

SUBSTANCE USE IN DARE COUNTY 2020 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.

This past year, we became recognized as a 501(c)3 in January. 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 Donlan
Dare County Schools

Nancy Griffin
Community Member & Children & Youth Partnership

Michelle Hawbaker
PORT Health

Paris Murray
Dare County Department of Health & Human Services- Social Services Division

Brenda Thacker
Dare County Detention Center & Walk Against Addiction

John Towler
Captain, Kill Devil Hills Police Department

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
- 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
- Walgreen's
- 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

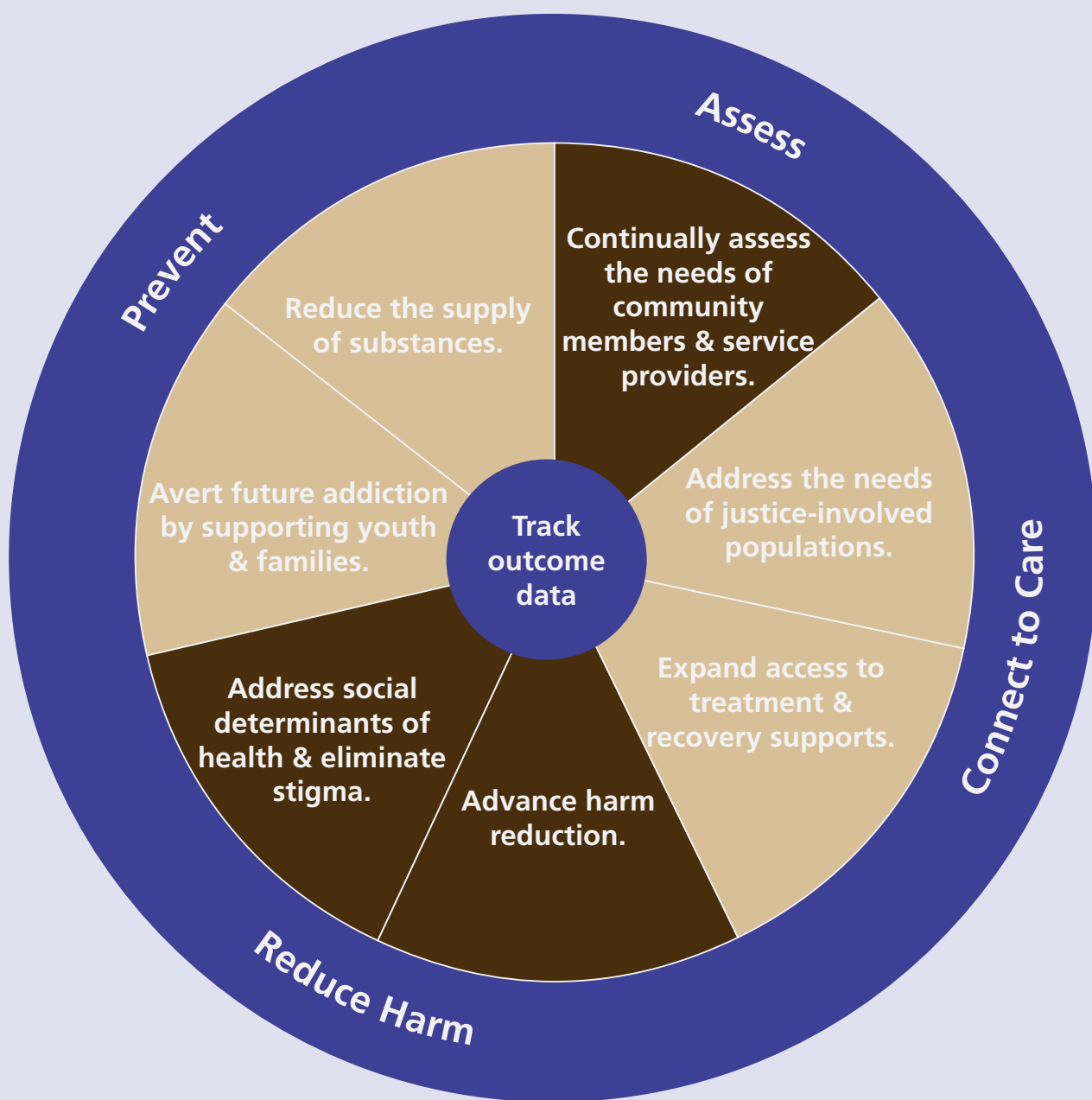
PORT
252.441.2324

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.

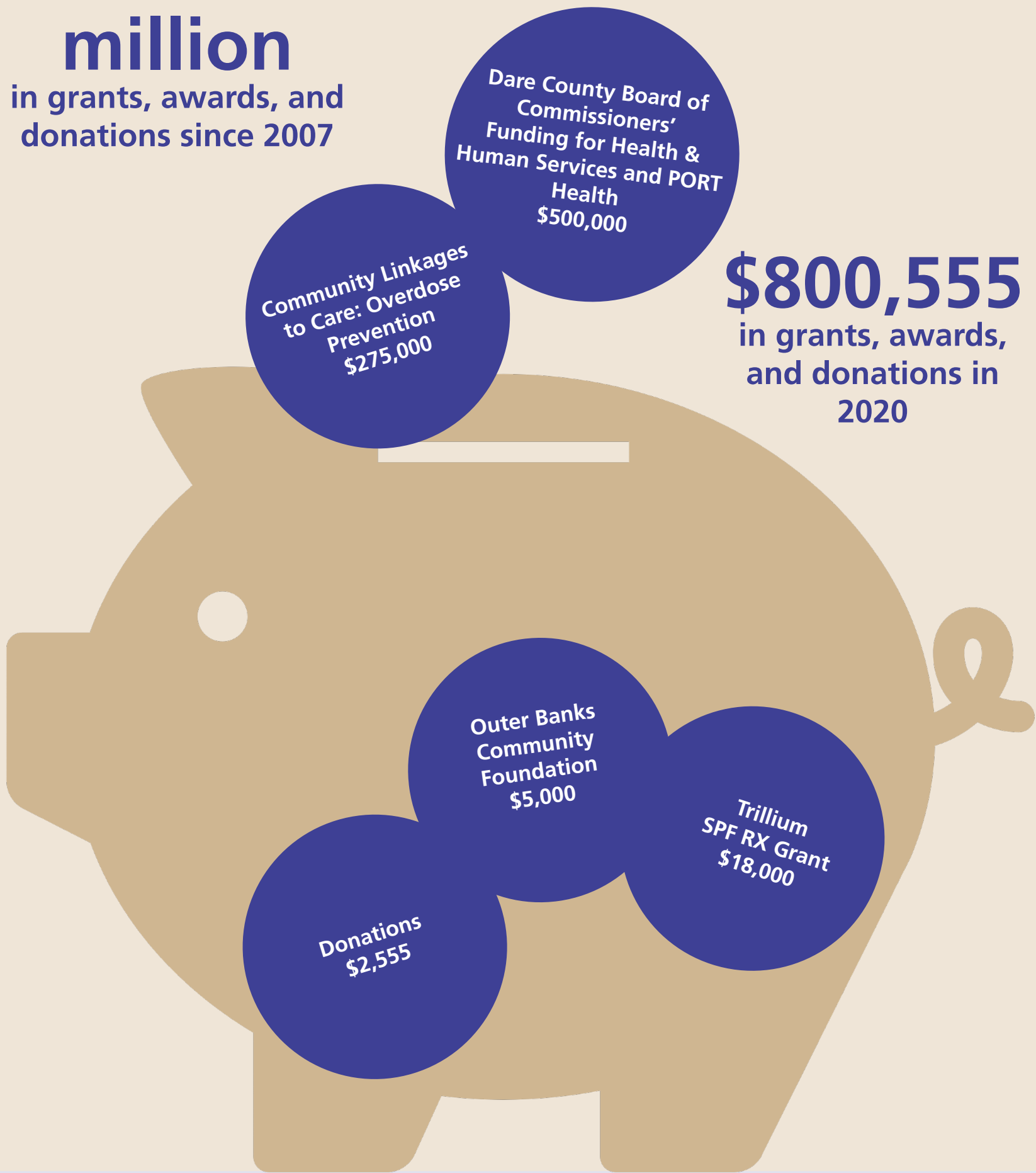
We invite you to read on to learn about Dare County’s community achievements in these areas of focus during 2020.

FUNDING SOURCES

Details on Funding for Substance Use Initiatives in Dare County

\$13.69 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.



ASSESS

Dare County Health & Human Services: Emotional Support Line

The Dare County Emotional Support line emerged as a resource at the beginning of the COVID-19 pandemic. The Emotional Support Line was developed to be a resource of support for folks experiencing stress as a byproduct of the pandemic. When one calls the Emotional Support Line, they can expect a Licensed Counselor to answer, offer a listening ear and resources available for further assistance if needed.

A flyer for the Dare County Emotional Support Line. It features the Dare County seal at the top. The text reads: 'Are you struggling emotionally? Has the COVID-19 pandemic got you feeling down or anxious? Speak with a counselor today! Tuesdays & Thursdays | 9 a.m. - 3 p.m. 252.473.8216'. At the bottom, it states: 'This is not an emergency or crisis line. This service provides a listening ear and referrals to other services for individuals in Dare County that need emotional support during this difficult time.'

Are you struggling emotionally? Has the COVID-19 pandemic got you feeling down or anxious?

Speak with a counselor today!
Tuesdays & Thursdays | 9 a.m. - 3 p.m.
252.473.8216

This is not an emergency or crisis line. This service provides a listening ear and referrals to other services for individuals in Dare County that need emotional support during this difficult time.

Overdoses & COVID-19 Pandemic

Before the COVID-19 pandemic, the number of calls involving overdose was trending downwards compared to previous years. Since July, calls involving overdose have quadrupled compared to the previous year (Dare EMS, 2020).

Dare County EMS Calls Involving Overdose (2019-2020)		
	2019	2020
January- March	8	5
April- June	14	5
July- September	9	24
October- December	8	41

As a result, our task force worked with our community partners to assure in-person services were able to be altered and offered virtually.

PREVENT



The Escape a Vape Planning Team with Luka and Kelly Kinard at Manteo Middle School on February 6, 2020. Pictured are: Brandie Fitzgerald, Miki Guidebeck, Kelly Nettnin, Luka Kinard, Chris Fletcher, Rebecca Woods, Kelly Kinard, and Teresa Beardsley

Escape a Vape Events

February 4, 2020 • Cape Hatteras Secondary

February 5, 2020 • First Flight Middle

February 6, 2020 • Manteo Middle

In efforts to educate the community and address vaping concerns, Dare County Department of Health & Human Services, Saving Lives Task Force, Breaking Through Task Force and Albemarle Regional Health Services have worked with other community partners to bring Luka and Kelly Kinard to Dare County for Escape a Vape events in February.

Luka Kinard, a North Carolina teen, began vaping at the age of 14 and quickly became addicted. Once an honor roll student and athlete, he quickly lost sight of his everyday interests and moved his focus to Juuling. Luka experienced mood swings and behavior changes along with financial challenges as he tried to feed his addiction. His mother Kelly, worked diligently to find help for her son. After attending a rehabilitation treatment facility in California, Luka and his mom began the fight against youth vaping and nicotine addiction.

Three events were held in Dare County, which were free and open to late elementary, middle, and high school aged youth and adults. Each event had giveaways, food, and prizes. In addition to Luka and Kelly, the event featured a health fair before and after the keynote speakers with a variety of community health and wellness resources for youth and adults.

Dare County Commissioners Approve Take Down Tobacco Day

March 2, 2020

On March 2, 2020 the Peer Power Health Educators from all three Dare County high schools partnered with the Health Education and Outreach staff from Dare County DHHS to present at the Dare County Board of Commissioners (BOC) meeting. The Peer Power Health Educators discussed their initiatives to tackle teen tobacco use and requested the commissioners proclaim March 18, 2020 as "Take Down Tobacco Day". The BOC praised the Peer Power Health Educators for their efforts and unanimously approved the proclamation.

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.



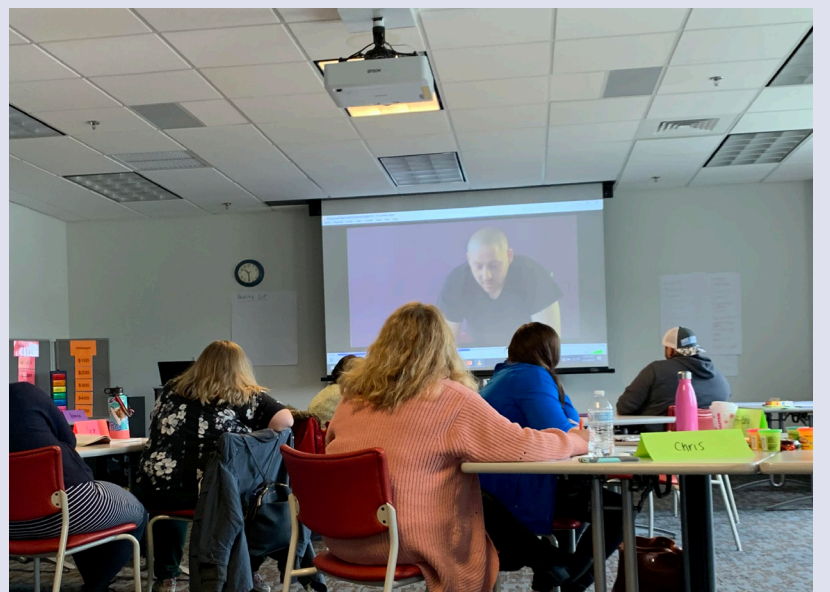
Peer Power Program students and teachers are pictured with the Dare County Board of Commissioners at the March 2, 2020 meeting

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. Mental Health First Aid can be helpful for anyone: Employers, Police Officers, Hospital Staff, First Responders, Teachers, Faith Leaders, Community Members, and Caring Individuals. 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. Topics covered include anxiety, depression, adverse childhood experiences, substance use, psychosis and trauma. Evidence-based professional, peer and self-help resources are provided.

Currently, the course is available for no cost to any individual. In response to the COVID-19 pandemic, the courses became available for online facilitation. Each participant completes a 2-hour self paced training. An interactive, Zoom meeting, led by one of our trained facilitators then commences. Individuals who complete the program are eligible to earn a Mental Health First Aid certificate, which is valid for three years.

In 2020, 13 individuals were certified in Youth Mental Health First Aid and 16 individuals were certified in Adult Mental Health First Aid.



Participants during a Youth Mental Health First Aid Course

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 G.R.E.A.T. curriculum (in the classroom). The curriculum 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.

11th Annual Walk Against Addiction

September 26, 2020

The Annual Walk Against Addiction was started by Tori Peters and Brenda Thacker in an effort to shatter the stigma of addiction. Approximately 45 people participated in the walk at Aviation Park. The event was made possible by Matt Costa at OBX Running Company and his efforts to expedite the walk in a short amount of time due to COVID regulations.

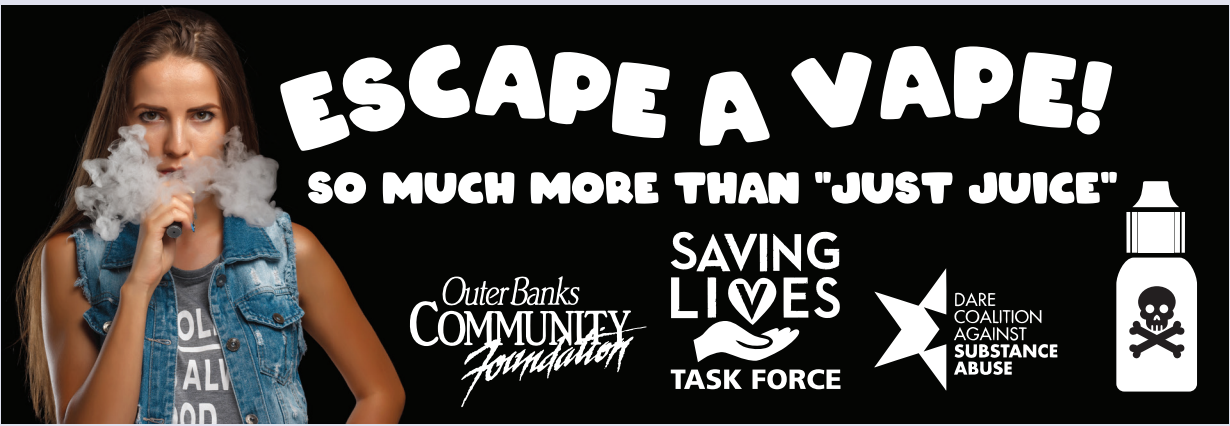
The Initiative Newsletter

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

Vaping Prevention Billboard

Manteo

The Saving Lives Task Force partnered with Outer Banks Community Foundation and Dare CASA to create a vaping prevention billboard message. This billboard was put up in the fall of 2020.



Paul Nagy (center) with Saving Lives Task Force Chairs Wally Overman (left) and Roxana Ballinger (right).

Town Hall Conversations: Medication-Supported Treatment

March 11, 2020 • Dare County Center • Manteo

This presentation about medication-supported treatment with substance use disorders featured Paul Nagy from Duke University School of Medicine.

Paul Nagy is an Assistant Professor in the Duke University School of Medicine where he has worked for the past 31 years in The Department of Psychiatry and Behavioral Sciences in a variety of clinical, research, teaching and administrative positions. Mr. Nagy has also served as an Expert Content Director overseeing the development of

Treatment Improvement Protocols and Technical Assistance Publications for The Substance Abuse and Mental Health Services Administration (SAMHSA).

The event was held at The Dare Center with over 50 people in attendance. A panel discussion was also held with 2 community members in recovery and therapists.

REDUCE

Saving Lives Task Force Faith Leaders Subcommittee

Established in 2019, the “Faith-based Subcommittee” setout 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 county. The Subcommittee is a group of faith-based concerned citizens whose mission is to bring awareness and resources to all communities of faith. This year the committee started working on a resources guide and planning an educational event for faith leaders to be held in November 2021.

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. In 2020, one event took place at Food-A-Rama in Manteo. 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 2020: 48,883

Pill Disposal Bags & Boxes

Most pharmacies in Dare County have free pill disposal bags available upon request. This initiative began in September 2019 and continued in 2020. CVS Pharmacies in Manteo and Kill Devil Hills and Walgreen’s in Kill Devil Hills have drop boxes. All Local Police Departments have a drug drop box except for Manteo.

Syringe Exchange Program

As of June 2020, the Community Care Clinic of Dare is the Syringe Exchange provider for Dare County. This program provides syringes, awareness and education to those in need. The clinic also can provide medical care if needed.

- 515 Syringes Exchanged

Naloxone

The medication, Naloxone, also known as Narcan, is already provided and carried by many first responders, such as EMSs 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 throughtout the community in 2020. The chart below breaks down four of the most popular methods of distribution:

Number of Naloxone Kits Distributed (2020)	
Justice-Involved Persons	45
Post Overdose Response	13
Syringe Exchange Program	18
Community Members	19

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 held its first session on May 1, 2019 and has since grown to 35 participants currently involved in the criminal justice system. Numbers in 2020 were lower than anticipated due to the courts being closed in the Spring of 2020 due to the COVID-19 pandemic.

Dare County Recovery Court (2020)	
Total Compliant	20
Total in In-patient Rehab	6
Total Incarcerated/In Custody	4
Total Completed In-patient Rehab	4
Total Program Graduates	7

Saving Lives Response Team

An outreach worker from the 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 paperwork, and provide resources to treatment.

- 11 individuals served
- 32 Naloxone kits distributed
- 73 individual community contacts

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.

- 95 Helping Women Recover lessons were provided to an average of 6 participants in the community.
- 22 Helping Women Recover lessons were provided to an average of 15 participants in Dare County Detention Center.
- 16 Beyond Anger & Violence lessons were provided to an average of 15 participants in Dare County Detention Center.

Detention Center Outreach

There have been 84 face-to-face, one-on-one consultations with residents inside the Dare Detention Center by an outreach worker. Services included treatment/rehab options available, applications and interviews for sober living, re-entry options and resources. Naloxone kits provided with harm reduction strategies.

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.

January to mid March 2020

- PORT: 11 classes with an average of 9 participants
- Dare Detention: 9 classes with an average of 6
- Currituck Detention: 9 classes with an average of 6 participants

March to December 2020

- All classes switched to virtual format
- Weekly for each month: 3 classes 2-4 people per class
- One-on-One Services average 3-4 sessions per month
- Outdoor classes (weather permitted) occur twice a week with an average of 4 participants

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 has offices in Nags Head and Hatteras Village.

A total of 3,744 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 - December 2020, there were:

- 2,478 individuals served with 4.8% of those receiving services in Hatteras Village
- 322 total admissions with 4.96% of those receiving services in Hatteras Village
- 104 adult admissions for individuals with a substance use disorder, with 11.53% of those receiving services in Hatteras Village

PORT Health Diagnosis (2020) Number of Patients	
Alcohol Abuse & Dependence	80
Opioid Abuse & Dependence	117
Cannabis Abuse & Dependence	33
Cocaine Abuse & Dependence	26

COMING SOON

Marijuana Training

April 16, 2021 • 10:00 am - 12:00 p.m

This webinar will discuss the current state of marijuana. This will prepare communities to effectively address the changing legislative landscape and potential impact on NC. To register, visit: <https://tinyurl.com/78aamv64>

Drug Drop Off Event & Blood Collection Drive

April 28, 2021 • 10:00 am - 3:00 p.m. • Avon Movie Theater Parking Lot

For more information, contact Gail Hutchison at 252.475.9198.

Town Hall Series: Recovery & Resilience

May 5, 2021 & May 12, 2021 • 5:30 pm - 8:00 pm • Virtually Offered • Manteo

Recovery & Resilience committee will be presenting "Recovery & Resilience Through Life Challenges" on May 5th and 12th 2021 virtually. Local experts from OBX will be presenting on topics related to Life's Challenges that we all encounter such as Adverse Childhood experiences (ACEs), What is toxic stress?, Recovery & Growth after traumatic events and stress. Resources will be provided. A panel of providers and sharing of personal stories of ongoing recovery & resilience will be highlighted. For additional information regarding this event and how to register contact roxana.ballinger@darenc.com.

Drug Drop Off Event

May 14, 2021 • 9:00 am - 12:00 p.m. • Corolla • Location TBD

For more information, contact Brittany Raffa at Brittany.Raffa@theobh.com

12th Annual Walk Against Addiction

September 18, 2021 or September 25, 2021 • 9:00 am - until • First Flight High School

This annual walk was started by Tori Peters and Brenda Thacker in an effort to shatter the stigma of addiction. For more information, contact Brenda Thacker at thackerbrenda@hotmail.com.

Faith Leader Substance Use & Misuse Educational & Awareness Event

November 4, 2021 • 9:00 am - 12:00 pm • Holy Redeemer Church

During this workshop, we will hear from a representative of a successful, faith-based initiative from the state of Tennessee. We will also entertain questions, recommendations and needs of local congregations and faith leaders. Please mark your calendars and be a part of this faith opportunity to work together and be a part of the solution to substance abuse in our communities. For more information, please contact Bonnie S. Bennett at beachbonnie292@gmail.com.

THANK YOU TO OUR MANY PARTNERS

Dare County Board of Commissioners
Dare County Public Relations
Dare County Schools
Recovery International
Source Church
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
Walgreen's
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
Right Path addiction centers
Outer Banks Community Foundation
AA/NA/NarAnon
Dare County Recovery Court
Oxford House
Outer Banks Hotline
Nags Head 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