

Update from May 2015

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.

Group Updates:

Carroll County Coalition Against Underage Drinking (MSPF):

Our May meeting was replaced with the “Kick-Off to National Prevention Week” event. We thank everyone who came out to help by showing support, we had a full crowd to help kick-off prevention week. We were honored to be recognized at the federal level by having SAMHSA’s National Prevention Week Coordinator, David Wilson in attendance. We also had Delegate Susan Krebs, Carroll County State’s Attorney Brian DeLeonardo, Sheriff Jim DeWees, Commissioner Stephen Wantz, Commissioner Dennis Fraizer, and Sue Doyle, Director of the Bureau of Prevention, Wellness, and Recovery at the Carroll County Health Department. The audience enjoyed a fabulous performance by FoolProof Improvisational Theatre Troupe. To view the recording of the “Kick-Off to National Prevention Week” please use the following link: <https://www.youtube.com/watch?v=uceck1h12io>

Meeting Info: Meets at Carroll County Health Department

Next Meeting: Thursday, June 25th at 10:00 AM—Multipurpose room

Contact person: Carol Mullen, Carol.Mullen@maryland.gov

Champions of Change:

We continue to meet, we have nothing to report on at this time. Anyone interested in joining, please contact Greg Hendricks at Greg.Hendricks@maryland.gov

Meeting Info: Meets at On Our Own of Carroll County

Next Meeting: May 6th at 5:00 p.m.

Contact person: Greg Hendricks, Greg.Hendricks@maryland.gov

Inside May's Update

Group Updates	2-3
Stay Informed	4-5
Upcoming Events in Our Community	6-8
Role of BHAC subgroups	9-11

Group Updates:

Change Agent:

We have been on hiatus as we prepared to hold the much anticipated Trauma Informed Care training. We will reconvene in June.

Meeting Info: *Second Fridays at Carroll County Health Department*

Next Meeting: *Friday, June 12th, 10:00 a.m.-12:00 p.m.*

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

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

We continue to see children and their families for assessment two Fridays a month. Developmental Psychologist, Dr. Margo Candelaria held a follow-up training titled: "Addressing Common Challenges in Home Visiting: Maintaining healthy boundaries to protect yourself and your clients." This was a follow up to the previous training, "Trauma in Early Childhood" that was held in February.

Meeting Info: *Second Wednesdays of every month at CC Non-Profit Center*

Next meeting: *Wednesday, June 10th, 1:30-3:00 p.m.*

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

Crisis Intervention Team (CIT):

We held a CIT refresher course for CIT trained officers on Monday, May 18 on Intellectual/Developmental Disabilities as the commitment to keep law enforcement trained on how to work with all persons experiencing a behavioral health crisis. We also held a Mental Health First Aid for Law Enforcement on Thursday, May 14th.

We are looking forward to a second 40 hour CIT training for the Sheriff's Department scheduled in October 2015.

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

Diversion Services:

Our subgroup, Crisis Intervention Team (CIT), will be holding trainings for our Local Law Enforcement. We have nothing further to report on at this time.

Meeting Info: *Third Tuesdays of every month at District Court*

Next Meeting: *Tuesday, June 16th, 8:00 a.m.-9:00 a.m.*

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

Overdose Prevention:

Assessment of our community's needs is underway. The first focus group was completed on May 13th in place of our regularly scheduled Overdose Prevention meeting. These focus groups and key informant interviews will guide our prevention efforts. We have held focus groups and key informant interviews throughout the month of May.

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

Next meeting: *Wednesday, July 8th, 9-10:30 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):

Dr. Stephanie Covington presented “The Importance of Embracing a Trauma—Informed System of Care” on May 12th. Dr. Stephanie Covington specializes in the development and implementation of gender responsive and trauma-informed services. This training was put in place in efforts to have all of our treatment providers in Carroll County recognize and implement a system based on trauma informed care. At the conclusion of the training, all agencies identified who their respective action teams were. Action teams then identified a few initial areas to improve. Many of the identified areas related to the safety of both the provider as well as the consumer. We anticipate many changes in the coming months!

Meeting Info: *Third Thursdays of every month at CCHD*

Next Meeting: *Thursday, June 18th at 1:30 p.m.—3:00p.m.*

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

SART (Screening, Assessment, Referral and Treatment):

Carroll Hospital is now a part of LifeBridge, with this merger, there are considerations for adding a Neonatal Intensive Care Unit (NICU). At our July meeting, we are going to hold a presentation for our group, discussing why and how we started, what we have accomplished since inception, and where we are going. Meeting times and days have been varied, at our July meeting we will decide on a regular set schedule and location.

Meeting Info: *Held in the Shauck Auditorium of Carroll Hospital*

Next Meeting: *July 23rd at 8:30 a.m.*

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

Stay informed:

Risky Business 19th Annual Conference:

This year's Risky Business Conference, titled: "Strengthening Skills for Survival" is on Tuesday, June 23rd from 8:00AM—3:15PM. Topics include human trafficking, history of illegal drugs, and art therapy. The cost is \$35 which includes a full continental breakfast, hot buffet lunch, and 5 CEUs are earned for attending. Registration is required for the conference. *Registration deadline is June 15th.* Please contact Linda Auerback at 410-876-4803 with any questions. The registration form for the 19th Annual Risky Business Conference can be accessed at: HealthyCarroll.org

Walk Carroll Walking Program:

We have new programs, join us at one of our new events:

Passport to Wellness 2015

If you and your family are looking for a great travel experience this spring or summer, grab your *Walk Carroll* Passports and get going! Summer is the perfect time to start your journey to a healthier lifestyle by making a commitment to eat healthier and get active. Pick up a *Walk Carroll* Passport at any event through summer 2015, or print from The Partnership's website, HealthyCarroll.org, and start "traveling!" The best part about the *Walk Carroll* Passport program is that all of the events and activities are local and free (or very low cost)!

With the Passports, you are encouraged to make healthy eating and physical activity "stops" at various walking events or by doing healthy activities on your own. Get your Passport stamped along the way at any of our walking events! Once your Passport is complete, bring it with you to a *Walk Carroll* event by October, 2015 or submit by mail to be entered into raffles for awesome prizes!

Fitness Fridays at the Mall

Bad weather is no longer an excuse: Join us at the Town Mall of Westminster for indoor fun and fitness on the first Friday of every month (unless otherwise stated)! The adult/senior walk will be from 8:30-10:00 am and the kid-friendly activity will begin at 10:00 am. Children of all ages and abilities are encouraged to attend with parent supervision. Pedometers, giveaways, and prizes will be given to participants!

For more information on one of the programs, or to join a local walking club, contact **Victoria Barry** at VBarry@carrollhospitalcenter.org or **410-871-7648**.

Stay informed:

Youth Tobacco Sales Initiative:

The Carroll County Health Department's Youth Tobacco Sales Initiative is sponsoring an Open House in June 10th for vendors in our community. This Open House is being held in efforts to increase public awareness of the challenges facing Maryland to improve our compliance with laws regarding tobacco sales to minors. Tobacco vendors are encouraged to come to learn more about how upcoming initiatives will impact them and how fines for selling tobacco to minors can be avoided. Vendors will also have the opportunity to look at their store's history of violations. Current compliance surveys in Carroll County for tobacco sales to minors revealed 39 failed locations out of 141 total locations.

We're On Our Way (W.O.O.W.)

W.O.O.W. was held Wednesday, May 20th. This event brought providers in our community together to 'rewind' to take a look our Leadership Teams initiatives and accomplishments. We 'played' through presenting awards to community members dedicated to improving our community's health. We then 'fast-forwarded' to hear about the preliminary data from Community Health Needs Assessment. In between each health area, Maryland Playback Ensemble performed a skit that many said reinforced key points and helped to bring the message home.

We were pleased to honor members of our community that are dedicated to improving our community's health. The Town of Hampstead was presented with the Worksite Wellness Award for implementing a workplace walking challenge. A total of 21 Town employees participated in the walking challenge and strived to reach the goal of 10,000 steps a day. Lynn Davis, Executive Director of Carroll County Youth Service Bureau, received the Dr. Janet Neslen Award for her continued high-bar performance in addressing issues concerning access to health care. The Karen Feroli Community Champion Award was awarded to Roger Isom, a sophomore majoring in exercise science and physical education at McDaniel College. Roger Isom's father, Roger Isom, Sr., was there to accept the award. He received this award for his efforts to solve the challenge of childhood obesity through the creation of the Fitness Buddy Program at the Boys and Girls Club of Westminster.



Upcoming Events In The Community:

19th Annual Risky Business Conference: “Strengthening Skills for Survival”

On Tuesday, June 23 from 8 AM-3:15 PM at Martin’s Westminster. Jeanne L. Allert from The Samaritan Women presenting “Human Trafficking: In Our Own Backyard”. Cathleen R. Drew from the DEA Museum presenting “Modern History of Illegal Drugs in America”, and Art Therapist, Julia Andersen presenting “Art for Life”. For more information and to register, visit [The Partnership’s](#) website. For questions or concerns, please contact Linda Auerback at 410-876-4803 or Linda.Auerback@maryland.gov.

Understanding Grief Workshop:

Wednesday, June 24th 6:30-8:00PM at Eline Funeral Home, 2901 Bloom Road, Finksburg, MD 21048. Grieving after the death of a loved one can be a difficult, complex journey. While no one can tell us what to feel or how to grieve, we can better understand and cope with our grief. This workshop will allow participants to explore normal reactions to the loss of a loved one, how grief transforms over time, and instill hope that life can once again be rich and meaningful. If interested in attending, please RSVP by June 17th by calling 410-833-1414 or e-mail elinefh@comcast.net.

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 . This 8 hour program educates how to help individuals developing a mental health problem or crisis until professional treatment is received or crisis is resolved. All trainings will be held at Carroll Community College, 1600 Washington Road, Westminster, MD. For more information and to register, please contact Theresa Moyer at Theresa.moyer@maryland.gov or 410-876-4800.

Upcoming Training Dates and Times:

<i>Thursday and Friday, July 16th and 17th</i>	8:30 PM-1:00 PM
<i>Monday and Tuesday, August 10th and 11th</i>	8:30 AM-1:00 PM

Upcoming Events In The Community Continued:

Operation Save A Life-Opioid Overdose Rescue:

3rd Wednesday every month from 5:30-7:30 PM: Free two-hour training session for community members interested in overdose prevention. Class is limited to 20 participants; registration is required. More information is available on The Partnership's website at: <http://www.healthycarroll.org/behavioral-health/>.

The next training date is May 20th. Call 410-876-4800 to register.

Heroin Anonymous Meetings:

Monday's & Friday's at 6:30 pm. Located at Triangle Recovery Club address: 2 North Court Street Westminster. For more information or other meetings, website: <http://www.trcofwestminster.com/> OR e-mail: Heroinhelpnow@comcast.net.

Yes, My KID:

Wednesday's from 6:45-8:00 PM at 1391 Sykesville Road, Sykesville, MD 21784 (Friendship Baptist Church). Weekly support ministry of Friendship Baptist Church provides a safe nonjudgmental environment where parents, grandparents, aunts, or uncles can share their struggles, their concerns and the pain substance abuse causes a family.

NAMI (National Alliance on Mental Illness): Meetings for families and consumers: *1st Monday & 3rd Tuesday of every month.* Held at Carroll County Non-Profit building, located at 255 Clifton Blvd. Westminster.

For more information contact: Carol Carr-Meinecke at 410-857-3650 or info@namiccmd.org.

Quit Tobacco: Free Walk-In Clinics:

1st Wednesday of the month from 10:00-11:30 AM at 10 Distillery Drive, Westminster (Access Carroll). *3rd Thursday of the month from 4:00-5:30 PM* 290 South Center Street, Westminster (Carroll County Health Department).

**The next BHAC meeting is June 16th at the
Carroll County Health Department in the
Multi-purpose room from 5-7 pm**

Hyper Link website:

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

Department of Legislative Services analysis: <https://www.votervoice.net/link/clickthrough/ext/337511.aspx>

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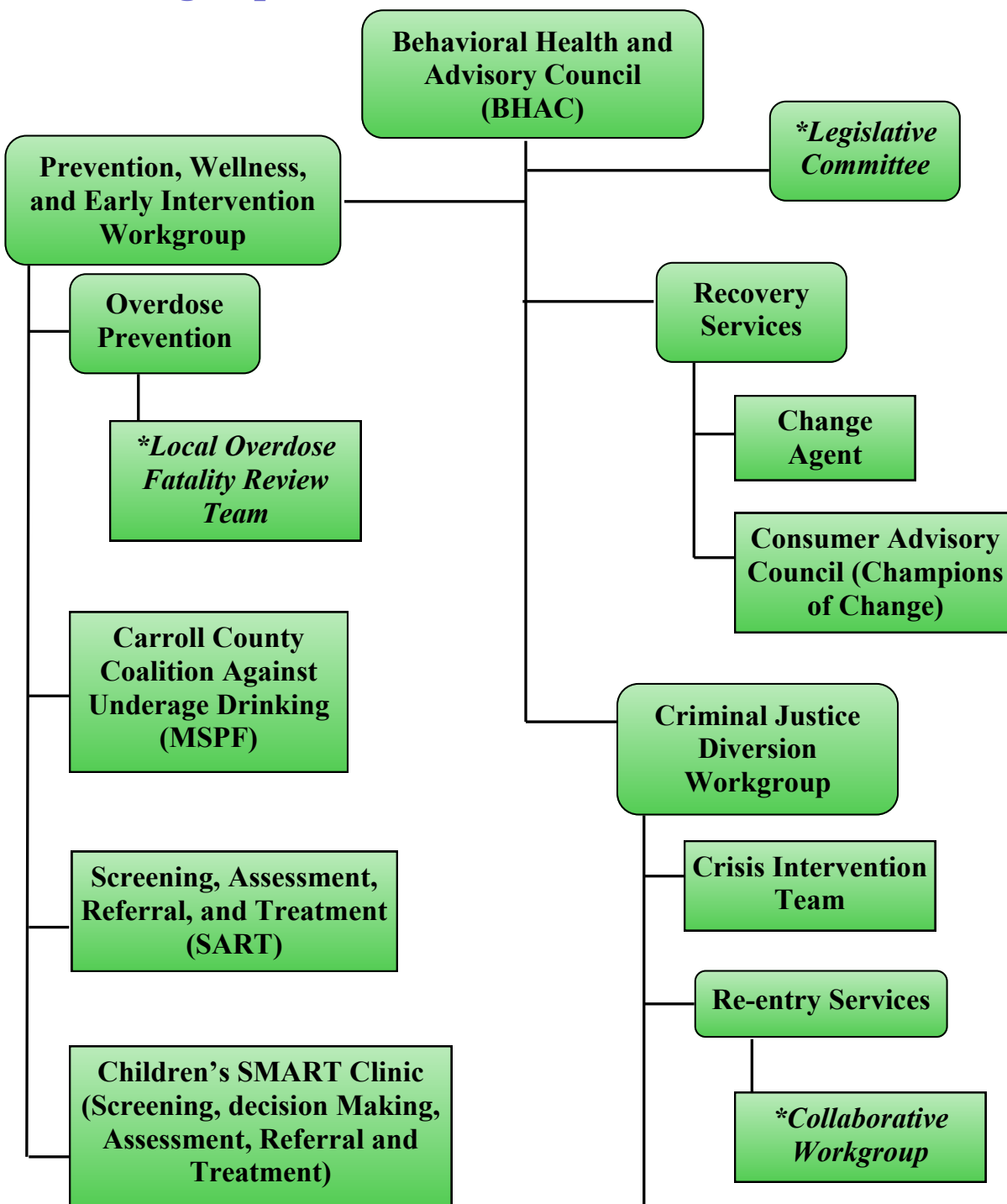


Carroll County Health Department



Public Health
Prevent. Promote. Protect.

BHAC Workgroup Flow Chart:



***Local Overdose Fatality Review Team**—confidential and as such, will not report updates.
***Legislative Committee**—only operational January-April.
***Collaborative Workgroup**—confidential case review, will not report updates
***Sex Offender Workgroup**—not currently meeting, so will not report.
***Crisis Response**—position is filled; no current workgroup.

Role Of Each BHAC Group:

**Tabs used to identify subgroups*

Prevention, Wellness, and Early Intervention Workgroup:

This group focuses on expanding prevention and early intervention efforts for both substance abuse and mental health. The workgroup will review both the local mental health and the substance abuse strategic plans to identify initiatives for prevention and early intervention to be carried out by the members of the workgroup.

Overdose Prevention:

This workgroup is together because every county in the state of Maryland needed to have a local Overdose Prevention Plan for the state by June 30th, 2013. The group is making sure that the plan is put into action. The plan includes review and analysis of data, education of clinical community, outreach to high-risk individuals and communities, and performance metrics.

Local Overdose Fatality Review Team:

The purpose of this group is to review all available information related to fatal and near-fatal drug and alcohol overdoses in Carroll County or experienced by residents; determining the factors that cause or are correlated with fatal and near fatal overdoses; developing strategies, plans and programs to prevent and intervene with drug and alcohol overdoses and individuals at high risk for overdose; making recommendations and implementing changes to the policies and procedures of government agencies or private entities to improve communication and coordination among stakeholders; and providing useful information to assist with strategy development and program evaluation.

Carroll County Coalition Against Underage Drinking (MSPF, Maryland Strategic Prevention Framework):

The focus of this group is to reduce the rate of underage drinking in Carroll County. The group informs parents and the community of physical dangers and legal consequences of underage drinking. The group also gives tools to communicate with minors and ways to help this problem. Look for them on Facebook.

S.A.R.T. (Screening, Assessment, Referral, and Treatment):

This workgroup focuses on increasing education in the community, to providers and professionals on the use of alcohol, drugs of abuse, tobacco, depression and domestic violence in pregnancy. The overall focus is to evade of the number one preventable cause of mental retardation and birth defects in the United States. The goal of the SART Team is to identify pregnant women who use substance and/or are at risk for depression and domestic violence through the use of a uniform screening tool, referral of at-risk women to programs that will provide treatment and support services, and ultimately ensure that all children are brought home to a safe nurturing environments with ongoing supportive services.

Children's S.M.A.R.T. (Screening, Decision making, Assessment, Referral and Treatment):

This group has initiated a planning process aimed at developing a system of care that will identify children who are at risk for experiencing developmental and/or behavioral and social/emotional problems, to access the services they need to realize their fullest potential. The goal of this program is to improve local access to diagnostic and treatment services in order to early identify and intervene.

Role Of Each BHAC Group Continued: **Tabs used to identify subgroups*

Legislative Committee:

Operational only during the Maryland legislative session January—April. This group tracks legislation that affects mental health and substance population and providers. Provides updates to the BHAC when action needs to be taken.

Recovery Services:

This workgroup was formed to help transition community providers of mental health, substance abuse and developmental disabilities services into dual diagnosis capable providers. The group stresses the Comprehensive, Continuous, Integrated System of Care (CCISC) model, and the Recovery Oriented System of Care (ROSC) model. These models help to ensure that providers deliver services in a welcoming, principle driven, continuous quality improvement and strength-based environment. The goal is to enhance Person Centered Care and promote recovery services at every level. The Recovery Services Workgroup is the Steering Committee and as such, is responsible for Systems Change implementation.

Change Agent:

Is a workgroup that is responsible for developing training, helping to identify funding and barriers and assist managers/leaders in implementing changes.

Consumer Advisory Council (Champions of Change):

This workgroup will ensure that individuals that are utilizing services and supports within the local system have input. This includes planning, resource development, and system feedback.

Criminal Justice Diversion Workgroup:

The role of this workgroup is to lead continued efforts around justice-involved individuals with behavioral health needs. The group focuses on developing diversion efforts to include programs at all identified intercepts points, from first contact with law enforcement through community corrections.

Crisis Intervention Team:

This team is designed to have local law enforcement trained in Mental Health First Aid to help identify someone in a mental health crisis and provide assistance versus arresting them on scene and sending them to the local detention center. This training has been well received in the local law enforcement arena and has had a number of trainings that have included members of the Westminster City Police Dept., McDaniel College Campus Safety officers, Carroll County Detention Center and the Humane Society to mention a few.

Role Of Each BHAC Group Continued: **Tabs used to identify subgroups*

Re-entry Services:

This group was formed to help transition detainees back into the community with the necessary supports to help keep them successful with less chance of re-offending. The program helps link those in the detention center that will be released within 90 days to obtain housing, employment, mental health and substance abuse services, etc.

Collaborative Workgroup:

The Re-Entry collaboration case management meeting is a monthly meeting to gather community partners together in an effort to assist returning citizens with a successful transition back into their community, while reducing recidivism/enhancing public safety.

Contact: Terrona Baker, LGSW, 410-386-2889/
Terrona.Baker@maryland.gov or
 Susan Richardson, LCSW-C, 410-386- 2262 /
Susan.Richardson@maryland.gov

Sex Offender Workgroup:

This group is temporarily not meeting; however, their intent is to seek and educate providers in the mental health community to offer "traditional" mental health services and not "sex offender specific" treatment. This is to help the non-violent, non-predatory offender to address and seek treatment for their mental health needs.

Crisis Response:

The Core Service Agency (CSA) will have a part time nurse to provide care coordination, case management, and service navigation and linkages to services for children and their families who are waiting to see a psychiatrist. The nurse would be available if time permits to assist patients in the four crisis beds currently funded by the County for the prevention of inpatient admission. Also, it will be ensured that these supplemental crisis services are connected or coordinated with existing crisis response services.