

Response to a Crisis

Opioids in Howard County - 2018



Help Hope Howard

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A Message from County Executive Allan H. Kittleman



Like many communities across the country, Howard County continues to battle the opioid epidemic. Currently, opioid overdoses are the most critical health crisis we face. Between 2016 and 2017, the county experienced a 27.5 percent increase in fatal overdoses and a 29 percent increase in non-fatal overdoses. Overdoses have occurred throughout our county.

To combat opioid misuse in Howard County, we have dedicated more funding and looked for innovative approaches. We are leveraging partnerships in new ways, working with community organizations and collaborating across county departments and agencies. We have formed an interagency Opioid Intervention Team, hired a opioid coordinator for the Police Department, and created an opioid administrator position in the Health Department. We also have placed peer recovery support specialists inside partner agencies and launched a centralized website focusing on prevention, treatment and recovery.

Recently, we added screening and treatment referral services on a walk-in basis at the Grassroots Crisis Intervention Center seven days a week. We are moving forward with plans to open our first full-scale detox and treatment facility within the County. Our office is reviewing various options that will expand treatment access and will soon make an announcement about the direction we will take.

Many lives have been saved through the use of naloxone (brand name Narcan®) and we are proactively training residents in its use. To date, more than 2,000 individuals have been trained on how to properly respond to an opioid overdose, including how to administer naloxone. In December, we announced a partnership with the Aetna Foundation, which donated Narcan® kits to be placed in AED cabinets in county buildings. Our health department continues to train employees throughout the county on its use. Additionally, all of our police officers and EMS first responders carry naloxone.

Much has been done, but clearly, we have much more work to do. The loss of one life due to this epidemic is one too many. We will continue to explore options and bring promising programs to Howard County to help our residents find freedom from the grip of addiction.

Sincerely,

A handwritten signature in blue ink that reads "Allan H. Kittleman". The signature is fluid and cursive, with a long horizontal stroke at the end.

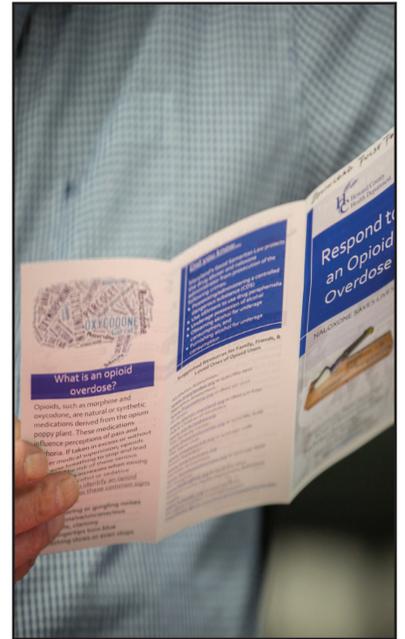
Allan H. Kittleman
Howard County Executive

Background & Action Plan

While the County has supported substance use disorder (SUD) programs for many years, the rise in fatal and non-fatal overdoses has necessitated a different response, one that has required mobilizing additional resources and modifying existing programs and partnerships in new and different ways, as we focus on our five critical goals:

1. Reduce rate of overdose deaths
2. Reduce rate of non-fatal overdoses
3. Increase rate of Howard County residents entering treatment for substance use disorder
4. Reduce number of Emergency Department visits for opioid related incidents
5. Reduce rate of opioids prescribed to patients

To respond to the opioid crisis in a comprehensive manner, the County is using the State's four pillars: prevention, treatment, recovery and enforcement as a foundation for responding to this crisis. In addition, the County is using an evidence-based program that has proven to work in other jurisdictions around the country. This includes, stakeholder engagement, public awareness, coalition action, data and evaluation and seven critical strategy areas effective in reducing opioid-related consequences. A detailed action plan has been developed and is being implemented and monitored for success. For more information on this action plan, please visit HoCoOpioidHelp.com.



Stakeholder Engagement

Addressing opioid misuse in Howard County requires diverse stakeholder engagement at various levels. These partners represent the different state and county agencies that are working together to address opioid misuse, in addition to local professional boards and coalitions. These individuals and groups are working together to serve the Howard County community and are critical to our community-focused response strategy. For more information, please contact the [Howard County Health Department](#) at 410-313-6245.

Opioid Intervention Team

Senior multi-agency decision-making body comprised of:

- Howard County Health Department - (Co-Chair)
- Howard County Office of Emergency Management - (Co-Chair)
- Howard County Government Administration
- Howard County Police Department
- Howard County Department of Fire and Rescue Services
- Howard County Department of Corrections
- Howard County Department of Community Resources and Services
- Howard County Department of Social Services
- Howard County Public School System
- Howard County Department of Juvenile Services
- Howard County General Hospital
- Parole and Probation
- State's Attorney's Office
- HC DrugFree
- Grassroots Crisis Intervention Center
- James' Place - *Community Member*



Howard Community College was the site of a regional opioid summit in August 2017 that brought together dozens of local and state stakeholders to discuss strategies to combat the opioid crisis.

Partnering Boards and Coalitions

- Alcohol and Drug Abuse Advisory Board (ADAAB)
- Recovery Oriented Systems of Care (ROSC)
- Local Health Improvement Coalition (LHIC) Behavioral Health Workgroup
- Joint Information Systems (JIS)
- Opioid Crisis Community Council



Dr. Matthew Levy, Medical Director, Howard County Department of Fire and Rescue, facilitates a panel discussion during the county's Call-to-Action Meeting.

Opioid Response in Howard County

To address our five critical goals, the County is implementing a variety of strategies in alignment with the State's four pillars: prevention, treatment, recovery and enforcement.

Prevention

Ensuring the health and safety of the residents of Howard County is the priority and the partners are committed to the prevention of substance misuse and its related consequences. Prevention initiatives include addressing risk and protective factors associated with substance use disorder to prevent the onset of misuse through encouraging individuals who choose to use substances to do so in the safest way possible.

Public Education Campaigns

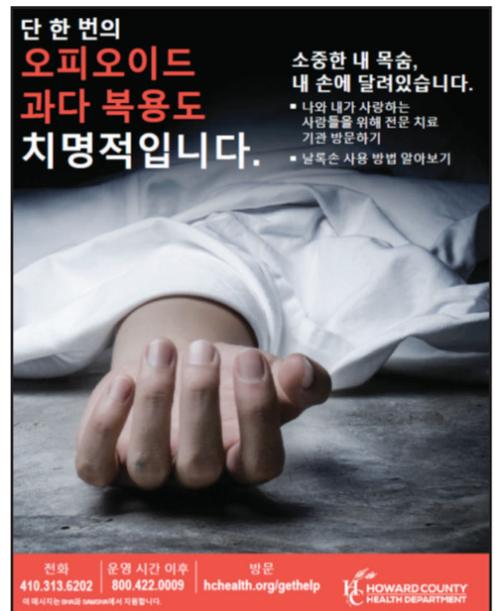
To increase community education and public awareness of opioid misuse, the County has launched multiple social marketing campaigns which include: "What are Parents/Grandparents Good for?" aimed at encouraging people to monitor their prescription drugs to prevent diversion and "One Opioid Overdose is Too Many," which strives to raise awareness of opioid misuse, encourages individuals to receive naloxone training and seek substance use treatment for themselves or loved ones. Both campaigns have been disseminated in a variety of ways, including via social media, signage at the Columbia Town Center, printed materials in multiple languages, displays on bus exteriors and more.

Other opioid misuse communication initiatives include Public Service Announcements (PSAs), featuring Howard County residents who shared their personal experiences with substance use disorder. This raises awareness that opioid misuse impacts people from all backgrounds and assists in reducing stigma. PSAs are featured on the County's website, at local movie theatres and on social media. To view the PSAs visit www.HoCoOpioidHelp.com.

Additional messages have been distributed through inserts in the County's utility and tax bills, online banner ads and targeted mass mailings near overdose occurrences. For more information, contact Howard County Health Department at 410-313-6202

Community Outreach Presentations

County agencies and their partners deliver informational presentations and skills-based trainings to a wide variety of youth and community groups including schools, civic organizations, faith-based organizations and others, in order to increase awareness of the opioid crisis and how to access resources. For more information, contact Howard County Health Department at 410-313-6202, HC DrugFree at 443-325-0040, or the Howard County Police Department at 410-313-2207.



New Centralized Website: HoCoOpioidHelp.com

The County has launched a new, centralized, one-stop website to make it easier to find information, including treatment resources, trainings, programs and more. Visit www.HoCoOpioidHelp.com.



County Executive Allan H. Kittleman and Chief Administrative Officer Lonnie R. Robbins hold naloxone prescriptions after attending an Overdose Response Training.

Treatment Resources and Services

A survey of County residents reported that obstacles obtaining substance misuse treatment included: cost, uncertainty with the process and where to go. The County is working diligently to expand treatment resources.

Walk-in Screening & Referrals to Services at Grassroots Crisis Intervention Center

Howard County has recently expanded its partnership with Grassroots Crisis Intervention Center to increase services to include mental health and substance use disorder screenings seven days per week. Behavioral health counselors at Grassroots are trained to conduct “Screening, Brief Intervention and Referral to Treatment” (SBIRT) for individuals who present with signs and symptoms of substance use disorder. Upon screening, counselors will connect people to the appropriate level of care. For treatment resources and referrals, contact [Grassroots](tel:800-422-0009) at 800-422-0009 or [Howard County Health Department](http://www.howardcountymd.gov/health) at 410-313-6202.



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Overdose Response Training

A key strategy to prevent opioid overdose deaths is the County’s Overdose Response Program (ORP). It provides attendees with Maryland’s curriculum for overdose response, which includes instructing attendees on how to administer the life-saving drug naloxone (brand name Narcan®). Since its inception, Howard County has trained thousands of residents on how to respond appropriately in the event of an opioid overdose. For more information or to attend a training, call the [Howard County Health Department](http://www.howardcountymd.gov/health) at 410-313-6202 or contact orprresponse@howardcountymd.gov.

Understanding the importance of empowering bystanders to recognize the signs and symptoms of an opioid overdose and respond accordingly, Howard County has partnered with the Aetna Foundation to place Narcan® kits in all AED cabinets in Howard County buildings. The County is offering ORP trainings to all County employees. This initiative began rolling out in early 2018.



Prescriber Training

Howard County Health Department works with local physicians to provide education on current state regulations and mandates for registering and using the Prescription Drug Monitoring Program (PDMP). Additionally, the Health Department helps distribute the Center for Disease Control Guidelines for Best Practices for Prescribing and organizes an annual Continuing Medical Education (CME) event to keep prescribers up-to-date on current best practices.

Screening and Treatment at Howard County Detention Center

Howard County Department of Corrections and Howard County Health Department have teamed up to bring “Screening, Brief Intervention and Referral to Treatment” (SBIRT) into the Howard County Detention Center to connect inmates to treatment. SBIRT is a strategy typically implemented in hospitals and the partnership with the Detention Center is the first of its kind in the state. The Detention Center also provides inmates with on-site treatment. For more information about this program and its services, contact the [Howard County Department of Corrections](#) at 410-313-5204.

Residential Inpatient Treatment

Recognizing the lack of local residential treatment and the barriers faced by individuals and families impacted by substance use disorder, Howard County has prioritized actively searching for space that could be used for the development of an in-county treatment facility. While the development of this facility will take time, the County is dedicated to providing residents with other resources and links to care.

Medication Assisted Treatment at Silverman Treatment Solutions

The County has had a public-private partnership with Silverman Treatment Solutions, a methadone clinic, for the last eight years. Silverman co-exists in the County’s Ascend One building in Columbia alongside the Health Department. For more information about available services contact Silverman Treatment Solutions at 443-285-0807 or visit silvermantreatment.com.

Outpatient Treatment

The County is committed to expanding treatment access for residents by recruiting behavioral health outpatient providers. Since October 2016, the Health Department has doubled the number of outpatient provider partnerships from five to ten, and keeps an up-to-date treatment resource guide: (<http://bit.ly/2CdqZn8>). For more information on receiving treatment referrals and resources, contact the [Howard County Health Department](#) at 410-313-6202.

Recovery

Peer Recovery Support Services

The Peer Recovery Support Staff (Peers) program connects with individuals who have recently experienced a substance use-related overdose and encourages them, through the peer’s own lived experience, to seek treatment or other resources. The peers are employed by the Health Department, and work with many agencies, including with the Howard County Police Department, Howard County Detention Center, Grassroots Crisis Intervention Center, Howard County General Hospital, Howard County Department of Community Resources and Services and On Our Own of Howard County and potentially more in the future. For more information, contact the [Howard County Health Department](#) at 410-313-6202.

Halfway Housing

Halfway houses are facilities that offer low-intensity, clinically managed structured residential care, with at-least five hours a week of on-site treatment. The Howard House is the County’s only halfway house and has the capacity to serve 15 men. The County understands the importance of halfway houses and is interested in expanding options for both men and women. For more information about accessing halfway housing contact the [Howard County Health Department](#) at 410-313-6281.

Recovery Housing and Support

Recovery housing provides alcohol and drug free supported housing. There are seven recovery houses in Howard County that serve both men and women, five of which are certified with the state. The County provides support for recovery housing through the Health Department which keeps an up-to-date list of recovery housing options. For a list of certified recovery houses in Howard County, contact the [Howard County Health Department](#) at 410-313-6281.

The County provides support for wellness and recovery at On Our Own of Howard County, including peer support and other recovery-oriented services. For more information, contact [On Our Own](#) at 410-772-7905 or the [Howard County Health Department](#) at 410-313-6202.

Enforcement & Adjudication

Criminal Investigations

Enforcement plays a large role in addressing the opioid crisis in Howard County. The Howard County Police Department continuously uses intelligence to conduct investigations pertaining to the distribution of narcotics, with its priority being on interrupting the illegal drug supply and arresting people who are found to be supplying illicit drugs.

Prescription Drug Drop Boxes

The Howard County Police Department monitors and maintains four prescription drop boxes throughout the County where unwanted medications can be dropped off. The boxes are located in the following buildings: Northern District Station (3410 Courthouse Drive, Ellicott City), Southern District Station (11226 Scaggsville Road, Laurel), Gary Arthur Community Center (2400 Route 97, Cooksville) and the Community Outreach Office (10741 Little Patuxent Parkway, Columbia). For more information, contact the [Howard County Police Department](#) at 410-313-2207.

Additional prescription drug drop boxes are located at the Maryland State Police Waterloo barrack (7777 Washington Boulevard, Jessup) and some pharmacies.

Twice a year, HC DrugFree, in partnership with the Police Department and Howard County General Hospital, hold a Drug Take Back Day to collect unused medications. For more information, contact [HC DrugFree](#) at 443-325-0040.



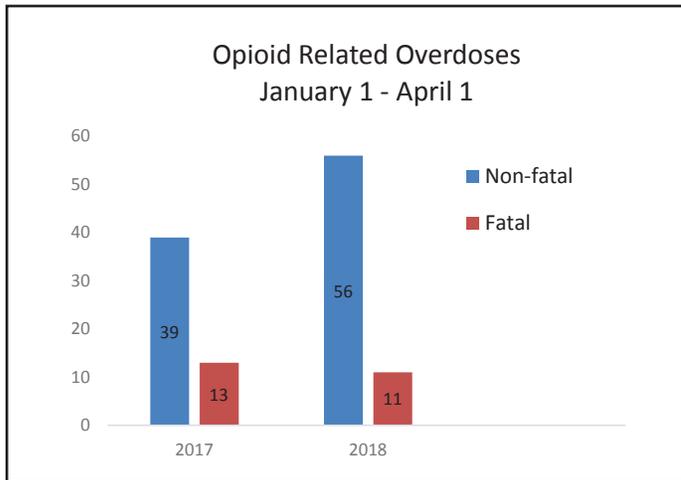
Behavioral Health Court Liaison

A licensed counselor provides rapid linkage to care by use of Screening Brief Intervention and Referral to Treatment (SBIRT) with individuals in the Howard County District Court System. For more information about accessing information on this program, contact the [Howard County Health Department](#) at 410-313-6280.

Drug/DUI Court

The County supports a licensed counselor to provide case management and treatment coordination as a member of the Drug/DUI Court team, which is designed to reduce drug and alcohol misuse and arrest recidivism through judicially supervised treatment with incentives, sanctions and wrap around services. For more information about accessing this program, contact the [Howard County Health Department](#) at 410-313-6280.

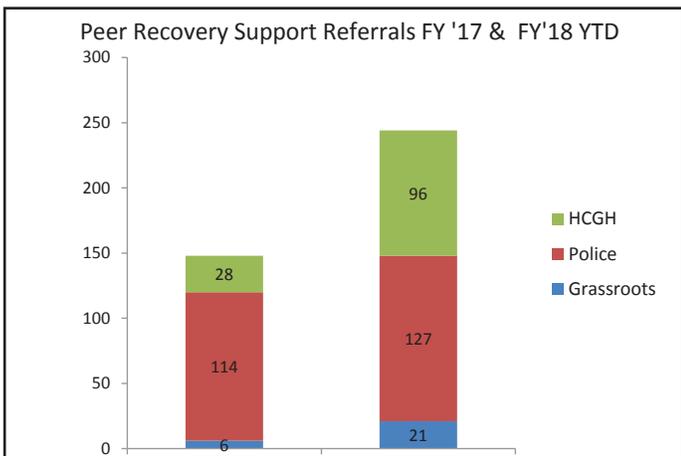
Data at a Glance



Data Source: Howard County Police Department as of 4/1/18

Combined Fatal & Non-Fatal Overdose Demographics CY'17	Value
Male	73%
White	81%
Average Age	36
Age Range	18-71

Data Source: Howard County Police Department CY'17



Data Source: Howard County Health Department as of 2/28/18

New Programs for FY19

Skills-building for Parents and Youth

Guiding Good Choices®, an evidence-based primary prevention program to enhance parenting skills to ultimately reduce adolescent problem behaviors, including substance misuse.

Pain Management

Understanding that people are living with chronic pain and are seeking information on treatments other than opioids, the County will be launching an evidence-based program to encourage and teach them how to manage their chronic pain. This program will include multiple learning sessions and will launch in the summer or fall of 2018.

For more information about these programs, contact the [Howard County Health Department](#) at 410-313-6245.

Resources

Maryland Crisis Hotline:

800-422-0009

[Howard County Health Department:](#)

410-313-6202

Howard County Resource Guide:

[Howard County SUD Treatment Guide](#)

Howard County's Centralized Opioid Website:

HoCoOpioidHelp.com



George Howard Building | 3430 Court House Drive
Ellicott City, MD 21043 | HoCoOpioidHelp.com



WALK IN. GET HELP.

Struggling with substance misuse?

Walk in to Grassroots, 11 a.m.-7 p.m.
seven days a week for a screening
and help finding treatment services.

6700 FREETOWN ROAD, COLUMBIA
CRISIS HELPLINE: 800-422-0009



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