

SUBSTANCE USE IN DARE COUNTY 2019 A YEAR IN REVIEW

DEAR VALUED COMMUNITY MEMBERS

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 virtually all of the support groups in Dare County.

This past year, we worked as a team to create a 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.

Under our new 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 moving 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 MISSION

The Saving Lives Task Force is a team of professionals and community members working towards 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:

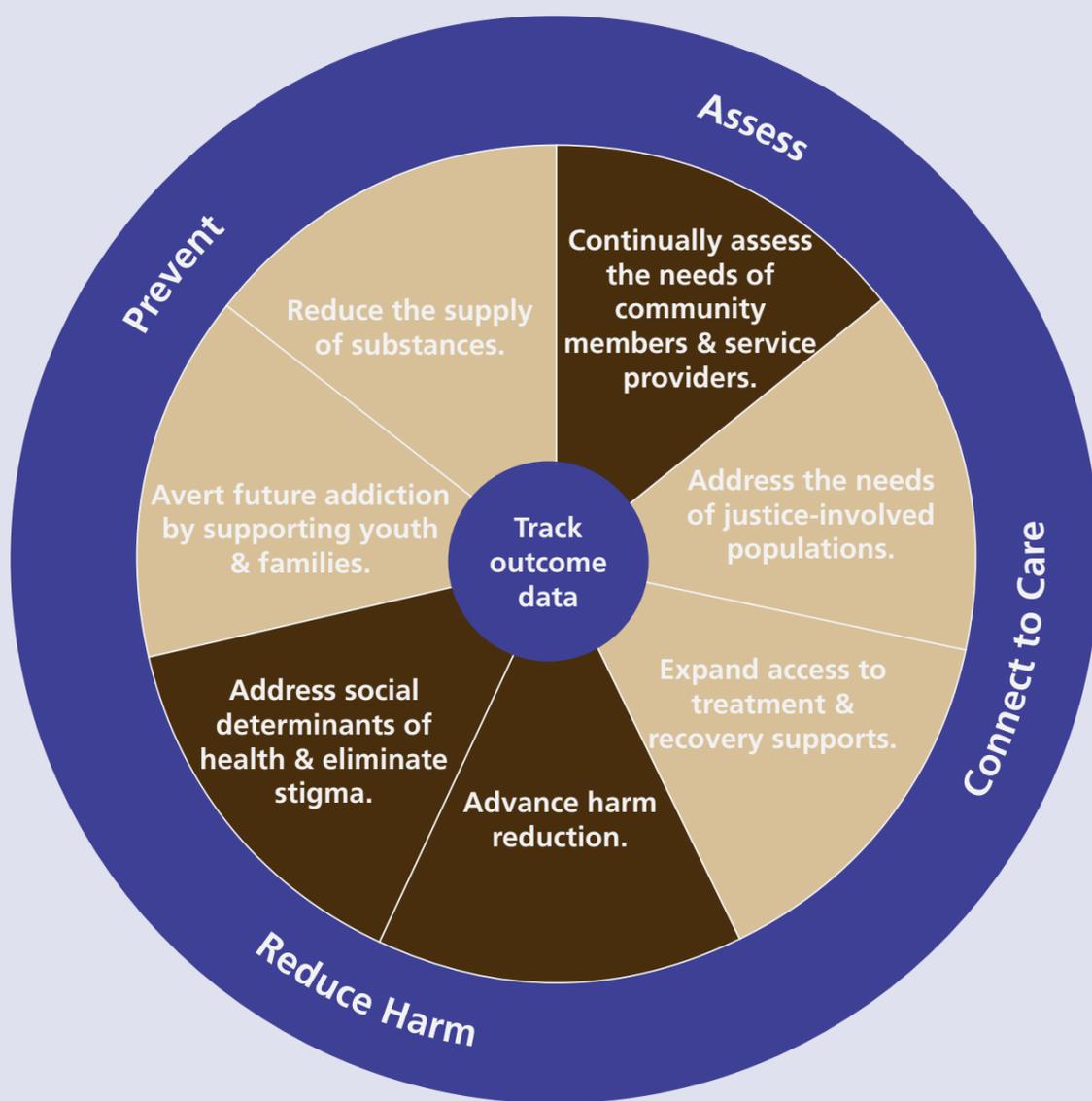
- Dare County Schools
- Emergency Medical Services
- Children & Youth Partnership
- Sheriff's Office/Dare County Detention Center
- Local Law Enforcement Agencies
- Oxford House
- Trillium Health Resources
- PORT Human Services
- College of the Albemarle
- Dare County Dept. of Health & Human Services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

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 new 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 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.

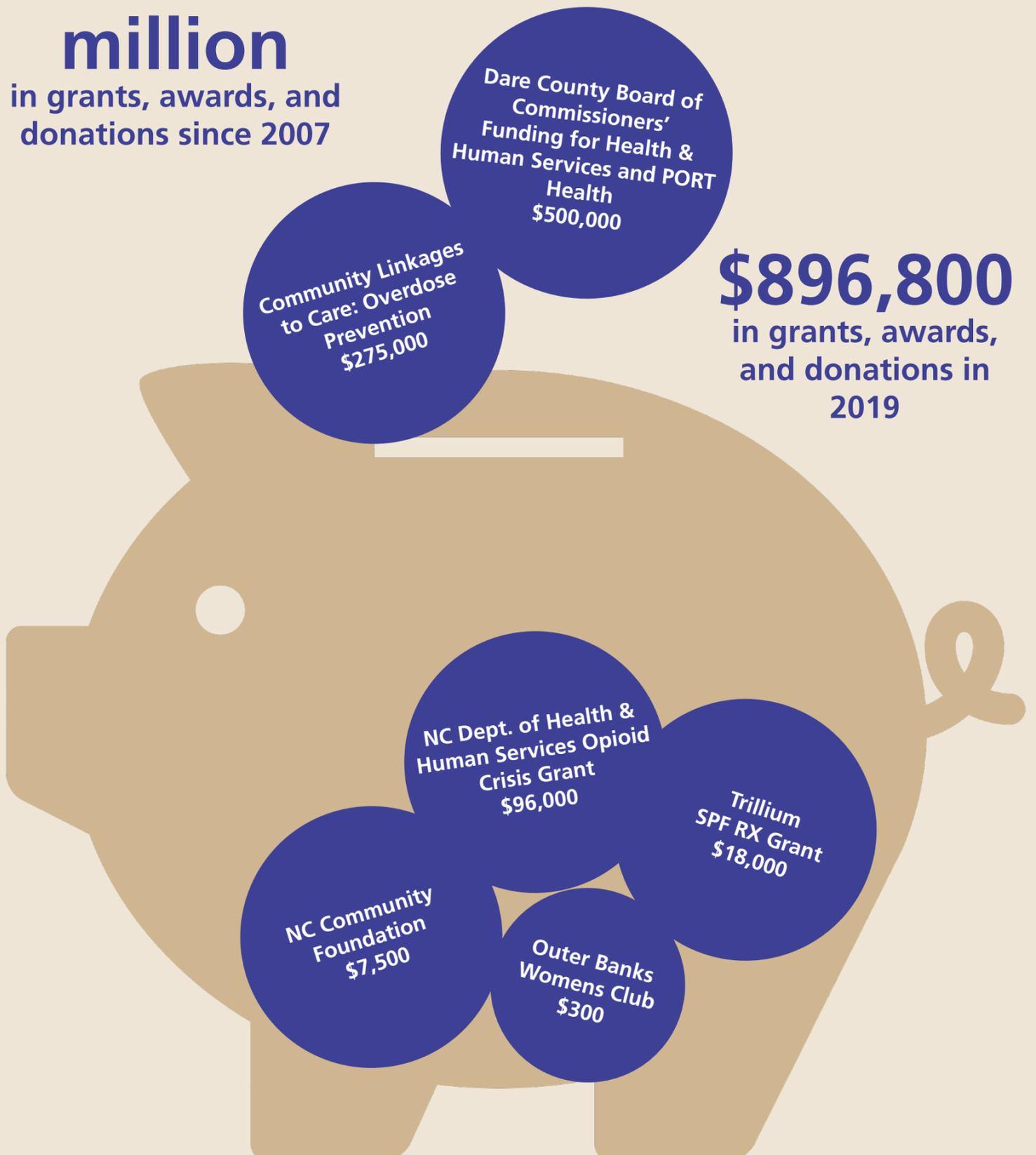
We invite you to read on to learn about Dare County's community achievements in these areas of focus during 2019.

FUNDING SOURCES

Details on Funding for Substance Use Initiatives in Dare County

\$12.09 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

Vaping Concerns Continue

While much has already been done in Dare County to address vaping, the health concerns, especially for our youth, still remains. The Dare County Department of Health & Human Services is partnering with Albemarle Regional Health Services, Breaking Through Task Force, and Saving Lives Task Force to bring a series of events to Dare County in early 2020.

Peer Support Specialist to be hired

Dare County Department of Health & Human Services received grant funding to allow for Dare County substance abuse services to be expanded. In late 2019, plans began forming to utilize those funds to hire a Peer Support Specialist to enhance the work of the Saving Lives Response Team.

Faith Leader Subcommittee

Through assessment, Saving Lives Task Force determined the need to establish a Faith Leader subcommittee to bring together leaders of the faith community to address the substance abuse challenges on the Outer Banks. The group offers an opportunity for faith leaders to share ideas on addressing stigma, providing education, identifying treatment resources, and providing support in recovery.

NC Council of Churches Opioid Education Breakfast

June 20, 2019

The Faith Leader subcommittee worked with NC Council of Churches to sponsor a Clergy Breakfast at Kitty Hawk United Methodist Church. The breakfast provided church leaders with information on the Opioid Crisis, ways their congregation can get involved, and resources available in our community.

PREVENT

The Initiative

The Saving Lives Task Force issued a quarterly newsletter with the goal of educating, informing and engaging the residents of Dare County on substance use disorders. Each issue featured 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

Mental Health First Aid

The Breaking Through Task Force, in collaboration with Dare County Department of Health & Human Services sought out scholarships for two team members to become Youth Mental Health First Aid trainers. Currently, the course is available for little to no cost to any individual who lives or works with young people. The first class was hosted in November and had approximately 15 participants.

Chalk About Mental Health

September 2019

On Monday, September 2, 2019, The Breaking Through Task Force in collaboration with Dare County Department of Health & Human Services, kicked off the month long Chalk about Mental Health Campaign at the Board of Commissioners Meeting. A proclamation was read at the meeting and The Dare County Board of Commissioners declared September Suicide Prevention Awareness Month. Many organizations and individuals participated to help spread messages of hope, support, and encouragement in public areas throughout the month.



Family Systems Workshop

November 1 - 3, 2019

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: the disease of addiction, boundaries, codependency, family systems, experiential therapy exercises and process groups. Professionals who attended the weekend event were provided 10 free professional continuing education credits. This workshop was made possible by The Blanchard Institute, Saving Lives Task Force, and Holland & Associates Counseling.

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

The G.R.E.A.T. (Gang Resistance Education and Training) Program is an international gang and violence prevention program. 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 students life skills that direct them away from delinquency, youth violence, and gang membership. The program reached 445 kids this year at Manteo Elementary, First Flight Elementary, First Flight Middle, and Cape Hatteras Elementary.

10th Annual Walk Against Addiction

September 21, 2019

This year approximately 165 people participated in the walk at First Flight High School. Keynote speaker was Tim Ryan, a member of the recovery community, parent of a child who died from an opioid overdose, and serves as an advisor for rehab.com.

Be Resilient OBX

Building community resilience is about strengthening a network of buffers and supports to help children, families and whole communities to "bounce forward" in the face of adversity. In November, the Dare County Board of Commissioners adopted a resolution in support of the ongoing collaborative efforts of Be Resilient OBX to raise awareness about, build capacity to intervene in, and support recovery from the impact of Adverse Childhood Experiences and toxic stress.

In the last year, the group has facilitated 7 showings of the documentary Resilience to 240 participants, trained more than 90 Dare County Schools staff and community providers in skills-based interventions rooted in cutting-edge research, and supported the expansion of a mindfulness-based well-being pilot program to teach tools for stress management in the schools.

Keeping Current

Keeping Current is an interactive program designed to empower and equip adults with the tools necessary to prevent teen substance abuse. Dare County Department of Health & Human Services partnered with the following organizations to present the program:

February 28, 2019 | Dare County Schools

October 1, 2019 | Surf Pediatrics & Medicine and Albemarle Regional Health Services

October 23, 2019 | Town of Nags Head

The three events had approximately 75 community members in attendance.

Peer Power

May 24, 2019

Peer Power students from Cape Hatteras Secondary School held a Tobacco Prevention Health Fair to 5th grade students at Cape Hatteras Elementary School.

September 24, 2019

First Flight High School had 150 students receive special vaping education through a partnership between Peer Power and Albemarle Regional Health Services.

Kick Butts Day

March 20, 2019

Dare County Schools and the Dare County Department of Health & Human Services partnered for "Kick Butts Day." This event provided the platform for educating our youth about the dangers of tobacco, including electronic cigarettes. The theme this year was "Escape a Vape." Students from Manteo, Cape Hatteras, and First Flight Schools were provided opportunities to take place in activities and they learned about the effects tobacco products can have on their health.

Driving While Impaired Prevention Program

April 26, 2019

Dare County Department of Health & Human Services collaborated with Dare County Emergency Medical Services, Dare County Sheriff's Office, and North Carolina Department of Health & Human Services to put on a DWI prevention program. A car from a DWI accident was present along with an interactive tool in a Sheriff's vehicle that simulated impaired driving. One of the state's Ballistic Armored Tactical Transport mobiles was brought in to show students how law enforcement evaluates and processes DWI arrests during road blocks.



REDUCE HARM

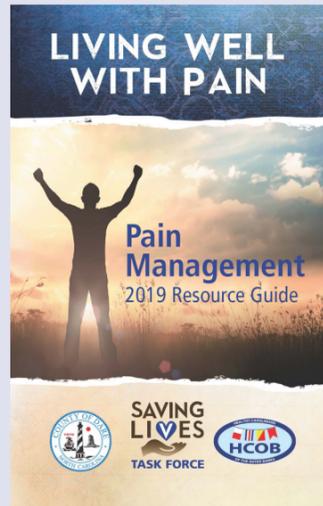
Opiate Prescribing Challenges & Alternatives for Chronic Pain Management

March 12, 2019

The Saving Lives Task Force in partnership with Eastern AHEC, Brody School of Medicine, and the Governor's Institute hosted a provider educational event on March 12, 2019 at Pamlico Jacks. Dr. Michael Lang was the keynote speaker at the "Opiate Prescribing Challenges & Alternatives for Chronic Pain Management" event and a local panel of five providers shared evidence-based alternatives in pain management. A total of 65 providers were in attendance, and each was given copies of "Living Well with Pain" a pain management resource guide for Dare County residents. For more information on the Saving Lives Task Force or to download the Living Well with Pain Resource Guide visit www.savinglivesobx.com

Pain Management Resource Guides

The Saving Lives Task Force, partnered with The Breaking Through Task Force, and Dare County Department of Health & Human Services to develop Pain Management Resource Guides. The guides highlight approaches to pain management that will not lead to addiction or harmful reactions within a person's body. The goal of the publication is to help individuals deal with pain either without medication or offer assistance as a supplement to medication.



Pictured (from left to right) is Roxana Ballinger and Wally Overman Saving Lives Task Force Co-Chairs with the pain management resource guide; (back row) Kendall Wood with the Governor's Institute, Dr. Georgia Drumheller with The Outer Banks Hospital, and Claire Mills, Director at Eastern AHEC

The Opioid Epidemic & NC Legislature

April 11, 2019

This Town Hall event featured a presentation on the Opioid Epidemic from North Carolina Legislative Representative, Dr. Gregory F. Murphy. Dr. Murphy has practiced in Greenville for 25 years at Eastern Urological Associates and Vidant Medical Center. Dr. Murphy was the Head Sponsor and author of the STOP ACT, which is NC's main legislation targeting the Opioid Epidemic and has been a blueprint for many other states to combat opioid problems.

Opiates and Meth Exposure Training for Public Workers

September 19 - 20, 2019

In efforts to assure Dare County public workers remain safe, the Saving Lives Task Force sponsored two free trainings on opiate and meth exposure for public workers. Featured speakers were from the NC Department of Health & Human Services, Mr. Pierre Lauffer, Industrial Hygiene Supervisor and Dr. Rick Langley, OEEB Medical Consultant.

Opiates and Meth Exposure Training taught public workers to recognize the dangers associated with exposure to opioids, methamphetamines or other substances. Participants learned the steps to take to avoid exposure and receive proper treatment if exposed. The course also discussed the use of naloxone to reverse overdose and how to recognize when an overdose is occurring.

Pill Disposal Initiatives

Medicine Take Back Events

These events are hosted quarterly in partnership with the Sheriff's Office, Outer Banks Hospital, and Dare County Department of Health & Human Services. In 2019, the events took place in:

- Fessenden Center, Buxton
- Walmart, Southern Shores
- The Marketplace, Southern Shores
- Chesley Mall, Manteo

For more information on medication take back locations and methods, visit www.darenc.com/rx

Pill Disposal Bags & Boxes

All pharmacies in Dare County have free pill disposal bags available upon request. The initiative, which began in September 2019, continued into 2020. CVS Pharmacies in Manteo and Kill Devil Hills and Walgreens in Kill Devil Hills have also installed drop boxes.

Syringe Exchange Program

Data shows that syringe exchange programs lead to reductions in Hepatitis C, HIV and other transmitted diseases. In 2019, the program served an average of 50 participants. Participants were also provided with education and counseling as needed.

Syringe Exchange Program (2019)	
Syringes Returned	2,677
Syringes Dispensed	1,880
Naloxone Kits Distributed	47

Naloxone

The medication, Naloxone, also known as Narcan, is already carried by first responders, such as EMTs and police officers. The Surgeon General is now recommending that more individuals, including family, friends and those who are personally at risk for an opioid overdose, also keep the drug on hand.

Naloxone Administrations

40



Emergency Medical Services

16



Law Enforcement

6



Volunteer Fire Department

47



Syringe Exchange (Kits Distributed)

CONNECT TO CARE

Dare County Recovery Court

The Dare County Recovery Court held its first session on May 1, 2019. 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. It is estimated that Drug Treatment Courts save the North Carolina taxpayers an average \$5,700 per participant yearly, so we are optimistic that this program will benefit all residents of Dare County. Participants are generally ordered to complete the program during Administrative Sessions of Superior Court, which occur approximately six times per year.

Dare County Recovery Court (2019)	
Total Enrolled	16
Total Compliant	15
Total in In-patient Rehab	3
Total In Out-patient Rehab	10
Total Incarcerated	2
Total Discharges	4

Saving Lives Response Team

In Spring of 2019, the Saving Lives Response Team pilot project expanded to provide services to all of Dare County. 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, and assist with paper-work. The Saving Lives Response Team also provides outreach services in Dare County Detention Center. The program allows the outreach worker to provide Naloxone to inmates and link them to resources for help upon release.



- 89 individuals served
- 71 Naloxone kits distributed

Tobacco Treatment Specialist

In response to the increasing vaping concerns, Dare County Department of Health & Human Services had a staff member trained to be a Tobacco Treatment Specialist. A tobacco treatment specialist has an appropriate educational and experiential background and is taught to deliver a high-intensity, evidence-based, cognitive-behavioral plus pharmacotherapy treatment for nicotine dependence. Currently, a pilot project is underway in partnership with Cape Hatteras Secondary School and targeting youth who vape.

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.

- 83 Helping Women Recover lessons were provided to an average of 6 participants in the community.
- 84 Helping Women Recovery lessons were provided to an average of 20 participants in Dare County Detention Center.
- 89 Beyond Anger & Violence lessons were provided to an average of 20 participants in Dare County Detention Center.

Recovery Learning Circle

Recovery Learning Circle is a collaboration between RI International, Dare County Detention Center, PORT Health, and Currituck County Detention Center with funding provided by Trillium Health Resources. 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.

- At PORT Health there were approximately 50 classes facilitated with an average of 9 participants in each class.
- At Dare County Detention Center there were approximately 46 classes facilitated with an average of 6 in each class.
- At Currituck County Detention Center there were approximately 46 classes facilitated, with average of 6 in each class.

PORT Health

PORT Health has played integral part in addressing substance abuse in Dare County since its office doors opened in 2008. A total of 3,422 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.

35% of patients were on the sliding-fee-scale
 30% of patients had Medicaid
 24% of patients had private insurance

PORT Health Diagnosis (2019)	
Alcohol Abuse & Dependence	28.76%
Opioid Abuse & Dependence	40.32%
Cannabis Abuse & Dependence	10.75%
Cocaine Abuse & Dependence	3.76%
Prevention	15.86%
Other	.53%

COMING SOON

Town Hall Conversations on Medication Supported Treatment of Substance Use Disorders

March 11, 2020 • 5:30 pm - 8:00 pm • Dare County Center • Manteo

The event will feature keynote speaker Paul Nagy, Assistant Professor with Duke University School of Medicine's Psychiatry and Behavioral Sciences Department. Nagy will review the science of addiction and recovery as well as an honest perspective on the common concerns, risks and potential benefits associated with medication supported care. Personal testimonials from community members and facilitated discussion through a panel style will follow Nagy's presentation and provide attendees with a better understanding of the issues and opportunities associated with medication supported treatment.

Chalk About Mental Health

September 1 - 30, 2020

Join the Breaking Through Task Force and Dare County Department of Health & Human Services in recognizing September 2020 as Suicide Prevention Awareness Month. Participants use sidewalk chalk to create art and spread messages of hope, support, and encouragement in public areas. For more information email info@breakthestigmaobx.com

11th Annual Walk Against Addiction

September 19, 2020 • 9:00 am - until • First Flight High School

This year the event will feature a local member of the recovery community and chef, Wes Stepp. For more information, contact Brenda Thacker at thackerbrenda@hotmail.com.

Involuntary Commitment Training Workshop

Fall 2020

An evidence-based training featuring Mark Botts from UNC School of Government is being planned to take place this fall. The course is being offered through a partnership with Outer Banks Hospital, Eastern AHEC, Trillium and Saving Lives Task Force. For more information please contact Roxana Ballinger at 252.475.5619 or roxana.ballinger@darenc.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

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

Holland & Associates Counseling

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

Right Path

Outer Banks Community Foundation

AA/NA/NarAnon

Dare County Recovery Court

Oxford House



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