



Harford County Health Department



Board of Health Update
September 18, 2018

Russell Moy, MD, MPH
Health Officer

September is National Recovery Month



Shine light on

RECOVERY

Help us light the way during the month of September for Recovery Month. By using purple lights, show Harford County there is hope and recovery is possible.

If you need help, call 410-877-2340.



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AGENDA

- Update on the health of Harford County
 - Behavioral health
 - Tobacco
 - Sexually transmitted diseases
 - Cancer
- Health Department's strategic plan
- Role of Peer Recovery Specialists



Drug-related deaths reach all-time high in 2017 In the U.S.

The New York Times

Bleak New Estimates in Drug Epidemic: A Record 72,000 Overdose Deaths in 2017

Fentanyl is a big culprit, but there are also encouraging signs from states that have prioritized public health campaigns and addiction treatment.

By Margot Sanger-Katz

Aug. 15, 2018

Drug overdoses killed about 72,000 Americans last year, a record number that reflects a rise of around 10 percent, according to new preliminary estimates from the Centers for Disease Control. The death toll is higher than the peak yearly death totals from H.I.V., car crashes or gun deaths.

Analysts pointed to two major reasons for the increase: A growing number of Americans are using opioids, and drugs are becoming more deadly. It is the second factor that most likely explains the bulk of the increased number of overdoses last year.

Drug-related deaths reach all-time high in 2017 In Maryland

Maryland's drug-related deaths increase for seventh straight year, reach all-time high in 2017



By **Andrea K. McDaniels**
The Baltimore Sun

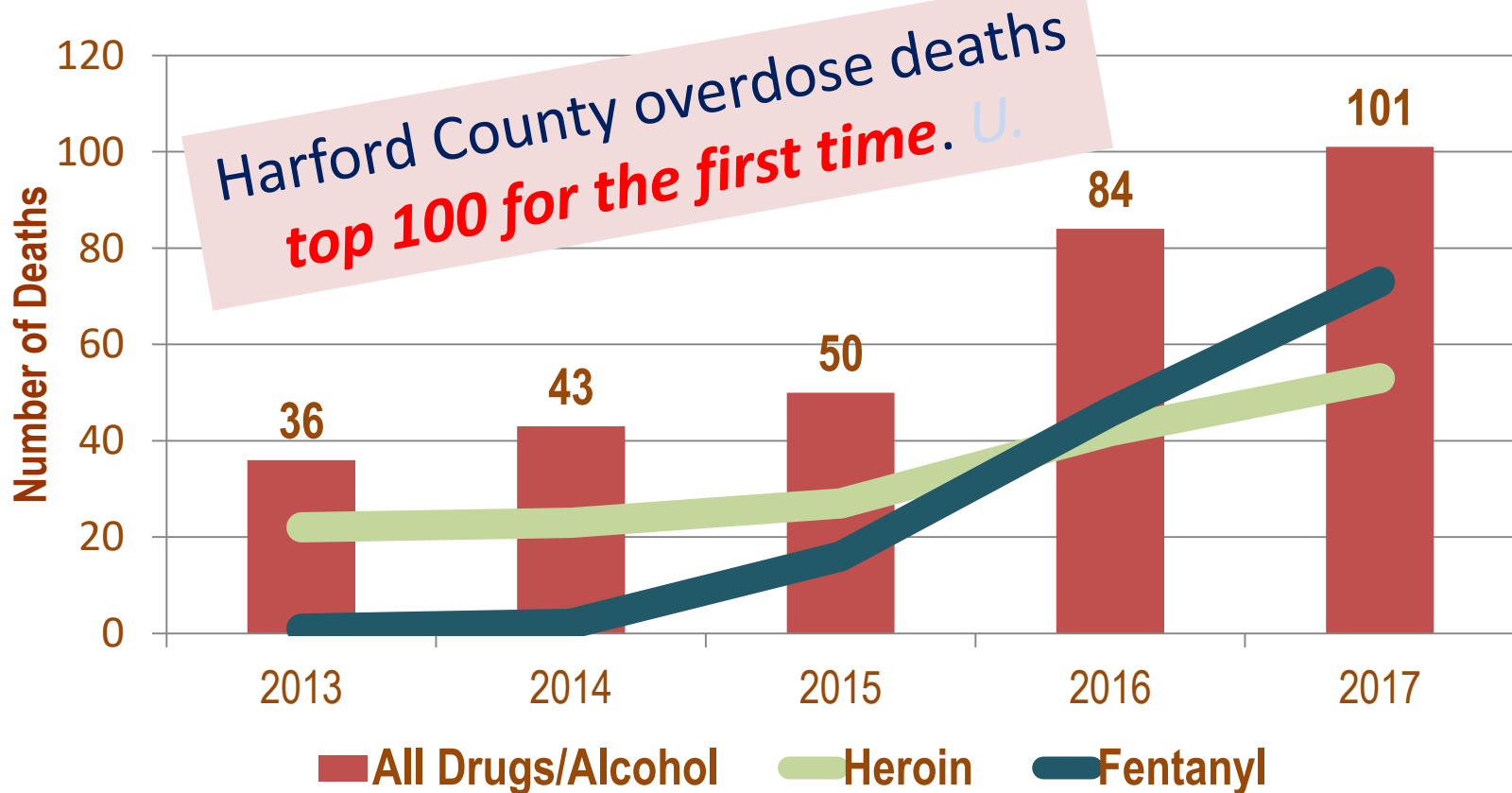
JULY 26, 2018, 2:45 PM

The number of drug- and alcohol-related deaths in Maryland soared to an all-time high of 2,282 last year as the state continued to struggle with an opioid addiction problem that has gripped the entire country.

Last year there were 9 percent more such overdose deaths than in 2016 and most of them — 2,009 — were opioid-related, according to data released Thursday by the Maryland Department of Health.

Drug & Alcohol Intoxication Deaths

By place of occurrence, Harford County, 2013-2017

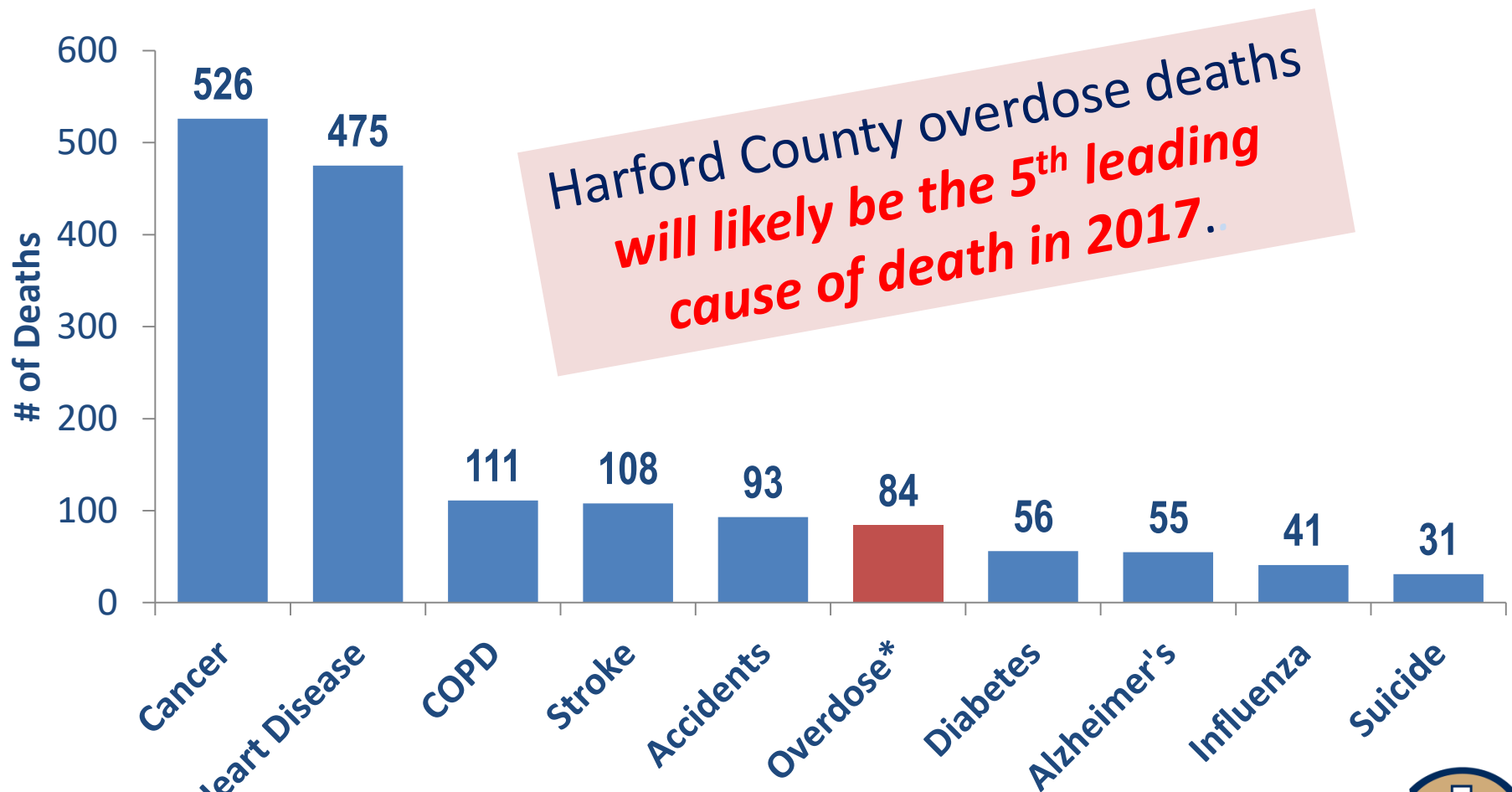


Source: Maryland Vital Statistics: Drug- and Alcohol-Related Intoxication Deaths in Maryland



Top 10 Causes of Death

Harford County, 2016



Source: Maryland Vital Statistics, 2016

Source: * Maryland Drug and Alcohol-Related Intoxication Deaths, 2016

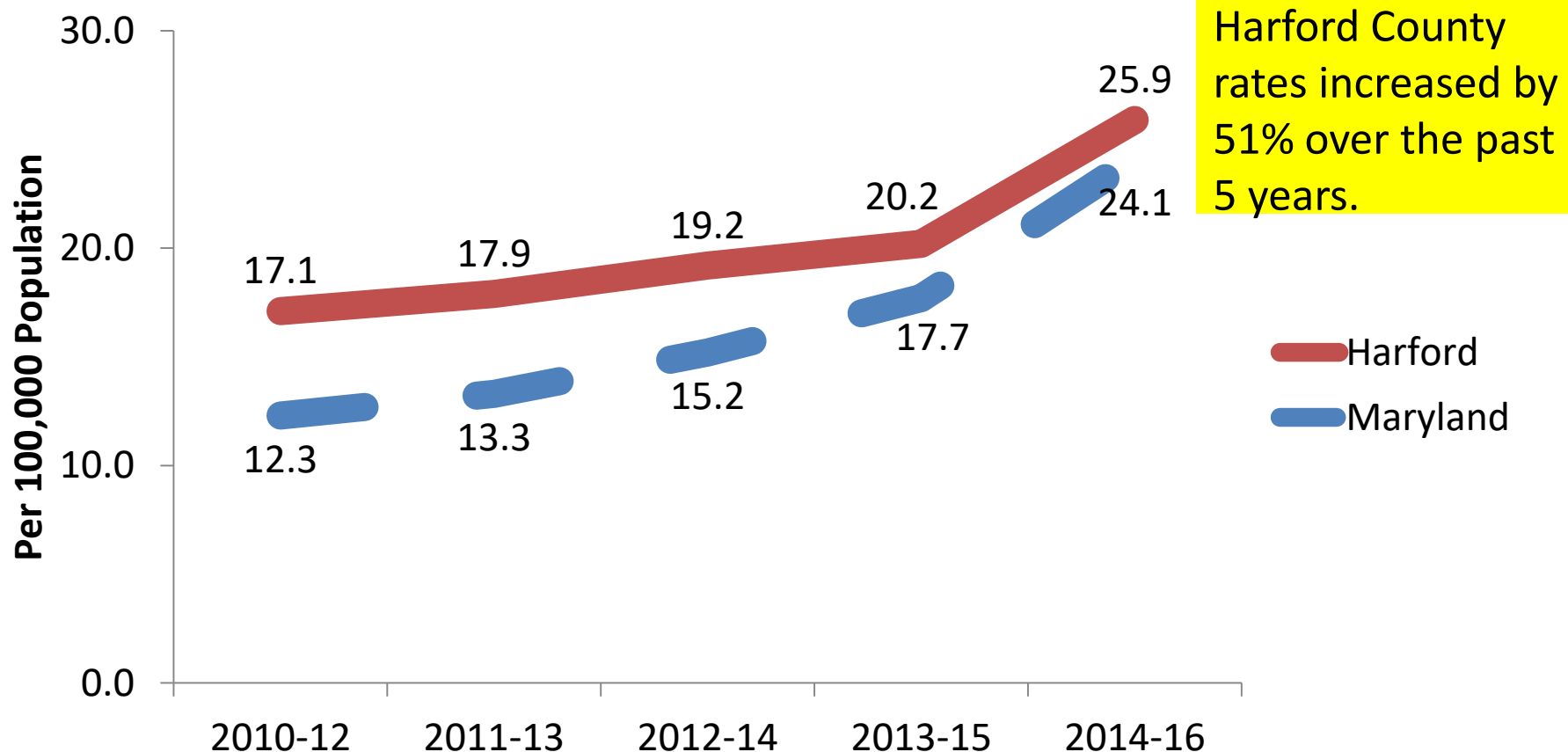


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Drug-Induced Mortality Rates

Harford County & Maryland, 2012-2016



* Age-Adjusted Rates

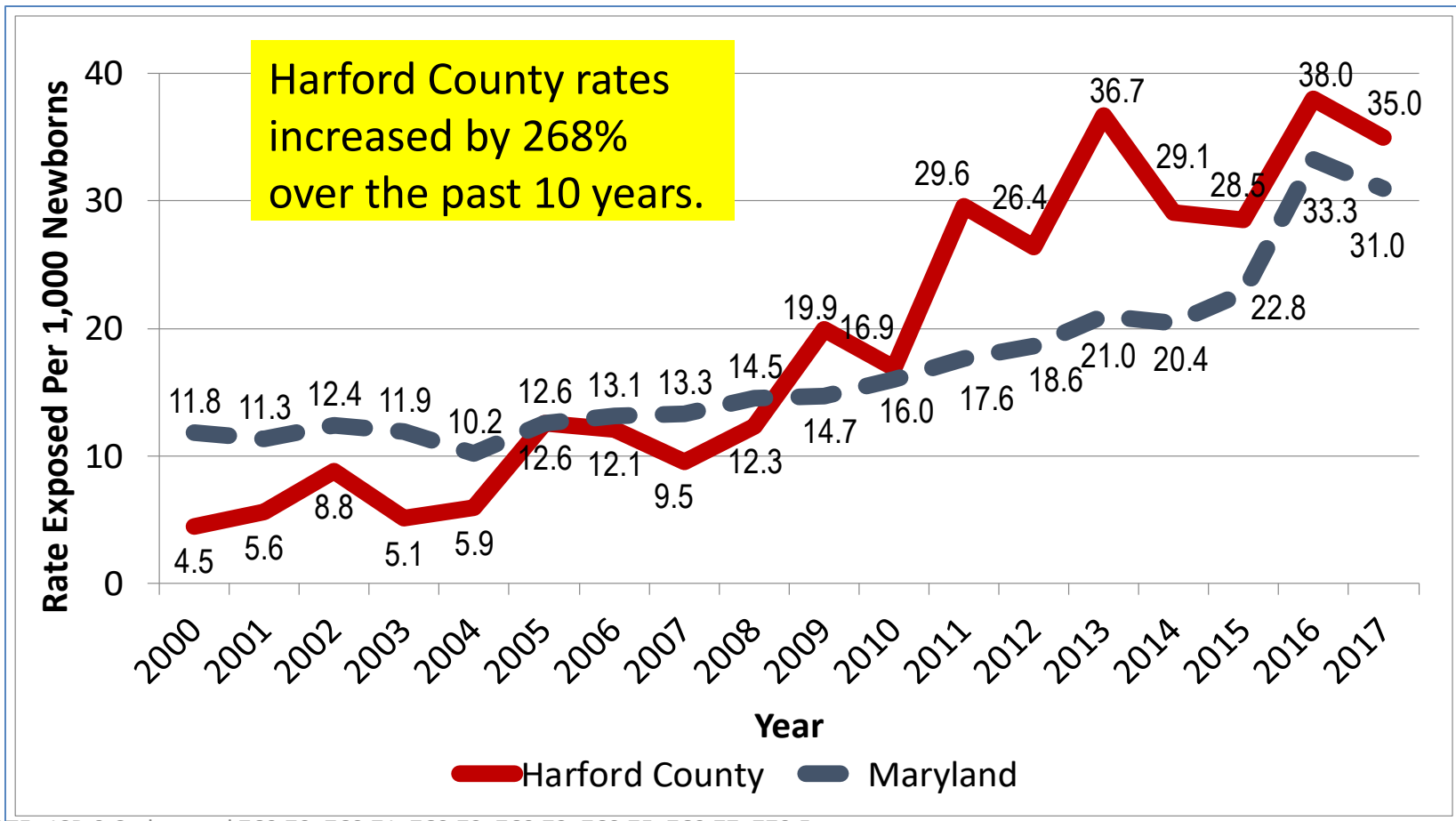
Source: Maryland Vital Statistics Reports



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Rate of Hospital Encounters for Newborns Born with Maternal Drug/Alcohol Exposure in Harford County and Maryland, 2000-2017*



NOTE: ICD 9 Codes used 760.70, 760.71, 760.72, 760.73, 760.75, 760.77, 779.5

ICD 10 Codes used P04.3, P04.4, P04.41, P04.49, P04.8, P04.9, P96.1

* 2017 DATA IS PRELIMINARY – Data compiled by MCHB/MDH. Chart prepared by HCHD.

Source: HSCRC Hospital Data, 2000-17, Maryland resident births only, does not include Maryland resident births born out of state.



The reason this epidemic is so deadly



Comparing the size of lethal doses of heroin, fentanyl, and carfentanil. The vials here contain an artificial sweetener for illustration. (New Hampshire State Police Forensic Laboratory)



Short-term, Narcan (naloxone) spray can reverse an opioid overdose and save lives



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Intermediate-term, more substance use disorder medication treatment services are needed

Medication-assisted opioid addiction treatment

SUBOXONE

(Buprenorphine + Naloxone)



Approved: by FDA in 2002

Dosage: Taken daily - most commonly as a film under the tongue

Cost: \$125-\$250 for a 30-day set

Insurance: Covered by many providers

Prescription: Can be prescribed at MercyHealth Behavioral Health Services and Compass Behavioral Health Clinic

METHADONE

(Opioid pain reliever)



Approved: by FDA in 1972

Dosage: Taken daily in liquid form

Cost: Less than \$100 per month

Insurance: Covered by many providers

Prescription: Prescribed at Beloit Comprehensive Treatment Center

VIVITROL

(Extended release naltrexone)



Approved: by FDA in 2006

Dosage: Taken as an injection, lasts four weeks

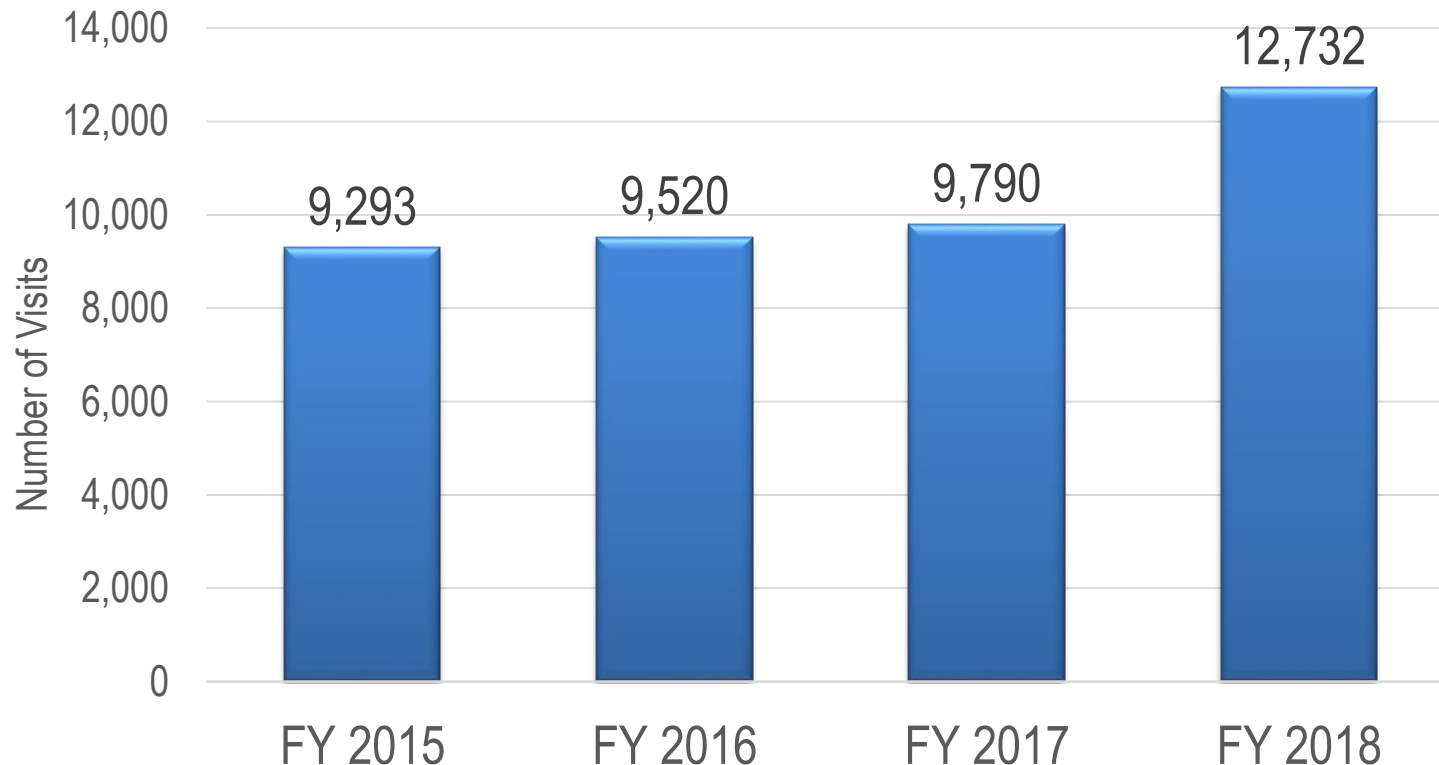
Cost: About \$450 per injection

Insurance: Covered by many providers

Prescription: Can be prescribed by a medical doctor

Intermediate-term, more substance use disorder behavioral health services are needed

HCHD Behavioral Health Program Visits, FY 2015-2018



Source: Brill, "New State-level Estimates of the Economic Burden of the Opioid Epidemic," AEI, 1/16/18



Intermediate-term, more substance use disorder crisis and care coordination services are needed



WATCH

WELLNESS ACTION TEAMS OF CECIL & HARFORD

- Home visits including Community Health Workers, RNs, Social Workers
- Primary Care Physician referrals and collaboration
- Referrals to transportation, insurance, housing, food
- Self-care, healthful living and care plan management

Proudly serving the residents of Harford and Cecil counties.

For information, please contact 800-515-0044
healthyharford.org



HARFORD CRISIS CENTER

Behavioral Health & Addiction Services

CC

THE HARFORD CRISIS CENTER WILL BE THE FIRST OF ITS KIND
IN MARYLAND TO FOCUS ON BOTH MENTAL HEALTH AND
ADDICTION

[Click here to find out more](#)



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Long-term, prevention works best

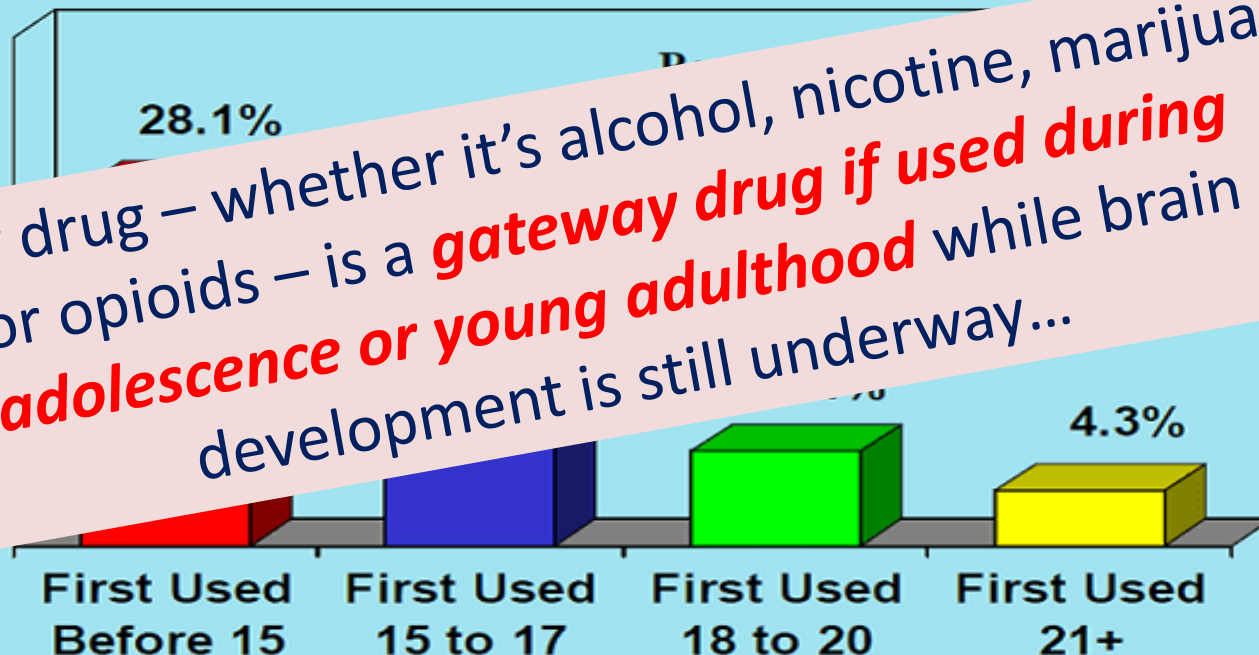


**Adolescent Substance Abuse:
America's #1 Public Health Problem**

COLUMBIA

The Earlier Teens Use Any Substance, the Greater the Risk of Addiction

Every drug – whether it's alcohol, nicotine, marijuana or opioids – is a **gateway drug if used during adolescence or young adulthood** while brain development is still underway...



Source: CASA analysis of the National Household Survey on Drug Use and Health (NSDUH), 2009.

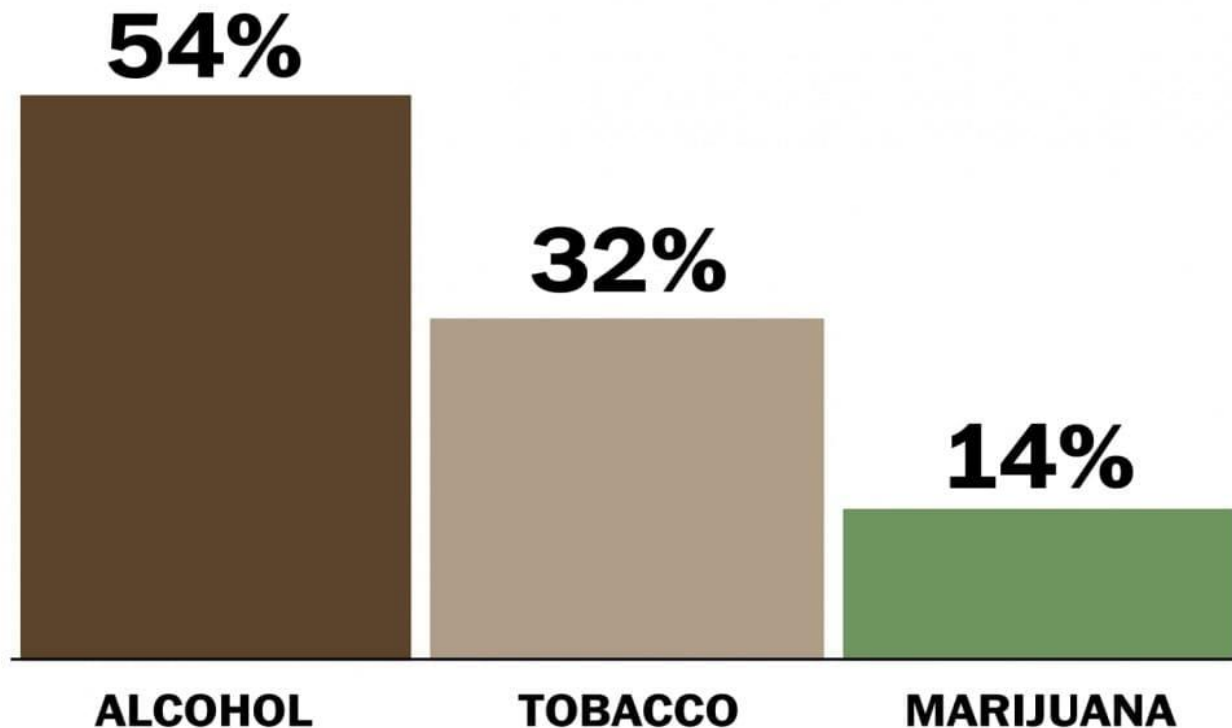
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Is there a gateway drug?

Alcohol: the true gateway drug

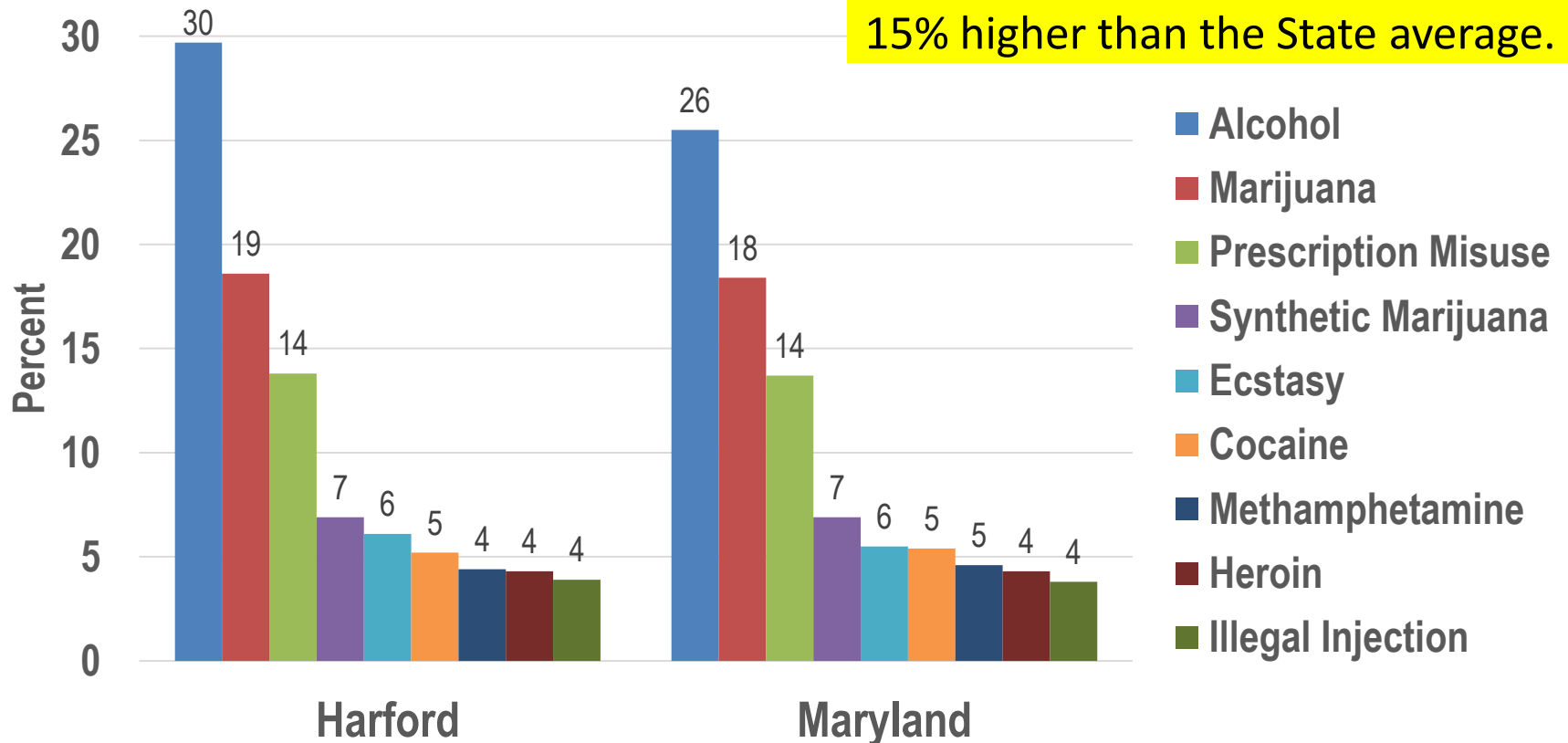
First drug of use, among 12th graders who had ever used alcohol, tobacco or marijuana:



Adolescent Alcohol and Drug Use Rates

Harford County & Maryland, 2016

Harford teen alcohol use rate is 15% higher than the State average.



Source: Maryland Youth Risk Behavior Survey (YRBS), 2016

Note: Students, Gr 9-12 who drank at least 1 drink of alcohol in the past 30 days

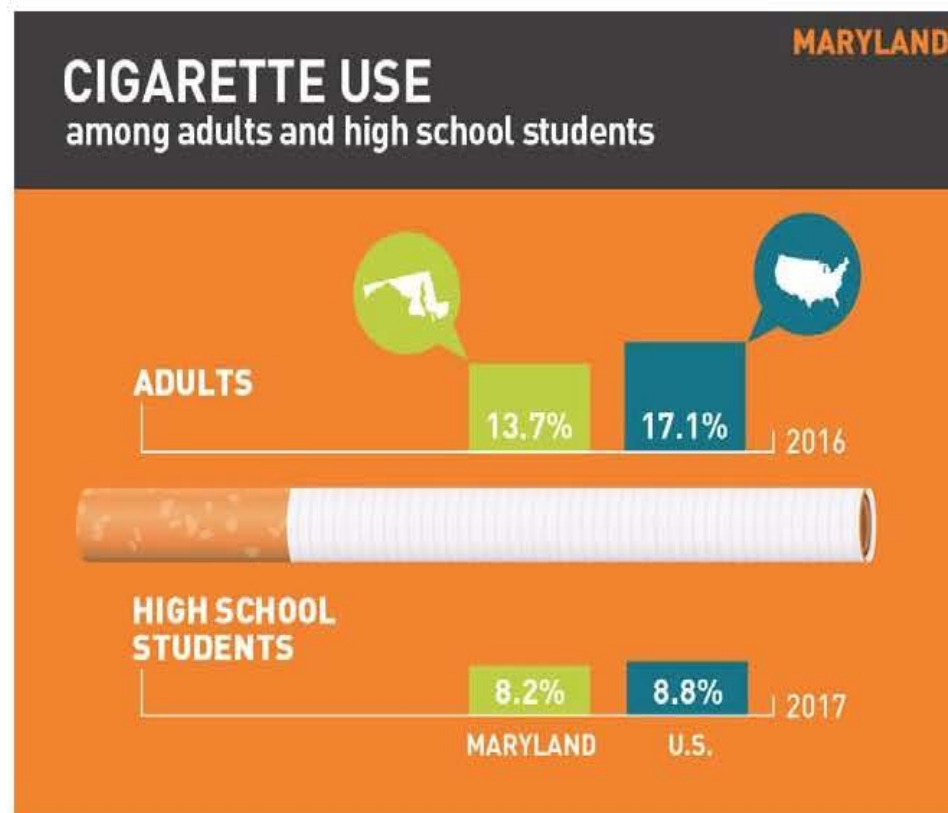


Maryland ranks 7th in adult smoking rates, 22nd in adolescent tobacco use rates

tobacco use in maryland

Cigarette use: Maryland*

- In 2016, 13.7 percent of adults smoked. Nationally, the rate was 17.1 percent.¹
- In 2017, 8.2 percent of high school students smoked on at least one day in the past 30 days. Nationally, the rate was 8.8 percent.²



Source: CDC BRFSS Website 2016

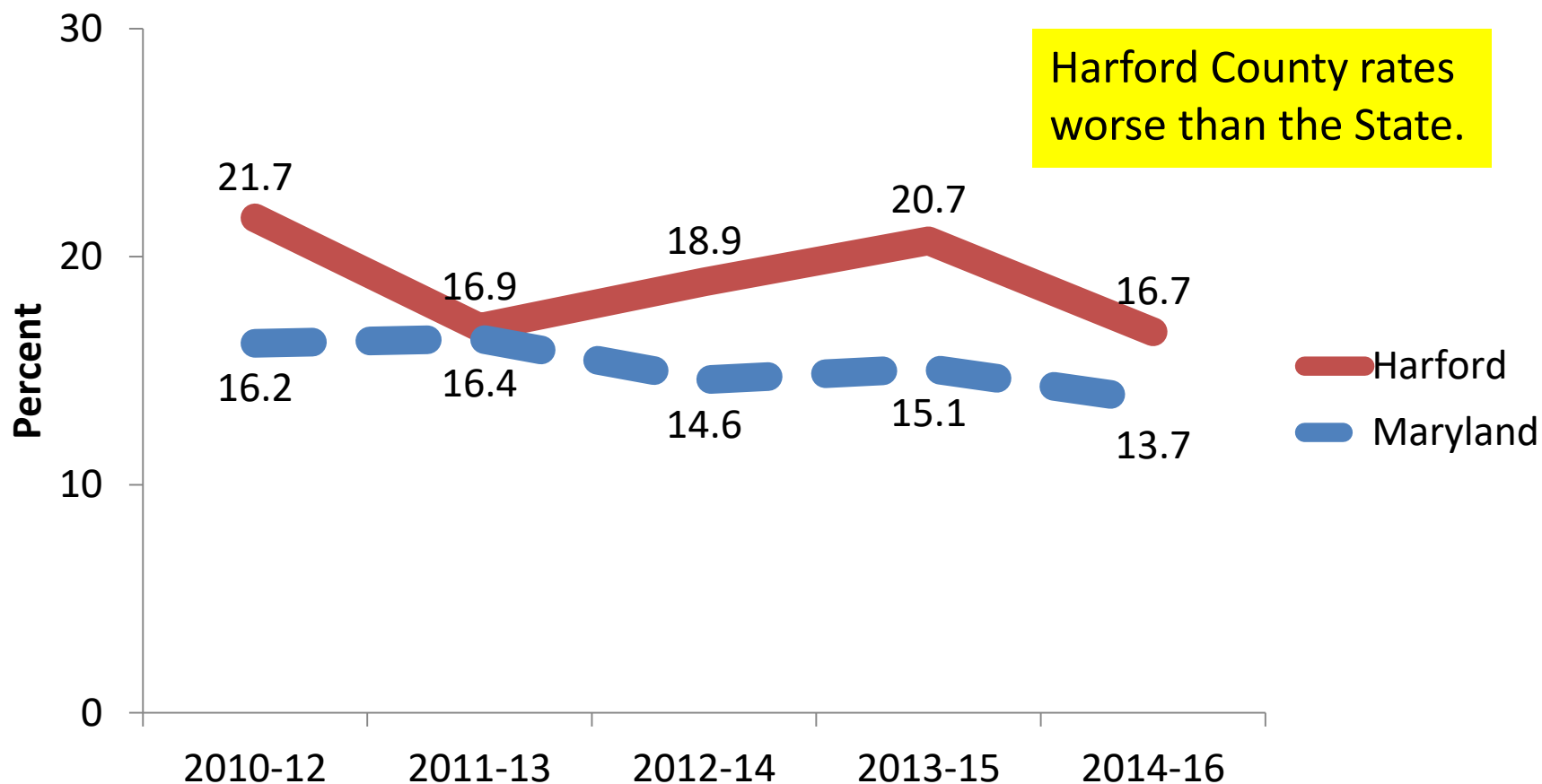


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Adult Smoking Rates

Harford County & Maryland, 2012-2016

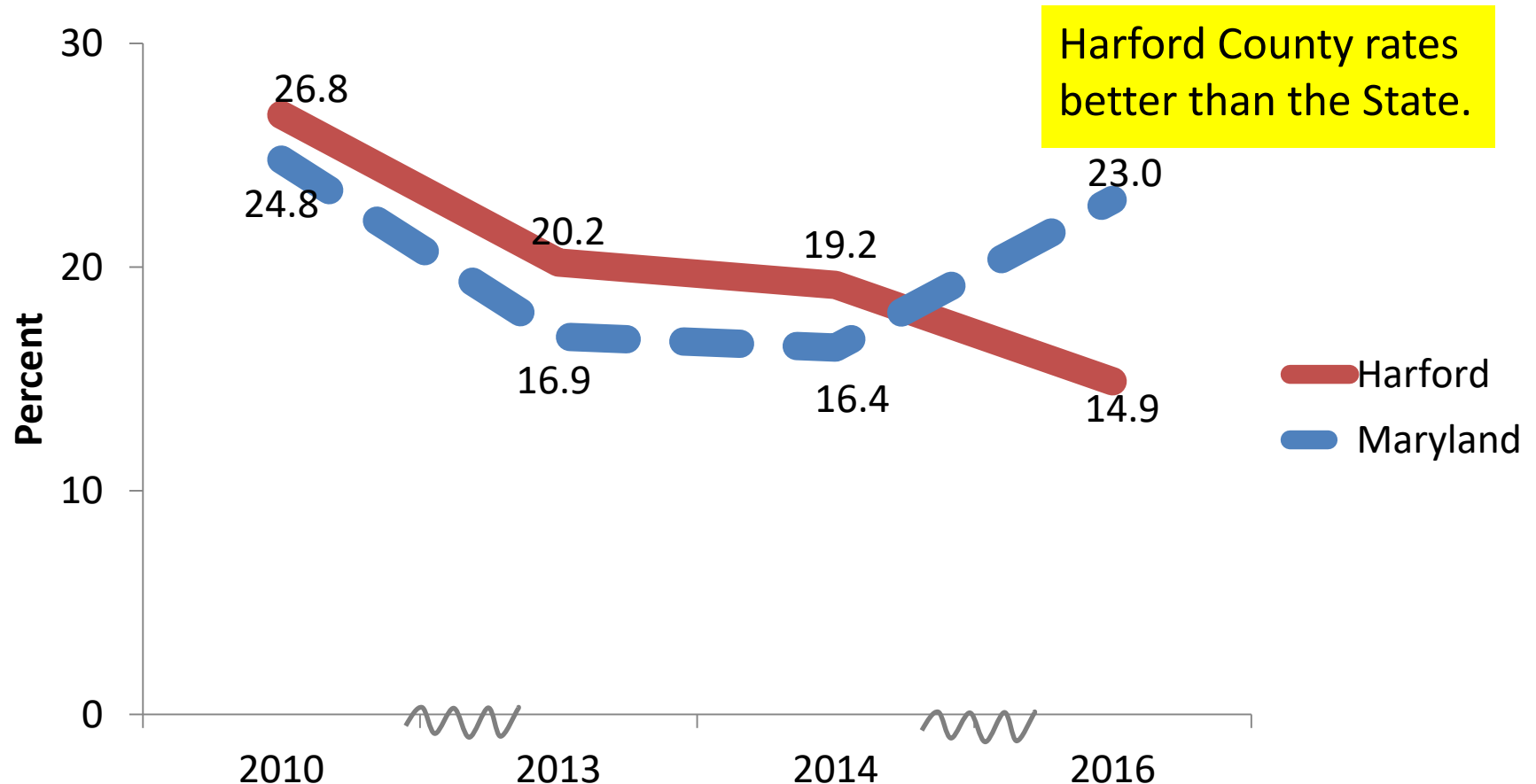


Source: CDC Maryland Behavioral Risk Factor Surveillance System (BRFSS)



Adolescent Tobacco Use Rates*

Harford County & Maryland, 2010-2016



Source: Maryland Youth Risk Behavior Survey (YRBS)

Note: Students, Gr 9-12 who smoked at least 1 cigarette in the past 30 days

* Data gap between 2010-2013 and 2014-2016



TEEN SMOKING AT ALL TIME LOWS WHILE VAPING INCREASES

Current cigarette smoking among
U.S. high school students **lowest in 22 years**



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Adolescent E-Vaping Rates

Harford County & Maryland, 2016



Source: Maryland Youth Risk Behavior Survey (YRBS), 2016

Note: Students, Gr 9-12 who drank at least 1 drink of alcohol in the past 30 days



FDA chief calls youth use of Juul, other e-cigarettes an ‘epidemic’

By **Laurie McGinley**

Laurie McGinley

Reporter covering health and medicine

Email  Bio  Follow 

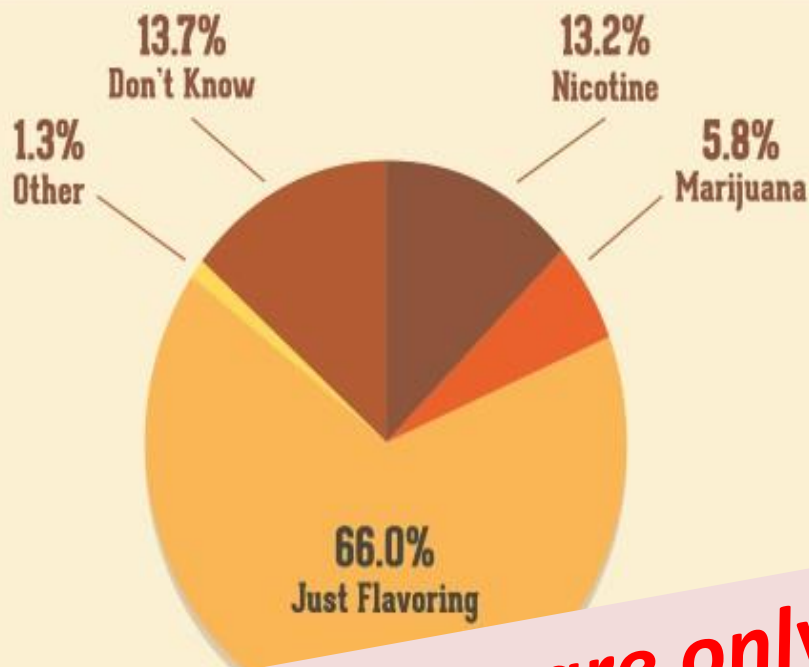
September 12 at 10:56 AM



Youth e-cigarette use an “epidemic” – a 75% increase in use among high school students this year compared to 2017

Food and Drug Administration Commissioner Scott Gottlieb said on Tuesday that the use of e-cigarettes among high school students is an “epidemic” of teenage vaping. He said the use of e-cigarettes among high school students has increased by 75 percent since 2017, according to preliminary data. The FDA declined to publicly release the numbers, but people familiar with them said they were preliminary data from the National Youth Tobacco Survey, on which the agency has been conducting enforcement actions. The data, not yet published, show a 75 percent increase in e-cigarette use among high school students this year compared to 2017. The FDA declined to publicly release the numbers, but people familiar with them said they were preliminary data from the National Youth Tobacco Survey, on which

WHAT DO TEENS SAY IS IN THEIR E-CIG?³



**Most teens think they are only vaping
flavoring**

WWW.DRUGABUSE.GOV



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Dangers of Synthetic Cannabinoids

FDA Statement

Statement from FDA warning about significant health risks of contaminated synthetic cannabinoids being e

Statement from C
Ph.D., director, Ce
Woodcock, M.D.,

For Immediate Release

July 19, 2018

Statement

Es

The U.S. Food and Drug Administration (FDA) is warning about significant health risks of contaminated synthetic cannabinoids being e
illnesses and deaths
products that have b
anticoagulant comm
sold in convenience
such as "K2" and "Spice." Use of the
concerns for both individuals who m
blood supply, as there is the potenti

levels of exposure. That makes accidental contamination suggests the poison may have been introduced del
doses these people are getting, but it's a lot," says

It's a sunny afternoon at Kelly's Collective, a medical marijuana dispensary in Los Angeles, and Nikki Esquibel is getting stoned. But you wouldn't know

Nikki Esquibel, 40, has a medical prescription for marijuana. She us



Smoker Pens Hide

potine. But these devices are
ations of THC. Courtesy

potine. But these devices are
ations of THC.



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Synthetic Cannabinoid is Not Marijuana

SYNTHETIC CANNABINOIDS (K2/SPICE)

UNPREDICTABLE DANGER

K2/SPICE IS **NOT** MARIJUANA

It's often called *synthetic marijuana* or *fake weed* because some of its chemicals are like those in marijuana. The effects can be unpredictable and in some cases, severe or even life-threatening.



Shredded
plant material



SYNTHETIC CANNABINOIDS (K2/SPICE)

UNPREDICTABLE DANGER

HEALTH EFFECTS OF K2/SPICE ARE

UNPREDICTABLE

These drugs can act on nearly different brain-cell receptors, including the receptors that bind to THC (found in marijuana).

They produce:

BRAIN

- ✗ Suicidal thoughts
- ✗ Violent behavior
- ✗ Paranoia
- ✗ Hallucinations



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Health consequences of drug misuse affect both physical and mental health



[Home](#) » [Related Topics](#) » [Health Consequences of Drug Misuse](#)

Health Consequences of Drug Misuse

Drug use can have a wide range of short- and long-term direct and indirect effects. These effects can vary depending on the specific drug or drugs used, the amount of drug taken, the person's health, and other factors.

Longer-term effects include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis, and others.

Long-term effects can include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis, and others. Long-term drug use can also lead to addiction. Drug addiction is a brain disorder. Not everyone who uses drugs will become addicted, but for some, drug use can change how certain brain circuits work.

These brain changes interfere with how people experience normal pleasures in life such as food and sex, their ability to control their stress level, their decision-making, their ability to learn and remember, etc. These changes make it much more difficult for someone to stop taking the drug even when it's having negative effects on their life and they want to quit.

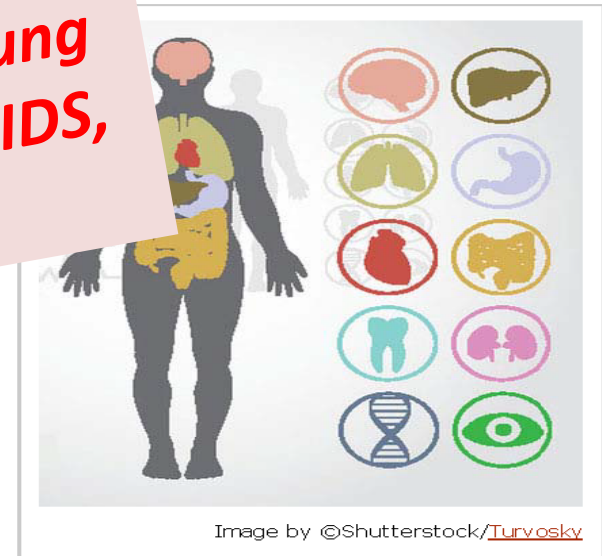


Image by ©Shutterstock/Turvovsky

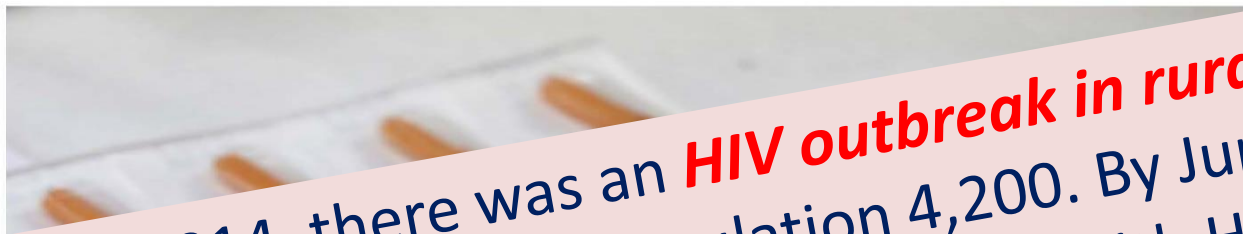
A Case Study: How the opioid epidemic sparked an HIV, hepatitis, and STD outbreak

PUBLIC HEALTH

Mapping How The Opioid Epidemic Sparked An HIV Outbreak

January 14, 2018 · 6:00 AM ET

HEATHER BOERNER



In late 2014, there was an **HIV outbreak in rural Scott County, Indiana**, population 4,200. By June 2015, **170 people had been diagnosed** with HIV infection. To put this number in perspective, during the 10 years before the outbreak, only 5 people had been diagnosed with HIV in Scott County...

When people started to show up to Dr. William Cooke's primary care office in Austin, Ind., in 2014 with HIV, Cooke knew it was probably related to the region's opioid



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Harm reduction strategies helped turn around this HIV epidemic

HARM REDUCTION SAVES LIVES

CONNECTION
REFERRALS TO SERVICES
HIV AND HEP C TESTING
NARCAN DISTRIBUTION
CLEAN SUPPLIES FOR SAFER USE
SHARPS CONTAINERS

DIGNITY
HEALTHCARE
COMPASSION

Harm reduction public health strategies focus on preventing the harms of substance use, reducing deaths and crimes, including: naloxone/Narcan distribution, HIV/STD services, medication-assisted treatment, peer recovery services, mental health services, pre-exposure prophylaxis (PrEP), condom & syringe services, and others.



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STDs have dramatically increased in the U.S. over the past 5 years

The New York Times

S.T.D. Diagnoses Reach Record 2.3 Million New Cases in U.S.

By **Karen Zraick**

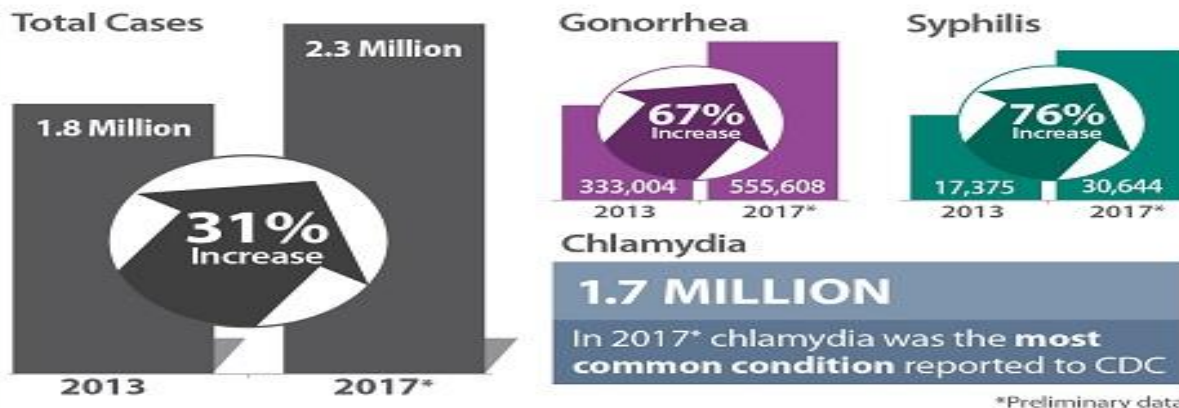
Aug. 28, 2018

New cases of sexually transmitted diseases reached a record high last year in 2017, the Centers for Disease Control and Prevention reported.

That number was up from 1.8 million cases in 2013. The surge in sexually transmitted diseases is the top C.D.C. concern.

THE U.S. IS EXPERIENCING STEEP, SUSTAINED INCREASES IN SEXUALLY TRANSMITTED DISEASES

Combined diagnoses of chlamydia, gonorrhea, and syphilis **increased sharply over the past five years**



For more information, visit cdc.gov/nchhstp/newsroom



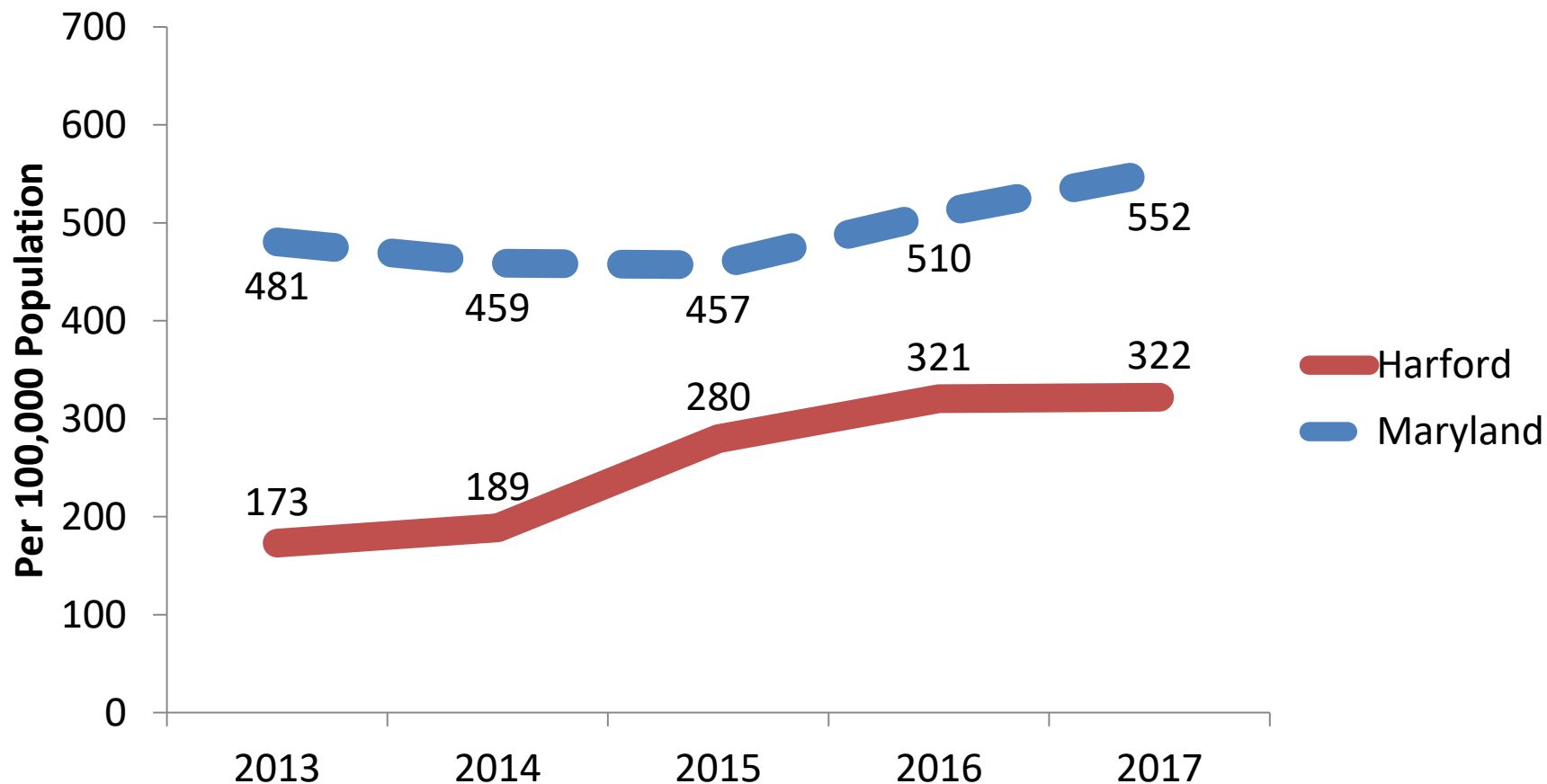
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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termin, a

Chlamydia Rates

Harford County & Maryland, 2013-2017



* Age-Adjusted Rates
Source: Maryland Vital Statistics Reports

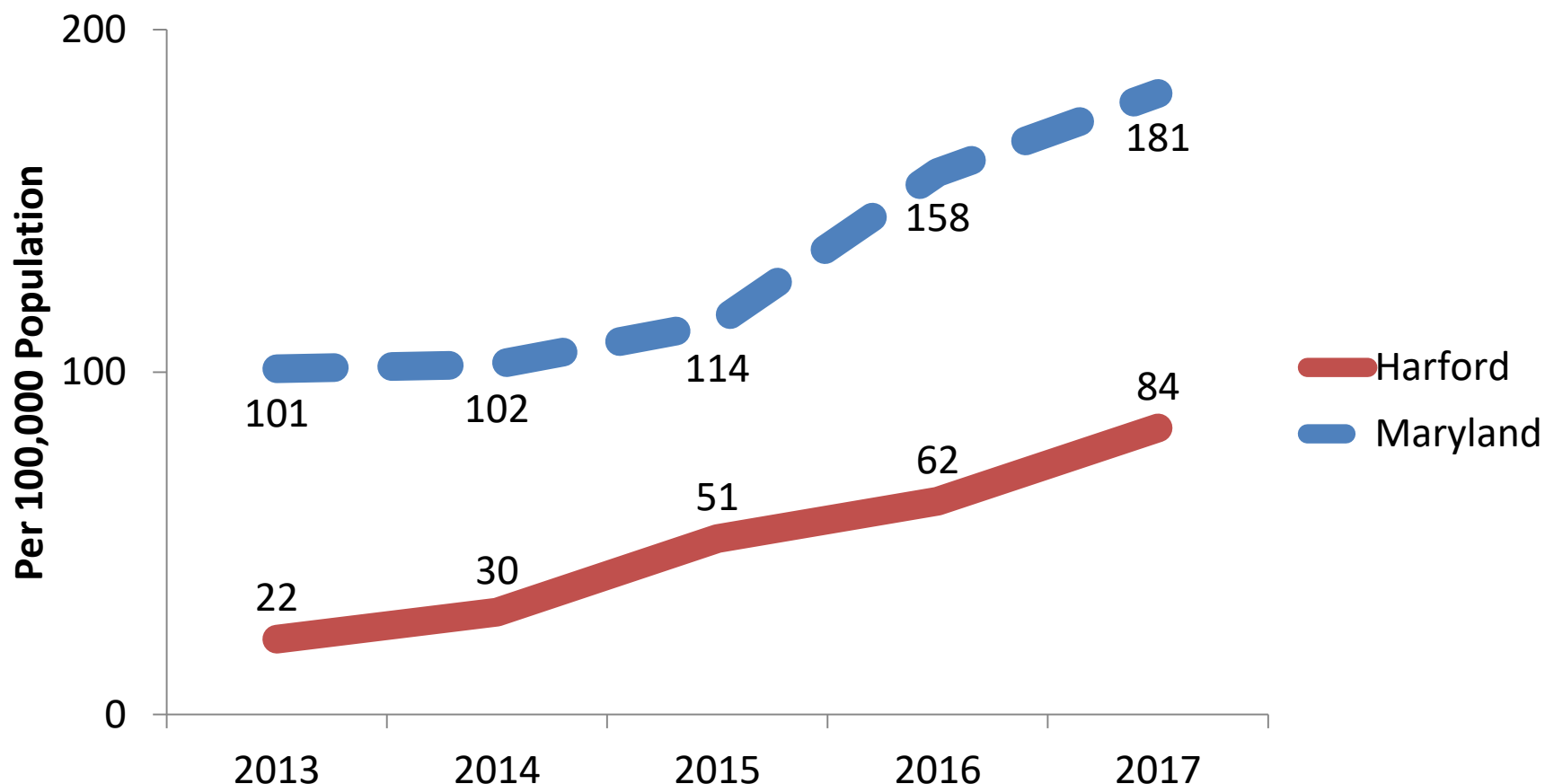


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Gonorrhea Rates

Harford County & Maryland, 2013-2017



* Age-Adjusted Rates

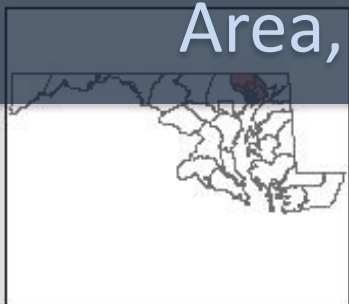
Source: Maryland Vital Statistics Reports



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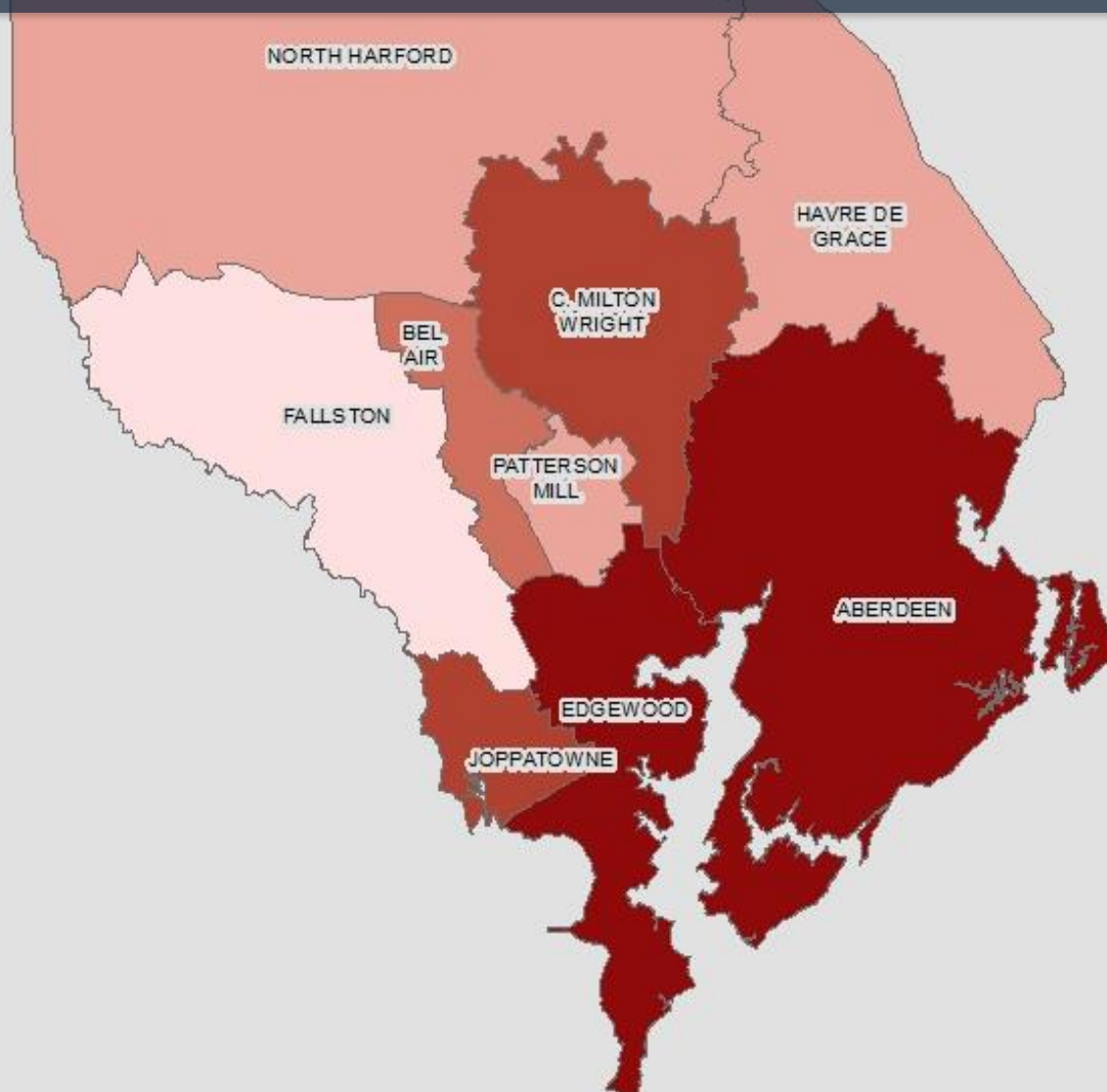
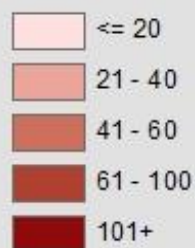
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Chlamydia & Gonorrhea Cases by High School Attendance Area, Harford County, 2016-2017, Ages 15-19



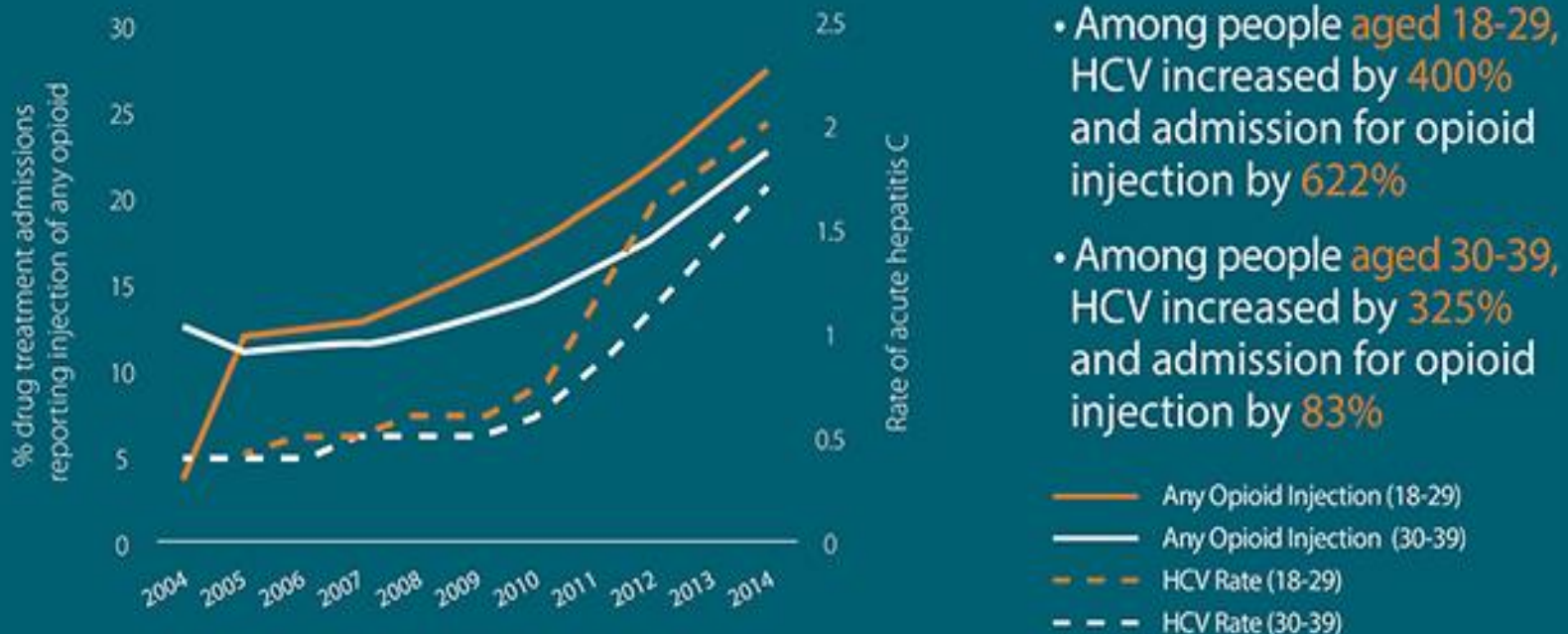
Chlamydia and Gonorrhea Cases

Number of Cases



The opioid epidemic is also linked to the increase in Hepatitis C infections

HEPATITIS C AND OPIOID INJECTION ROSE DRAMATICALLY IN YOUNGER AMERICANS FROM 2004-2014



Source: Centers for Disease Control and Prevention and Substance Abuse and Mental Health Services Administration



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Hepatitis C is a Leading Cause of Liver Cancer

FACT

Hepatitis C is
a leading cause
of liver cancer.



[click here to learn more.](#)

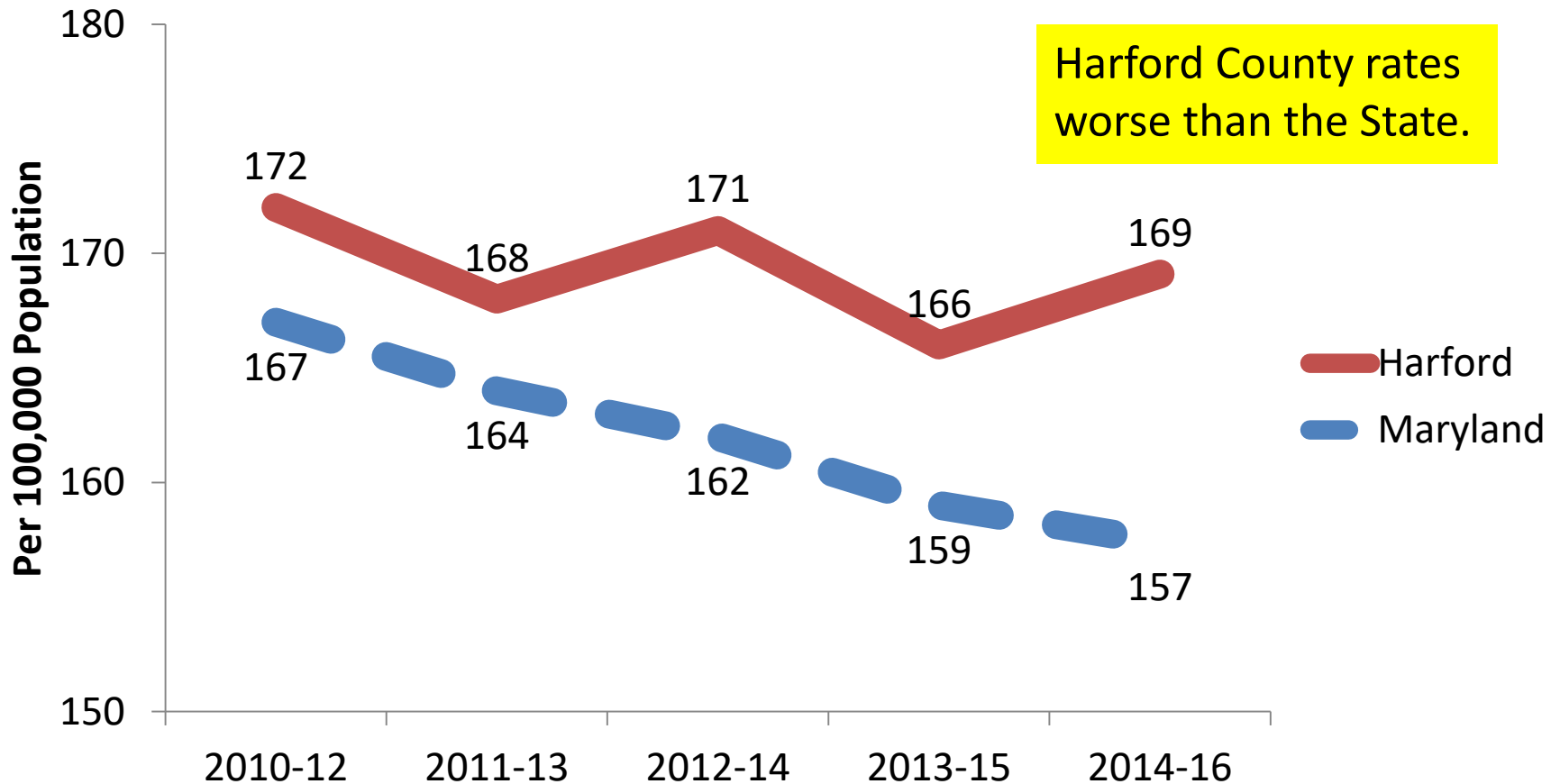


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Cancer Mortality Rates

Harford County & Maryland, 2012-2016



* Age-Adjusted Rates
Source: Maryland Vital Statistics Reports



Relationship between untreated substance abuse disorders and suicide

Among Patients with Untreated
Substance Abuse Disorders...

45%
commit suicide

Source: PsychologyToday.com

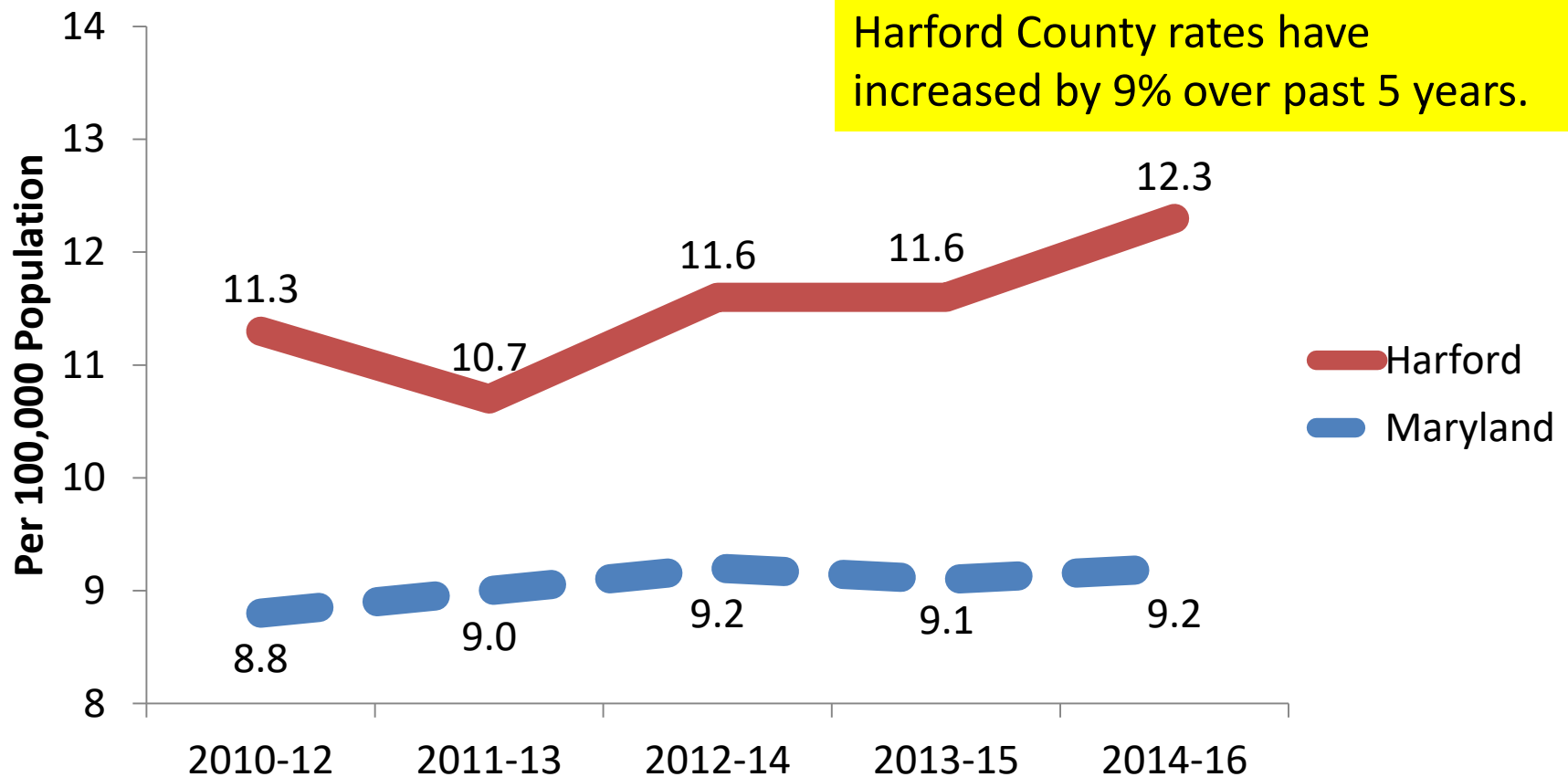


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Suicide Mortality Rates

Harford County & Maryland, 2012-2016



* Age-Adjusted Rates

Source: Maryland Vital Statistics Reports



DRAFT

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STRATEGIC PLAN 2019-2024

SEPTEMBER 2018



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Harford County Local Health Improvement Coalition (LHIC) Meeting



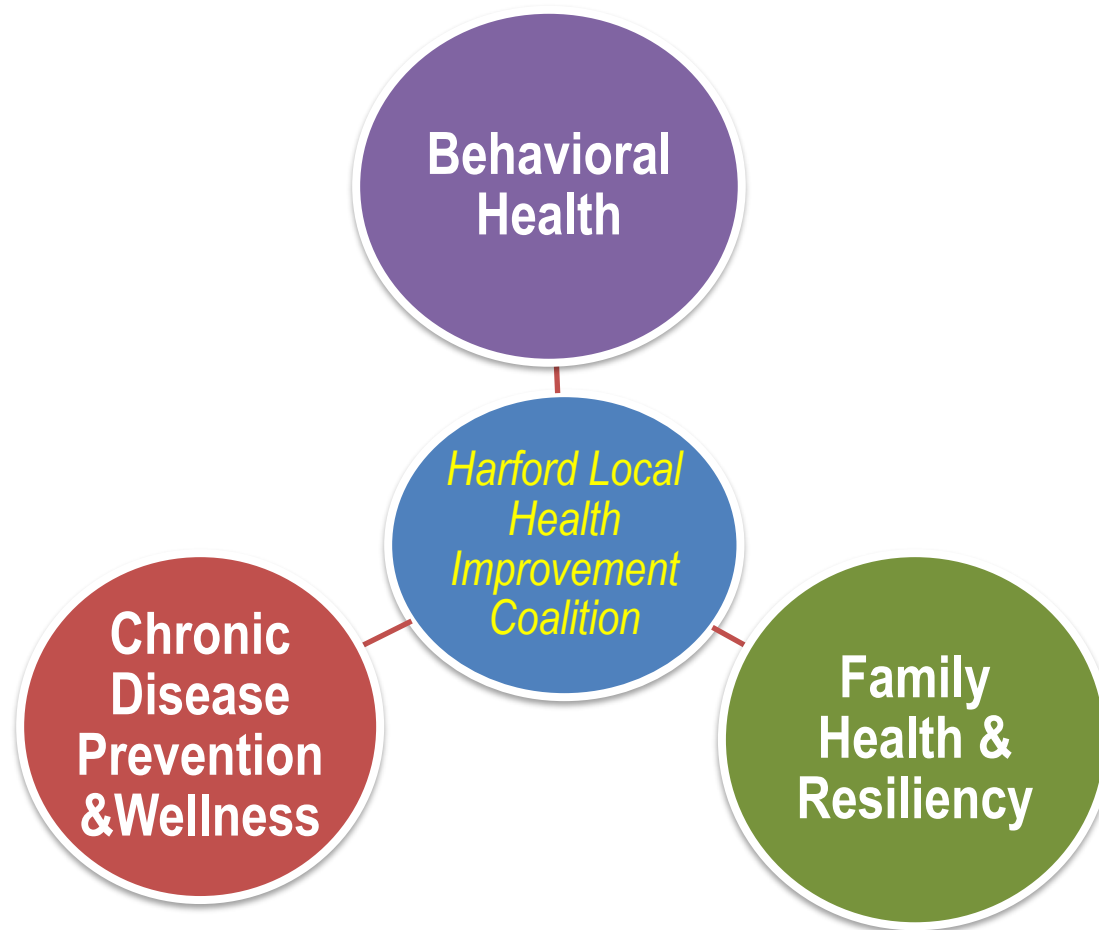
COMMUNITY FORUM • OCTOBER 26, 2017
HARFORD COUNTY COMMUNITY COLLEGE • BEL AIR, MD



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Harford County LHIC Health Priorities, 2018



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Behavioral Health
Birth & Death Certificates
Cancer Prevention
Care Coordination
Dental Clinic
Emergency Preparedness
Environmental Health
Family Planning
Health Insurance
HIV/STD Testing
Immunizations
Tobacco Education
WIC

410-838-1500

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A GLANCE AT 2018: SERVICES SNAPSHOT

ADMINISTRATION

9,370

Birth Certificates
Issued

1,923

Death Certificates
Issued

75,787

Medicaid Transport Rides
Provided

CARE COORDINATION

1,622

Clients Navigated through Health
Choice System

440

Healthy Families
Home Visits

120

Substance Exposed Newborn
Referrals

ENVIRONMENTAL

1,712

Food Service
Inspections

874

Rabies Exposure
Investigations

247

Beach & Pool
Inspections

SOCIAL WORK

87

Monthly Teen Diversion
Contacts

1,479

School Clinic
Visits

1,143

School Readiness
Counseling Visits

PUBLIC HEALTH EDUCATION

20

Opioid Education
Events

10,672

K-12 Students
Educated on Tobacco

76

Cancer Screening
Outreach Activities

CLINICAL

12,732

Visits for Behavioral
Health Services

4,891

Dental Care
Visits

6,380

Vaccinations Given to
Children

5,236

WIC
Participants



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Harford County Health Department

Mission, Vision and Values

Mission

To protect, promote, and improve the health, safety, and environment of Harford County residents.

Vision

To make Harford County the healthiest community in Maryland.

Values

Teamwork, Leadership, Collaboration, Integrity, Commitment,
Cultural Sensitivity



Harford County Health Department

Strategic Priorities

Priorities

- Financial stability and sustainability
 - ➡ ***Increasing services and resources***
- Access to care
 - ➡ ***Reducing barriers to care***
- Workforce development
 - ➡ ***Strengthening recruitment & retention***
- Information technology/data analysis
 - ➡ ***Data-driven communications***

Performance
Management/
Quality
Improvement
Framework



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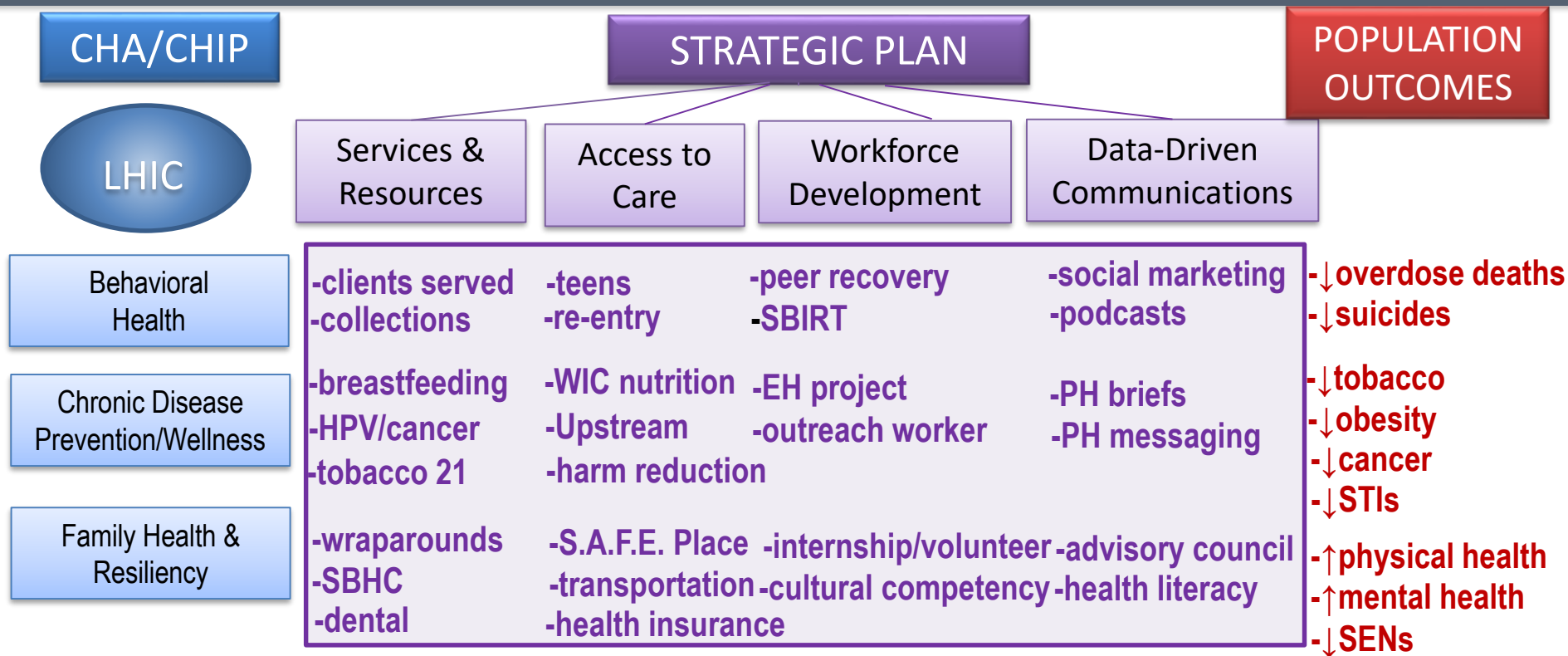
Cross-Walking HCHD's Strategic Plan With Harford County's Health Priorities



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Cross-Walking HCHD's Strategic Plan With Harford County's Health Priorities



Maryland has the 5th highest rate of new moms addicted to opioids

Maryland Has 5th Highest Rate Of New Moms Addicted To Opioids

The CDC says the number of pregnant women using opioids has increased exponentially, including in Maryland.

By [Elizabeth Janney](#), Patch Staff | Aug 21, 2018 10:56 am ET | Updated Aug 21, 2018 10:59 am ET



MARYLAND — The number of pregnant women using opioids such as heroin and fentanyl has skyrocketed nationwide. Federal health officials say it now poses a "significant public health concern."

Between 1999 and 2014, the national prevalence of opioid use disorder more than quadrupled from 1.5 cases per 1,000 deliveries to 6.5, the Centers for Disease Control and Prevention (CDC) reported this month.



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WHAT ARE THEY?

ADVERSE CHILDHOOD EXPERIENCES – ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:



Physical Abuse



Emotional Abuse



Sexual Abuse



Domestic Violence



Parental Substance Abuse



Mental Illness



Suicide or Death



Crime or Imprisoned Family

Causing lifelong medical, mental & social suffering



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Adverse Childhood Experiences (ACEs)

Influences both mental and physical health

A PERSON WITH 4 OR MORE
**ADVERSE CHILDHOOD
EXPERIENCES IS***

12.2 TIMES AS LIKELY TO ATTEMPT SUICIDE

10.3 TIMES AS LIKELY TO USE INJECTION DRUGS

7.4 TIMES AS LIKELY TO BE AN ALCOHOLIC

*Vincent J. Felitti, et al., The Adverse Childhood Experiences (ACE) study, 14 AMERICAN J. OF PREVENTATIVE MEDICINE 245 (1998).

A PERSON WITH 4 OR MORE
**ADVERSE CHILDHOOD
EXPERIENCES IS***

2.2 TIMES AS LIKELY TO HAVE ISCHEMIC HEART DISEASE

2.4 TIMES AS LIKELY TO HAVE A STROKE

1.9 TIMES AS LIKELY TO HAVE CANCER

1.6 TIMES AS LIKELY TO HAVE DIABETES

*Vincent J. Felitti, et al., The Adverse Childhood Experiences (ACE) study, 14 AMERICAN J. OF PREVENTATIVE MEDICINE 245 (1998).



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**Harford County
Health Department**

Family Health and Resiliency

HOME VISITING

Supporting Parents and Child Development

A knock on the front door can bring parents the support they need to nurture their young child's healthy development. Home visiting reaches families where they live by delivering parent support and child development services directly to the home environment.

Developmental Screenings

Information on child development and early learning

Social Support

Referrals to ancillary community services

Linkages for enrollment in public benefits

How it Started:

PEER SUPPORT

In the 1990's, as additional consumer/survivor groups emerged across the nation, the peer support movement began to focus more on the concept of supporting consumers by offering their own experiences, failures and successes as inspiration.

In more recent years, consumer groups began to advocate for hiring of peer specialists within traditional mental health programs.



Some focused on the development of recovery/wellness centers



Others chose to offer residential, vocational, socialization and other rehabilitation services



And others specialized in trauma-oriented care or consumer's spiritual lives

INVESTMENT IN PRE-K

decreases dropout rates

reduces crime and incarceration

improves lifelong earnings

saves taxpayer money

benefits our communities

PRE-K

Intimate Partner Violence

is one of the most common forms of violence against women



includes physical, sexual and emotional abuse, as well as controlling behaviors by an intimate partner.

These violations result in serious short and long-term



physical problems



reproductive problems



sexual problems



mental health problems



and increased vulnerability to HIV

How the opioid/HIV outbreak was managed through public health interventions

'There is hope.' Peer recovery coaches use experience to help others overcome addiction.

Billy Kobin, Indianapolis Star Published 6:00 a.m. ET Aug. 12, 2018



(Photo: Michelle Pemberton/IndyStar)

Matt Heskett had been struggling with painkillers, alcohol and heroin for several years. He was sleeping out of his car. He was broke.

Then, in the fall of 2015, police raided a trailer he was in with several others on the west side of Indianapolis.

The police were serving warrants. None of the warrants had been issued for Heskett. Still, with no money and a car almost out of gas, he found himself in a reflective mood.

"That was kind of the moment where it all smacked me in the face," Heskett said. "I just remember going across the street to a gas station and kind of thinking to myself, 'Is this really what my life is today?'"

Fast forward to 2018, and Heskett's life is much different.

HELPING FAMILIES

Recover

Do you need help with any of the following services?

Addictions/Behavioral Health ☐

410.877.2340

Medication Management, OP/
IOP Treatment, & Peer Recovery
Services

Birth Certificates ☐

410.838.1500

Available to those born in
Maryland

Care Coordination ☐

410.942.7999

Helps to educate families
regarding services offered
through the Medicaid system

Dental Care ☐

443.922.7670

Serves children ages 1 through 20
and pregnant women on Medical
Assistance

Family Planning/ Reproductive Health ☐

410.612.1779

Provides gynecological exams/
pregnancy tests and emergency
contraception

HIV/ STI ☐

410.638.3060

Provides HIV and STI testing and
treatment

Immunizations ☐

410.612.1779

Offered to uninsured and under-
insured children ages 2-18

Infants and Toddlers ☐

410.638.3823

Provides early intervention
services to children, ages 1-4, who
have, or are at risk of, having
developmental delays

Maryland Health Insurance ☐

410.942.7999

Provides free healthcare to eligible
pregnant women and children with
low to average income

Tobacco Cessation ☐

410.612.1781

Provides tobacco education,
treatment and prevention

Transportation Services ☐

410.638.1671

Offers transportation to those on
Medical Assistance and other
populations

Women, Infants, and Children (WIC) ☐

410.939.6680

Provides nutrition education,
breastfeeding support and
healthcare referrals

Contact a Harford County Health Department Care Coordination/Peer Recovery Specialist at 410.459.8727

Families are the Heart of Our Community



Public Health
FATHER. FIGHTER. FIGHTER.
Harford County
Health Department