

**Frederick County Maryland**  
**Strategic Plan for the Local Drug and Alcohol Council Fiscal Years 2018 & 2019**

**Vision:** Frederick County has a strong, active addictions recovery community that invites and engages individuals and families seeking recovery, thus being a county that offers recovery.

**Mission:** To enhance a recovery supportive community for individuals and families by providing a seamless delivery of prevention, intervention, treatment and recovery services through collaborative efforts of peers, service providers, family members, law enforcement, the judiciary, and legislators.

**Rationale:** Goals and objectives are determined by current trends and understandings of the needs and best practices in the area of addictions. They are written to operationalize the elements of a Recovery Oriented System of Care (ROSC) as published by SAMHSA (Substance Abuse and Mental Health Administration), such as continuity of care, systems anchored in the community, commitment to peer recovery support services, system-wide education and training, all of which are adequately and flexibly financed. Goals and objectives are written to involve many entities of the community. Frederick County's prevention, harm reduction and addictions treatment/recovery system of care includes a comprehensive menu of services and supports, including the coordination of multiple systems and maintaining an ongoing process of system improvement.

**GOAL I: Expand the capacity to meet the needs of those with mental health and substance related disorders through expansion of peer support services, recovery housing and providing a recovery-oriented continuum of care to individual sin Frederick County.**

Objective 1: Expansion for the peer paid and volunteer workforce.

Action Plan:

- Engage in ongoing recruitment for peers in both the mental health and addictions fields in order to increase capacity to connect more individuals to services.
- Provide the Recovery Coach Academy (to be held 3 x/year), WRAP training (1x/year) and the Ethical Considerations for Recovery Coaches (1x/per year) in order to equip workforce with the best practices in working with those mental health and substance-related disorders. Support workforce in pursuing the Certified Peer Recovery Specialist credential by providing ongoing supervision and training.
- Continue to increase the utilization of peers in community-based settings and newly identified efforts to combat the opioid epidemic and provide harm reduction services.
- Provide family support to overdose victims through a family support coordinator.

Objective 2: Development of coordinated services for individuals with **co-occurring disorders**.

Action Plan:

- Explore the feasibility of the joint Provider Council serving as a work committee for the LDAC and provide updates monthly during council meetings.
- The Provider Council will continue to identify the leadership and function for this group.
- The Provider Council will plan for Mental Health Awareness Week and National Recovery Month activities to reach the co-occurring population.
- The Provider Council will work collaboratively to identify gaps and barriers to accessing services and will work to fill these gaps and eliminate barriers.

Objective 3: Expand **housing opportunities** for men, women, and families of Frederick County who are in need of recovery-oriented housing.

Action Plan:

- The Council will explore finding a consultant with experience in establishing recovery housing.
- Provide technical support through consultants to community members who may be interested in providing recovery housing
- Work with the Behavioral Health Administration to have technical support provided to those seeking to become a state approved residence.
- Provide training and support for existing housing programs to enhance the quality of the housing programs.

Objective 4: Support local and state efforts in addressing the Opioid Crisis.

Action Plan

- The Council will help to inform public about strategies identified to address the Opioid Crisis.
- The Council will routinely review progress of these efforts through monthly local committee reports that will be included on the agenda.
- The Council will make recommendations to the leadership of the county on relevant matters related to the behavioral health needs of the County.

Goal I Performance Target

With increased communication and collaboration among agencies, individuals and families in Frederick County will benefit from an increase in the number of quality recovery-oriented supportive services, specifically, peer support, recovery housing and more effective behavioral health services.

## **GOAL II: Prevention Services will be maintained and expanded in Frederick County**

Objective 1: Increase targeted prevention services for **“high-risk” populations**, specifically opiate users at high risk for overdose.

Action Plan:

- Revise/update the Overdose Prevention Plan for Frederick County using the Needs Assessment and Strategic Plan of the Opioid Misuse Prevention Program (OMPP)
- Identify efforts already underway to address overdose and explore gaps
- Address gaps using innovative outreach efforts; including possible harm reduction interventions
- Utilize data to identify progress and continued need for intervention efforts (for example: specific populations at high risk, locations within the county)

Objective 2: Maintain and expand prevention services targeting identified **at-risk populations**.

Action Plan:

- Using local data, such as Youth Risk Behavior Survey (YRBS), community surveys, law enforcement data and hospital data, and directives from the MDH, identify prevention priorities by July 2018.
- Enhance communication of availability of services for at-risk youth
- Provide support to FCPS to include feedback on drug/alcohol curriculum, sharing of resources, and joint planning among relevant agencies as indicated.
- Identify opportunities to expand services for at-risk youth through June 2019.

Goal 2 Performance Target: Records of services provided.

Identification of top two priorities based on emerging trends affecting youth

Estimated Amount Needed: Unknown.

**GOAL III: Increase community public awareness of substance abuse issues and services in order to increase access to prevention, harm reduction, treatment and recovery services.**

Objective 1: Increase public awareness of substance abuse issues and services through **outreach** to local communities.

Action Plan:

- Identify and publicly promote special events throughout the year that provide prevention messaging, harm reduction services, treatment and recovery services.
- Utilize diversified media technologies to provide this information.
- Utilize data to determine areas and/or communities for targeted interventions
- Periodically evaluate the effectiveness of communication efforts.

Objective 2: Coordinate the use of diversified media technologies to inform the public about behavioral health services, public health and forensic information and events held in Frederick County.

Action Plan:

- Identify and prioritize the technologies to provide messaging and information.
- Identify workgroups to plan and execute this objective.
- Periodically review information across the various technologies for accuracy for the most current resources and information.
- Identify methods to track the utilization and influence of the varying technologies.

Goal 3 Performance Target: Periodically evaluate the effectiveness of these media technologies.

Estimated Amount Needed: Unknown.