

SUBSTANCE USE IN DARE COUNTY 2021

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 Task Force is open to anyone who wants to participate and includes support groups in Dare County.

In 2020, we became recognized as a 501(c) 3 . We worked as a team to follow our Strategic Plan that aligns with North Carolina's Opioid Action Plan. This will help us stay focused on the most impactful and feasible strategies to reduce substance use in Dare County. We also revised our mission statement and scope of work to reflect outreach services.

Under our Strategic Plan, the task force's work focuses on five main areas: assess, prevent, reduce harm, connect to care, and track & measure.

In this supplement, you will find a succinct presentation on the progress of our strategic plan, which includes our strategies, 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

Wally Overman
Vice Chairman
Dare County Board of Commissioners



Roxana Ballinger

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

OUR BOARD

Roxana Ballinger, Co-Chair

Wally Overman, Co-Chair

Ervin Bateman
Dare County Board of Commissioners & Recovery Community

Marcia Bryant
Vice President, Patient Services, The Outer Banks Hospital

Jeff Derringer
Major, Dare County Sheriff's Office

John Towler
Captain, Kill Devil Hills Police Department

Brenda Thacker
Dare County Detention Center & Walk Against Addiction

Parris Murray
Pathways to Life, Inc.

Shannon Castillo
Dare County Schools

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 in need of help, and raising public awareness regarding issues related to substance use disorders.

OUR HISTORY

We began as the Substance Abuse Prevention & Education Task Force in 2014. We hosted our first Inaugural Town Hall Event in 2015. In January of 2020, we became a 501(c)3, non-profit organization.

OUR MEMBERS

We have over 172 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 Health
- Nags Head Treatment Center
- Surfside Wellness & Treatment Center
- Right Path Addiction Center
- SMART Recovery
- Nar-Anon
- College of the Albemarle
- Dare County Dept. of Health & Human Services
- Dare County Board of Commissioners
- The Outer Banks Hospital
- Recovery International
- Dare CASA
- CVS Health
- Walgreens
- Private providers/counselors
- Walk Against Addiction
- Local Churches
- Community Members
- Recovery Community



TASK FORCE RESOURCES

Trillium Health

877.685.2415

Mobile Crisis

866.437.1821

PORT

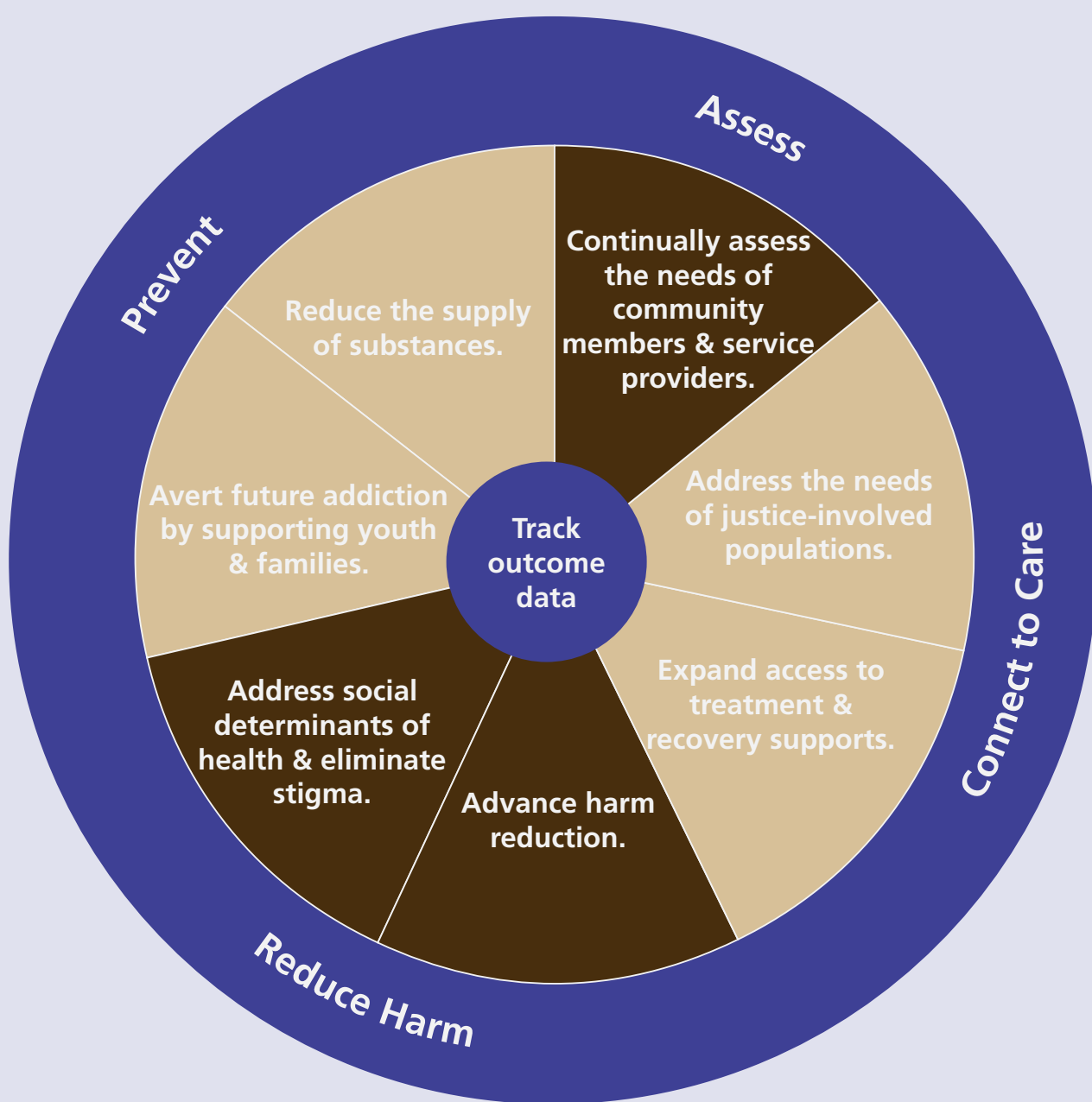
252.441.2324

STRATEGIC PLAN

About Our Plan

Our strategic plan aligns with North Carolina’s Opioid Action Plan (version 2.0). This will help us stay focused on the most impactful and feasible strategies to reduce use and prevent the next wave of use in Dare County. Because opioids are not the only substance of concern in Dare County, the task force adjusted the plan to apply to all substances where applicable.

In our strategic plan, our work focuses on five main areas: assess, prevent, reduce harm, connect to care, and track & measure. Below is more information on how we plan to focus on these five areas.



Main Areas of Focus

Assess

- Continually assess the needs of community members and service providers (across the continuum).

Prevent

- Reduce the supply of substances.
- Avert future addiction by supporting youth and families.

Reduce Harm

- Advance harm reduction.
- Address social determinants of health and eliminate stigma.

Connect to Care

- Expand access to treatment and recovery supports.
- Address the needs of justice-involved populations.

Track & Measure

- Track outcome data.

You may have noticed, there is not a section titled “Track & Measure” in this supplement. That is because the pages that follow are filled with data we track and measure on a yearly basis, to provide updates to you, the members of our community.

We invite you to read on to learn about Dare County’s community achievements in these areas of focus during 2021.

FUNDING SOURCES

Details on Funding for Substance Use Initiatives in Dare County

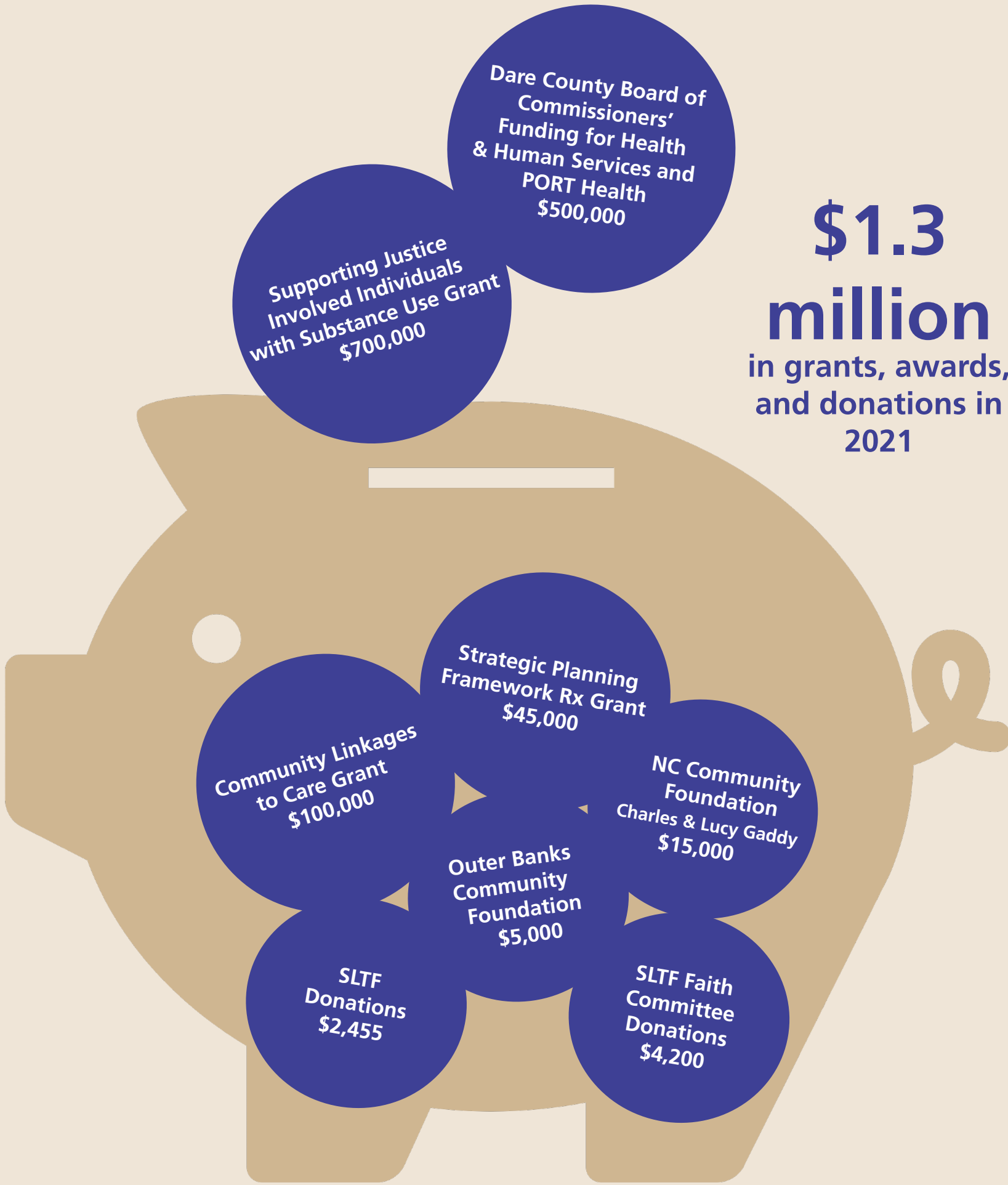
\$15.06 million

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.

\$1.3 million

in grants, awards, and donations in 2021



ASSESS

EMS Calls & Data

Before the COVID-19 pandemic, the number of calls involving overdose was trending downwards compared to previous years.

Dare County EMS Calls Involving Overdose (2018-2021)				
	2018	2019	2020	2021
# of Patients receiving Naloxone	48	34	41	54
Average Patient Age	47	43	38	34
Overdose	10	13	16	24

PREVENT

Mental Health First Aid

Dare County Department of Health & Human Services has two individuals trained to provide the Youth Mental Health First Aid Program and one individual trained to provide the Adult Mental Health First Aid Program. Mental Health First Aid is a globally-recognized, evidence-based program developed to teach people how to help an individual who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges and teaches a 5-step action plan for how to help individuals in both crisis and non-crisis situations. Currently, the course is available for no cost to any individual. Individuals who complete the program are eligible to earn a Mental Health First Aid certificate, which is valid for three years.

Number of Individuals Certified in MHFA (2021)	
Youth Mental Health First Aid	13
Adult Mental Health First Aid	16

Resilience Workgroup: Navigating Life's Challenges

The Saving Lives Task Force created the Recovery and Resilience Work Group in the fall of 2020 to plan and deliver a series of Town Halls focusing on Recovery and Resilience Through Life's Challenges. Three town halls were held virtually, two in May of 2021 and one in December of 2021. The May Town Hall focused on recovery, not only from substance abuse, but from trauma, mental health, domestic violence and other life challenges. Personal stories were shared along with how recovery occurs made up these town halls. The December Town Hall focused on Self Compassion and included brief meditations.

In addition, members of the Recovery and Resilience Work Group met with members of St. John's Church in Avon in September of 2021 to share how to build resilience in individuals facing mental health and substance abuse challenges through an Introduction to the Community Resiliency Model (CRM). We engaged employees in the Town of Nags Head by providing an Introduction to Community Resiliency Model in December, 2021.

The CRM is a set of easily learned concepts and wellness skills that help us to be more aware of the body's responses to stress and to have options for how to respond to those stresses. CRM can help us to see what else is true in the moment - to see what is strong and uplifts us, not just what is "wrong" or distressing. CRM helps us to be able to chase the resilience in our own lives, and to help others feel more empowered to chase the resilience in their own lives.

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

Billboard

The Saving Lives Task Force partnered with Integrated Family Services & Mobile Crisis Hotline to promote help with addiction through a billboard message. This billboard was put up in the fall of 2021 in Manteo.

12th Annual Walk Against Addiction

September 25, 2021

The 12th Annual Walk Against Addiction was held on Saturday, September 25th at First Flight High School in Kill Devil Hills. We had approximately 36 vendor tables represented by organizations familiar with addiction and recovery from substance use disorder. Free Narcan was handed out by Dare County Department of Health & Human Services and free flu shots were given by the Outer Banks Hospital. Opening remarks were given by Wally Overman, Vice Chairman, Dare County Commissioners and speakers were Mike Jones (Room in the Inn) Jessica Urbano (peer support specialist) and Wes Stepp (owner of Red Sky Cafe, NC Coast Grill & Bar, and Tastefully Fit). Approximately 149 people were in attendance at the event.



Marijuana: NC and Federal Updates & How to prepare your community

April 6, 2021

This event was held virtually on April 6, 2021 in partnership with Community Impact North Carolina. A total of 30 individuals were in attendance.

Controlled Substance Reporting System

March 23, 2021

This event was held in partnership with Brody School of Medicine at East Carolina University, The University of North Carolina Eshelman School of Pharmacy, Eastern Area Health Education Center, and The Saving Lives Task Force.

Involuntary Commitment Training: Legal and Clinical Issues

March 23, 2021

This event was held in partnership with Eastern Health Education Center (AHEC) on March 23, 2021. A total of 60 individuals were in attendance from our region.

Dare County Commissioners Approve Take Down Tobacco Day

March 15, 2020

The Dare County Board of Commission adopted a Take Down Tobacco Day Proclamation presented to them by Peer Power students. Twenty Peer Power students created a video for County Commissioners regarding awareness of Take Down Tobacco Day.

Peer Power is a high school elective course where students are trained as health educators to positively influence elementary and middle schools students' health behaviors. The course is taught by Dare County Department of Health and Human Services Health Education Specialists. During the COVID-19 pandemic, the Peer Power Students are continuing the class via an online learning platform.

**YOU CAN OVERCOME
ADDICTION
WE CAN HELP**

**Call Mobile Crisis 24/7
1.866.437.1821**



**SAVING
LIVES
TASK FORCE**



REDUCE HARM

Recovery & Overdose Support Services (ROSS)

Recovery and Overdose Support Services (ROSS) is designed to respond to community needs. Our services include, but are not limited to:

- Assisting those struggling with substance use and misuse.
- Helping individuals with mental health and trauma challenges.
- Supporting family and friends of those who struggle.
- Providing Harm Reduction education and resources.
- Offering Syringe Services in partnership with the Community Care Clinic of Dare.

ROSS is provided through a partnership with Dare County Department of Health & Human Services and the Saving Lives Task Force.

Recovery & Overdose Support Services

Dave Edmonds
Peer Support Specialist
252.473.7923

Katy Haslar
Peer Support Specialist
252.473.7861

RecoveryServices@DareNC.com

Syringe Services Program

The Community Care Clinic of Dare is the Syringe Services Program provider for Dare County. This program provides syringes, awareness and education to those in need. The clinic also can provide medical care if needed. A bi-weekly Recovery and Resiliency Support Group is also available at the Community Care Clinic of Dare through a partnership with Dare County Department of Health & Human Services. Outreach has been provided to Nags Head Treatment Center, so participants can be enrolled into the program when they report for treatment services.

- Total of 83 syringes turned in & 300 syringes dispensed
- 5 lockboxes were distributed
- 3 small sharps containers were distributed
- 6 nasal Naloxone kits were distributed


Saving Lives Task Force Faith Leaders Subcommittee

Established in 2019, the “Faith-based Subcommittee” set out to explore ways to enlist the aid of the faith community and to provide information and resources for them to address alcohol- and drug-related problems in our community. The Subcommittee is a group of faith-based concerned citizens and our mission is to bring awareness and resources to all faith-based communities in Dare County. In 2021 this group developed a faith Substance Use guide for faith leaders, which is available for download on the Saving Lives Task Force website, www.savinglivesobx.com/resources.



SAVING LIVES FAITH COMMITTEE

Substance Use and Mental Health Resource Guide



Medicating Normal Screening

May 13, 2021

This documentary was shown on May 13, 2021 in partnership with Dare County Saving Lives Task Force, Veterans Advisory Council and Dare County Health & Human Services for a virtual community screening of Medicating Normal. Medicating Normal is a 76-minute documentary film exploring our current mental health care system’s reliance on psychiatric drugs to deal with trauma, grief, and distress. An interactive community discussion was held immediately after the film focused on polypharmacy and overmedication within the military veteran community and beyond. A total of 15 individuals were in attendance.

Pill Disposal Initiatives

Medicine Take Back Events

These events are hosted quarterly in partnership with the Sheriff’s Office, The Outer Banks Hospital, Dare County Department of Health & Human Services. For more information on medication take back locations and methods, visit www.darenc.com/rx

- Total Pills collected from municipal law enforcement and the Sheriff’s office for 2021: 135,513

Number of Pills Collected (2021)	
Controlled Substances	2,238
Prescription Drugs	95,655
Veterinarian	567
Over the Counter	37,053

Pill Disposal Bags & Medication Lock Boxes

Most pharmacies in Dare County have free pill disposal bags available upon request. This initiative began in September 2019. CVS Pharmacies in Manteo and Kill Devil Hills and Walgreens in Kill Devil Hills have drop boxes. All Local Police Departments have a drug drop box except for Manteo.

- Over 2,000 bags & medication lock boxes distributed in 2021

Naloxone

The medication Naloxone, also known as Narcan, is already provided and carried by many first responders, such as EMS and police officers, and is available for Detention Center inmates, the recovery community and community members and businesses. The Surgeon General continues to recommend that more individuals, including family, friends and those who are personally at-risk for experiencing an opioid overdose, also keep the drug on hand.

Naloxone kits were distributed in a variety of ways throughout the community in 2021. The chart below breaks down four of the most popular methods of distribution:

Number of Naloxone Kits Distributed (2021)	
Justice-Involved Persons & Professionals	109
Post Overdose Response	8
Syringe Services Program	6
Community Members	13
Healthcare	26
Law Enforcement & Fire Departments	140
Substance Abuse & Mental Health Providers	52
Community Centers	43

CONNECT TO CARE

Justice-Involved Persons

Participants are primarily those individuals who have been diagnosed with severe substance use disorders and who have been convicted of felony offenses. As part of their probationary sentences, participants must be actively engaged in a course of substance use treatment recommended by their providers and approved by the Recovery Court board. Further, they are required to attend all Recovery Court sessions as scheduled and report their progress to the Court. These sessions occur between one and two times monthly. Each participant is also expected to comply with terms and conditions of supervised probation including, but not limited to: drug testing no less than twice per week, submitting to warrantless searches, abiding by a curfew, and securing gainful employment and stable substance-free housing. Program participants generally “graduate” between one and two years after enrollment, although most will still be subject to supervised probation for at least another year after graduation from Recovery Court.

Recovery Court continues in 2021. The Dare County Commissioners and the Superior Court approved the program to combat the ever-increasing opioid epidemic and to divert drug offenders from prison to treatment. Recovery Court held its first session on May 1, 2019 and has continued to grow.

Dare County Recovery Court (2021)	
Total Active Participants	36
Total Completed In-patient Rehab	15
Total Program Graduates	11
Unccessful Discharges	4

SMART Recovery

SMART Recovery (Self Management and Recovery Training) is a non-profit, science-backed program that helps people recover from addictive behaviors. In SMART, we focus on the present and what you want for your future rather than the past. Being in recovery is individual - it means different things to different people, so in SMART, we encourage you to define what recovery is for yourself.

- 44 SMART Recovery classes were hosted in 2021.

Women of Worth

Dare County Department of Health & Human Services’ Health Educators implement evidence-based programs for women in Dare County Detention Center and various locations throughout the community. Women of Worth includes: Helping Women Recover and Beyond Anger & Violence. These programs offer an environment that supports and promotes safety, trustworthiness, choice, collaboration and empowerment.

Virtual Classes

- 94 virtual lessons were delivered to a total of 14 individuals.
- 74 Beyond Anger & Violence lessons
- 20 Helping Women Recover lessons

Hotline Classes

- 31 Helping Women Recover lessons provided to 15 individuals

NC Connect

Dare County Department of Health & Human Services and The Saving Lives Task force partnered with the Northeastern North Carolina Partnership for Public Health (NENCPPH) Substance Misuse Taskforce in promoting the NENC Connect Regional Substance Use Information Campaign. The purpose is to get information out to the community about substance use and connect people to prevention, support, treatment, and recovery services through this NENC Connect campaign.

Detention Center Outreach

Dare County Department of Health & Human Services’ Linkage to Care Coordinator provided consultations with residents inside the Dare Detention Center. Services included Treatment/rehab options available, applications and interviews for sober living, reentry options and resources. Naloxone kits provided with harm reduction strategies.

- 842 contacts by Linkage to Care Coordinator
- 70 contacts by Peer Support Specialist
- 409 connections to services
- 92 Naloxone kits
- 97 transports to treatment

Recovery Learning Circle

This program is held twice a week and facilitated by a Peer Support Specialist with Dare County Department of Health & Human Services. This program helps others to connect with their own challenges in a way to empower themselves to grow, feel better and more connected toward building on recovery and resilience.

These classes are peer facilitated and educated on topics such as: coping skills, recovery planning, building hope, empowerment, personal responsibility and support. Participants take part in learning awareness and coping skills for dealing with stress, emotions, interpersonal skills and mindfulness. Participants develop awareness of their own strengths and priorities and learn from and support each other in their recovery process.

- 131 Total Meetings in 2021
- 35 virtual sessions
- 96 in person sessions

PORT Health

PORT Health’s goal is to improve the lives, health and well-being of individuals and families dealing with substance use and mental health disorders by providing a comprehensive range of services that treat the whole person and empower patients to find their way forward.

PORT Health has played an integral part in addressing substance abuse in Dare County since its office doors opened in 2008. Currently, PORT Health hass offices in Nags Head and Hatteras Village.

A total of 3,946 clients have received counseling services for substance abuse since inception. Services are available on a sliding-fee-scale for individuals who do not have insurance.

From July 2020 to June 2021, there were:

- 612 individuals served with 4.9% of those receiving services in Hatteras Village
- 199 adult admissions for substance use disorder, with 9.5% of those receiving services in Hatteras Village
- 3 children or adolescents were admitted for substance use disorder, with no admissions in Hatteras Village.

PORT Health Diagnosis (FY 2020-2021) Number of Patients	
Alcohol Abuse & Dependence	93
Opiod Abuse & Dependence	87
Cannabis Abuse & Dependence	56
Cocaine Abuse & Dependence	33

COMING SOON

Faith Community: Substance Use Summit

Thursday March 31, 2022 • 10:00 a.m. - 1:30 p.m. • St. Andrews by the Sea, Nags Head

Eric Landry, with the Faith-Based Community Initiatives from Tennessee, will share the successes of their faith community in addressing substance use disorder issues in their congregations and local communities.

The event's goal is to provide you and your congregations with a better understanding of Substance Use Disorders and how we can use faith in prevention, treatment, and recovery efforts. Participants will also be introduced to the "Saving Lives, Faith-Based Committee Substance Use and Mental Health Resource Guide" which includes organizations and local resources available to help. For more information, please visit: www.savinglivesobx.com/events.

Crisis Intervention Training

March 21-25, 2022 • Kill Devil Hills Town Hall

This is a week-long course taught by Trillium Health Resources. Attendance by the Sheriff's Office, Southern Shores, Kill Devil Hills and Duck Police Depts. For more information, please contact Trillium Health Resources.

Cross Roads OBX Event

April 1, 2022 • 5:00 p.m. - 8:30 p.m. • Liberty Christian Fellowship • 244 Williams Drive, Kill Devil Hills

Hearts have come together to offer a service that will support individuals seeking new direction to wholeness and hope. Cross Roads OBX is a Christ-centered outreach offering discernment, guidance and objective planning for those who desire to change the course of their lives. Many have been thrown off course by homelessness, addiction, incarceration, or events which have led to a loss of direction and trust in God, themselves, and others. Some are actively seeking a new path while others need assistance making that decision. The event will feature food trucks, silent auction, music and keynote speaker.

Resilience Workgroup

April 2022

The Resilience Workgroup is partnering with the Theater of Dare on their performance of "Next to Normal" starting in April 2022. An after-performance discussion will be held on mental health topics. For more information, please contact Susan Lee at leesu1255@gmail.com.

THANK YOU TO OUR MANY PARTNERS

Dare County Board of Commissioners
Dare County Public Relations
Dare County Schools
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
SMART Recovery

Holland & Associates Counseling
Partnerships to Improve Community Health
Dare County ABC Board
North Carolina Dept. of Health & Human Services
NC Community Foundation
Fin & Nancy Gaddy
Kitty Hawk United Methodist Church
OBX Room in the Inn
Town of Kill Devil Hills Police Department
Town of Nags Head Police Department
Outer Banks Community Foundation
AA/NA/NarAnon
Dare County Recovery Court
Oxford House
Outer Banks Hotline
Nags Head Treatment Center
Surfside Wellness & Treatment Center



GET INVOLVED TODAY

Please join us for our meetings on the 3rd Tuesday of every month at 2:00 pm
email Roxana.Ballinger@darenc.com for login information

visit: savinglivesobx.com • call: 252.475.5619
email: Roxana.Ballinger@darenc.com