

## Integration

**Need/Gaps:** To improve coordination and reduce the likelihood of duplicated efforts, BHA has supported local authorities in moving towards integrating system management functions for behavioral health.

Following integration of the CSA and LAA into the LBHA in July 2019, the local Advisory Councils determined that merging their functions into one council would be a fitting next step. This will assist with improving Calvert County's score in Domain 1, Leadership and Governance, and Domain 6, Stakeholder Collaboration. Much of the legwork for this goal was accomplished during FY21, however the process of updating the council bylaws is a long one and will need to be completed during FY22.

**Goal:** The Local Behavioral Health Authority will integrate the Local Mental Health Advisory Council (LMHAC) and Local Drug and Alcohol Abuse Council (LDAAC) into a Local Behavioral Health Advisory Council (LBHAC).

**Objective:** The LBHA will update the Core Service Agency Bylaws through the Calvert County Government to reflect the integration of the Core Service Agency and Local Addictions Authority by December 2021.

### Strategies:

- The LBHA will coordinate with the Local Health Officer, a representative of the Calvert County Commissioners, and the County Attorney to update the CSA bylaws.
- The LBHAC bylaws subcommittee will review changes made to the CSA bylaws.
- The LBHA will seek feedback from the LMHAC and LDAAC on any updates made to the bylaws.

**Objective:** The LBHA will submit integrated bylaws to the Calvert County Commissioners by December 2021.

### Strategies:

- The LBHA will verify the process for submitting revisions to bylaws to the County Commissioners.
- The LBHA will verify the dates of upcoming Calvert County Board of Health meetings.

### **Performance Measures**

- LBHAC Bylaws will be completed and submitted to the Calvert County Commissioners by Dec 2021.

### **Performance Target**

- The LBHA will have an integrated Advisory Council that includes diverse stakeholders from the community by July 2022.

## **Child and Adolescent Mental Health**

**Needs/Gaps:** The Calvert County Family Network conducted a local needs assessment for children, youth and families, a portion of which focused on Child and Adolescent Behavioral Health needs. Youth depression was identified as one of the key areas of concern for Calvert County teens and a lack of providers to provide services for this population was also pinpointed as a concern. Community members identified stigma, family instability, chronic stress, and bullying as contributing factors to high levels of depression. Mental Health hospitalizations for youth are also noted to be higher than the State average. Teens make up the highest proportion of mental health hospitalizations. The Needs Assessment also shows that a lack of providers of services targeting this population coupled with high rates of private insurance coverage within the county, which does not cover many important behavioral health services, make accessing services difficult. Another factor identified was high rates of Adverse Childhood Experiences reported including having a parent who is mentally ill, having a parent with a substance use disorder, and being emotionally abused by household members.

**Goal:** Calvert County will experience a reduction in adolescent suicide attempts by 2024.

**Objective:** The Calvert County LBHA will educate the public about the availability of local behavioral health services.

### **Strategies:**

- The LBHA will hold at least 2 open sessions with local pediatricians to educate them about behavioral health resources for children and adolescents.
- The LBHA will coordinate at least 2 local trainings for behavioral health providers on topics relevant to the CAYA population.

- The LBHA will hold at least 2 educational forums for Calvert County parents on the mental health topics.
- The LBHAC will create a child & adolescent subcommittee of the LBHAC to assist with addressing needs and gaps in local services.

**Performance Measures:**

- 2 open sessions with pediatricians.
- 2 trainings for behavioral health providers on behavioral health topics
- 2 educational forums on mental health topics for Calvert parents

**Performance Targets**

- 5% reduction in reported feelings of sadness or hopelessness in High School students by 2024.
- 5% reduction in inpatient hospitalization rates for children and adolescents by 2024.

**Homelessness**

**Needs/Gaps:** In 2019, the Calvert County Community Resources Department established a Housing Task Force to explore the housing needs of the county. One area of need that was identified was supportive and barrier free housing and shelter for homeless individuals, particularly those with behavioral health disorders. Calvert County does have a range of services available to homeless and near homeless individuals however, the volume of individuals seeking these services far exceeds the availability. It is also important to note that many of our shelter options are through volunteer organizations and faith- based initiatives. During the winter of 2020/2021, the safe nights program in Calvert County was only able to accept 10 individuals into their cold weather shelter program. They also placed restrictions on who could participate that limited access for individuals experiencing homelessness that have active warrants and/or a history of a sex offense.

**Goal:** The Calvert County LBHA will reduce barriers to shelter and housing for homeless individuals in Calvert County.

**Objective:** The Calvert County LBHA will identify gaps in shelter and housing for homeless individuals in Calvert County by December 2021.

### Strategies

- The LBHA will convene a taskforce that includes local stakeholders to investigate the gaps in services and ways to fill them.
- The LBHA will conduct a needs assessment with local stakeholders to identify resources and gaps in services for homeless individuals living in Calvert County.

### Performance Measures

- 1 Homeless Services needs assessment will be conducted by December 2021.

### Performance Target

- A 20% reduction in individuals identified as “literally homeless” by 2025.

## Health Equity

**Needs/Gaps:** Stigma often makes individuals with Mental Health and Substance Use Disorders and individuals in recovery, family and friends, treatment professionals, community activists, and other stakeholders feel powerless, angry, and frustrated. The racial landscape of Calvert County is predominantly White, making up 81% of residents while African American’s are 13% and Hispanic individuals just over 4%. Another important area of focus is with our local LGBTQ+ population. Statistics and demographic data about this population is not readily available, but what is known is that individuals who are LGBTQ+ face stigma and discrimination regularly. When a population lacks diversity, treatment can become homogenous leading to fewer resources for those with diverse needs. It is of the utmost importance that our residents, of all cultures, feel safe and understood when seeking treatment. Calvert County providers consistently assess the cultural needs of our population and focus on recruitment and retention of diverse staff to meet the needs of all of our residents.

**Goal:** The Calvert County LBHA will increase access to effective behavioral health treatment for residents regardless of age, race, gender, creed, sexual orientation, and/or disability.

**Objective:** The Calvert County LBHA will educate local behavioral health providers and stakeholders about evidence-based interventions to serve diverse populations.

**Strategies:**

- The Calvert County LBHA will coordinate Continuing Education opportunities for local behavioral health providers on Health Equity and cultural competency.
- The Calvert County LBHA will schedule presentations at it's bi-monthly provider meeting on resources to assist organizations with better serving diverse populations.
- Provide annual training on cultural competency to all LBHA staff and Advisory Council members.

**Objective:** The Calvert County LBHA will participate in at least 3 community resource events to distribute information about local behavioral health services to the general public.

**Strategies:**

- The LBHA will print up to date brochures with local resources to hand out to residents and local providers.
- The LBHA will educate local providers about upcoming resource events to ensure stakeholder participation.
- The LBHA will include dates of local resource events in their quarterly newsletter.
- The LBHA will purchase "swag" to distribute at local resource events.

**Performance Measures:**

- 2 CEU trainings on the topic of cultural competency and/or health equity
- 2 presentations at provider meetings on services for diverse populations
- 1 presentation to the LBHAC on cultural competency
- 3 Community Resource Events participated in by July 2022.

### **Performance Targets:**

- Calvert County behavioral health providers will increase their ability to provide culturally competent, equitable treatment services.
- Calvert County residents from diverse backgrounds will have knowledge of resources available to them.

### **MAT**

**Need/Gaps:** Every 11 minutes, a person in the United States dies from an opioid overdose. Opioid Use Disorder (OUD) is a chronic brain disease caused by the recurrent use of opioids, including prescription drugs such as oxycodone or hydrocodone and illicit substances such as heroin and fentanyl. Recent trends indicate that the majority of opiates being sold and used in our community contain some, if not all, fentanyl. It is also important to note that other drug supplies have been found to be contaminated with fentanyl, at times, without the knowledge of the individuals using them. Fentanyl can be over 50 times more potent than heroin making overdose from using this substance much more likely, in particular if individuals are not aware of its presence.

The most effective therapy for OUD, called medication-assisted treatment (MAT), combines counseling or other behavioral therapy with medications approved by the Food and Drug Administration (FDA). The medications work to relieve the symptoms of opioid withdrawal and/or block the effects of opioids while behavioral therapies help patients improve coping skills and reduce the likelihood of relapse. Unfortunately, the number of people with opioid dependence far exceeds treatment capacity within Calvert County. Over the past few years, efforts have been made to implement a hub and spoke model in Calvert County, and in FY21 we were able to secure funding to assist with implementing a Hub and Spoke Pilot Program. It continues to remain difficult to recruit and maintain spokes, however medical providers are showing increased interest in education and participation in this model. Improved access to MAT services remains a priority in Calvert County at this time.

**Goal:** The LBHA will expand access to Medication Assisted Treatment (MAT) for Substance Related Disorders (SRD) in Calvert County during FY21.

**Objective:** The LBHA will increase the number of local medical providers who have a DATA Waiver by 2 by the end of FY22.

### **Strategies:**

- o The LBHA and their sub-vendors will educate local providers about peer counseling for MAT prescribers.
- o The LBHA and their sub-vendors will educate local providers about reimbursement opportunities for DATA Waiver training.
- o The Director will explore funding opportunities to expand access to MAT services in the county.

**Objective:** The LBHA will educate local stakeholders about MAT on a quarterly basis.

**Strategies:**

- o The LBHA will host at least one CEU training for local providers on the topic of MAT.
- o The Director will coordinate with local law enforcement and the local detention center to beginning planning for implementation of HB 116 in 2023.
- o The LBHA will invite knowledgeable individuals/organizations to present to the Advisory Councils about MAT.

**Performance Measures:**

- o Two New Primary Care Physicians based in Calvert County will receive a DATA Waiver by July 2021.
- o Four educational events focusing on the topic of MAT will be held in Calvert County by July 2021.

**Performance Target:**

- o Increased access to MAT services in Calvert County.
- o Reduction in stigma associated with MAT in Calvert County.