

2014 LHIP: Behavioral Health Work Group

Final Report 2016

Goal 1: Overdose deaths in Frederick County are reduced by 20% by 2016

The Frederick County Health Department Behavioral Health Services Division staff educated clinical, administrative and law enforcement professionals about overdose, local resources, SBIRT, the Prescription Drug Monitoring Program, and naloxone by providing group and individual trainings.

Since starting the Overdose Response Program in May 2014, 1090 individuals have been trained to recognize the signs of an opioid overdose and on the administration of Narcan (naloxone). To date, at least 88 lives have been saved by law enforcement and citizens certified through this program.

The BHS staff provided Overdose Response training for the following agencies (staff and/or consumers): Way Station, Inc., Mental Health Association, FCC, Hood College, Mt. St. Mary's University, Frederick Community Action Agency, Frederick County Sherriff's Office, and Frederick Police Dept.

Trainings scheduled with YMCA staff and additional Way Station and FCAA staff in September.

Tomorrow, 8/31, on International Overdose Awareness Day, we are offering a Narcan training to local businesses, some of whom have asked for our help with addressing this problem. 15 local businesses were specifically invited due to their location and/or recent overdoses at or near their locations.

The BHS team also provided education about overdose, local resources and support to community residents at numerous community events.

- Attended/participated in Drug Awareness events held in 4 local FC High Schools, and St. John's Catholic Church.
- Attended/participated in 2 Town Hall Meetings (Gale Recovery at FCC and Lake Linganore).
- Attended/participated in Class Mates 4 Life Drug Education & Awareness Event.
- WHAG interview regarding overdose deaths, prevention & naloxone.
- April 30, 2016: Drug Take Back Day participation with DEA and local law enforcement.
- Planned and executed the 3rd and 4th Annual Rally for Recovery. Started Planning for 5th Annual Rally for Recovery.

Additionally, during this time, the BHS Division launched a public communications campaign called "Take Back My Life" to raise awareness of the growing problem of opioid and heroin misuse in the county. This campaign featured Frederick County residents sharing their stories of how opioids have impacted their lives. TakeBackMyLife.org was publicized in a wide range of media that included: TV, radio, social media, print ads, blogs and online banner ads. The first year of the campaign had 18,223 views on Facebook and received a 2015 Gold MarCom Award from the Association of Marketing and Communications Professionals. Our partners in education have added the Take My Life Back campaign information and materials into their assessments for the middle school curriculum in Frederick County.

Staff visited approximately 50 pharmacies to disseminate information on the current medication drop box locations, the dangers of prescription opioid medication and proper monitoring, storage and disposal of prescription medication to help them educate their patients. 14 pharmacies were visited in May/June to provide updates on the new PDMP laws and to give pamphlets to help them educate patients on the dangers of prescription opioids. Provided drug disposal location “cards”, disposal location flyers, and “Good Samaritan” flyers to county pharmacies and community partners.

The Frederick County Health Department worked with elected officials to write and introduce legislation to create an Overdose Fatality Review Board. The legislation was passed and a Local Overdose Fatality Review Board was created with membership consisting of members of law enforcement, rescue services, clinical community services providers, hospital staff, the Health Officer and Local Addiction Authority representatives.

Goal 2: Frederick County’s suicide rate has been decreased to 9.1% by January 1, 2016

Two Behavioral Health Services Division staff and one Mental Health Association staff attended the American Association of Suicidology (AAS) Psychological Autopsy Training in February, 2015. This training was developed in 1960 by AAS's founding president, Dr. Edwin Shneidman, as well as Robert Littman, MD, and Norman Farborow, PhD. It has been refined over the years and has become a “best practice postmortem procedure to reconstruct the proximate and distal causes of an individual's death by suicide or to ascertain the most likely manner of death where that manner of death is equivocal and left undetermined by a medical examiner or coroner.” The psychological autopsy is used in “case-control research studies to better ascertain risk factors for suicide, and helps to answer questions of causation in both individual cases (e.g. where negligence may be alleged) or suicide and interconnections between cases (as in clusters of suicides), hence lessons learned to inform prevention efforts”. Reference: <http://www.suicidology.org/training-accreditation/psychological-autopsy-certification>

To further the competency of our community behavioral health clinical staff in Frederick County, the Frederick County Health Department sponsored a training for *Recognizing & Responding to Suicide Risk: Essential Skills for Clinicians*, presented by expert Adrienne Barna, PhD, ABPP, from the American Association of Suicidology. Fifty community practitioners attended this two day training in June, 2015.

Andrea Walker, Director, Behavioral Health Services, presented OCME data compiled in a de-identified manner, to the Mental Health Provider Council and Mental Illness Awareness Week Subcommittee. Based on the data, the committee decided to focus on adolescent suicide prevention. Community partners included BHP, Villa Maria, Mental Health Association of Frederick County, Frederick County Public Schools, The Jefferson School, Potomac Case Management, Frederick Community Action Agency, NAMI of Frederick County, Mountain Manor, Gale Recovery, Way Station Inc., and one local member of the public.

On May 6, 2015, FCHD hosted a clinical training by NIH Presentation: Clinical Management & Novel Research Directions in Treatment-Resistant Depression and Suicide Prevention. 80 community clinical, prevention and medical providers attended. Continuing education units were provided to ensure our

community clinicians have the most up to date information regarding best practices and proven interventions.

October 4, 2015: The Frederick County Mental Health Provider Council hosted a **Candle Light Vigil** at Way Station, Inc. to raise awareness that 1 in 4 persons suffers from a mental illness.

On October 6, 2015, the Frederick County Health Department hosted Dr. Lisa Horowitz, Scientist/Clinical Psychologist in the NIMH Intramural Research Program at the National Institutes of Health conducted a presentation on **Suicide Prevention in Adolescents and Children** for 100 Frederick community clinicians and partners. Again, continuing education units offered to ensure our community clinicians have the most up to date information regarding best practices and proven interventions.

October 7, 2015 the Frederick County Mental Health Provider Council hosted The National Alliance on Mental Illness (NAMI) of Montgomery County. This group conducted a presentation to a select group of Frederick County Public School students, parents and counselors called “**Ending the Silence**” and “**Parents & Teachers As Allies.**”

Suicide prevention information was distributed at 7 community events: 4 public school drug awareness events, 1 town hall, Rally for Recovery, 1 Catholic Church.

Goal 3: Systemic Behavioral Health Integration – There will be a system of integrated care where prevention and treatment of mental illness and substance use disorders are common practice in Frederick County with no wrong door by 2016.

The FCHD and Mental Health Management Agency worked to increase number of substance abuse providers, mental health providers, and consumers on the Co-occurring Committee. The Executive Director of the MHMA leads the monthly meetings and utilizes the first 15 minutes of the committee meeting for one provider to present their program and awareness of dual treatment. The committee worked with Tom Godwin, LCSW-C from the University Of Maryland Dept Of Psychiatry Evidence Based Practice Center to conduct a landscape analysis for community services and identify gaps in the public behavioral health system. Additionally, the committee was trained on the use of the “No Wrong Door Integrative Screener” developed by Carlo DiClemente, PhD, of the UMD EBP.

In an effort to enhance collaboration and reduce duplication of effort, the Local Substance Abuse Council and the Mental Health Advisory Committee decided to meet together on the third Monday of every month at 5pm at Winchester Hall. The combined council meeting includes members from local government agencies representing the FCHD, MHMA, DSS, DJS, the State’s Attorney, the Public Defender’s Office, Community providers, and law enforcement.

