

Twin Beach Opioid Abuse Awareness Committee

2018 Activity Report

Background: According to the Maryland Department of Health and Mental Hygiene, “The number of opioid-related deaths increased by 70% between 2015 and 2016, and has nearly quadrupled since 2010.” In 2016, 18 people overdosed on opioids or opiates in Chesapeake Beach with two fatalities. These tragedies, along with growing signs of an opioid crisis in the surrounding counties and states as reported in the news media, spurred the newly elected Chesapeake Beach Mayor and Town Council to form an opioid abuse awareness committee in December 2016 which quickly partnered with the Town of North Beach to better serve both of our communities.

Committee Members:

Keith Pardieck, Chesapeake Beach Town Council Member, Committee Chair
Cheryl Greene, Citizen Representative and Co-Chair
Mike Benton, North Beach Town Council Member
Julia Berry, Citizen Representative
Kathy Clune – Coordinator, Chesapeake Beach Neighborhood Watch
Detective Ricky Cress – Calvert County Sheriff's Department
Candice D’Agostino, Coordinator, Calvert Alliance Against Substance Abuse
Kristen DePhillip, President, Calvert Alliance Against Substance Abuse
Cathy Lettney Ed.D, LCPC, Calvert County Behavioral Health Department
Sandy Mattingly, Citizen Representative and President, PositiveVibes
Dr. Michael Shisler, Principal, Beach Elementary
Sarah Pardieck, Citizen Representative
Ashley Staples, BHA Prevention Services/Act Now Calvert

Goals:

- Increase access to prescription drug disposal opportunities
- Provide at least four local workshops focusing on addiction and recovery resources.
- Increase access to treatment and support group information
- Involve local people, businesses and organizations in opioid abuse awareness activities
- Reduce the number of overdoses by Twin Beach residents

For more information about TBOAAC and past activities, see:

www.chesapeake-beach.md.us/OAAC.htm | www.twinbeachoa.org

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TBOAAC Activities and Accomplishments:

Summary. Since its creation in January 2017, the Committee has provided naloxone training to >110 people, educated >140 people on opioid abuse issues, and removed approximately 5 pounds of unused prescription drugs from the community, in addition to raising awareness about this crisis among thousands of residents through various other outreach efforts.

- **Maryland Municipal League Presentation** (June 11, 2018). In recognition of the innovative work the Committee has been doing to raise awareness and reduce stigma in the Twin

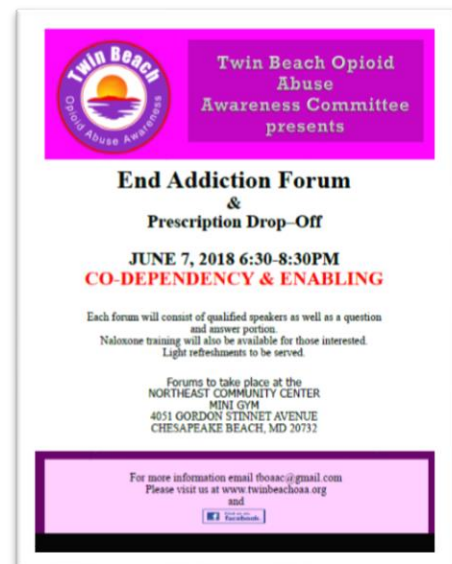


Beaches, Keith Pardieck and Cheryl Greene were invited to speak at the Summer 2018 Maryland Municipal League (MML) Summer Conference and share lessons learned with other Maryland community leaders as part of the

“Combating Opioids - Best Practices” workshop (www.mdmunicipal.org/646/Summer-Conference-Workshops-2018). The MML has 157 participating municipalities.

- **End Addiction Community Forums.** Hosted four End Addiction Community forums to help educate residents about the opioid crisis and connect people in need with assistance resources. Each forum offered an educational presentation, naloxone training and prescription drug take-back. The forums were entitled: Community Conversation (January 31), Co-Dependency & Enabling (June 7), Recovery Support (), and Resource Fair (December 13). Educational presentations included:

- Signs and Symptoms of Opioid Addiction
- Opioid Addiction in Calvert County
- Enabling & Codependency
- County recovery resources
- Resource provider fair
- Hidden in Plain Sight exhibit



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- **Community Outreach.**



- Conducted direct outreach events at community events and local businesses to raise awareness, distribute assistance information, and advertise upcoming forums. Outreach was conducted at Roland's Supermarket, Peking Chinese Food and Liquor, Taste the Beaches Event, First Night, Stars and Stripes Festival, Halloween Family Fun Night and National Red

Ribbon Week (<http://redribbon.org/>). (Photo: Kristen DePhillip hands out candy and information to kids and parents, respectively, at Halloween event. Our thanks to Sandy Mattingly and the Chase B. Mattingly for the Fight organization for donating the TBOAAC table cover! (Photo by Pardieck))

- Finalized installation and began use of Opioid Abuse Awareness road sign located at North Beach Volunteer Fire Department as part of a collaborative effort with County and local partners.



- **Promoted Evidence-based Treatments & Increased Health-care Services.**

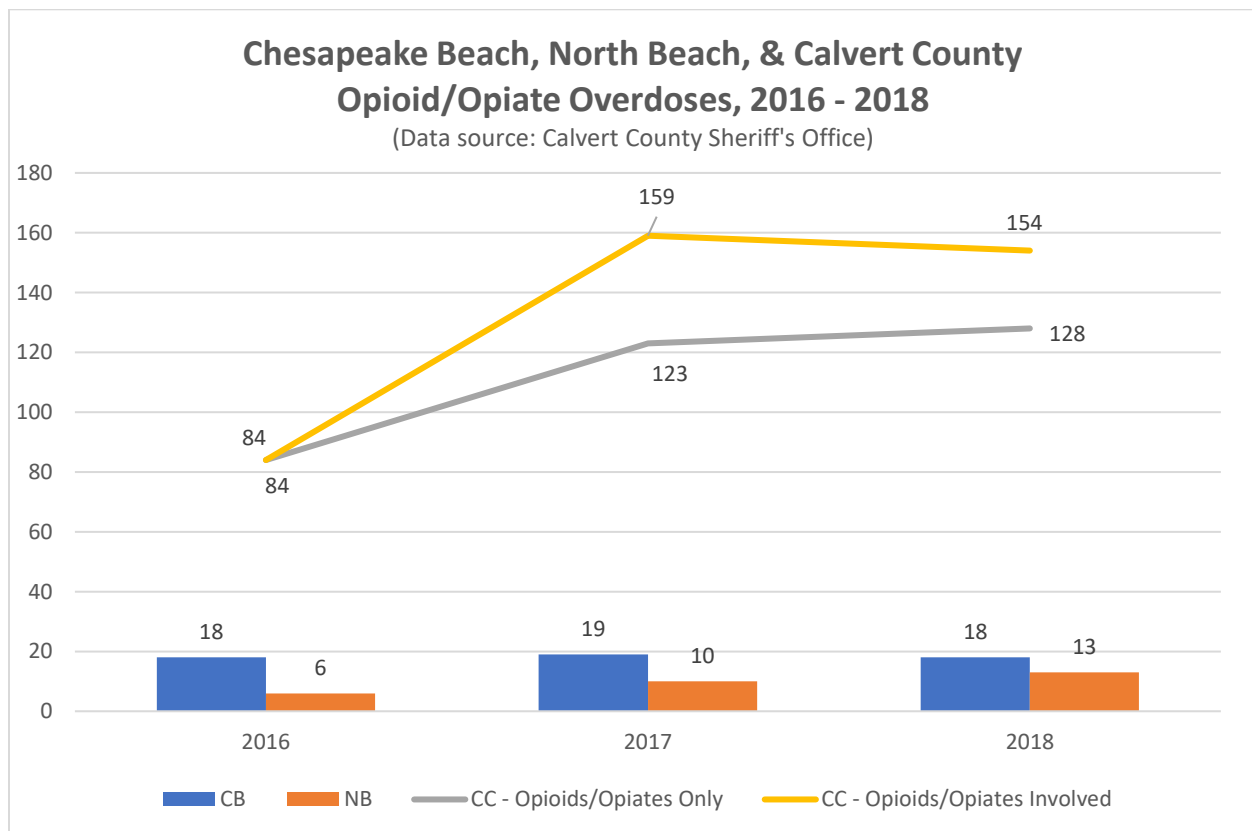
- Initiated discussions between Chesapeake Beach Town Council and CalvertHealth officials for improved health services and outreach for Twin Beach area of county (November 2018 Town Council meeting).
- Facilitated naloxone training for residents, CB staff, and NECC staff.
- Encouraged suboxone administration for persons presenting with opioid overdose symptoms at CalvertHealth Emergency Department as gateway to evidence-based treatment.
- Encouraged CalvertHealth and CC Health Department to sponsor workshops to provide physician training on addiction treatment.

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- Heroin, Opiate and Opioid Overdose Statistics** (Source: Calvert County Sheriff's Dept.)
 The Town of Chesapeake Beach overdose totals remained steady over the 3-year period with fatalities increasing between 2016 and 2017 and flattening out between 2017 and 2018. The Town of North Beach overdose numbers doubled between 2016 and 2018 with fatalities remaining low.

Opioid / Opiate Overdoses in Calvert County, 2016 -2018						
	2016 Overdoses		2017 Overdoses		2018 Overdoses	
Location	Non-Fatal	Fatal	Non-Fatal	Fatal	Non-Fatal	Fatal
Chesapeake Beach*	16	2	14	5	13	5
North Beach*	5	1	10	0	12	1
County Opioid/ates Only	77	7	98	25	105	23
County Opioid/ates Involved	NR	NR	131	28	132	24



* Statistics are for the areas within town limits, not the Zip code areas of the same names.

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Photos (photos by Pardieck):



← Hidden in Plain Sight exhibit being explored by two parents. Exhibit provided by Chase B. Mattingly For the Fight - PositiveVibes at the Resource Fair (December 2018).

Drew Licurgo presents Recovery Support information at End Addiction Community Forum →



← Direct Community Outreach at Roland's Supermarket. Ashley Staples speaks to concerned residents.

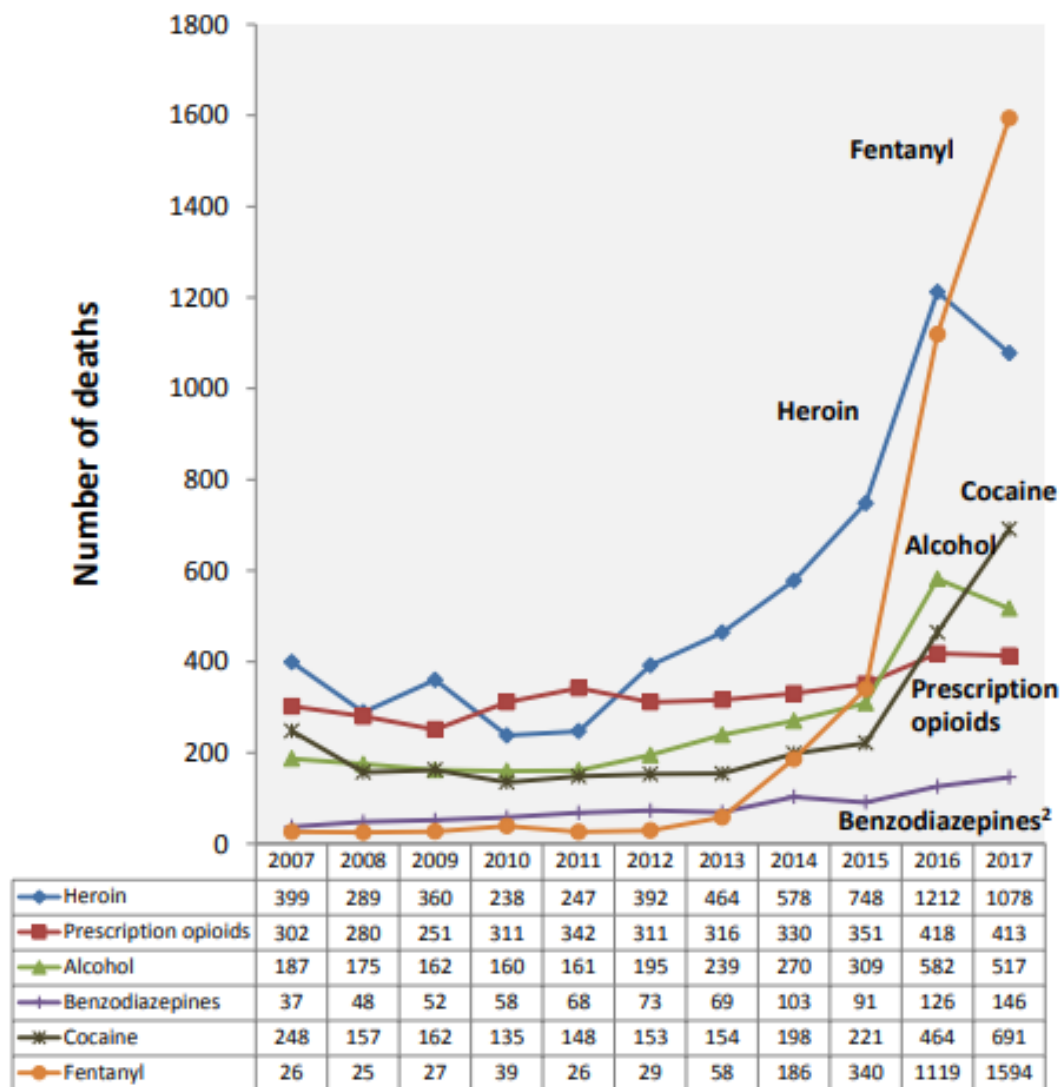
Acknowledgments: We thank the Mayor Mahoney, Mayor Frazier, as well as the Councilmembers, and residents of Chesapeake Beach and North Beach for their continued support in raising awareness about this terrible illness afflicting people in our communities. We also recognize and greatly appreciate support provided by the Calvert County Health Department, Calvert Alliance Against Substance Abuse, PositiveVibes, Calvert County Sheriff's Office, and Calvert County Public Schools.

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Appendix 1: Annual Overdose Death Reports, Maryland Vital Statistics Administration
(https://bha.health.maryland.gov/OVERDOSE_PREVENTION/Documents/Drug_Intox_Report_2017.pdf)

Figure 5. Total Number of Drug- and Alcohol-Related Intoxication Deaths by Selected Substances¹, Maryland, 2007-2017.






¹Since an intoxication death may involve more than one substance, counts of deaths related to specific substances do not sum to the total number of deaths.

²Includes deaths caused by benzodiazepines and related drugs with similar sedative effects.

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Appendix 2. TBOAAC Forum Four Newspaper Advertisement



End Addiction Resource Fair

When: Wednesday, December 12th from 6:30 pm-9:00 pm

Where: Northeast Community Center, 4075 Gordon Stimmett Road, Chesapeake Beach

What: *Join us to learn about the prevention, treatment and recovery services provided by local organizations to help individuals and families who are suffering from Substance Abuse Disorders. Parents & guardians, learn the signs of teen substance abuse by visiting our Hidden in Plain Sight exhibit. More info at: www.twinbeachaaa.org.*

***Hidden in Plain Sight Exhibit** provided by Chase B. Mattingly for the Fight*
***FREE Naloxone (Narcan) training**— get trained & receive a free kit*
***Prescription Drug drop-off & disposal** provided by CC Sheriff's Office*

Participating Service Providers:

Al-Anon Family Groups of So. MD	Calvert Co. Behavioral Health	Maryland Coalition of Families
Bayside Recovery	Calvert Family Medicine PC	Pathways
Calvert Alliance Against Substance Abuse	Calvert Recovery Support	Parents Affected by Addiction

For more information contact Kristen DePhillip: 301-706-0371