

SUBSTANCE USE IN DARE COUNTY 2022 A YEAR IN REVIEW

DEAR VALUED COMMUNITY MEMBER

In 2014, we created the Saving Lives Task Force to combat the ever-increasing problem associated with substance use disorder and addiction. In 2020, we became recognized as a 501(c) 3. The task force is always open to the public for anyone who wants to participate, learn or just listen. We meet on the 3rd Tuesday of every month at the Dare County Administration Building at 2 p.m.

This past year, we worked as a team to follow our strategic plan that aligns with North Carolina's Opioid Action Plan and prioritize the use of Dare County's Opioid Settlement funds. This will help us stay focused on the most impactful and feasible strategies to reduce substance use in Dare County.

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

Jeff Derringer
Major, Dare County Sheriff's Office

John Towler
Captain, Kill Devil Hills Police Department

Brenda Thacker
Walk Against Addiction

Parris Murray
Social Worker, The Outer Banks Hospital

Shannon Castillo
Dare County Schools

Dawn Brickhouse
Recovery Court & Probation Office

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 200 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
- SMART Recovery
- Nar-Anon
- College of the Albemarle
- Dare County Dept. of Health & Human Services
- Dare County Board of Commissioners
- The Outer Banks Hospital
- CVS Health
- Walgreens
- Crossroads OBX
- Private providers/counselors
- Walk Against Addiction
- Local Churches
- Community Members
- Recovery Community
- Recovery & Overdose Support Services
- Be Resilient OBX
- Recovery Court
- Dare Challenge



TASK FORCE RESOURCES

Trillium Health
877.685.2415

Mobile Crisis
866.437.1821

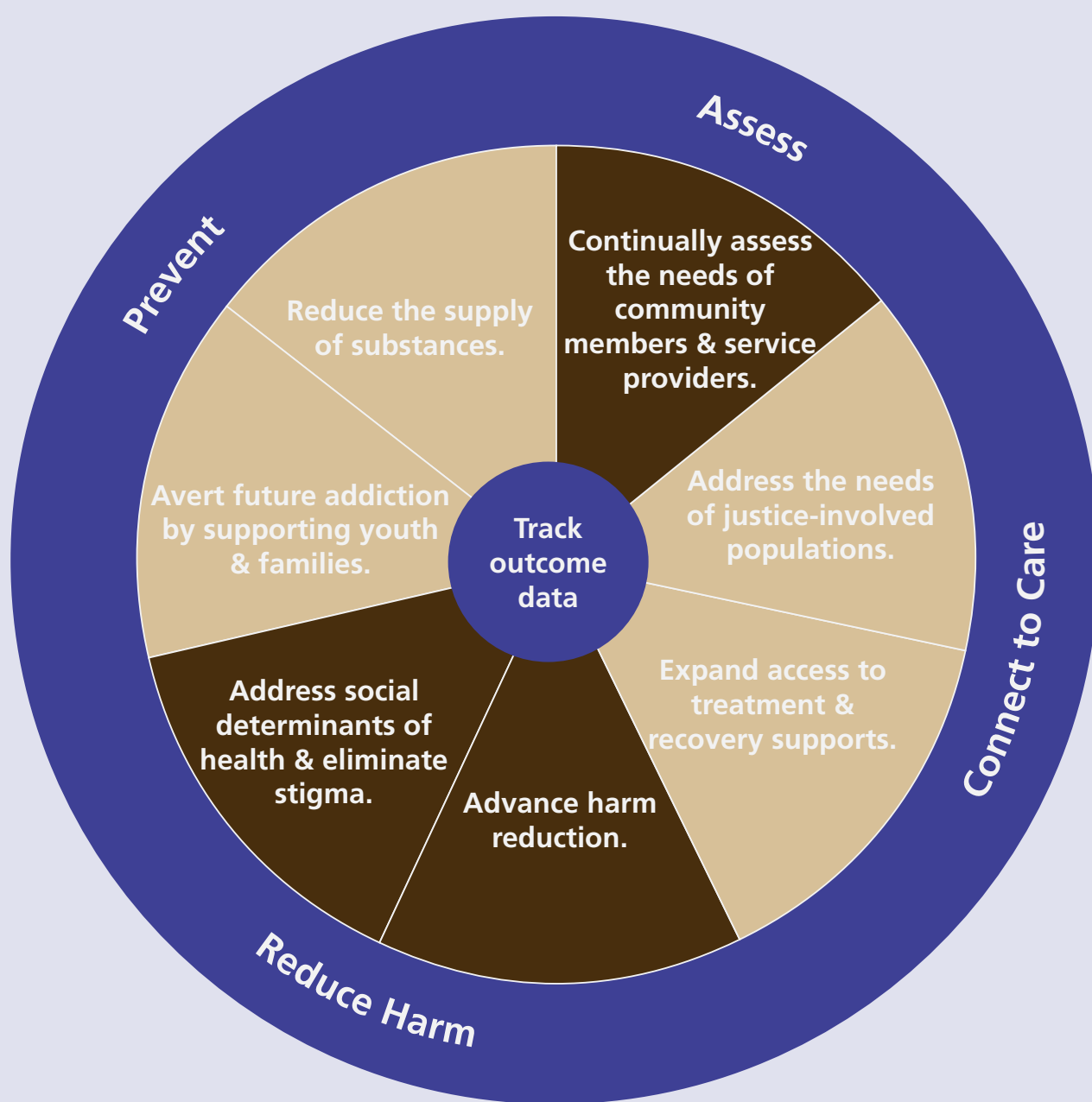
PORT
252.441.2324

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 2022.

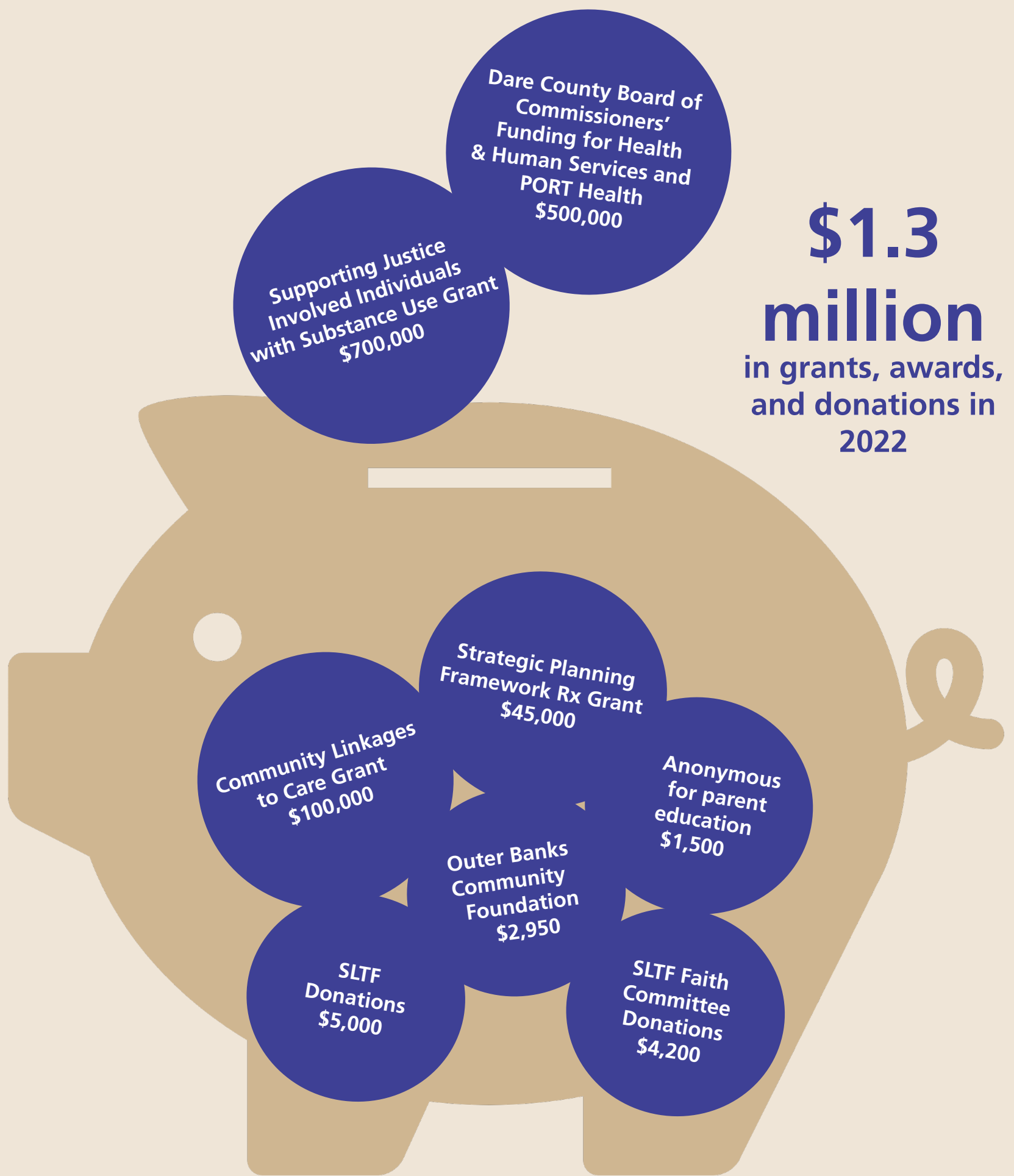
FUNDING SOURCES

Details on Funding for Substance Use Initiatives in Dare County

\$16.36 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

Overdose Data

Before the COVID-19 pandemic, the number of calls involving overdose was trending downward compared to previous years. EMS continues the "Leave Behind Program," which leaves naloxone kits at the home if appropriate. EMS works in partnership with our Peer Support Specialists to identify those who have overdosed as part of the Recovery & Overdose Support Services (ROSS).

Dare County EMS Calls Involving Overdose (2019-2022)				
	2019	2020	2021	2022
# of Patients receiving Naloxone	34	41	54	41
Average Patient Age	43	38	34	42
Overdose	13	16	24	37

PREVENT

Mental Health First Aid

Dare County Department of Health & Human Services has individuals trained to provide the Youth or 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. 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 at 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.

Community Resiliency Model Implementation

The Community Resiliency Model (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 based on biology and neuroscience. We share information about Adverse Childhood Experiences (ACEs), Trauma and Resilience, along with the Public Health Model, which shows Adverse Community Experiences.

In April 2022, three CRM Workshops were held for the Town of Nags Head employees as a joint effort between Dare County DHHS and Be Resilient OBX.

Dare County DHHS Peer Support Specialist Katy Haslar received training and became certified as a Community Resiliency Model Trainer in November. This was made possible through Children and Youth Partnership (CYP) and Be Resilient OBX, which received funding from the NC Healthy and Resilient Communities Initiative and Dare County DHHS for Haslar's training.

Two Dare DHHS employees, a Dare County Schools social worker, the executive director of CYP a CYP volunteer participated in a three-month long (March-May) Injury Free NC Collaborative Learning Institute to address ACEs, Trauma and Resilience.

13th Annual Walk Against Addiction

September 24, 2022

The 13th annual Walk Against Addiction was held on Saturday, Sept. 24, 2022 at First Flight High School in Kill Devil Hills. We had approximately 32 vendor tables represented by organizations familiar with addiction and recovery from substance use disorder and mental health. Free Narcan was handed out by the Dare County Department of Health & Human Services (DHHS) and free flu shots were given by the Outer Banks Hospital. A silent auction was also held benefiting the Walk's efforts to assist those wishing to go into recovery. Opening remarks were given by Dare County Commissioner Ervin Bateman and speakers were Carolyn Clark, who lost her 17 year-old son due to an accidental overdose, and Susan Lee, who spoke about Adverse Childhood Experiences. A free lunch was provided by Mulligans (grilled hamburgers/hot dogs). Approximately 175 people were in attendance.

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 who are at the prime age for introduction to gangs and delinquent behavior.

The Initiative Newsletter

The Saving Lives Task Force issues 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.

Community & Provider Education

Crisis Intervention Training

Crisis Intervention Training for Law Enforcement was held March 21-25, 2022 at the Kill Devil Hills Town Hall Building. This was a week-long course taught by Trillium Health Resources. Topics included are autism, aging and dementia, Mental Health 101, de-escalation skills, empathy, hearing voices, medications, mobile crisis, self-care, suicide, traumatic brain injury, Veterans. In attendance were the Sheriff's Office, Southern Shores, Kill Devil Hills and Duck police departments and DCHHS Peer Support Specialists.

Resilience Workgroup

The Resilience Workgroup partnered with the Theater of Dare on their performance of "Next to Normal" in April 2022. An after-performance discussion was held on mental health topics with the cast and audience and the need to eliminate stigma concerning this topic, as well as how to build resilience with ourselves and in the community.

Substance Use Summit Held

The Faith-Based Subcommittee of the Saving Lives Task Force hosted a Substance Use Summit and Workshop for Faith leaders. The event was held on March 31, 2022 at St. Andrews by the Sea, from 10:00 a.m. - 1:30pm.

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

The event provided participants with a better understanding of substance use disorders and how to use faith in prevention, treatment, and recovery. Participants also received the "Saving Lives, Faith-Based Committee Substance Use and Mental Health Resource Guide," which includes organizations and local resources that can help.

NC Council of Churches

An event was held on November 3, 2022 at St. Andrews Church in Nags Head to bring together the local church community in a broader discussion about what can be done to address the mental health and the overdose crisis. "Growing Communities of Inclusion: Mental Health and Harm Reduction" covered substance use, harm reduction, and mental health through the lens of faith. Ideas and resources on how the faith community can get involved were presented. 52 members of the faith community were in attendance.

Suicide Awareness: Event & Documentary

The Breaking Through Task Force, Saving Lives Task Force, Be Resilient OBX, and Dare County Department of Health & Human Services partnered to host a town hall event on September 27, 2022 at First Flight High School. With approximately 90 individuals in attendance, the main feature of the event was the recently filmed documentary Shattering the Silence: A Documentary about Suicide in Dare County. The thirty-minute documentary included stories of six Dare County residents who have been impacted by the suicide of a loved one or suicidal ideations.

Attendees had the opportunity to enjoy refreshments and explore resources in Dare County related to mental health prior to the documentary viewing. After the documentary, a panel was held and members of the audience were able to ask questions of these local professionals. The panel included: Benny Baldwin, Documentary Videographer; Christie McEwan, Outer Banks Counseling Services; Susan Lee, Documentary Counselor; Kristen Krischoff, Mobile Crisis; Tracey Webster, Trillium; Dr. Ashley Clower, Surf Medicine & Dare County Department of Health & Human Services Board Member. Watch the documentary at www.breakthestigmaobx.com.

REDUCE HARM

Syringe Services Program

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. Data for 2022 includes:

Syringe Services Program Data (2022)	
Unique Individuals Served	8
Contacts with Participants	36
Syringes Turned In	622
Syringes Dispensed	300
Hygiene Kits Distributed	12
Alcohol Pads Distributed	87
Sharps Containers Distributed	7
Referrals for Wound Care or Infection	3
Naloxone Distributed	11
Participants Attending Recovery Groups	3
Participants Referred to Treatment	3

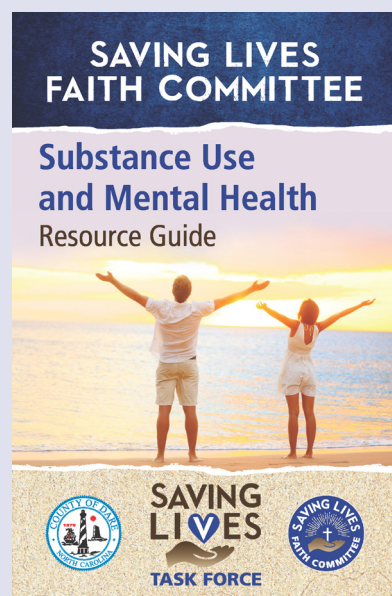


Jesse Ruby (left), Peer Support Specialist with DCDHHS's ROSS program and Cindy Swoope (right), with TJ's Gas & Grill standing in front of free harm reduction resources and supplies available to the public.

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. This group developed a Faith Substance Use and Mental Health Resource Guide for faith leaders.



Naloxone

The medication naloxone, also known as Narcan, is already provided and carried by first responders such as EMS personnel 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 2022. The chart below breaks down four of the most popular methods of distribution.

- Total Number of Naloxone Kits given out in 2022: 1,312

Number of Naloxone Kits Distributed (2022)	
Justice-Involved Persons & Professionals	286
Post Overdose Response/ROSS Clients	24
Syringe Services Program	11
Community Members	77
Healthcare (EMS, Doctors, Vets)	53
Law Enforcement & Fire Departments	93
Substance Abuse & Mental Health Providers	47
Community Centers	106
Community Meetings & Events	217
Health & Human Services	122
Gas Stations	179
Businesses	97

Pill Disposal Initiatives

Medicine Take Back Events

These events are hosted quarterly in partnership with the Sheriff's Office, The Outer Banks Hospital, and Dare County Department of Health & Human Services. In 2022, the total number of pills collected from municipal law enforcement, Sheriff's Office and drop events for 2022 was 59,129.

- Total Pills collected from municipal law enforcement, the Sheriff's office and drop off events for 2022: 59,129

Number of Pills Collected (2022)	
Controlled Substances	3,560
Prescription Drugs	47,618
Veterinarian	452
Over the Counter	7,499

Pill Disposal Bags & Drop Boxes

Most pharmacies in Dare County have free pill disposal bags available upon request. This initiative began in September 2019 and continues today. CVS pharmacies in Manteo and Kill Devil Hills as well as Walgreens in Kill Devil Hills have drop boxes. All local police departments have a drug drop box except for Manteo.

- Over 2,500 pill bags distributed in 2022

Fentanyl Test Strips

More than 80% of the overdose deaths in Dare County have been attributed to illicit fentanyl, according to the North Carolina Office of the Chief Medical Examiner. Fentanyl test strips are made available to the community as a harm reduction strategy. Users can test their drug for the presence of fentanyl and make informed decisions regarding use.

- Total Number of Fentanyl Test Kits given out in 2022: 1,259

Number of Fentanyl Test Kits Distributed (2022)	
Justice-Involved Persons & Professionals	20
Post Overdose Response/ROSS Clients	22
Community Members	83
Healthcare (EMS, Doctors, Vets)	45
Law Enforcement & Fire Departments	87
Substance Abuse & Mental Health Providers	111
Community Centers	15
Community Meetings & Events	335
Health & Human Services	70
Gas Stations	241
Businesses	230

CONNECT TO CARE

Justice-Involved Persons- Recovery Court

Recovery Court held its first session on May 1, 2019 and has continued to grow since. 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.

Dare County Recovery Court (2022)	
New Enrollments	20
Positive Discharges	13
Neutral Discharges	1
Negative Discharges	6

Recovery & Overdose Support Services (ROSS)

Recovery and Overdose Support Services (ROSS) is designed to respond to community needs related to mental health, substance use and trauma. Services are provided by two trained Peer Support Specialists and 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.
- Wellness & Recovery Action Plan (WRAP) development

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

Overdose Response (2022)	
Overdose Responses	45
Unique Individuals Served	29
Individuals Connected to Care	8
Recovery Court (2022)	
Unique Individuals Served	38
Contacts	49
WRAPS Conducted	22
Other ROSS Activities (2022)	
Recovery Support Groups (SMART, CRM, AA/NA)	80
Unique Individuals Served	34
Division of Social Services Referrals (unique)	12
Division of Social Services Contacts	122
WRAP Classes	8
Community Contacts	647
Connected to Transport to Treatment	6

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, participants focus on the present and what they want for the future rather than the past. Being in recovery is individual - it means different things to different people, so in SMART, individuals are encouraged to define what recovery is for themselves.

- 41 SMART Recovery classes were hosted in 2022.

Justice-Involved Persons- 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, re-entry options and resources and naloxone kits provided with harm reduction strategies.

- 1,456 contacts by Linkage to Care Coordinator
- 899 connections to services

Types of Services Used by percentage (2022)	
Direct Clinical Care	30
Recovery Services/Peer Support	27
Public Health	19.5
Residential Treatment	8
Other	15.5

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, Beyond Trauma and Beyond Anger & Violence. These programs offer an environment that supports and promotes safety, trustworthiness, choice, collaboration and empowerment.

Virtual Classes

104 Helping Women Recover Lessons
15 Individuals

Hotline Class

96 Helping Women Recover Lessons
19 Individuals

Dare County Detention Center

26 Helping Women Recover Lessons
21 Beyond Trauma Lessons
21 Individuals

Outreach Efforts

489 letters to 25 individuals

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. Services are available on a sliding-fee-scale for individuals who do not have insurance.

PORT Health Data (2022)			
Data Point	Nags Head	Hatteras	TOTAL
Services Provided	8121	763	8884
Active Patients Served	578	29	607

- 42 children and adolescents served in Dare County Schools during the academic school year
- 75 individuals were served through the Medication- Assisted Treatment program

OPIOID SETTLEMENT FUNDING

Dare County is part of North Carolina's historic \$26 billion agreement that will help bring desperately needed relief to communities impacted by the opioid crisis.

A meeting called by North Carolina Attorney General Josh Stein on October 20, 2022 featured comments from several key stakeholders and local officials, including Dare County Board of Commissioners Vice Chairman and Saving Lives Task Force Co-Chair Wally Overman, Dare County Commissioner Ervin Bateman, Dare County Department of Health & Human Services Director Dr. Sheila Davies, Dare County Sheriff Doug Doughtie, Dare County Department of Health & Human Services Director of Health Education & Outreach Services and Saving Lives Task Force Co-chair Roxana Ballinger, and Dare County Recovery Court Coordinator Emily Urch.

During the meeting, local officials detailed Dare County's plans to address the ongoing opioid crisis utilizing the national opioid settlement funds that were secured following a settlement with four pharmaceutical manufacturers and distributors. Of the \$26 billion settlement, \$750 million was allocated to North Carolina, of which 15 percent will go to the state, with the remaining 85 percent of funds to be utilized by local governments, including Dare County, which is slated to receive a total of \$3.4 million over the next 18 years.

Approximately \$420,000 that has been designated for Fiscal Year 2023 will be used to fund a local overdose response coordinator position; an additional officer for Recovery Court; community distribution of naloxone and fentanyl test strips; a "Fentanyl Kills" mass public awareness campaign; various community initiatives, such as contract services and mini grants; and linkage to care/social determinants of public health, which can include funding an individual's admission into a treatment facility, providing transportation or assisting with housing.

In Dare County, these funds will be used to support treatment, recovery, harm reduction, and other life-saving programs and services. Because Dare County is a "can do" community, a portion of the funds was allocated toward mini grants. The mini grant application period was open from August 16-September 6, 2022. Applications were reviewed and approved by the Saving Lives Task Force Board. The following projects were funded:

- Dare County Recovery Court: Assist those in the justice- involved population and recovery with reentry services and post-treatment support.
- Just in Case: Provide Narcan and fentanyl test strips in a free, convenient, and discreet manner in the form of a vending machine.
- Community Care Clinic of Dare: Implement medically-assisted treatment (MAT) for opioid use disorder (OUD).
- OBX Room in the Inn: Fund qualified and dedicated Dare County residents to become certified Mental Health First Aid trainers.
- Cross Roads OBX: Increase organizational capacity to help those with substance use disorders in Dare County.
- Interfaith Community Outreach: Provide monetary assistance to residents with addiction who have completed a treatment program.
- Outer Banks Yoga: Provide a 75-minute weekly yoga/meditation class designed specifically for individuals recovery from drug addiction.'
- Changing Tides: Cover costs associated with services and treatment for qualified Dare County residents.
- Outer Banks Dare Challenge: To provide a more intense focus on setting up Dare County residents with the tools necessary for long term success in recovery.
- Contracted Community Peer Support Specialist: Attend Recovery Court sessions monthly and assist participants and professionals. Work with the Dare County Detention Center to set up needed programs.

THANK YOU

TO OUR MANY PARTNERS

Dare County Board of Commissioners
Dare County Public Relations
Dare County Schools
Dare county Emergency Medical Services
Children & Youth Partnership
Be Resilient OBX
Dare County Sheriff's Office
Dare County Detention Center
Trillium Health Resources
PORT Health
College of the Albemarle
CVS Health
Walgreens
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
North Carolina Dept. of Health & Human Services
NC Community Foundation
Fin & Nancy Gaddy
Kitty Hawk United Methodist Church

St. Andrews Episcopal 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
North Eastern North Carolina Partnership for Public Health
First Flight Rotary club
SoldOut TV foundation
Fishing Partnerships Support Services
Slice Pizza



GET INVOLVED TODAY

Please join us for our meetings on the 3rd Tuesday of every month at 2:00 pm
at Dare County Administrative Building in Manteo

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