

Harford County Health Department - Local Health Improvement Process
Behavioral Health Workgroup
Thursday, February 18th, 8:00am-9:30am
Meeting Notes

ATTENDEES: Kim Parks-Bourn (Department of Social Services - DSS), Rod Bourn (Harford Community College), Honorable Mimi Cooper (Harford County District Court), Nancy Corbin (Maryland Recovery), Beth Jones (Harford County Health Department - HCHD), Susan Kelly (HCHD), Bari Klein (Healthy Harford/HCHD), Rod Kornrumpf (University of Maryland Upper Chesapeake Health - UM UCH/Union), Jessica Krause (Office on Mental Health), Pamela Llewellyn (UM UCH/Union), Dr. Richard Lewis (UM UCH), Sue Lichtfuss (Mobile Crisis), Sharon Lipford (Healthy Harford), Don Mathis (Father Martin's Ashley), Mallory McCloskey (HCHD), Dr. Russ Moy (HCHD), Paula Nash (HCHD), Jerry Reyerson (DSS), Bill Patton (New Day Wellness), Joe Ryan (Office of Drug Control Policy), Posie Thompson (HCHD), Kathy Walsh (Friends R Family Foundation), Brendan Welsh (HCHD)

Recap of Last Meeting

Sharon Lipford called the meeting to order. She began by doing a quick recap of the last meeting drawing attention to the Behavioral Health Local Health Action Plan. She briefly reviewed the data citing that behavioral health admissions and the drug-induced death rate increase while the suicide rate decreased. However, Dr. Moy noted that in the Vital Statistics Administration report just released last week Harford County's suicide rate increased again to 11.6 per 100,000 population.

The Workgroup agreed that the same two strategies should be kept (integrating substance abuse/mental health and expanding the delivery/awareness of behavioral health services) but should focus on expanding the comprehensiveness of these strategies. Consensus at the last meeting determined five potential areas of focus including crisis beds, detox services, expansion of a wellness center, services for special populations (pregnant women & people with disabilities), and residential treatment for youth.

Behavioral Health Roadmap

Sharon reviewed the Behavioral Health Roadmap 2016-2018 handout with the group (See Attachment A). The Roadmap outlines actions in the three main components of the framework - prevention, intervention, and recovery. The Workgroup was asked if anything was missing from the Roadmap.

It was mentioned that there is a huge lack of mental health beds/housing in the County. Many stories were shared where individuals with mental health treatment needs are ending up in the criminal justice system/detention center because there is nowhere else to send them. It was suggested to invite Len Parrish from the Harford Housing Agency as well as someone from the Detention Center to future Workgroup meetings. Addressing housing for individuals with mental health/substance abuse needs will be added to the Behavioral Health Roadmap.

Report on Current and Developing Initiatives

Prevention

School Partnership

Joe Ryan shared that the Office of Drug Control Policy held a training with middle and high school students involved in STARS and SADD groups in early February 2016 to educate and train students on the heroin epidemic in Harford County. Approximately 100 students were in attendance at the training. The students then worked together to create projects focused on implementing the tools learned during

the training. A draft of the student projects will be completed in the first part of March with projects being implemented in April/May 2016. Joe also shared informed about the play Addicted, which is taking place at North Harford High School on February 25th and 26th at 7:00pm. This play was written by one of the school's counselors and focuses on how addiction really impacts families. It will be performed by both current students and alumni from the North Harford Drama Club. Resource tables will also be there as well as a "mock" bedroom to give parents an idea of what to look for in their children's rooms if they suspect drug use.

Drug Symposium

The Harford County Drug Symposium will take place on June 23rd at the Bel Air Middle School. The Office of Drug Control Policy is currently pulling together the keynote as well as the workshops. There are usually about 300 people in attendance at the Symposium. Additionally, on May 18th, a former NBA player will provide a presentation on his story of addiction at the John Carroll School. It is a free event and will take place at 7pm. More information will be coming.

Suicide Prevention

Paula Nash shared that the grant that was supporting the suicide prevention outreach to physicians and pediatricians ended on December 31st. The physician liaison was able to reach out to approximately 48 primary care providers and all pediatricians located in Harford County. Additionally, the Mental Health Resource Guide was update over winter break and will be posted on the Health Department's website once finalized. Paula said that they are consistently receiving calls to be added to the guide so it is encouraging to see that people are using it.

Now, the suicide prevention project will be focused on QPR (Question, Persuade, and Refer). This training teaches individuals how to recognize the warning signs of suicide and how to question, persuade, and refer someone to help when there is a suicide risk. Thirteen community members have been trained in QPR and now those individuals are just waiting on their official certifications so that they may go out and offer training to the rest of the community. 600 QPR booklets have been ordered, and Paula hopes to distribute all of them into the community. They are currently scheduled to do a QPR training at Cherish the Child, potentially the Trauma Institute, and Back to School events but are hoping to do many more within the community.

Paula also shared that suicide prevention signage will be put in the Bel Air Parking Garage soon. She mentioned that there are three main recommended ways to deter suicide from tall buildings/structures including cameras, physical barriers, and signage. Of those three recommendations, signage actually has the highest rate of successfully preventing suicide. The Town of Bel Air Administration was supportive of this idea.

Lastly, Paula mentioned that the Suicide Prevention Subcommittee would like to do a training for media around responsible and appropriate reporting on suicide. The training would share best practices for how the media should be getting the information out to the public. Also, Paula is hoping to get a public health intern to play a role in QPR training as well as assist in pulling together information to help establish a suicide fatality review board.

Mental Health First Aid

Healthy Harford received a grant from the Friends R Family Foundation to conduct Mental Health First Aid (MHFA) trainings in the community. MHFA is an 8-hour training. There are seven individuals certified to provide MHFA trainings in Harford County. Last year, 249 individuals were trained, and there are hopes that even more will be trained this year. Currently, MHFA trainings are being hosted at the hospital. Sharon mentioned that the trainings have been consisting mostly of community members and not necessarily just hospital staff, which is very encouraging. The next MHFA is scheduled for March 11th at Upper Chesapeake.

Sue Lichtfuss discussed her interest in conducting some sort of training or workshop for individuals about mental health wellness to try to prevent stress and depression. She wants to try to get to individuals before they are in crisis.

Posie Thompson shared that at Teen Diversion approximately 80% of their kids have parents that are suffering from some sort of serious drug issues. Jerry Reyerson agreed that at DSS probably about 70-80% of cases that are being investigated involve some sort of substance abuse. Often in these situations, the children end up being raised by their grandparents. There is a new support group in the County specifically for grandparents that are raising their grandchildren.

Intervention/Treatment

Detention Center Treatment/Vivitrol

Beth Jones shared an update on the Vivitrol Program at the Detention Center. A representative from the Division of Behavioral Health goes to the Detention Center to provide education/information about Vivitrol, screens interested individuals for clinical eligibility, coordinates the evaluations, and should provide the first dose of Vivitrol 6 days prior to release from jail. Beth remarked that even if the individual is not receiving their first shot prior to their release, they are still coming to the Health Department for it as well as to be enrolled in the program. The whole process mentioned from education to the receipt of the first shot takes about two weeks.

Expansion of Services

Rod Kornrumpf shared a handout with the group summarizing the new UM UCH Medical Center in Havre de Grace that will be located in Bulle Rock. The handout also included information on expansions to the Bel Air campus. The new Havre de Grace location would include an expanded number of behavioral health beds. Currently, the plan is to have two 12-bed inpatient behavioral health units for individuals with mental health/substance abuse issues. The third behavioral health inpatient unit is currently slated to be dedicated to geriatric psychiatry for the aging population. These plans are projected for 2020 but a lot needs to happen between now and then. Members of the Workgroup were encouraged to attend future community/town meetings in Havre de Grace to provide support for the new facility as it would really fill a void within the community.

Integration with Criminal Justice System

Dr. Lewis met with Judge Cooper to restart a conversation about the behavioral health services offered at the hospital. The conversation began to determine the best way for individuals to be screened and triaged into behavioral health services through the court system. The first meeting really revolved around a review of the history. Next steps include trying to take a look at the court to determine the flow and then meeting again to discuss.

Pregnancy and Substance Use

In November, a meeting was held with providers from the behavioral health community and the ob/gyn community. Data was reviewed with the group to show the extent of the problem. Providers recognized that they were all doing an excellent job within their specialty. However, communication between the two specialties probably needs to be confused. There was no standardized way of handling these situations. Also, although representatives from methadone clinics were not at the initial meeting, they seemed very interested in helping with this problem. Vickie Bands and Karen Hensley have been working on developing a streamlined referral form for providers. Additionally, Joe mentioned that they are trying to collect incentives for mothers to take part in the healthy baby initiative.

Another meeting about substance exposed newborns is scheduled for March 9th at 3:00pm. The group will be reconvened to provide updates and determine next steps in moving forward.

Law Enforcement

Beginning on January 1st, Shawn Dundon became an Office on Mental Health employee. He will still be located at the Southern Precinct. Shawn is a MHFA instructor as well as a certified Crisis Intervention Team (CIT) instructor. With now being an Office on Mental Health employee, Shawn will be able to do more in the community and expand his outreach.

Recovery

Wellness Community

Brendan Welsh shared that in a meeting with ACR and Sharon, they discussed the need to centralize wellness and recovery efforts as currently many of these are scattered across the County. Therefore, a wellness/recovery center was proposed that would provide both phone-based as well as group services. The wellness center could host Recovery Coach Academies in order to train members of the community. Additionally, in order to get people in the door, games and such would be offered at the wellness center. A wellness/recovery event could also be hosted here during Recovery Month to help promote advocacy and awareness.

Emergency Room - Peer Support

For individuals that present in the ED with a substance use disorder, the hospital offers to link the individual to a Peer Recovery Specialist (PRS) from the Health Department. If accepted, a one-on-one meeting is set up with the PRS in order to assist in linking the individual to treatment. If declined, the individual is given a Please Help Card with resource information in case they decide to get help at a later time. The hospital outreach has expanded to now include weekly recovery support groups that occur every Friday. Additionally, they are looking to start education groups as well that will be co-facilitated by the PRS.

Community Events

The Friends R Family Foundation will be hosting a 5K Run/Walk on April 10th, which will start the Bel Air Athletic Club. They will be having a Community Health Village at the event to provide resource information and are looking for anyone who may interested in participating. Last year, there were 600 in attendance at the event, and this year they are aiming for 1,000 attendees.

The DEA announced that Drug Take Back Day will take place on April 30th. Joe shared that this will take place in four different locations across the County.

The Office on Mental Health is hosting a Harford County Suicide Prevention conference on June 2nd titled Life Matters. Kevin Hines, who is one of 34 who survived a suicide attempt at the Golden Gate Bridge, will be the keynote speaker at the event. More information will be available about the event in the coming weeks.

The next Behavioral Health Workgroup meeting will take place around the third week in April 2016.

ATTACHMENT A
Harford County Local Health Improvement Process
Behavioral Health Roadmap
2016-2018



Prevention	Intervention	Recovery
<ul style="list-style-type: none"> • Continue partnerships to reduce use of ED for behavioral health needs • Support Office of Drug Control Policy in annual Drug Symposium • Outreach to physicians and dentists to raise awareness about addiction • Teach students refusal skills and dangers of substances • Educate parents about drug prevention • Conduct training for professionals and public in QPR- suicide prevention • Promote suicide prevention through signage and posters around county • Promote Mental Health First Aid with community partners • Continue support of Overdose Fatality Review Team • Develop Suicide Fatality Review Team 	<ul style="list-style-type: none"> • Expand treatment options in the county • Develop a seamless referral process for pregnant women who use substances; partnering with Obstetrical and substance use treatment agencies • In partnership with Dept. of Social Services, engage mothers whose children are born drug exposed • Expand training/ intervention options to law enforcement officers around the county • Strengthen partnerships with criminal justice system (judges, detention center) • Pursue development of crisis beds, detox center and residential center • Continue to build partnership with Aberdeen Proving Ground behavioral health 	<ul style="list-style-type: none"> • Engage peers, families and faith-based communities in the discussion about recovery • Develop a comprehensive Recovery Focused Community which includes a Wellness Center • Continue to develop Vivitrol program with incarcerated inmates prior to their release • Support annual recovery events in the community and throughout the year • Host community events such as large-scale speakers, movies to raise awareness about behavioral health, recovery, and encourage hope