



ST. MARY'S COUNTY
HEALTH DEPARTMENT

Behavioral Health Division

September 30th, 2021

Behavioral Health Division Overview

The St. Mary's County Health Department, Behavioral Health Division, provides system management for behavioral health services in our community, including:

- Referring residents to local behavioral health resources, such as mental health and substance use treatment and recovery services
- Offering programs to raise awareness and educate the community about mental health, substance misuse, stigma, and other behavioral health topics
- Implementing strategies to prevent and reduce substance use, misuse, and overdoses
- Monitoring and management of local behavioral health programs that are grant funded by the State of Maryland and Federal Government.

The four primary units of the Behavioral Health Division are Prevention & Outreach, Behavioral Health Care Coordination, Opioid Crisis Response, and Harm Reduction.

PREVENTION & OUTREACH SERVICES

This team provides training, outreach, and prevention resources for a variety of behavioral health topics, such as substance use, prescription drug misuse, overdose response, naloxone, Mental Health First Aid, suicide prevention, and prevention of underage and binge drinking.

**For more information visit:
smchd.org/prevention**

Smart Medicine is part of our Opioid Misuse Prevention Program and focuses on the proper use, safe storage, and proper disposal of medications. Presentations and medication take back/collection events are offered through this program.



SMARTMedicine
Only as prescribed.

For more information visit: smchd.org/smartmeds

PREVENTION & OUTREACH SERVICES

Through our Academic Detailing and Buprenorphine efforts, we work with local prescribers to recruit medication assisted treatment providers to combat opioid addiction.



Get On Board The
BUPRENORPHINE BUS
SMAR_xTMedicine

**For more information visit:
smchd.org/buprenorphine**

The Community Alcohol Coalition mobilizes community stakeholders to raise awareness, prevent, and develop policy relating to underage and binge drinking in St. Mary's County.



community alcohol coalition
Decisions Today. Impact Tomorrow.

For more information visit: smchd.org/cac

PREVENTION & OUTREACH SERVICES

The Overdose Response Program is offered in person or virtually to anyone who would like to learn more about opioids, how to recognize an opioid overdose, and how to care for someone who is having an overdose until emergency help arrives. The lifesaving medication naloxone (Narcan[®]) is available at no cost to training participants.

**For more information visit:
smchd.org/overdose**

Suicide prevention, training, and outreach services are available in partnership with the American Foundation for Suicide Prevention.



For more information on programs or to learn how to recognize the signs and symptoms of suicide visit: smchd.org/ruok or afsp.org

CARE COORDINATION SERVICES

The Adult, Child, and Adolescent Care Coordination team provides outreach and referral services for:

- Mental health programs and services.
- Substance use treatment and recovery services.
- Local providers and organizations for ongoing wrap around services and support.

State Care Coordination (SCC) provides coordination of services for individuals with a substance use diagnosis who are actively engaged in either an inpatient or outpatient substance use program. SCC can assist with:

- Supporting individuals who are in need of a transfer from an inpatient program to a lower level of care.
- Linking individuals to recovery houses.
- Connecting individuals to local resources for ongoing recovery support.

CARE COORDINATION SERVICES

Suicide Prevention Care Coordination is available for individuals and families that have been impacted by suicide. Community members in need may self-refer or be referred by partner organizations for:

- Connection to behavioral health and other community services.
- Suicide prevention resources and support networks.

SSI/SSDI Outreach, Access, and Recovery Care Coordination (SOAR) assists individuals with applying for Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) through the Social Security Administration. To qualify as a SOAR applicant the individual must be at least 18 years of age, homeless, and unemployed with a history of documented mental illness and/or substance use diagnoses who is living in Southern Maryland.

Upon referral, the SOAR outreach team will screen the individual to confirm eligibility, complete a non-clinical intake assessment, begin gathering information to apply for benefits, and oversee the application process.

CARE COORDINATION SERVICES

Continuum of Care (CoC) Permanent Supportive Housing is a grant funded, temporary, housing program (formerly known as Shelter Plus Care). The goal of CoC is to reduce homelessness and improve quality of life by providing:

- Supplemental housing assistance
- Wrap around services
- Options to increase income through employment

Openings are available based on annual funding and jurisdictional allowances. CoC uses the By Name List to recruit participants when funding is available and does not maintain a wait list. Once a participant meets certain goals, such as maintaining income they are moved into a permanent housing program and will continue to receive wrap around services.

Homeless Outreach is provided by the Behavioral Health team in coordination with community partners to individuals who have high mental health and/or substance use needs that are struggling with or at risk for homelessness. The team will complete brief screenings to determine the individuals' needs, work with them to connect to desired treatment programs, and follow up regularly to ensure the connections remain intact.

CARE COORDINATION SERVICES

The Residential Rehabilitation Program (RRP) system in St. Mary's is overseen by SMCHD's Behavioral Health Division. This includes managing the waitlist for individuals who identify as county residents that are in need of a higher level of Behavioral Health Housing services. The list is prioritized by individuals who are in treatment at the following locations:

- Maryland State Hospitals
- Detention Centers
- Crisis Stabilization Programs
- Homeless or at risk of homelessness that are unable to live independently or with family due to high behavioral health needs.

The RRP programs provide two levels of care based on the individual's needs including:

- Medication monitoring
- Care management
- Transportation to Behavioral Health treatment programs
- Food preparation
- Grocery shopping assistance

OPIOID CRISIS RESPONSE SERVICES

St. Mary's County partners launched collective action to fight the opioid epidemic in March 2014. Since then, our many public and private partners have been working together to address the growing crisis through:

- Public information campaigns
- Advancing treatment availability
- Drug take-back events
- Naloxone education and distribution
- School and community programming

As of March of 2017, Governor Larry Hogan declared a state of emergency regarding the opioid crisis and committed additional funding over the next five years to improve enforcement, prevention, and treatment services throughout Maryland. The first St. Mary's County Opioid Crisis Response Plan was published that same year. The plan was built around the framework of the four goals set forth by the state and meant to improve coordination between our partners as we expanded our local efforts to address the growing health crisis.

The 2019 Opioid Crisis Response Plan for St. Mary's County builds upon the previous plan, outlining new strategies to address the opioid epidemic in addition to the ongoing and completed work identified in 2017.

OPIOID CRISIS RESPONSE SERVICES

Before It's Too Late is the statewide effort to bring awareness to the rapid escalation of the heroin, opioid, and fentanyl crisis in Maryland. The purpose of the program is to mobilize all available resources for effective prevention, treatment, and recovery – before it's too late. Through this effort, the Opioid Operational Command Center facilitates collaboration between state and local public health, human services, education, and public safety entities to reduce the harmful impacts of opioid addiction on Maryland communities.

PREVENTION • TREATMENT • RECOVERY



Before it's too late.

For more information visit:
beforeitstoolate.maryland.gov

The Law Enforcement Assisted Diversion/Let Everyone Advance with Dignity (LEAD) Program is a harm reduction and public safety program designed to assist people before they enter the criminal justice system. LEAD is a tool for Officers allowing them to intervene and assist individuals with unmet behavioral health needs. LEAD Case Managers and Peer Recovery Specialists work with participants to connect them to a wide range of support services, including substance use disorder treatment.

OPIOID CRISIS RESPONSE SERVICES

St. Mary's Goes Purple is a local substance use awareness and prevention initiative designed to:

- Empower youth and others in our community to embrace a message of making healthy life choices.
- Reduce the stigma surrounding behavioral health by sharing information and raising awareness through local and national campaigns and observances like National Recovery Month.
- Encourage parents to start educated conversations about mental health and substance use with their children.
- Inspire harm reduction thoughts, actions and verbiage regarding mental health and substance use disorders within the community and meeting individuals where they are at in the recovery process.



For more information visit: smchd.org/gopurple

The End-Stigma Campaign is an effort to raise awareness in the community and address biases and inaccuracies surrounding behavioral health conditions. Stigma surrounding addiction and mental health often prevents people from seeking the help they need. Working to reduce and end stigma will lead to a happier, healthier community for all.



For more information visit: smchd.org/stigma

HARM REDUCTION SERVICES

SMCHD's Harm Reduction Program reduces the spread of infectious disease related to injection drug use, increases public safety, decreases stigma impacting people who inject drugs, and connects residents to substance use treatment and recovery support.



What is Harm Reduction?

Harm reduction is a way of preventing disease and promoting health that “meets people where they are” rather than making judgments about where they should be in terms of their personal health and lifestyle. A harm reduction approach accepts that not everyone is ready or able to stop risky or illegal behavior and instead focuses on reducing health risks or harm associated with the behavior in question.

HARM REDUCTION SERVICES

Our team is here to help! We offer a broad range of scientifically proven interventions which advance the health and wellness of individuals and communities, including:

- Distribution of sterile needles and injection equipment
- Tips on safer injection
- Outreach and peer education to reduce risks associated with drug use
- Screenings for HIV and hepatitis C and referral to treatment
- Referrals for testing for other sexually transmitted infections
- Overdose response training and naloxone distribution
- Referral to treatment, recovery and care
- Tips and resources for safer sex, including condoms
- Collection and safe disposal of used syringes

