

Lifts treatment restrictions: Federal officials have sought for years to make it easier for doctors to prescribe drugs like Buprenorphine, which help people wean off their opioid addiction. The law allows clinical nurse specialists and others to prescribe those drugs for five years. And it codifies that physicians may prescribe those drugs for up to 275 patients, putting into law a higher cap that the Obama administration raised with a regulation.

Facilitates new painkiller research: The law will free the National Institutes of Health to more quickly pursue research projects related to non-addictive drugs for pain. H.R. 6 will also require Medicare documentation to educate patients about categories of alternative, non-opioid pain management treatments.

Curbs drug shipments: The law attempts to improve coordination between U.S. Customs and Border Protection, the U.S. Postal Service and other entities to stop shipments of fentanyl and other illicit drugs from entering the country. The law requires USPS to transmit electronic data on all incoming shipments to border agents by 2020 and creates a \$1 fee on inbound Express Mail items to pay for the new requirements. With vast amounts of illicit fentanyl coming into the United States from China, Mexico, and Canada law enforcement sees this as a much needed move.

Expands recovery centers: The Department of Health and Human Services will oversee a grant program to expand the use of "comprehensive recovery centers," which include job training, mental health services and housing alongside addiction treatment. The model has proven successful in some parts of the country. Funding for the centers will come later, as part of the annual congressional appropriations process.

Here are some of the major policy changes included in the law:

and implement programs to continue this trend.

the surge in deaths may be slowing. It is paramount that we continue to develop according to the Centers for Disease Control and Prevention, monthly stats indicate roughly 13 percent increase from the year before. We can take some solace in that

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THE INITIATIVE



Addressing Substance Use in Dare County

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SAVING LIVES
TASK FORCE

The Initiative is a quarterly newsletter presented by the Saving Lives Task Force, the goal of this publication is to educate, inform and engage residents of Dare County.

■ **Our Task Force is**
a team of professionals and community members working toward the prevention of substance use disorders and the availability of effective treatment for all Dare county citizens in need of help.

■ **Join us for our Meetings**
on the 3rd Tuesday of every month at 3:00 pm at the Dare County Administration Building in Manteo.

■ **For More Information**
please contact Roxana Ballinger, Saving Lives Task Force Co-Chair, at 252.475.5619 or roxana.ballinger@darenc.com.

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Be Resilient OBX Tackles the Pair of ACEs

Both adverse childhood experiences (traumatic events occurring before age 18) and adverse community environments (the Pair of ACEs) impact the overall quality of life and economic development of an entire community, in addition to the well-being of individuals and families. Be Resilient OBX, a year-old collaborative effort here in Dare County, has begun implementing a local model based on approaches out of the Trauma Resource Institute in California and George Washington University's Milken Institute of Public Health that will have a collective impact on many health issues in Dare County, including anxiety, depression, and substance use disorders among our young people. Plans are to work across systems to strengthen a continuum of prevention, early intervention, treatment and recovery resources that addresses the biologic effects of toxic stress. Early activities have focused on raising public awareness about the Pair of ACEs, introducing evidence-based skills that are trauma-informed and resiliency-focused, and building upon cross-sector partnerships to share in the work.

The more ACEs children experience, the more likely they are to suffer learning

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Correction from Fall 2018 Feature Article: What is Medicated Assisted Treatment?

In the sentence "New Horizons has been awarded a contract by Trillium Health Resources," "New Horizons" should have been "The Nags Head Treatment Center"



Ongoing Events

- **Alcoholics Anonymous - District 93 | 3rd Wednesday of each month | 7:00 pm | Grace By The Sea Lutheran Church**
4212 S Croatan Hwy., Nags Head, NC 27959
Outer Banks AA Hotline: 252.256.0850
www.aaobx.com
- **NAR-ANON | Every Thursday | 7:00 pm Source Church in Manteo**
The NAR-ANON program is a means of coping with the insanity brought about from having a family member or friend struggling with addiction. For more details, please contact Debbie at 703.402.3501.
- **Dare Community Child Collaborative | 2nd Tuesday of the Month | 1:30 - 3:00 pm | Dare County Administrative Building at 954 Marshall C. Collins Drive, Manteo**
The Dare Child Collaborative is a partnership among providers and families of children and youth with mental health or substance use issues. Together, they identify services, support needs and try to find ways to meet those needs. For more information, please contact Keith at keith.letchworth@trilliumnc.org.



Did you know that for years Dare County has had more than 20 different collaboratives, coalitions, task forces, councils or other groups that in one way or another focus on issues affecting the well-being of children and families? Some of these are mandated by law, while others result from needs assessments or shared interests in particular problems. In a relatively small county such as Dare, many of the same folk from the same groups attend multiple meetings monthly or quarterly to address related concerns. Indeed, it is important to make time to focus on problems such as child abuse and neglect, juvenile crime, domestic violence, substance use disorders, behavioral and mental health, learning problems, school attendance, early childhood development, and so on.

Yet whenever possible, for the sake of more efficient and effective use of limited resources, it is beneficial to understand the connections between various social and health challenges and to join forces in addressing mutual concerns for even greater collective impact. One challenge common across many sectors is that presented by a growing body of research pointing to the impact of adverse childhood experiences (ACEs) on a variety of social/health concerns as well as to shared solutions that can address many of these concerns at once. In addition to breaking out of silos across sectors to address single issues, our

community must progress toward moving away from silos of issues to consider cross-sector work among the multiple challenges that are connected by ACEs.

Groups that currently work intentionally with one another to address ACEs and build community resilience include the Breaking Through Task Force of Healthy Carolinians of the Outer Banks, the Child Community Collaborative of Dare, Children & Youth Partnership for Dare County, Dare County Schools, Dare County's Department of Health and Human Services, Dare's Juvenile Crime Prevention Council, the Saving Lives Task Force, the School Health Advisory Council, and YMCA of the Outer Banks.

Building community resilience is about creating and strengthening a vast network of buffers and supports that helps children, families, and whole neighborhoods not only bounce back, but also bounce forward. By reducing families' sources of stress, providing children and adults with meaningful and responsive relationships, and strengthening the core life skills everyone needs to adapt and thrive, Dare County can prevent and counteract lasting harm. The ability for our community to really make a dent in these shared concerns holds great promise as it further concentrates its collaborative work.

If interested in joining forces with the Be Resilient OBX initiative, contact Nancy Griffin at cypdare@darekids.org

Saving Lives Task Force
Advocacy: The "Support Bill" Against Opioid Abuse

The President recently signed House Resolution or H.R. 6, which is a law that supports public health officials and providers to overcome the opioid crisis. This resolution received overwhelming bipartisan approval, showing just how serious the scope of this crisis is. H.R. 6 also titled The Substance-Use Disorder Prevention That Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act—is a comprehensive law that combined more than 70 bills from both chambers of Congress. President Trump signed this landmark bill intended to deal with the nation's opioid epidemic, a

bipartisan breakthrough for a crisis claiming tens of thousands of U.S. lives every year.

"Together we are going to end the scourge of drug addiction in America," Trump said at the White House during an East Room event to sign the legislation.

While many are familiar with the staggering statistics associated with this epidemic we should remember that approximately 72,000 fellow citizens were lost due to overdoses last year, which is a

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and health problems that result from toxic stress. The ability to not only survive but thrive in the face of adversity depends on becoming resilient, critical to health and well-being. No one is born with resilience, yet people of all ages, from the very young to older adults, can learn, practice and share resources needed for building resilience.

Nancy Griffin, Executive Director of Children & Youth Partnership for Dare County (CYP), Susan Lee, CYP Special Projects Volunteer, Rebecca Woods, Health Education and Community Outreach Supervisor for Dare County's Division of Public Health, Shirley Parker and Rosie Rankin, private providers with Outer Banks Inner Journey, and Ashley Bahen, formerly employed by the Dare County Detention Center and now serving the Saving Lives Response Team formed the Be Resilient OBX steering group after attending the 2017 Adverse Childhood Experiences Southeastern Summit. Inspired by the systemic work occurring around the country that they learned about, they started planning how to bring similar efforts to Dare County. Building connections across local collaborative groups to address common challenges related to ACEs has been a priority from the beginning.

The 60-minute award-winning documentary Resilience: The Biology of Stress and the Science of Hope was purchased as a resource to help raise

public awareness and provide training. A Facebook page was launched to share ongoing information about this effort. Look for Be Resilient OBX on Facebook.

Through CYP, Be Resilient OBX has received two grants totaling over \$55,000 to help support this work. Some of the accomplishments of Be Resilient OBX during the last year have included partnering to provide professional development for local medical providers and to plan a regional conference that brought together over 100 teachers, school counselors, nurses, mental health providers, care coordinators/case managers, social workers, health educators, and law enforcement from 15 northeast NC counties to learn about the need for organizations to become trauma-informed and resiliency-focused in response to what science is teaching us about ACEs. Over 600 administrators and staff from all Dare County Schools have received introductory training on basic concepts to address the significant impact of ACEs and toxic stress on student learning and health. In addition, 30 local educators received continuing education in the strategic role mindfulness can play in strengthening resilience.

Nine providers across agencies have been trained in the Community Resiliency Model (CRM®) and two recently became certified trainers to teach these skills-based interventions rooted in cutting

edge research about the brain. Immediate next steps are to equip 90 staff who work in schools with the CRM® skills. These critical staff members include administrators, school resource officers, in-school suspension staff, teachers of children with exceptional behavioral needs, staff at the Dare Learning Academy, and school counselors, social workers, and nurses.

Parents are important partners in this prevention and early intervention effort. Many parents want to learn how to prevent or break the cycle of ACEs in their own families. Additional training for parent educators is supporting increased offerings of Triple P (Positive Parenting Program) in a variety of formats tailored to family needs throughout the community. A recent survey of local parents and educators revealed their concerns about student anxiety as well as inappropriate use of technology. This winter, Be Resilient OBX will bring Screenagers, another award-winning film, to three locations in the county to help raise awareness and foster dialogue among parents, teachers and students about this important topic.

Every individual, system or organization that touches an aspect of a child's life and family can contribute to community resilience. To schedule a showing of the movie Resilience or to become involved with Be Resilient OBX, contact Nancy Griffin at cypdare@darekids.org