



Mental Health & Addictions
Advisory Council



Public Health
Prevent. Promote. Protect.
**Harford County
Health Department**



**Mental Health and Addictions Advisory Council (MHAAC)
Local Health Improvement Coalition (LHC) Behavioral Health Workgroup
Harford County OOC Opioid Intervention Team (OIT)**

**Meeting Agenda | May 25, 2021 | 8:00-10:00 AM
Location: Virtual**

Call to Order & Introductions: Mary Bunch, MHAAC Council Chair welcomed the group and asked for approval of the minutes

Special Topic:

- Suicide Trends in Maryland - Dr. David Bishai
 - Dr. Bishai shared slides from the state for suicide trends.
 - Previous pandemics have shown an increase in suicides. Therefore, many expected that COVID-19 would lead to more suicides in 2020.
 - Coming into 2020 there were increases in suicides that had started in 2016
 - In 2020 there was an increase in gun sales, and some would have expected that this would have made suicide attempts more lethal.
 - Dr. Bishai shared preliminary suicide data showed a significant drop in suicide in 2020 for Maryland and the Baltimore region. There was not a drop in Harford, but the suicide rates in the county were similar to 2019.
 - Councilman Wagner asked how suicides are coded and if overdose deaths could be coded as suicide?
 - Dr. Bishai said it depends on the medical examiner and distinguishing overdoses and suicides would be hard in both 2019 and 2020.
- Dr. Bishai hosted a live poll on the strategic plan and mental health.
 - A national survey revealed that loneliness was the leading contributing factor to mental illness during the pandemic. Loneliness was cited as contributing to suicide by 70% of a national sample of people with anxiety and depression.
 - Dr. Bishai reviewed strategy area number 4 on the strategic plan that called for MHAAC to count the data sources for mental health.
 - The health department counted 5 sources of mental health data: Maryland Vital Statistics, Behavioral Risk Factor Surveillance System, Youth Risk Behavior Survey, CRISP, and HSCRC Hospital Inpatient Files
 - Shelby Graves suggests using SEADS and the State Unintentional Drug Overdose Report System

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- Gregory Frailey reported on SEADS, the statewide ethnographic study that reveals the voices of people that use substances and also harm reduction.
- Zach Kosinski said he has hard copies of the SEADS report if anyone wants it.

Updates:

- **Health Department Report** – Andrea Pappas and Marcy Austin
 - Andrea Pappas said that adult services have resumed in person. Telehealth is still an option. The health department will offer the vaccine for some clients.
 - Ms. Pappas shared they have been able to maintain the annual revenue.
 - Marcy Austin shared an update on 1 North Main Health Center. The health center will have a slow opening beginning in early July. The health center will offer wraparound, holistic services with MCHP (health insurance), Care Coordination, Dental Clinic, WIC, Women’s Wellness, and Youth and Adolescent Mental Health.
- **Office of Mental Health/Core Service Agency** – Jessica Kraus
 - Jessica Kraus shared that BHA and MedChi will have a webinar called Helping the Helpers and those they serve on May 27th.
 - There has been a request for 2 programs, care coordination and PATH
 - The CCO committee has met and will notify the group this week for the next 5-year plan.
 - We will update providers this week on PATH services.
 - BHA has reached out for the hospital benefits discharge expansion, in order to assist people to get Social Security benefits.
- **Department of Community Services/Office of Drug Control Policy** – Tara Lathrop
 - Tara Lathrop said that April had a big drug take back day with over 2000 medications taken back. This is a good way to help reduce drug overdose.
 - The Office of Drug Control Policy has partnered with Harford County Public Library to address mental health.
 - The Mental Health Matters webinar will be on 5/27.
 - QPR has been done virtually but will now be in person.
 - Ms. Lathrop said they have reached out to recovery houses and will be doing in-person training for staff. Staff will also be teaching QPR to staff and families.
 - The Office of Drug Control Policy has had more adult drug court graduates.
- **UMUCH & Harford Crisis Center** – Jennifer Redding
 - Jennifer Redding shared data for the crisis center:

	AVG / Day	YTD FY 21	YTD FY 20	% Change
Urgent Care	12	3193	1675	+53%
Residential Beds	6	1942	1036	+53%
OP Clinic	19	3536	2074	+59%

- Urgent Care: March: 434/ April: 350 guests served
- Residential: March: 181/ April: 167 guests served
- Outpatient Clinic: March: 449/ April: 408 guests served
- The crisis center would like to work with providers and do more prevention and not when it is already a crisis.

- **Local Addictions Authority (LAA)** – Shawn Martin
 - Shawn Martin shared preliminary fatal overdose data from Monday for Jan-May 2021. The data is attached in the minutes.
- **Harford County Emergency Services** – Edward Hopkins
 - Edward Hopkins said they continue to work to get Narcan out in the community with the AED boxes. When DES receives a call, they can direct people to the closest AED and can direct if the person should use Narcan and how.
 - The DES is now open for use.

Adolescent Workgroup Update: Councilman Wagner

- Councilman Wagner shared that the workgroup has met one time. The workgroup is trying to locate resources for adolescents under 18. Councilman Wagner shared that there have been places in other counties where adolescents can be placed to get free education and drug use treatment.
 - There is a high school in Frederick that offers this. Many places are private pay which is not advantageous. Washington and Frederick counties have had some places close, likely due to funding.
- The main takeaway is that the workgroup is trying to address the issue on the front end. Please let Councilman Wagner know if you have any ideas or interest in the group.

Community Announcements: All

- Joyce Steinberg asked a question if there is community pharmacist data in addressing the prescription opioid epidemic?
 - Dr. Bishai said he is working on trying to get data to address this. Zach Kosinski said there is a pharmacist in Salisbury that does a lot of work with this.
- Cathy Lozinak is a parent of a child with substance use disorder. Her son uses Healing Minds in the city and there is no funding required. Ms. Lozinak asked why don't we offer long-term free support, especially for men?
 - Shawn Martin said there are several facilities for men including the Man House.
 - BHA will offer funding for subsidized residential rehab only if a facility offers medically assisted treatment (MAT) Most houses don't want to receive MAT and therefore do not receive BHA funding and also houses also do not accept people on MA. Two houses (out of 20 in the county) receive funding from the state.
 - Aaron from Voices of Hope said 5 houses closed down in Cecil County. There is 3.1 which is a halfway house and then also recovery houses. When we send people to treatment it gets backed up and the city has more availability.
- A question was asked if the statistics of overdose includes Harford County residents that overdose in another jurisdiction?
 - Shawn Martin said that Harford County residents are counted for Harford County.
- Mary Bunch suggested there could be a zoning issue for treatment houses.
- Dr. Bishai said he would be happy to collect data on the waiting time for residential treatment to justify sending a letter to BHA for funding for more residential beds. The Klein Crisis Center and ACR can provide data for this. The Executive Steering Committee for the MHAAC can also come up with a strategy on this.
- Bob Sears said at Walden Group they are expanding to 16 beds.

Upcoming Meetings:

- September 28, 2021

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