern part of Frederick Co) as of January.

Exploration and planning stages to expand peer support services into the local hospital to facilitate connection with treatment and recovery resources for those in the hospital due to drug or alcohol overdose.

Recovery staff has been developing a plan with Frederick Police Department for outreach services utilizing trained volunteers who will be on call to respond to police requests for intervention; this may be modeled after mental health Mobile Crisis. The committee is also coordinating with the local hospital and 2-1-1.

Another Recovery Coach Academy is scheduled for February.

Objective 3: Drug Court will be maintained and expanded

Action Plan:

- Pursue all available funding
- Increase services as needed

Frederick County Drug Treatment Court was not re-funded by GOCCP for this federal fiscal year (Oct 14-Sept 15). Funding is currently provided by Administrative Office of the Courts and Frederick County Council.

DTC has expanded the number of participants served. They have increased their numbers on a daily average by 10 participants per day (FY14 was 37 per day, FY15 has been 47 per day). There are currently 55 participants.

Objective 4: Other problem solving courts will be pursued for Frederick County as needed or beneficial to recovery.

Action Plan:

- Pursue discussions regarding the possibilities of Family, Veterans, DWI, and/or Mental Health Courts
- Encourage and support the efforts of Frederick County Judges

Mental Health Management Agency (MHMA) is funding a mental health professional to work in the courthouse.

Objective 5: Expand housing opportunities for men and women of Frederick County needing recovery-oriented housing.

Action Plan:

- Support and/or increase ASAM Level III.1 (Halfway House) services for men and women of Frederick County.
- Support an increase in the number of Dual Recovery beds at Way Station and other dual recovery facilities.

- Explore all means of developing sober housing in Frederick County.

Gale Recovery is continuing to pursue additional means of funding. ROSC/Recovery efforts are in place to support a new sober house for men in the county.

Objective 6: Agencies will work together to provide services for co-occurring disorders.

Action Plan:

- The Substance Abuse Council will work together with the Mental Health Provider Council and other councils to collaborate on integration and coordination activities
- The Substance Abuse Council will promote utilization & collaboration of all community resources to meet needs of population served
- The Substance Abuse Council will provide a forum for council members and citizens to share relevant information from their fields of service and discuss collaboration opportunities
- The Council will discuss strategies as needed to facilitate collaboration and integration

The SA Council has been meeting jointly with the Mental Health Advisory Board since September. Additionally, the chairpersons of each of those groups attend the Mental Health Provider Council monthly. The MH Provider Council and MHMA have also convened a Co-Occurring/Integration Committee that meets monthly to analyze and develop the MH and SUD system in Frederick County. The Committee is working through the STEP process with Tom Godwin from University of Maryland.

Objective 7: Identifying an increase in heroin use and overdoses in Frederick County the Council will address the issue with service providers and others to encourage promptly addressing these trends.

Action Plan:

- Ask service providers ways they are or plan to address these trends
- Identify ways the SA Council might provide support to agencies and/or courts in addressing these trends

Overdose Prevention work is ongoing. The Health Department is planning implementation of new funding for Opioid Misuse Prevention Program, which includes a Health Planner III position to further these efforts within the county's councils/coalitions.

The Health Department remains active as an authorized entity, providing Overdose Response Program sessions. To date, over 530 individuals have been trained, including all local law enforcement officers (over 300); more than 50 classes have been conducted; and 8 lives have been saved as a result of naloxone.

Objective 8: Wanting to enhance services by pursuing all available funding, the Council will serve a dual role of council and coalition.

Action Plan:

- Adapt to meet the qualifications of a coalition.
- Identify available funding resources.
- Pursue funding as available.

Goal1 Performance Target: Agencies, services, and peers collaborative/jointly serving individuals and families in or pursuing recovery, filling in any gaps of services needed by the individual/family

Estimated Amount Needed: Unknown.

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

Objective 1: Increase prevention services for “high-risk” populations.

Substantial efforts have gone into recruiting high-risk individuals for the Overdose Response Program. We have targeted marketing efforts at treatment centers and key community organizations.

During the first half of FY2015, the “Kids Like Us” (KLU) program continues to serve children in grade 4 – 8 who are directly impacted by familial substance abuse. KLU held a public and artists receptions for those children who created artwork during the June and July 2014 KLU Summer Camp programs. The KLU Program Director has continued to work with our evaluator to strengthen and evaluate the content and delivery of the KLU Program.

To provide on-going services to students in need, a high group was formed and is being piloted at Catoctin High School during the 2014 – 2015 school year.

During the first half of FY2015, two medication “drop boxes” were purchased and installed in Frederick County. The first box was installed at the Frederick County Courthouse in junction with the Frederick Police Department. The second box was installed in the Town of Emmitsburg and will be monitored by the Town of Emmitsburg and the Frederick County Sheriff’s Office.

Two “Drug Awareness” programs were conducted during this time period. Programs are organized by the Frederick County Sheriff’s Office and staff from the FCHD, BHS Division provide information about local trends, services, and resources.

Objective 2: Maintain prevention services in the school system.

Action Plan:

- Using data and directives, identify prevention priorities.
- Seek funding from all other sources.

Goal 2 Performance Target: Records of services provided.

Estimated Amount Needed: Unknown.

Services provided by the FCHD, BHS Division continue to be provided at levels equal to that of our available staffing.

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.

Action Plan:

- Identify special events to promote benefits of substance free lifestyle
- Utilize media to inform public of available services/programs and promote message of recovery

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

Action Plan:

- Periodic review of resource guide.
- Distribute resource guide to provider agencies and public as needed.

Goal 3 Performance Target: Quarterly promotional efforts

Estimated Amount Needed: Unknown.

The FCHD, BHS Division has promoted public awareness of substance abuse issues and services by participating in a variety of public events and programs including two “Drug Awareness” presentations, events with Hood College, the Frederick Keys, the Frederick County Sheriff’s Office and others. Staff participated in the first “Run for Recovery” in August 2014 and in the National Recovery Month event in September.

We continue to work with local law enforcement offices to fund enforcement activities around tobacco, alcohol and illegal drugs. We are also working with law enforcement to reduce the opiate overdoses in the county.

Cigarette Restitution Fund Sponsored Events
Orioles Caravan community event
Core Recovery Center cessation groups
FCHD Cancer Coalition trainings
Rescue Mission cessation groups
WIC trainings
PAL Center community events
Rescue Mission cessation groups
Gale House cessation groups
Fort Detrick Youth Program event
Table Talk (Waverly Elem School)
Nature Fest community event
Frederick News Post Kids Expo
MA/PAC OB/GYN Practices trainings
Frederick Keys Baseball events
CWC/Fred OB/GYN, FMH Prenatal Center
Heart Health Fair/ Department of Aging
Spring Diva Event
Health and Safety Health Fair
Healthy Kids Day - Health Fair (YMCA)
FCPS Health and Wellness Expo
Frederick Co Developmental Center trainings
Convoy of Hope
Recovery Coach Academy trainings
In the Streets Event
Parks and Rec Camps
National Night Out events
FCSO/ Law Center trainings
Boy Scout Camp Airy cessation trainings
Docs in the Park community event
Rescue Mission Lunch Table cessation groups
Rally for Recovery community event
Way Station cessation groups and events
ATOD Prevention Presentation

Jefferson School cessation trainings
Great American Smokeout Hood College
FCPS Staff Development Building trainings

Kids Like Us Sponsored Events
Interagency Children of Alcoholics and Addicts Week Events Planning Team
Frederick County Health Department Kids Like Us Art Exhibit
Hope and Healing for Children of Alcoholics and Addicts Conference held at Frederick Community College
Children of Alcoholics and Addicts Week Youth and Young Adult Art Program
Convoy of Hope
Delaplaine Visual Arts Education Center Kids Like Us Tenth Annual Art Exhibit
Artomatic @ Frederick Recovery Art Exhibit
Artomatic @ Frederick Recovery Event – Three Kids Like Us youth spoke about family substance abuse and their art about it
Frederick County Health Department Kids Like Us (new) Art Exhibit
Great Frederick Fair
Public Art Reception
Frederick News Post published photo of Art Show artwork
Rally for Recovery
Frederick County Public Schools Elementary School Counselors Training
Frederick County Public Schools Middle School Counselors Training
Meeting with Thurmont Middle School Principal and Counselors
Maryland Counseling Association Annual Conference presentation “Children of Parents with Substance Use Disorders”

Drug and Alcohol Prevention/MSPF Activities
Alcohol Prevention Initiative Youth New Year Celebration
PTA meetings at local schools
Underage Party TipLine
Alcohol Checks
Tobacco Checks
Red Ribbon Week activities at local schools
Frederick News Post Kids Expo Community Event
Nature Fest
Spring Diva Community Event
Spring Research Festival at Fort Detrick
Convoy of Hope
Medication Drop Box purchases for BPD and TPD
Medication Drop Box Presentation to Brunswick Community
Information Dissemination to Daughter of Charity Organization
Frederick County Sherriff’s Office Open House
National Night Out
In the Streets
Frederick News Post- Community Tent at the Great Frederick County Fair
CAR-nival Community Event at Lilyponds
Medication Drop Box purchases for MSP
Asian American Community Health Fair
Collaborative communication with Bikers Against Heroin