

January 2014

Keeping in Touch

Carroll County Behavioral Health Advisory Council Newsletter

BHAC Mission:

The Mission of BHAC is to prevent and reduce the impact of behavioral health and addiction disorders through increased community awareness, public education, enhanced access to quality treatment and involvement in promoting a healthy lifestyle for the citizens of Carroll County. The sub groups of BHAC help focus attention and efforts to specialized areas.

A word from the chair, Mike Misterka:

As the new chairperson for 2014, I'd like to introduce myself. I am a LCSW-C affiliated with the Dads Works Responsible Fatherhood Program located in the Non Profit Building on 255 Clifton Boulevard in Westminster where we meet twice a week. Recently I retired from working for the local Department of Social Services. With DSS my work was focused on inmates at the Carroll County Detention Center. Now as a provider for Dads Works, I have continued to lead a fatherhood group at the jail as well as clinically supervise interns from McDaniel College. The interns serve inmates as part of training for a degree as professional counselors. Many years ago, as a participant in one of the first drug counselor trainings given by the long gone Maryland State Drug Abuse Administration, I started my work in behavioral health. After being all around the block with many agencies that provided services to substance users, adjudicated youth, families in crisis and unemployed individuals, I worked for Jolene Sullivan in Carroll County's Family Self Sufficiency program. Upon returning from two years in the Peace Corps in Micronesia, I graduated from the University of Maryland with a Master's degree in social work in 2005. It has been about five years since my appointment to the Behavioral Health Advisory Council. I believe in the process of which we are all a part. There have been significant positive changes in services to our fellow citizens since joining this group. I encourage and welcome any feedback from others. Please email me at mjmisterka@yahoo.com or leave a phone message at #410-857-5786.

I invite everyone to go to **dadsworks.org** and consider referring young clients and their parents to our coming LOVE THINKS training starting in February and again in April. Healthy family formation and long term happy relationships can go a long way toward making our community less drug dependent and ill, physically and psychologically. We will be showing the "**Parents Who Host Loose the Most**" video as part of the training. That is the video shown at our last meeting that is sponsored by Carroll County Coalition Against Underage Drinking. Again, **please check out dadsworks.org**.



Group Updates:

Champions of Change:

The next meeting will be held on February 5th at On Our Own. The Prevention Office from the Health Department, as well as other speakers will be doing a presentation on the latest Opioid Drug Trends.

Meeting Info: *Second Tuesday of every month, at 5:15 p.m. at On Our Own, Main St, Westminster.*

Next Meeting: *Tuesday February 11th 5:15 p.m.*

Contact: *Barb Hunter, Barbarathedutchess@yahoo.com*

Children's SMART (Screening, Decision Making, Assessment, Referral, Treatment):

The group has just found out that Dr. Badawi will not be able to fulfill the roll that was previously thought. The group is looking into other ways to help the community before the larger program is up and running.

Meeting Info: *Meets 2nd and 4th Wednesday of each month at Carroll Hospital Center*

Next meeting: *Wednesday February 12th 1:30 PM*

Contact person: *Dawn Brown, Dawn.Brown@maryland.gov*

Diversion Services:

No update

Meeting Info: *Meets the third Tuesdays of every month at District Court*

Next Meeting: *Tuesday February, 18th, 8 a.m.*

Contact: *Amy Baker, Amy.Baker@maryland.gov*

Overdose Prevention Plan:

Two representatives from the Staying Alive Program in Baltimore City came to answer questions that the Overdose prevention committee had about the effects of a Naloxone program. Jeff Long and Lamont Clark were both very helpful explaining to everyone how an overdose response program can work. The Naloxone program in Carroll County will start off small with about 75 intranasal kits. If approved by ADAA, family members and individuals will have the ability to be trained utilizing a state developed curriculum in the coming months.

The Local Overdose Fatality Review Team had their initial meeting this month and will be reporting to the Overdose Prevention team. The goal of this team is to utilize data from local overdoses that will help us to develop programs that are needed in this county, apply for grants so that we can further help, and understand better what the local trends are.

Meeting Info: *Every other month at Carroll County Health Department*

Next meeting: *Wednesday March 5th 9:00 a.m.*

Contact person: *Dawn Brown, Dawn.Brown@maryland.gov*

Group Updates Continued:

Recovery Services: (Comprehensive, Continuous, Integrated Systems of Care—CCISC/ Recovery Oriented Systems of Care—ROSC)

The work group reviewed a 5 year training plan that was developed by the Change Agent Committee which made suggestions and changes. The suggestions from the retreat were added to the training plan and brought before the group. The group will keep them in mind as they continue to work on improving the county's recovery services.

Meeting Info: *Meets third Thursdays of every month at Carroll County Youth Service Bureau from 1:30 p.m.—3:00 p.m.*

Next Meeting: *Thursday, February 20th at 1:30 p.m.*

Contact: *Amy Baker, Amy.Baker@maryland.gov*

SART (Screening, Assessment, Referral and Treatment):

We will continue to meet on a monthly basis. The focus for the next year will be developing a women's conference, focusing on Empowerment, in April 2015.

Meeting Info: *Held at the Carroll Hospital Center in the Patient Care Conference room*

Next Meeting: *February 27th, 8:30 a.m.*

Contact: *Cathy Baker, Cathy.Baker@maryland.gov*

Stay informed:

Restricting Opioid Availability:

The FDA has recommended that Opioid painkillers be more restricted. The FDA would like to move all Opioid painkillers (Codeine, Hydrocodone, Oxycodone, Fentanyl) from a Schedule 3 to a Schedule 2 drug. This recommendation would change the access to the medications: patients would have to go back to their doctors every 90 days instead of 180 days to get a refill; Doctors would no longer be able to call in the prescriptions, pharmacies would have to keep the drugs more secure, and in some states nurse practitioner, or other non-physician prescribers, would no longer be able to write prescription for these drugs. This request will be taken to legislative officials to be considered.

National Drug Fact Week (From the Prevention office at CCHD):

The National Institute of Drug Abuse has designated Monday, January 27th through Sunday, February 2nd, 2014 as National Drug Facts Week! The goal of National Drug Facts Week is to help teens shatter the myths about drugs and drug abuse they get from the internet, TV, movies, music, or friends. National Drug Facts Week provides an opportunity for teens and experts to come together for an honest conversation about how drugs affect the brain, body, and behavior.

The Carroll County Health Department Prevention Office will be emailing a new drug fact each day about real issues facing Carroll County teens and teens everywhere. Please share these facts so that teens, parents, and community members you know can shatter the myths!

Drug Fact: Monday, January 27th

Weed Oil

Weed oil, also known as butane hash oil, dabs, honey oil, wax, or oil, is an extremely potent form of marijuana produced by extracting highly concentrated amounts of THC using butane. Once the oil is extracted it can be spread on paper, rolled in a joint, inhaled through a straw or pipe, or used in bong, e-cigarettes, or vaporizers. The oil/ wax can be disguised as honey. There are potential health risks from inhaling dirty butane and any pesticides/contaminates from the plant. Use of this drug is on the rise.

Drug Fact: Tuesday, January 28th

Purple Drank

Also known as lean, sizzurp, syrup, or double cupping, Purple Drank is prescription-strength cough syrup containing codeine and promethazine combined with soda and candy. It is often ingested in two large foam cups. Effects of Purple Drank include euphoria, dissociation, impaired motor skills, and seizures. Codeine is a narcotic and use can lead to tolerance, withdrawal, and long-term addiction. Purple Drank is mentioned throughout popular music lyrics. This is a popular trend among Carroll County high school-aged youth.

Drug Fact: Wednesday, January 29th

Nutmeg

Nutmeg contains myristicin, a natural compound that has mind-altering affects if ingested in large doses. The high last one to two days, much like a LSD trip. Ingesting just one tablespoon can cause unpleasant side effects such as nausea and burning abdominal pain. It can be smoked, snorted, or eaten. Hallucinations do not set in until hours after ingesting the spice, so someone could overdose by repeating ingestion. Effects can include: vomiting, diarrhea, heart, and nerve problems.

National Drug Fact Week Continued:

Drug Fact: Thursday, January 30th

Kratom

Kratom is an addictive substance that comes from the leaf of a tree grown in southeast Asia. Abused as a tea or by chewing the leaves, Kratom also comes as powder, liquid, raw or crushed leaves, or in gelcaps. It is sold in gas stations and is widely available on the internet. In a low dose, Kratom acts as a stimulant, in higher doses it has the euphoric, sedative effects of an opiate. Some individuals abuse Kratom because they are under the false belief that Kratom will aid in opiate withdrawal.

Drug Fact: Friday, January 31st

Alcohol

Alcohol Energy Drinks, also known as 'AED's,' 'Speedballs,' 'Jagerbombs,' 'Bull Blasters,' and 'Bull-garitas' are a popular new trend that combine an alcoholic beverage with an energy drink. This trend is dangerous and potentially deadly as the depressant effects of alcohol are combined with the stimulant effects of caffeine. The body gets all of the side effects at once, producing a tug-of-war which leaves the body fighting against itself.

Stay informed Continued:

Health Exchange:

Part of the Affordable Care Act (ACA) includes the creation of state-based insurance market place called The Maryland Health Connection.

(www.marylandhealthconnection.gov) The website which officially opened on October 1, 2013 for online eligibility determination, enrollment into Medicaid and Qualified Health Plans and other very useful information about health insurance. The ACA makes it possible for uninsured individuals to browse and purchase affordable and quality health plans for themselves and or their families. Depending on income, individuals and families may qualify for free or reduced rate plans. There have been technical difficulties with the website but modifications and fixes are being made daily to increase user friendly functionality. During website glitches, paper applications are available.

Assisters are able to help individuals with eligibility determination for Medicaid, whereas Navigators can assist individuals with enrollment into Medicaid and into the qualified health plans in the Maryland's Health Market Place. For more information and or assistance, residents in Carroll County are encouraged to call, visit or make an appointment with any of the Assister's whose work-based sites are located in Eldersburg, North Carroll, Taneytown, Westminster, Finksburg, and Mount Airy Library's, Access Carroll, Carroll Hospital Center, and Catastrophic Health Planners. Navigators' work-base sites are located at Access Carroll, Carroll County Health Department, Department of Social Services, and Carroll Hospital Center. Individuals can apply and enroll online at www.marylandhealthconnection.gov or call the Consolidated Resource Center at 1-855-642-8572.

Assisters:

Eldersburg Library- Erica Swann- (410)386-4460 eswann@carr.org

North Carroll Library- Linda Renick- (410)386-4480 Lindar@carr.org

Taneytown Library- Mark Foley- (410)386-4510 mfoley@carr.org

Westminster Library- Mary Honeman- (410)386-4490 mhoneman@carr.org

Finksburg Library- Erica Swann- (410)386-4505 eswann@carr.org

Mount Airy Library- Rachel Lamantia- (410)386-4470 rlamantia@carr.org

Access Carroll- Barb Tighe- (410)871-1478 btighe@accesscarroll.org

Carroll Hospital Center- Amanda Bassler (410)848-3000

abassler@carrollhospitalcenter.org

Catastrophic Health Planners- Elena Hartley- (443)465-0396 elenahartley@aol.com

Navigators:

Access Carroll- Lisa Wack- (410)370-8583 lwack@healthyhowardmd.org

Health Department- Jessie Gladstone- (410)370-8367 jgladstone@healthhowardmd.org

Department of Social Services-Erin Inman- (410)370-9961 erinman@healthyhowardmd.org

Carroll Hospital Center- Francine Hahn- (410)-302-9409- fhahn@healthyhoward.org

Upcoming Events In The Community:

6th Annual Chocolate Ball (CCYSB): Saturday February 8th, 6:30 p.m.– 11 p.m. at The Portico at St John's. Tickets are \$100 per person, dress semi-formal. For more information please contact Andie Luchini at 443-244-8139 or aluchini@ccysb.org

“Leave Smoking Behind” program at Carroll County Health Department: Six week program, starting on April 4th, 2014, meeting once a week on Fridays from 2-3 p.m. Participants are expected to commit to attending all six sessions. For more information contact Susan Richardson at 410-876-4800 or Susan.Richardson@maryland.gov

Cross Agency Training: Friday April 25th, 9:00 a.m.-3 p.m. at the Portico at St. John's Portico. For more information please visit [The Partnership](http://ThePartnership.org) website or contact Barb Rodgers at barbara.rodgers@maryland.gov or Ann Thomas at ann.thomas@maryland.gov

We're on our way (WOOW) (The Partnership): May 14th 8:30a.m.-10:30a.m. at St. John's Portico. More information coming soon to [The Partnership](http://ThePartnership.org) website.

Heroin Anonymous Meetings (Weber House): Monday's 6:30 p.m. at St. John's Church Parish Center. *No smoking on St. John's Campus* For more information contact Tim Weber at Timweber65@comcast.net for 410-961-6854.

Mental Health First Aid Training: The Carroll County Health Department, in partnership with Carroll Community College, will be offering Mental Health First Aid Training free of charge on the following dates: All trainings will be held at the main campus of Carroll Community College, 1600 Washington Road, Westminster, MD and registration should be directed to Sandy Woodburn at 410-876-4800 or

Sandra.woodburn@maryland.gov

Monday and Tuesday, Feb. 10 and 11; 12:30 – 5:00 p.m.

Wednesday and Thursday, March 19 and 20; 5:30 – 10:00 p.m.

Thursday and Friday, April 10 and 11; 8:00 a.m. – 12:30 p.m.

Monday and Wednesday, May 5 and 7; 5:30 – 10:00 p.m.

Tuesday and Thursday, June 24 and 26; 12:30 – 5:00 p.m.

The next BHAC meeting is March 18th at the Carroll County Health Department in the Multi-purpose room from 5-7 pm

Note from editor:

If the readers would like, it has been approved for a job opening position section. If you have position openings that you would like posted in this newsletter please e-mail me (Bethaney.Myers@maryland.gov) by the deadline: February newsletter– February 15th, April Newsletter-April 15th, May Newsletter-May 15th

Hyper Link website:

The Partnership website: <http://www.HealthyCarroll.org/>



Carroll County Health Department



Public Health
Prevent. Promote. Protect.

Community Job Openings:

**Life Renewal Services, Inc.
Rehabilitation Coordinator
Location: Westminster, MD**

Life Renewal Services, Inc., a state-licensed Outpatient Psychiatric Rehabilitation Program with locations in Baltimore and Carroll County, MD providing counseling, psychiatric and behavioral health services for children and adolescents, is seeking qualified individuals for the position of Rehabilitation Coordinator. This para-professional, mental health worker (part-time contractual position) supports children currently receiving therapy by providing on-site and off-site life skills and social development interventions.

Responsibilities: Evening hours needed for working with children and adolescents. Selected candidates will complete sixty (60) hours of on-the-job training prior to working with clients independently.

Requirements: Interested candidates should have a Bachelor's degree in a health-related field or at least one year of relevant work experience under the supervision of a licensed mental health professional.

To respond to this opportunity, please fax resume to (443)821-3280 attn: Karen Byrd or email: karenbyrd@hughes.net

**Villa Maria Behavioral Health Clinic-
Carroll County - 255 Clifton Blvd**

Full time, Day/Evening Shift

Contact: Kathy Iversen, kiversen@catholiccharities-md.org, Timonium, MD 21093

The Psychiatrist Assistant provides assistance and support to clients throughout the duration of their clinic appointment. They facilitate all pre and post appointment procedures necessary and assist the intake coordinator or office manager in the scheduling, reminder calls, and record preparation that is necessary for high quality, efficient client care. The position may also assist with other reception duties and processing of intakes. Effective communication and interpersonal skills required to facilitate interactions with co-workers, clients and representatives of various external agencies. Ability to exhibit conduct, neatness, and appropriate attire and manner reflective of their position and the agency. Effective organizational skills in prioritizing assigned tasks to ensure timely completion of assigned duties. Ability to use computer systems and software necessary to perform assigned functions.

MINIMUM QUALIFICATIONS: High School diploma or GED required with two years of office experience required.

Community Job Openings Continued:

**Family & Children's Services,
22 N. Court Street, Westminster, MD 21157.**

Therapist:

Type: Full-time, benefited

Contact: Send resume w/cover letter to C. Sgarlata, Director, www.fcsmd.org E.O.E.

Child Therapist needed to provide counseling services to sexually abused children and those traumatized by domestic violence. Masters level licensed therapist with at least 3 year experience working with children in a therapeutic setting required. LCSW-C or LCPC.