

Substance Use In Dare County 2018 A Year In Review

Dear Valued Community Member

In 2014, we created the Saving Lives Task Force to combat the ever increasing problem with substance use disorder and addiction. The TaskForce is open to anyone who wants to participate and includes virtually all of the support groups in Dare County.

The Task Force's work focuses on four main areas: prevention, recovery and treatment, harm reduction and diversion, and awareness and education for community members and professionals.

In this supplement you will find a succinct presentation of our priorities, our mission, our accomplishments, opportunities and challenges going forward. You will also find pertinent data relative to Dare County, as well as what you can do to help.

Thank you for your interest.

Your Saving Lives Task Force Co-Chairs,



Wally Overman
Vice Chairman
Dare County Board of Commissioners



Roxana Ballinger
Director of Health Education & Outreach Services
Dare County Department of Health & Human Services

Our Mission

The Saving Lives Task Force is a team of professionals and community members working toward the prevention of substance use disorders, increasing access, and the availability of effective treatment for all Dare County residents in need of help.

Our Members

We have over 100 participants serving on the task force, representing groups including:

- Dare County Schools
- Emergency Medical Services
- Children & Youth Partnership
- Sheriff's Office
- Local Law Enforcement
- Dare County Detention Center
- Trillium Health Resources
- PORT Human Services
- College of the Albemarle
- Dare County Dept. of Health & Human Services
- Dare County Commissioners
- Outer Banks Hospital Provider Council
- Recovery International
- Dare CASA
- CVS Health
- Walgreens
- Private providers/counselors
- Walk Against Addiction
- Local Churches
- Community Members



OUR History

We began as the Substance Abuse Prevention & Education Task Force in 2014. We hosted our first Inaugural Town Hall Event in 2015. Since then, our efforts have grown tremendously.

Funding Sources



Featured Donor

The Charles W. Gaddy and Lucy Finch Gaddy Endowment Fund, a component fund of the North Carolina Community Foundation, has been a generous donor to The Saving Lives Task Force since 2017. Over the last two years a total of \$30,000 has been awarded in grant funding to support the work of the task force and specifically Dare County School's G.R.E.A.T Program. Pictured from left to right are: donors Fin & Nancy Gaddy, and Saving Lives Task Force Co-Chairs Roxana Ballinger and Wally Overman.

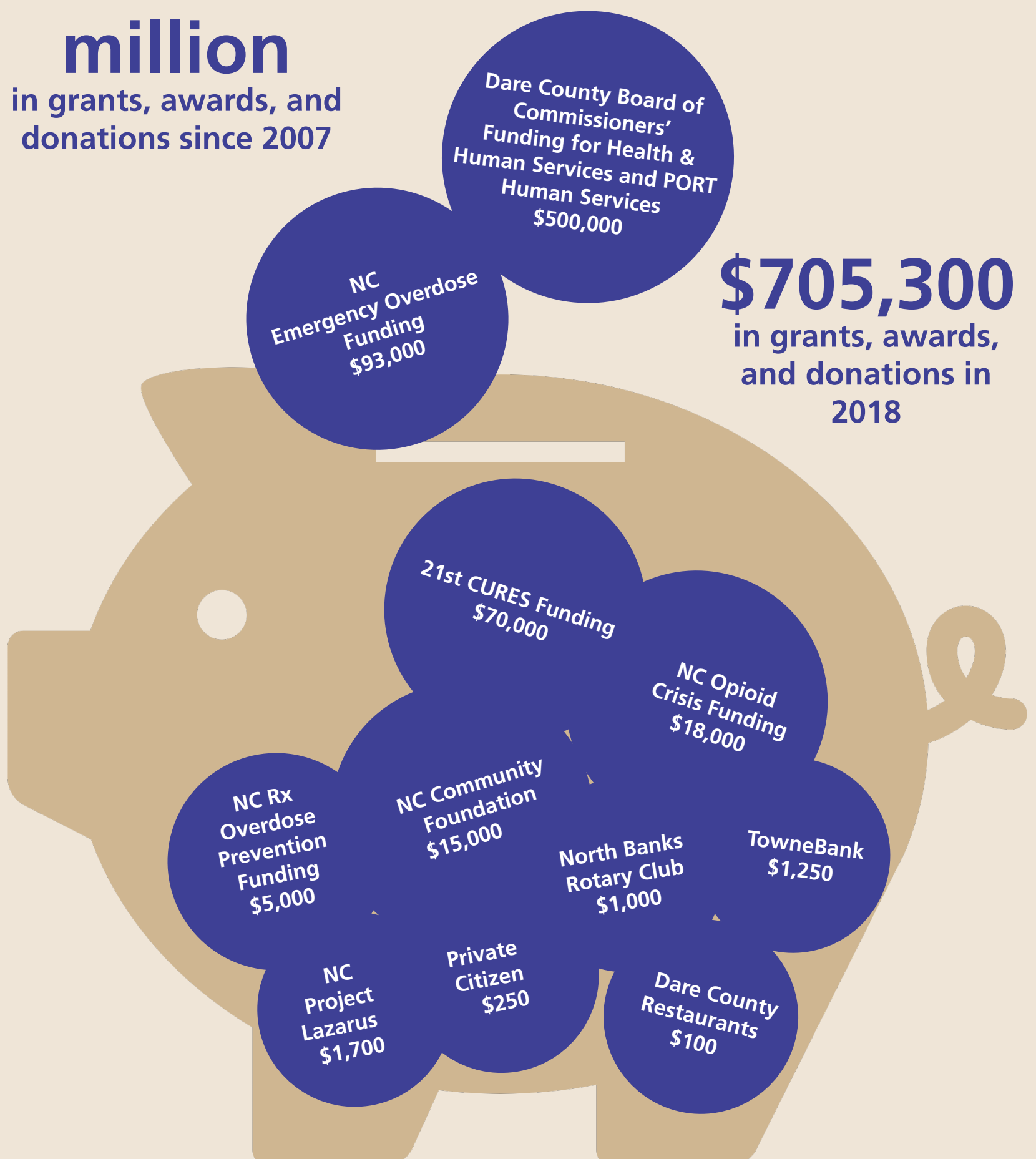
Details on Funding for Substance Use Initiatives in Dare County

\$11.2 million

in grants, awards, and donations since 2007

This funding is not task force specific and supports a variety of substance use initiatives in Dare County. The pages that follow explain many of these initiatives in greater detail.

\$705,300
in grants, awards, and donations in 2018



Education and Awareness

The Initiative Newsletter

We issue a quarterly newsletter with the goal of educating, informing and engaging the residents of Dare County on substance use disorders. Each issue features information on a special topic, advocacy efforts, and community events and partners. To download the most recent copy of The Initiative please visit: savinglivesobx.com

Reconnecting Dare Campaign

The Breaking Through Task Force was formed under the umbrella of Healthy Carolinians of the Outer Banks to address behavioral health issues. The task force surveyed 969 parents and professionals who expressed concerns related to anxiety and screentime. In response, the Breaking Through Task Force has established the Reconnecting Dare project. Follow the campaign on social media. Search @reconnectdare on Facebook, Twitter & Instagram.



She gets her soccer skills from her mom.
Her sense of humor from her dad.
And her drugs from her grandma's purse.

BE AWARE. DON'T SHARE.®
LOCK YOUR MEDS.®
LockYourMeds.org/NC



Keeping Current & Friends

January 24, 2018

Dare County Department of Health & Human Services, in partnership with The Saving Lives Task Force, The Outer Banks Hospital, and The Sheriff's Office hosted a Keeping Current & Friends program.

Keeping Current, an interactive program designed to empower and equip adults with the tools necessary to prevent teen substance abuse, was the feature presentation of the evening. A medication take back event and a look into community concerns, including drug trends was also provided to approximately 40 community members in attendance.

Town Hall Series: Syringe Exchange Program

February 7, 2018

An evening was hosted to provide education to the community on syringe exchange programs. Many speakers educated attendees on infections related to opioid use, the Good Samaritan Law, Dare County's Syringe Exchange Program and the public health role. This town hall event was sponsored by The Saving Lives Task Force, TowneBank & Dare CASA.



The Triangulum: Tobacco, Marijuana & E-Cigarettes

April 24, 2018

The Saving Lives Task Force worked with Partnerships to Improve Community Health to bring The Triangulum to Dare County. The event featured nationally acclaimed speaker, Phillip Gardiner, Dr. P.H. Attendees represented parents, students, healthcare, school, and law enforcement communities.

Town Hall Series: Youth Mental Health & Substance Abuse

May 24, 2018

A panel educational event was hosted for parents and individuals who work with youth. The evening's feature presentation was provided by Jeff Yalden, Teen Motivational Coach & Suicide Prevention Expert. Panel experts provided information on Adverse Childhood Experiences (ACEs), Resiliency, Substance Use, Online Harms, and Technology Dangers. This town hall event was sponsored by Dare CASA, Saving Lives Task Force, Dare County ABC Board & Sheriff's Office.

9th Annual Walk Against Addiction

September 22, 2018

The Annual Walk Against Addiction was started by Tori Peters and Brenda Thacker in an effort to shatter the stigma of addiction. This year approximately 125 people participated in the walk at First Flight High School. The event was made possible by multiple organizations: When Doves Fly, KDH Police Department, Affinity Bail Bonds, Starbucks, Barrier Island Bagels, and the 15 vendors that represented the recovery community.

Family Systems Workshop

November 2-4, 2018

A weekend Family Systems Workshop provided professionals, family members and loved ones with skills and tools necessary to begin or help others through the healing process and develop resiliency. The program material covered: addiction, boundaries, codependency, family systems and much more. Professionals who attended the weekend event were provided 10 free professional continuing education credits. This workshop was made possible by The Blanchard Institute, Blanchard & Associates, Saving Lives Task Force, Marie Holland Counseling, PORT Health and Bringing Real Change Recovery.

Prevention

The G.R.E.A.T. Program

The G.R.E.A.T. (Gang Resistance Education and Training) Program is a national and international gang and violence prevention program that was developed by The Office of Juvenile Justice and Delinquency and The U.S. State Department / International Narcotics and Law Enforcement Affairs almost 30 years ago. This program has been shown to build trust between law enforcement officers and their communities by teaching elementary and middle school students the GREAT curricula (in the classroom). The curricula is designed to teach the students life skills that direct them away from delinquency, youth violence, and gang membership. It is designed for children that are at the prime age for introduction to gangs and delinquent behavior.

More than 13,000 law enforcement officers from around the U.S and Central America have been certified to teach the G.R.E.A.T. Program. The G.R.E.A.T. curricula has been taught to more than 6 million children, allowing law enforcement to foster and build strong relationships with these students, as well as forming

a strong bond with both the schools and communities.

The G.R.E.A.T. Program is built around school based, law enforcement officer instructed classroom curricula that

Student Numbers

Students Served (Fall 2018)	
Manteo Elementary School	97
First Flight Elementary School	66
Cape Hatteras Elementary School	34
First Flight Middle School	120
TOTAL	317

Projected Students to Be Served (Spring 2019)	
First Flight Middle School	122
First Flight Elementary School	44
Manteo Elementary School	118
TOTAL	284

allows the G.R.E.A.T. certified officers to teach the program in the classroom. The elementary school curricula is 6 lessons and the middle school curricula is 13 lessons that are taught one lesson per week.

The Dare County Sheriff's Office recently received a grant from The Charles W. Gaddy and Luncy Finch Gaddy Endowment Fund, a component fund of the North Carolina Community Foundation, to send the agency's School Resource Officers to Greenville, South Carolina for G.R.E.A.T Certification Training. The officers that attended the training in June of 2018 are:

Sergeant Greg Padilla
Manteo Elementary School

Deputy Dustin Walston
Manteo High School

Corporal Becky Terry
First Flight Elementary School

Corporal Ed Cottrell
First Flight Middle School

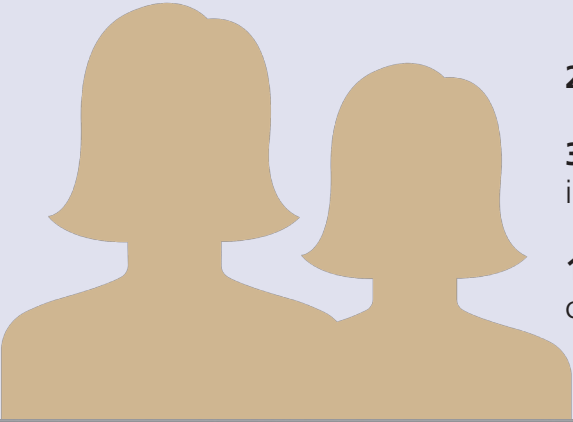
Deputy Jack Palmer
First Flight High School

Deputy Aaron Felton
Cape Hatteras Elementary School

For more information about the G.R.E.A.T. Program go to www.great-online.org

Helping Women Recover

This program provides support services for women who have a substance use concern. Our Health Educators implement the program in the Dare County Detention Center, Hotline, and other locations throughout the community.



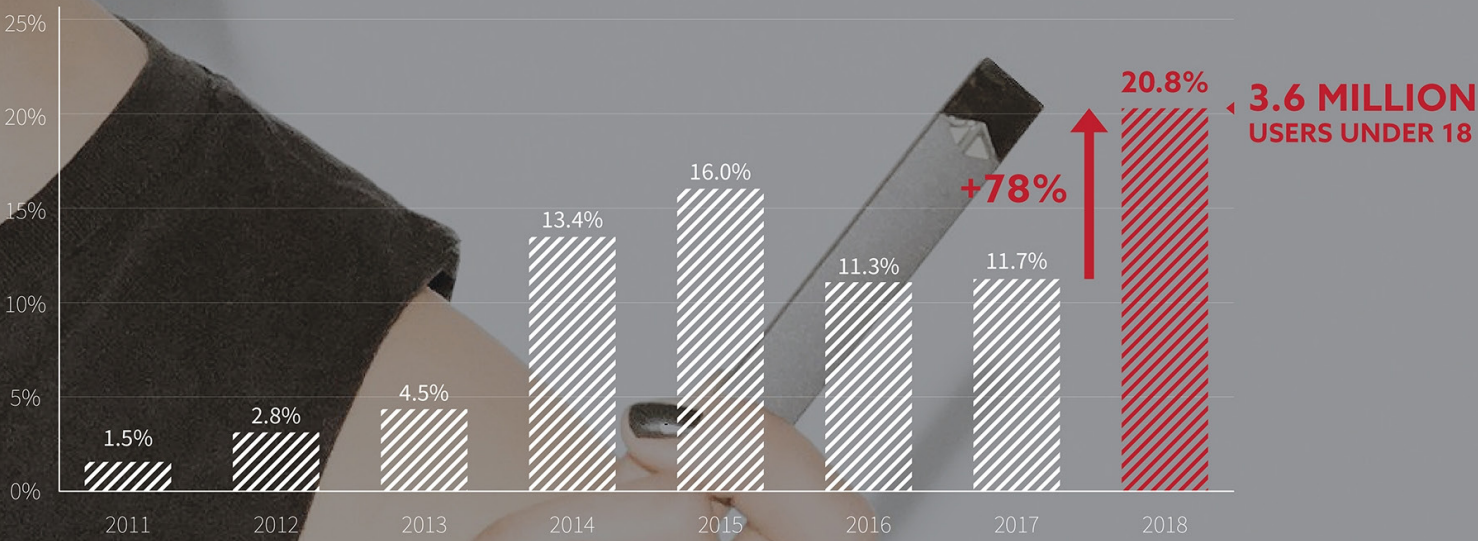
2018 Helping Women Recover Data

39 participants were served in 4 locations

11 participants continued community classes upon release

YOUTH E-CIGARETTE USE INCREASED 78% IN 2018

Percent of high schoolers who report using e-cigarettes in the past 30 days



Source: CDC, National Youth Tobacco Survey (NYTS)

E-Cigarettes, Vapes & Juuls: What Parents Should Know

Vaping is becoming more popular with youth in middle and high school. Vaping is using an electronic cigarette (e-cigarette) or other vaping device (vape, juul, etc.).

E-cigarettes are battery powered and deliver nicotine through a liquid (called e-juice), which turns into a vapor when using the devices. The liquid comes in flavors, such as mint, fruit, and bubble gum, which appeal to kids.

Youth often believe that the liquid used in vaping only contains water and flavoring and are unaware that it contains nicotine. Therefore, they may think vaping is less dangerous than using other tobacco products, such as

cigarettes. The amount of nicotine in the liquid can be the same or even more than the amount found in cigarettes.

With vaping on the rise nationally, it is important to educate adults on this concerning topic impacting youth. Here are some important facts every parent should know about vaping:

- 1) There is no FDA oversight on the manufacturing of products.
- 2) E-cigarettes almost always contain nicotine and many other harmful ingredients.
- 3) No e-cigarette has been found to be safe!
- 4) Acrolein, a harmful ingredient in

e-cigarettes causes irreversible lung damage. Also, nicotine can harm the developing brain of teens.

5) The JUUL is the most popular e-cig among teens and one Juul pod can contain as much nicotine as 1 pack of cigarettes.

6) No e-cigarette has been found effective by the United States' Food & Drug Administration to help people quit smoking.

If you or someone you know needs help quitting, call the free QuitlineNC at 1-800-QUIT-NOW

Recovery and Treatment

PORT Health Services Received Community Support to Open New Clinic and Fund Patient Resources

Every year, the staff at PORT Health Services Dare County (PHSDC) witness people develop strong foundations for lifelong recovery from behavioral health disorders. 2018 was no different, except it brought an overwhelming flood of community support that pleasantly surprised PHSDC staff and greatly impacted the organization's awareness and efforts.

The opioid epidemic and rising suicide rates were prominently featured in national news in 2018. Dare County residents have not been immune to these difficulties. The impact on the county has been staggering and left local residents determined to make a difference for their community and for the people they love who suffer from these illnesses.

In the spring of 2018, Michelle Hawbaker, PHSDC Supervisor, began receiving calls from local radio personality, Gunner Pants, expressing interest in organizing an event to raise awareness and funds for suicide prevention.

Through planning and collaboration with Gunner, an event was put together for the cause. On September 8, One Voice, One Beat, One Life Benefit for Suicide Awareness and Prevention was held at Jack Brown's Beer and Burger Joint. In addition to providing education and resources about behavioral health disorders and suicide prevention, there was live music, silent auction items, face painting and merchandise. The event

raised approximately \$3K, which was then donated to PHSDC. With this generous donation, PHSDC was able to purchase much-needed patient resources and is currently in the process of creating a meditation room to assist patients with mastering mindfulness and meditation skills. Community support was great with almost 100 Dare County residents participating in the event, sending a loud message that they have compassion for those suffering with behavioral health disorders.

and social media to begin increasing awareness and raising funds to assist with the development of a behavioral health center in their home community of Hatteras.

In January 2019, PHS Hatteras opened in the previously named Hatteras Medical Center. This new clinic is the result of PHS, Dare County Government, the Sisler family and the Hatteras community's tireless efforts to ensure the project came to fruition. In total, the Sisler family raised \$31K and donated countless hours. Donations

were directed to the opening of the clinic and remaining funds will be used to assist PHS in maintaining the clinic and meeting the unique needs of patients. Along the way, the residents of Hatteras sent a clear stigma-busting message to the residents of Dare County—Get Treatment, Get Well!

PORT Health Services is the largest provider of behavioral health services in Eastern North Carolina. The Dare County Nags Head and Hatteras Clinics

provide individual and group therapy, substance abuse intensive outpatient treatment, school-based therapy and medication assisted treatment. Facility based crisis services, which include detoxification services, are also available through PHS. For more information and to learn how PHS can make a difference for you or a loved one, call 252.441.2324 or visit www.porthealth.org.



PHSDC experienced another behavioral health champion in the form of the Sisler family. The Sisler family suffered the loss of their son, Cory, in January of 2018, following a long struggle with substance use. The family collectively decided they would do everything in their power to prevent another family from experiencing the trauma of losing a loved one. Wendy Sisler lead the way in utilizing her personal contacts

Saving Lives Response Team Pilot Project Takes Off

In the Fall of 2018, a diverse group of community professionals formed "Saving Lives Response Team". Led by the Dare County Department of Health and Human Services, the goal of this team is to reduce repeated incidences of overdose and overdose deaths in our community by linking individuals to harm reduction services, detox and treatment. "Dare County has many resources dedicated to substance use disorders, but we were lacking in the follow-up that is needed after an overdose reversal to offer help" says Roxana Ballinger, co-chair of the Saving Lives Task Force. Within 24 to 72 hours after a reported opioid overdose, an outreach worker from Saving Lives Response Team attempts a face to face contact with the overdose survivor and provides a naloxone kit, overdose prevention training, and links to services.

In addition to responding to overdoses, individuals can call the response team and request assistance in navigating treatment options. The outreach worker will meet with individuals,

assist with paper-work, and provide transportation to treatment if necessary. In October 2018, Saving Lives Response Team received a grant from the North



Carolina Department of Health and Human Services, Injury and Violence Prevention Branch to cover operating costs. This grant also provides funds to Source Church to support Dare County's only syringe-exchange program, known as High-Life 252.

In January 2019, Saving Lives Response Team sent members of our recovery community to Peer Support Specialist Training at Eastern AHEC in Greenville, North Carolina. This training is intended for individuals who are well-grounded in their recovery and show a commitment to help others. "I was fortunate to have the chance to attend the Peer Academy in Greenville", said Jessica Urbano, a graduate of Manteo High School who works as a Peer Support Specialist at Two-Dreams Treatment Center in Corolla. "This training was informative and inspiring. I am already using the skills I learned to help others in our community who are struggling with substance use". As of this writing, Saving Lives Response Team has provided services to 20 individuals. To reach The Saving Lives Response Team, call 252.216.8036.

Coming Soon

Opiate Prescribing Challenges & Alternatives for Chronic Pain Management

March 12, 2019 • 5:30 pm - 9:10 pm • Pamlico Jacks

5:00 pm - 6:00 pm Check-in & Dinner • 6:00 pm - 9:10 pm Program

This conference is specifically designed for physicians, nurse practitioners, physician assistants, dentists and pharmacists. to register visit: www.easternahec.net/courses-and-events/57820

Town Hall Series: Legislative Focus

April 11, 2019 • 5:00 pm - 8:00 pm • Dare County Administrative Campus

5:00 pm Heavy Hors d'oeuvre in Room 168 • 6:00 pm Presentation Begins in Commissioners Room

Keynote speaker is Dr. Gregory Murphy, Representative, North Carolina House District 9

Day of Hope: Harm Reduction Outreach Event

May 17, 2019 • 12:00 pm - 2:00 pm • Source Church

Opiate & Methamphetamine Awareness for Public Sector Workers

September 19, 2019 • 10:00 am - 12:00 pm • Dare County Commissioners Meeting Room

September 20, 2019 • 10:00 am - 12:00 pm • Kill Devil Hills Townhall Meeting Room

Presentation is focused on preventing exposure in the field.

10th Annual Walk Against Addiction

September 21, 2019 • 9:00 am - until • First Flight High School

Keynote speaker is Tim Ryan, who is a member of the recovery community, parent of a child who died from an opioid overdose, and serves as an advisor for rehab.com.

Resilience: The Biology of Stress & the Science of Hope

Call today to schedule your viewing of this one-hour documentary or other presentations.

Nancy Griffin, Children & Youth Partnership for Dare County 252.441.0614.

Thank You To Our Many Partners

Dare County Board of Commissioners
Dare County Public Relations
Dare County Schools
Recovery International
Source Church/HighLife252
Saving Lives Response Team
Dare County EMS
Children & Youth Partnership
Dare County Sheriff's Office
Dare County Detention Center
Trillium Health Resources
PORT Human Services
College of the Albemarle
CVS Health
Walgreens
Dare CASA
The Outer Banks Hospital
Dare County Dept. of Health & Human Services

Breaking Through Task Force
Healthy Carolinians of the Outer Banks
TowneBank
Bringing Real Change Recovery
The Blanchard Institute
Marie Holland & Associates
Coastal Studies Institute
Partnerships to Improve Community Health
Dare County ABC Board
North Carolina Dept. of Health & Human Services
NC Community Foundation
Fin & Nancy Gaddy
All Saints Church
Pirates Cove Alice Kelly Fishing Tournament
Room in the Inn
Town of Kill Devil Hills Police Department
North Banks Rotary



Get Involved Today

**Please join us for our meetings on the 3rd Tuesday of every month at 3:00 pm
at the Dare County Administration Building in Manteo.**

visit: savinglivesobx.com • call: 252.475.5619

email: Roxana.Ballinger@darenc.com