September is National Recovery Month

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.
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

Harford County overdose deaths top 100 for the first time.

Source: Maryland Vital Statistics: Drug- and Alcohol-Related Intoxication Deaths in Maryland
Top 10 Causes of Death
Harford County, 2016

Harford County overdose deaths will likely be the 5th leading cause of death in 2017.

# of Deaths

<table>
<thead>
<tr>
<th>Cause</th>
<th># of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>526</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>475</td>
</tr>
<tr>
<td>COPD</td>
<td>111</td>
</tr>
<tr>
<td>Stroke</td>
<td>108</td>
</tr>
<tr>
<td>Accidents</td>
<td>93</td>
</tr>
<tr>
<td>Overdose*</td>
<td>84</td>
</tr>
<tr>
<td>Diabetes</td>
<td>56</td>
</tr>
<tr>
<td>Alzheimer's</td>
<td>55</td>
</tr>
<tr>
<td>Influenza</td>
<td>41</td>
</tr>
<tr>
<td>Suicide</td>
<td>31</td>
</tr>
</tbody>
</table>

Source: * Maryland Drug and Alcohol-Related Intoxication Deaths, 2016
Drug-Induced Mortality Rates
Harford County & Maryland, 2012-2016

* Age-Adjusted Rates
Source: Maryland Vital Statistics Reports

Harford County rates increased by 51% over the past 5 years.
Rate of Hospital Encounters for Newborns Born with Maternal Drug/Alcohol Exposure in Harford County and Maryland, 2000-2017*

Harford County rates increased by 268% over the past 10 years.

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.
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

SOURCE: U.S. Food and Drug Administration
Intermediate-term, more substance use disorder behavioral health services are needed

HCHD Behavioral Health Program Visits, FY 2015-2018

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

- Alcohol: 54%
- Tobacco: 32%
- Marijuana: 14%

Source: Prioritizing Alcohol Prevention: Establishing Alcohol as the Gateway Drug and Linking it to Other Drug Use (WONK BLOG)
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

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
Adult Smoking Rates
Harford County & Maryland, 2012-2016

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

Harford County rates worse than the State.
Adolescent Tobacco Use Rates*
Harford County & Maryland, 2010-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Harford</th>
<th>Maryland</th>
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<tbody>
<tr>
<td>2010</td>
<td>26.8</td>
<td>24.8</td>
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<tr>
<td>2013</td>
<td>20.2</td>
<td>16.9</td>
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<tr>
<td>2014</td>
<td>19.2</td>
<td>16.4</td>
</tr>
<tr>
<td>2016</td>
<td>14.9</td>
<td>23.0</td>
</tr>
</tbody>
</table>

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

Harford County rates better than the State.
Current cigarette smoking among U.S. high school students **lowest in 22 years**
Adolescent E-Vaping Rates
Harford County & Maryland, 2016

15  14.3  13.3

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

Food and Drug Administration Commissioner Stephen Hahn recently dubbed an “epidemic” of teenage vaping that is sweeping retailers for all manner of small e-cigarettes, including Juul, a popular brand. His comments came in the midst of a sustained enforcement campaign against prominent vaping companies.

One problem with the FDA’s 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 the agency typically draws.

Youth e-cigarette use an “epidemic” — a 75% increase in use among high school students this year compared to 2017.
Most teens think they are only vaping flavoring.
Dangers of Synthetic Cannabinoids

FDA Statement

Statement from FDA warning about significant health risks of contaminated cannabis products being mixed into beverages

Statement from Commissioner Gottlieb, M.D., director, Center for Drug Evaluation and Research, and Dr. Scott Gottlieb, M.D., director, Center for Tobacco Products

For Immediate Release

July 19, 2018

Statement

The U.S. Food and Drug Administration (FDA) today posted an update on recent reports of exposures to synthetic cannabinoids. FDA’s review of these reports suggests the poison may have been introduced deliberately to the drugs these people are getting, but it’s a lot. says Scott Gottlieb, M.D., FDA Commissioner.

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 it from her. She’s not high; she’s just high on experience. She’s one of the first people in the country to try out a new marijuana product: a synthetic cannabinoid.

Nikki Esquibel, 19, has a medical prescription for marijuana. She was in pain from a back injury, and her doctor prescribed a synthetic cannabinoid to help.

“Synthetic cannabinoids are a subclass of drugs called synthetic cannabinoids that are often sold as products such as "K2" and "Spice." Use of these drugs is ongoing public health concern as there is the potential for serious and long-lasting health effects.

FDA has found that synthetic cannabinoids may cause serious side effects, including severe and life-threatening effects such as delirium, hallucinations, seizures, decreased blood pressure, coma, and death.

FDA advises consumers to avoid using synthetic cannabinoids and to check with their healthcare provider if they are experiencing any of these symptoms.

FDA Statement

FDA has called for the immediate removal of all products containing synthetic cannabinoids from the market.

“Consumers should not use these products and should dispose of any products they may have,” said Gottlieb. “It’s important that consumers know that synthetic cannabinoids are not safe, and that they can cause serious health problems.”

FDA advises consumers to avoid using synthetic cannabinoids and to check with their healthcare provider if they are experiencing any of these symptoms.
Synthetic Cannabinoid is Not Marijuana

SYNTHETIC CANNABINOID (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.
Health Consequences of Drug Misuse

Drug use can have a wide range of short- and long-term direct and indirect effects. These 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.
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...
Harm reduction strategies helped turn around this HIV epidemic.

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

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

By Karen Zraick
Aug. 28, 2018

New cases of chlamydia, gonorrhea and syphilis increased sharply over the past five years, according to the Centers for Disease Control and Prevention.

That number includes those living with HIV, the virus that causes AIDS. The percentage of adults in the U.S. newly diagnosed with sexually transmitted diseases grew even faster than the number of cases, from 200,000 in 2013 to 259,000 in 2016.

For more information, visit cdc.gov/nchhstp/newsroom
Chlamydia Rates
Harford County & Maryland, 2013-2017

* Age-Adjusted Rates
Source: Maryland Vital Statistics Reports
Gonorrhea Rates
Harford County & Maryland, 2013-2017

*Age-Adjusted Rates
Source: Maryland Vital Statistics Reports
Chlamydia & Gonorrhea Cases by High School Attendance Area, Harford County, 2016-2017, Ages 15-19

Source: Maryland Department of Health, Center for STI Prevention

September 2018
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**

- Among people aged 18-29, HCV increased by 400% and admission for opioid injection by 622%
- Among people aged 30-39, HCV increased by 325% and admission for opioid injection by 83%

Source: Centers for Disease Control and Prevention and Substance Abuse and Mental Health Services Administration
Hepatitis C is a Leading Cause of Liver Cancer
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
Suicide Mortality Rates
Harford County & Maryland, 2012-2016

Harford County rates have increased by 9% over past 5 years.

* Age-Adjusted Rates
Source: Maryland Vital Statistics Reports
Harford County Local Health Improvement Coalition (LHIC) Meeting

COMMUNITY FORUM - OCTOBER 26, 2017
HARFORD COUNTY COMMUNITY COLLEGE - BEL AIR, MD
Harford County LHIC Health Priorities, 2018

- Behavioral Health
  - Harford Local Health Improvement Coalition
    - Chronic Disease Prevention & Wellness
    - Family Health & Resiliency
Harford County Health Department

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

www.harfordcountyhealth.com
<table>
<thead>
<tr>
<th><strong>A GLANCE AT 2018: SERVICES SNAPSHOT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADMINISTRATION</strong></td>
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<tr>
<td>9,370</td>
</tr>
<tr>
<td>Birth Certificates Issued</td>
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<tr>
<td>1,923</td>
</tr>
<tr>
<td>Death Certificates Issued</td>
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<tr>
<td>75,787</td>
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<tr>
<td>Medicaid Transport Rides Provided</td>
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<tr>
<td><strong>CARE COORDINATION</strong></td>
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<tr>
<td>1,622</td>
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<tr>
<td>Clients Navigated through Health Choice System</td>
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<tr>
<td>440</td>
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<tr>
<td>Healthy Families Home Visits</td>
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<tr>
<td>120</td>
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<tr>
<td>SubstanceExposed Newborn Referrals</td>
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<tr>
<td><strong>ENVIRONMENTAL</strong></td>
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<tr>
<td>1,712</td>
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<td>Food Service Inspections</td>
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<tr>
<td>874</td>
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<tr>
<td>Rabies Exposure Investigations</td>
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<tr>
<td>247</td>
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<tr>
<td>Beach &amp; Pool Inspections</td>
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<tr>
<td><strong>SOCIAL WORK</strong></td>
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<tr>
<td>87</td>
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<tr>
<td>Monthly Teen Diversion Contacts</td>
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<tr>
<td>1,479</td>
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<tr>
<td>School Clinic Visits</td>
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<td>1,143</td>
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<tr>
<td>School Readiness Counseling Visits</td>
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<tr>
<td><strong>PUBLIC HEALTH EDUCATION</strong></td>
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<tr>
<td>20</td>
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<tr>
<td>Opioid Education Events</td>
</tr>
<tr>
<td>10,672</td>
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<tr>
<td>K-12 Students Educated on Tobacco</td>
</tr>
<tr>
<td>76</td>
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<tr>
<td>Cancer Screening Outreach Activities</td>
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<td><strong>CLINICAL</strong></td>
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<tr>
<td>12,732</td>
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<tr>
<td>Visits for Behavioral Health Services</td>
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<tr>
<td>4,891</td>
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<tr>
<td>Dental Care Visits</td>
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<tr>
<td>6,380</td>
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<tr>
<td>Vaccinations Given to Children</td>
</tr>
<tr>
<td>5,236</td>
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<td>WIC Participants</td>
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</table>
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
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*
Cross-Walking HCHD’s Strategic Plan With Harford County’s Health Priorities
Cross-Walking HCHD’s Strategic Plan
With Harford County’s Health Priorities

CHA/CHIP

LHIC

Services & Resources

Access to Care

Workforce Development

Data-Driven Communications

POPULATION OUTCOMES

- ↓ overdose deaths
- ↓ suicides
- ↓ tobacco
- ↓ obesity
- ↓ cancer
- ↓ STIs
- ↑ physical health
- ↑ mental health
- ↓ SENS

Behavioral Health

Chronic Disease Prevention/Wellness

Family Health & Resiliency

- clients served
- collections
- breastfeeding
- HPV/cancer
- tobacco 21
- wraparounds
- SBHC
- dental

- teens
- re-entry
- WIC nutrition
- Upstream
- harm reduction
- S.A.F.E. Place
- transportation
- cultural competency
- health insurance

- peer recovery
- SBIRT
- EH project
- outreach worker
- internship/volunteer
- advisory council

- social marketing
- podcasts
- PH briefs
- PH messaging

Public Health
Harford County Health Department

Prevent. Promote. Protect.
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 10:58 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.
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
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

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

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.

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, specialization and other rehabilitation services
And others specialized in trauma-oriented care or consumer’s spiritual lives

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 problems:

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

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