

FY2019-2021 Charles County Behavioral Health Action Plan

Strategies	Actions	Outputs	Intermediate Measures	End Measures
<p>A. <u>Mobile Integrated Healthcare:</u> Reduce Emergency Department (ED) utilization and Emergency Medical Services (EMS) transports among behavioral health high utilizers by linking them with care coordination and community health services.</p>	<ol style="list-style-type: none"> 1. Identify and recruit 10 behavioral health ED or EMS high utilizers to participate in the program 2. Conduct all initial contacts within 24-48 hours of discharge 3. Increase health literacy by educating participants on prevention/management of their disease processes 4. Improve the safety of the home through an environmental scan and subsequent education 5. Connect people to a primary care or behavioral health provider or re-connect them to their provider 6. Educate on appropriate use of the emergency department and emergency medical services 7. Link individuals to social services and transportation to prevent barriers to access 	<ul style="list-style-type: none"> • Number of hospital high utilizers educated on the program • Number recruited as participants • Number of initial contacts within 24-48 hours of discharge • Number of participants who visit their primary care providers twice a year for routine care • Number of participants who are connected or reconnected to a behavioral health provider for care. • Number of emergency medical services transports 	<p>Reduce the Charles County hospital readmission rate to the Medicare all cause, all payer readmission rate of 10.39%.</p> <p>Reduce the Charles County preventable hospital stay rate from 55 per 1000 Medicare enrollees to 52.3 per 1000 Medicare enrollees. Source: County Health Rankings</p>	<ol style="list-style-type: none"> 1. Mental Health <ol style="list-style-type: none"> A. Reduce the Charles County mental health emergency department visit rate from 2346.9 per 100,000 to 2323.4 per 100,000 (1% reduction). Source: 2014 Maryland HSCRC data from SHIP website 2. Substance Use Disorders <ol style="list-style-type: none"> A. Reduce the Charles County addictions-related emergency department visit rate from 991.9 per 100,000 to 982 per 100,000 (1% reduction) Source: 2014 Maryland HSCRC data from SHIP website

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	8. Connect them to specialists for disease processes.	<ul style="list-style-type: none"> • among participants • Number of emergency department visits among participants 		
<p>B. <u>Community Education and Outreach:</u> Engage and educate all segments of the community on behavioral health to promote resources, to reduce stigma, and to increase awareness.</p>	1. Expand the Mental Health First Aid training in the Charles County Public Schools and in the general community and work collaboratively with the Charles County Public School to implement Lauren's Law.	<ul style="list-style-type: none"> • Number of Mental Health First Aid Trainings Conducted • Number of people educated on Mental Health First Aid • Number of agencies represented at trainings • Number of new trainings needed to fulfill Lauren's law requirements 	<p>Increase the proportion of adults and children with diagnosed mental health disorders from 12.7% to 13% (anxiety) and from 12.4% to 13% (depression). (BRFSS)</p> <p>Increase the number of public mental health treatment admissions and increase clients who report being very satisfied with recovery from 12.9% in 2017 to 15% (PMHS OMS).</p> <p>Increase the number of people receiving treatment for abuse or dependence of opiates and/or illicit drugs in the past year by 5%.</p>	<p>2. Mental Health</p> <p>A. Reduce the Charles County mental health emergency department visit rate from 2346.9 per 100,000 to 2323.4 per 100,000 (1% reduction). Source: 2014 Maryland HSCRC data from SHIP website</p> <p>B. Reduce the Charles County mental health emergency department visit rate from 2346.9 per 100,000 to 2323.4 per 100,000 (1% reduction). Source: 2014 Maryland HSCRC data from SHIP website</p>

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	2. Promote the KNOW Mental Health NO Stigma campaign and similar behavioral health campaigns in Charles County.	<ul style="list-style-type: none"> • Number of media campaigns initiated • Number of community events where the campaigns were promoted • Number of county residents who were educated on the campaigns 	Increase the proportion of adults and children with diagnosed mental health disorders from 12.7% to 13% (anxiety disorders) and from 12.4% to 13% (depressive disorders). (BRFSS)	
	3. Crisis Intervention Training	<ul style="list-style-type: none"> • Number of partners recruited • Number of people trained • Number of crisis intervention teams established 	Decrease the Charles County mental health emergency department visit rate from 2346.9 per 100,000 to 2323.4 per 100,000 (HSCRC data from the SHIP website)	
C. Increase county capacity to provide services and treatment for opioid use and overdose.	1. Train county agencies and community members on Naloxone distribution.	<ul style="list-style-type: none"> • Number of trainings held • Total Number of individuals trained • Number of agencies trained on Naloxone administration • Number of law enforcement officers 	Decrease the number of drug or alcohol related intoxication deaths in Charles County from 37 deaths in 2017 to 33 deaths (10% decrease). (Vital Statistics) Decrease the percentage of drug or alcohol intoxication deaths that are opiate	3. Substance Use Disorders A. Reduce the Charles County addictions-related emergency department visit rate from 991.9 per 100,000 to 982 per 100,000 (1% reduction) Source: 2014 Maryland HSCRC data from SHIP website

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	<p>2. Educate the community on the risks and dangers of using opioids and heroin.</p>	<p>trained</p> <ul style="list-style-type: none"> • Number of Naloxone kits distributed • Number of Naloxone injections administered • Number of media campaigns developed and initiated • Number of adults educated on opioid risks • Number of presentations given • Number of youth educated on the dangers of opioid use • Number of community events held on opioids • Number of community educational days held using welcome wagon 	<p>related in Charles County from 92% in 2017 to 85%. (Vital Statistics)</p> <p>Decrease in prescription drug use from 8.7% to 7% in 2020 for high school students, measured by YRBS data</p> <p>Decrease in heroin use from 5.1% to 4% for high school students, measured by YRBS data</p> <p>Decrease in NMUPD and heroin use in young adults (20-25) from 7% to 5%, measured by MYSA data</p>	

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	<p>3. Promote and expand the Charles County Sheriff's Office Prescription Take Back Program.</p> <p>4. Increase county capacity to provide initial assessments and treatment for substance use disorders</p>	<ul style="list-style-type: none"> • Number of people educated on opioid risk at the welcome wagon • Number of flyers created • Number of Take Back days conducted • Number of flyers distributed in the community • Number of new boxes installed at CCSO locations • Number of pounds of medication disposed each year • Number of new counselors recruited • Number of people provided assessments • Number of people seeking treatment 		