

Harford County Health Department

Annual Report Fiscal Year 2011



Healthy people in a healthy environment.



www.harfordcountyhealth.com

Message from the Health Officer

Public health is alive and active in Harford County, with the focus shifting from an individual to a population based approach to better serve our community. This annual report provides an overview of Harford County Health Department programs, services, and accomplishments.

The three pillars (core services) of public health are Assessment, Policy Development, and Assurance of Services. In this fiscal year, a Community Health Assessment survey was conducted through *Healthy Harford** that provided a snapshot of the health of our community. The results of the survey were alarming, but not surprising. More than sixty percent of adults living in Harford County are overweight or obese. Neither males nor females meet the nutrition guidelines for consumption of fruits and vegetables; nor do they get the recommended amount of exercise. Data for our children and teens also reflect this epidemic with nearly one-third of them overweight or obese. This is a public health concern because of the strong correlation between physical activity and nutrition, and chronic disease. We recognize that the most effective approach for encouraging healthy lifestyles is a combination of efforts at the individual, interpersonal, organizational, community, and policy levels.

In order to improve the health of all Marylanders, the Department of Health and Mental Hygiene (DHMH) began drafting a State Health Improvement Plan (SHIP) to prioritize Maryland's health concerns. After the SHIP is launched, the Harford County Health Department will build on its *Healthy Harford* partnership with Upper Chesapeake Health System and Harford County Government, and engage the community to set the course for local health improvement. With the possibility of receiving prevention grant funding for developing our local health improvement plan, we are well positioned to mount a more comprehensive response to address obesity and other major health concerns. The devastating effects of prescription drug abuse, substance abuse, tobacco, co-occurring disorders, and recidivism rates are some of the critical public health issues that our County faces.

I welcome your feedback on the 2011 annual report and look forward to reporting on our local progress in the future. Please visit our website at www.harfordcountyhealth.com. If you have comments or questions about our programs, please contact us at 410-838-1500 or by e-mail at HCHD@dhmh.state.md.us.



Harford County Health Officer



Harford County Board of Health

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**A non-profit 501c3, Healthy Harford is a coalition of local government agencies, businesses, nonprofits, and citizens dedicated to improving the health of Harford County residents. Learn more at www.healthyharford.org.*

Services to the community

Mission: To protect and promote the health, safety and environment of the citizens of Harford County through community assessment, education, collaboration and assurance of services.



2011 at a glance

- *6,425 birth certificates and 284 death certificate requests processed*
- *907 individuals given ongoing addictions services*
- *2,581 clients navigated through the HealthChoice health care system*
- *381 comprehensive evaluations for aged and functionally disabled adults*
- *14,792 doses of the flu vaccination administered*
- *1,357 people tested for HIV*
- *200 clients enrolled in Healthcare for the Homeless services*
- *4,499 client visits at the Family Planning Clinic*
- *1,199 building permits approved*
- *2,450 dogs, cats, and ferrets vaccinated against rabies*
- *1,608 inspections of licensed food service facilities conducted*
- *7,821 students, parents and teachers given tobacco awareness education*
- *800,000 individuals reached through cancer prevention media exposures*
- *3,452 clients served at the Dental Clinic*
- *2,000 new applications for Maryland Children's Health Program processed*
- *69,000 one-way rides for ambulatory clients scheduled*
- *1,500 children served through the School Based Health Centers*
- *3,953 average monthly participants of the WIC program*
- *32 Teen Diversion clients provided psychiatric rehabilitation services*

HEALTH DEPARTMENT PROGRAMS

Administration

Administrative Services provides support to all divisions within the Health Department. These support functions include, but are not limited to: budget management, accounts payable and receivable, procurement and purchasing, personnel services, information and technology and fleet management. In addition, Administrative Services issues Vital Records (Birth and Death Certificates) to the public.

- Processed 6,425 birth certificate and 284 death certificate requests.

Addiction Services

Division of Addiction Services (DAS) provides outpatient substance abuse treatment for adolescents and adults. The DAS is certified for multiple levels of care including early intervention, standard outpatient, and intensive outpatient services. Services include comprehensive assessments, urinalysis, group and individual counseling and a parent support group. The DAS also provides services through contracts for the adult population. These include residential treatment, methadone maintenance, suboxone maintenance and detoxification services. In addition, a psychiatrist from Sheppard Pratt Health Systems is on-site part-time.

The HOPE (Healthy Options Provide Empowerment) Program, funded by a Maryland Community Health Resources Commission grant, targets dually-diagnosed inmates at the Harford County Detention Center and links them to substance abuse, mental health, medical and case management services with the goal of reducing recidivism. The Adult Drug Court Program provides substance abuse education and treatment services for nonviolent substance abuse offenders.

Keith Mills, a Baltimore sports news anchor, spoke to Addiction Services clients about his personal struggle with prescription drug addiction and journey to recovery.

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| • Admitted 907 Addiction Services clients; discharged 810 clients | • 26 patients were referred to inpatient services |
| • Average length of stay in outpatient treatment was 107 days | • 16 clients admitted to Adult Drug Court |
| | • 160 HOPE Program participants |

Care Coordination & Outreach

Child and Family Unit provides the following services: health education, care coordination outreach and ombudsman services to Health Choice enrollees, hearing and vision screening to 23 state approved non-public schools, case review of fetal, infant and child fatality, and care coordination services for children with elevated blood lead levels. This Unit provides resource information for high-risk newborns and high risk postpartum women as well as assists the Health Officer in completing and filing the Certificate of Live Birth. Respite care funds are made available to families that have children with special health care needs.

- Distributed respite care funding to 68 families.
- Assisted 2,581 clients with the HealthChoice application process, education about HealthChoice, and navigating the managed health care system.
- Provided administrative care coordination to nine lead cases identified by the Maryland Department of the Environment.
- Offered information and referral to the families of 44 high risk newborns.

Senior and Disability Unit - The Adult Evaluation & Referral Services (AERS) and Medical Assistance & Personal Care Programs provide evaluation and personal care monitoring to Harford County residents. In addition, through the Hospital and Nursing Facility Outreach Program (Person Centered Hospital Discharge Program), registered nurses seek out hospitalized individuals 18 years of age and older at risk for long-term institutionalization to provide intensive discharge planning and subsequent follow-up in the home setting.

- Medical Assistance programs provided monthly case monitoring medical assistance services to an average of 85 individuals.
- AERS provided 381 comprehensive evaluations for aged and functionally disabled adults who needed long-term care and were at risk for institutionalization.
- Person Centered Hospital Discharge Program (formerly Real Choices) served 15 individuals.

Clinical Health Services

Communicable Disease Surveillance and Control Unit is responsible for communicable disease surveillance and investigation, outbreak response, sexually transmitted infection (STI) testing and control, tuberculosis (TB) control, immunization services, pre and post rabies exposure treatment and referral, perinatal hepatitis B case management, Refugee/Migrant Health Worker Program. Communicable Disease was also responsible for the planning and implementation of seasonal influenza clinics, including school-based FluMist and injectable vaccination programs.

In January, 2011, the Health Department's Immunization Coordinator Kim Kelley was awarded the Immunization Excellence Award through the Maryland Partnership for Prevention.

- 13,951 doses of FluMist were administered to public and private students grades K-12
- 1,500 middle school students received a second dose of the varicella immunization
- 1,882 public school employees received the flu vaccine
- 428 members of local government received the flu vaccine as part of a County Partner Clinic on October 28



HIV/AIDS Services Unit provides free, anonymous and/or confidential HIV antibody testing and educational counseling. Case Management is a comprehensive service provided by nurses and social workers to assist HIV positive patients navigate resources and entitlements. In addition, medical services are available to HIV/AIDS clients via a partnership with the Johns Hopkins Hospital Moore Clinic. This multidisciplinary team approach affords the patient intensive, wrap-around medical management at a local level.

- Performed HIV testing on 1,357 persons; provided group and individual educational counseling to high-risk individuals in a variety of outreach settings.
- Provided case management services for an average annual caseload of 140 HIV/AIDS clients, including 14 new clients and one client who re-entered care, many of whom presented challenges with dual and multiple diagnoses.

*"The people here are great.
Friendly, knowledgeable, and no
one passes judgement (sic), just
respect. I love it."
-HIV/AIDS Services Client*

- World AIDS Day was attended by both HIV infected and affected individuals. Approximately 30 people participated in this memorial by making remembrance squares for the sixth consecutive quilt. A vigil was held which included both memorials to clients lost in the last year as well as affirmations by clients presently living with the disease.

Health Care for the Homeless is a collaboration between Harford County Health Department and Upper Chesapeake HealthLink Primary Care Clinic that provides intensive case management and medical services to individuals who lack a secure place to live. Staff determines the availability of entitlements and benefits, and coordinates medical care, shelter, and referrals for mental health and substance abuse treatment for homeless clients, individuals recently released from incarceration, and those who reside in transitional housing.

Health Care for the Homeless participated in the Homeless Persons Memorial Day. This annual event, held in various prevalent homeless areas within the community, takes place on the longest night of the year and the first day of winter. Numerous community homeless providers hold this event to remember homeless individuals who died during the past year without a secure place to live. Despite poor weather the event was well attended by the homeless, providers, and the general public.

*"I thank you very much for your support. I could not have done this by my self (sic) I am proud to say I am going on three years of sobriety."
-Health Care for the Homeless Client*

- Enrolled approximately 200 new clients.
- Documented approximately 400 total Case Management encounters.

Reproductive Health & Family Planning Program provides confidential Family Planning and Colposcopy services to uninsured and underinsured women in order to maintain and improve their reproductive health and well-being. The program provides clients the information and means to exercise personal choice in determining the number and spacing of their children. Clients may receive basic gynecological services, contraceptive education and birth control, testing for sexually transmitted infections (STIs), walk-in pregnancy testing and emergency

*"I've been with the clinic for 16 years or more. I would rather not go anywhere else for my services - these people are wonderful here always."
-Family Planning Program Client*

contraception. Clients with abnormal pap smears are referred to our Colposcopy Clinic for evaluation and follow-up. Clients are also referred to primary care, obstetrical care, pediatric care, WIC, smoking cessation classes and other services outside of the clinic as needed.

- Provided services for 2,649 Family Planning clients totaling 4,499 clinic visits.
- Provided 845 pregnancy tests and 391 emergency contraceptives to walk-in clients

Emergency Preparedness

Public Health Emergency Preparedness and Response collaborates closely with other Harford County agencies and health departments in the region to strategically prepare for and respond to natural or man-made emergencies. In concert with all Harford County Health Department employees, staff is available 24 hours a day to react to arising public health emergencies.

- September, 2010 - Promoted Emergency Preparedness Month by partnering with the Harford County Public Library, Maryland Department of Disabilities, Harford County Government, and Harford County Citizens Corps to distribute emergency preparedness guides at local libraries. Also raffled off an emergency preparedness kit.

- Received a score of 91 on the county's Strategic National Stockpile Plan which also includes a plan to distribute medication to the public in a short turnaround time using county resources. The county medication distribution plan is tested in part during annual flu clinics such as the Ripken Drive Thru Flu Clinic held on October 15, 2010. A total of 413 flu vaccinations were administered.
- On April 20, 2011 the Health Department met with its county partners to review and improve the county Strategic National Stockpile Plan which includes the county medication distribution plan.
- The Health Department participated in a three-day State Pan Flu Drill May 3rd through 5th, 2011. A regional alternate care site tabletop exercise was conducted along with a patient tracking functional exercise using a newly purchased software system. A regional communication and resource management exercise was also conducted. The Health Department tested its volunteer registration process by generating photo identification cards for 68 Health Department employees.



Environmental Health

Resource Protection Unit is responsible for the review and inspection of building permits, septic systems, well permits, soil percolation tests and water quality sampling. In addition, the Unit issues burning permits, inspects daycare facilities, public pools, and responds to a variety of air pollution and solid waste complaints. In Fiscal Year 2011, Environmental Health joined the Harford County Watershed Implementation Plan's core group to advise on strategies to meet nitrogen reduction loads from septic systems.

- Approved 1,199 building permits.
- Issued 263 sanitary construction permits and 267 well permits.
- Performed 352 percolation tests/soil evaluations.
- Investigated 319 air and solid waste complaints.
- Issued 77 burning permits.
- Issued 35 mobile home park permits.
- Conducted 225 public pool inspections and issued 94 permits.

Consumer Protection Unit conducts inspections of food service facilities, reviews plans for new and remodeled food service facilities, investigates foodborne and zoonotic diseases and nuisance complaints, enforces regulations regarding rabies and vector control, and performs inspections of camps, non-public schools, and adoption/foster care homes.

The Health Department participated in the *Lyme and Other Tick Borne Diseases* prevention study. The study was funded by the Centers for Disease Control (CDC) and coordinated through the Department of Health and Mental Hygiene (DHMH). Only two other Maryland counties were invited to participate in the study. In addition, the Health Department partnered with the Harford County Public School Nurse Coordinator to develop a Lyme disease in-service training module for school health nurses. The training module assists nurses in recognizing key symptoms and early interventions, how Lyme disease is acquired, and prevention methods.

- Regulated 879 permanent licensed food facilities, including 727 retail establishments, 69 schools and 83 nonprofit facilities.
- Conducted 1,608 inspections of licensed food service facilities.
- Issued 727 permanent food facility licenses and 877 temporary food permits.
- Investigated 165 food service complaints.
- Conducted 34 inspections of youth camps and campgrounds and issued 11 permits.
- Vaccinated 2,450 dogs, cats, and ferrets against rabies at nine scheduled clinics.

Health Education

Public Health Education Unit provides health education and informational services intended to keep community partners and the public abreast of significant public health issues and activities.



- Provided tobacco use cessation training and related cessation services to 108 clients.
- Provided tobacco awareness education to 7,821 Harford County students, parents, and teachers through private and public school outreach initiatives.
- Provided tobacco awareness education to more than 3,000 Harford County residents through community outreach initiatives.
- Prepared and disseminated 20 news releases to public information representatives and the media.

Cancer Prevention Services Unit provides education and screening, and links clients to treatment for a variety of targeted cancers.

- Educated 5,346 persons about targeted cancers.
- Provided prevention messages through over 800,000 media “exposures” via advertising, flyers and direct mailings on colorectal, breast and cervical cancer.
- Coordinated the provision of 235 breast and cervical cancer screenings and 76 colonoscopies for program clients.
- Provided two clients with cancer case management and treatment services through the Maryland Cancer Fund.



The Health Department participates in a number of community engagement activities and resource fairs throughout the year to share public health and resource information. One of the largest events is the Farm Fair which is held annually over the last weekend in July.



Maternal-Child Health

Dental Health Services – The Dental Clinic serves children ages 1 – 20 on the Maryland Children’s Health Program and pregnant women on the Medical Assistance Program and provides same-day treatment for dental emergencies involving infection and trauma. Hygiene services include x-rays, cleanings, sealants, fluoride treatment, home oral health care instructions and nutrition education. Dental services include restorations (fillings), extractions,

root canals, crowns, space maintainers for missing primary (baby) teeth, and referrals for specialty care when deemed necessary.

- Served 3,452 patients at the clinic.
- Provided services to 5,200 patients since the clinic opened in March 2008.



Infants and Toddlers is a multi-agency program providing individualized early intervention services to qualifying children and their families who reside in Harford County. Working in collaboration with the Harford County Health Department, Department of Social Services and Harford County Public Schools, the program provides special instruction, speech language therapy, occupational therapy, physical therapy, audiology, and service coordination. Lead agency status for the Infants and Toddlers Program was passed from the Harford County Health Department to Harford County Public Schools beginning July 1, 2010.

- Through grant funding, Infants and Toddlers piloted a program that broadened the scope of services to children birth to age 5, rather than age 3.
- Received an average of 52 new referrals each month and served approximately 695 children total.

Maryland Children's Health Program (MCHP) provides full health benefits for children up to age 19, and pregnant women of any age who meet income eligibility guidelines. MCHP enrollees obtain care from a variety of Managed Care Organizations through the Maryland HealthChoice Program. The Medical Assistance for Families program provides the same benefits as MCHP but expands eligibility coverage to those parents and/or adults who care for children, as well as for children ages 19 and 20.

- Processed 2,000 new applications and 2,500 renewal applications, approximately 75% of which were for MCHP and 25% were for Medical Assistance for Families.
- New initiative by the Governor requires all applications by pregnant women to be processed for coverage within two days.

Medical Assistance Transportation arranges taxicab, wheelchair van and ambulance transportation for eligible Medical Assistance recipients who are accessing medical care.

- Scheduled approximately 69,000 one-way rides for ambulatory clients.
- Scheduled approximately 4,600 wheelchair and ambulance one-way rides for non-ambulatory clients.

School Based Health Centers provide health care, mental health care, and preventive services to students in four Title 1 elementary schools who may lack access to health care. Licensed nurse practitioners examine, diagnose, and prescribe medication for problems such as ear, sinus, or throat infections, asthma, rashes, etc., provide comprehensive physical exams and assist school nurses with vision and hearing screenings. Social workers provide supportive counseling for children and their families, help address behavior issues both at school and at home and assist families in accessing community resources.

- 1,500 children were provided medical and mental health services in fiscal year 2011.

The School Based Health Centers program received a grant from the Community Health Resources Commission which allowed it to offer three community health fairs in partnership with Upper Chesapeake HealthLink during the summer and fall of 2010. The fairs were held outside the Health Department's Dental Clinic in Edgewood. Families received health screenings through the HealthLink van and accessed a variety of health related information from vendor booths. Activities for children were also provided.



Women Infants and Children (WIC) is a federally funded program serving pregnant women, new mothers, infants and children under age five. The Harford County Health Department operates a WIC program in Harford and Cecil Counties. The program provides healthy supplemental foods, health referrals, personalized nutrition assessment and participant-centered counseling, health screening on infants and children through regular growth and weight checks, and free breastfeeding support through the Breastfeeding Peer Counselor Program. WIC participants receive monthly food checks for healthy foods and receive special Farmers' Market checks each summer for fresh fruits and vegetables.

- Provided services to an average monthly caseload of 3,953 participants; including on average, 437 pregnant women, 506 post-partum women, 2,048 children, and 962 infants.
- 41% of the post-partum women enrolled in the program are breastfeeding.
- 23 clients took part in the "Shopping Matters" classes in February and March, 2011. This program through *Share Our Strength* offered families grocery store tours by a Registered Dietician who taught participants how to make healthy, affordable food choices.
- Between June and July of 2011, WIC hosted "Cooking Matters," a series of six classes that engaged families in preparing a full meal then sitting down to eat family style. In total, 17 families graduated from the program (participated in at least 4 classes).

What participants had to say about the Cooking Matters class...

"It gave me confidence to learn to love to cook. Before the class I really didn't enjoy being in the kitchen."

"It really opened my mind to the many options available to prepare a healthy meal. It has really made me want to cook fresh items."

"It has helped me to add more variety to our meals. Also, knowing what the nutritional label means and how to use it effectively."



The Harford/Cecil County WIC Program received funding to make improvements to existing space at the Cecil County Health Department in Elkton. Renovations included splitting rooms to provide additional office space and a lab room. In addition, two large murals were painted by a local artist.



Teen Diversion

Teen Diversion is a psychiatric rehabilitation day-program operating in partnership with Harford County Public Schools. Treatment is focused on diverting adolescents, ages thirteen through eighteen, from a more restrictive therapeutic or educational placement and reintegrating them back into the community. Adolescents typically participate in treatment for twelve or more weeks. Teen Diversion provides a wide variety of services, tailored to the individual needs of the adolescent and his or her family. These services include group therapy, individual and family therapy, psychiatric rehabilitation, socialization/recreational therapy, psychiatric evaluations, medication management, case management and transition planning, didactic drug and alcohol group counseling, conflict resolution and communication groups, vocational readiness training, nutrition and other health education. The program also provides crisis intervention with 24-hour support and an optional AfterCare program.

- Provided services to 32 teens and their families.
- Offered continued services to 11 clients through the AfterCare Program.
- Diverted 80% of teens (8/10) referred to Teen Diversion at risk of a hospitalization.

Locations & Directory of Services



Public Health
Prevent. Promote. Protect.

WOODBIDGE STATION

**1321 Woodbridge Station Way
Edgewood, Maryland 21040
410-612-1779**

Services: Cancer Prevention, Communicable Disease, Family Planning and Colposcopy Services, Immunization, Public Health Education, Sexually Transmitted Diseases (STD), Tobacco Cessation and Women, Infants, & Children (WIC)

DENTAL CLINIC

**2204 Hanson Road
Edgewood Plaza Shopping Center
Edgewood, Maryland 21040
443-922-7670 • Fax: 443-922-7673**

Services: Dental Care for Children and Pregnant Women on the MCHP Program

HEALTH SERVICES

**1 North Main Street
Bel Air, Maryland 21014
410-638-3060 • Fax: 410-638-4927**

Services: HIV Case Management and Homeless Service Coordination

ABERDEEN COMMUNITY CENTER

**34 North Philadelphia Boulevard
Aberdeen, Maryland 21001
410-273-5626 • 410-273-5656 (WIC)**

Services: Administrative Care Coordination and Child & Family Services, Adult Evaluation Review Services, Medical Assistance Personal Care, Hospital Discharge Program, Senior and Disability Services and WIC

THOMAS HAYS BUILDING

**120 South Hays Street
Bel Air, Maryland 21014
410-838-1500**

Services: Administrative Services, Addiction Services, Emergency Preparedness, Environmental Health, Maryland Children's Health Program (MCHP) and Vital Records

CENTER FOR EDUCATIONAL OPPORTUNITY

**Teen Diversion
253 Paradise Road
Aberdeen, Maryland 21001
410-273-5681 • Fax: 410-273-5556**

Services: Group, Family and Individual Therapy, Medication and Case Management and Day Treatment for Adolescents, Psychiatric Rehabilitation