

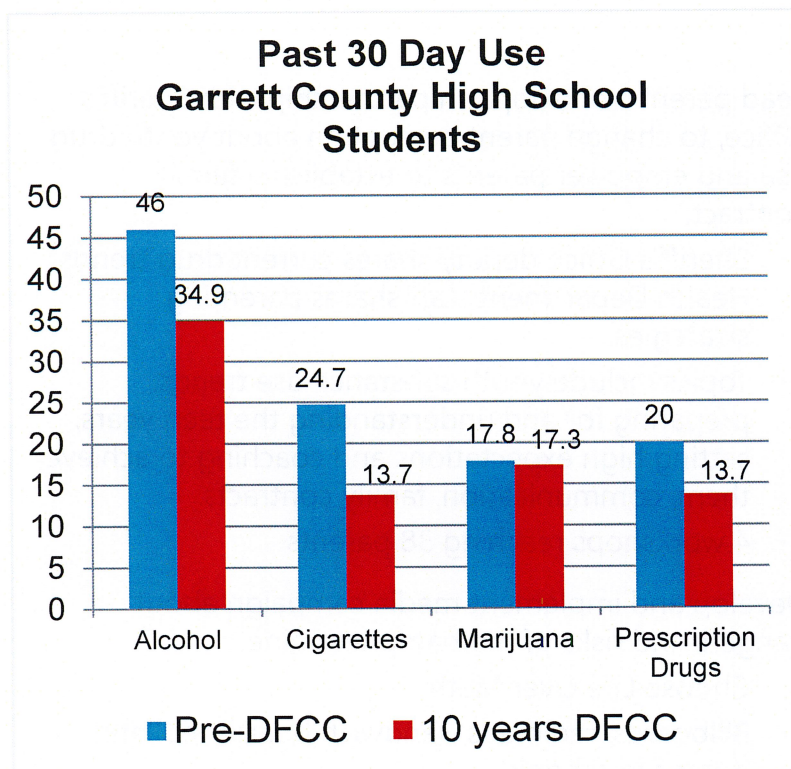


CARA Highlights

Garrett County Progress, Year 1

- Promote peer education about prescription drug misuse and meth use through school-based Youth in Action Teams.
 - 4 Youth in Action Teams – middle schools and high schools
 - Monthly education in schools including school announcements, bulletin boards, drug-free pledges
- Train community members about prescription drug misuse and meth use so that they will extend prevention into venues they serve.
 - Provided training for DFCC, Stand Together Consortium, and members of 5 community groups.
 - Community groups coordinated meth awareness and prescription drug misuse awareness activities.
 - 3 community events reaching 93 adults
 - Presentations for 7th grade at Southern Middle School and 8th grade at Northern Middle School; approx. 220 students
- Lead parent workshops, in partnership with Sheriff's Office, to change parent perception about youth drug use and empower parents to establish a family contract.
 - Sheriff's Office deputy shares current drug trends. Health Department staff shares parenting strategies.
 - Topics include youth substance use trends, preparing for and understanding the teen years, setting high expectations and coaching to achieve them, communication, family contracts.
 - 4 workshops reaching 38 parents
- Develop and implement media campaign about dangers and risks of methamphetamine.
 - Choose Life Over Meth
 - Billboards, radio ads, sandwich boards, bulletin boards in schools
 - Year 1 – awareness; Year 2 – signs & symptoms; Year 3 – treatment & recovery options; Year 4 – community response; Year 5 – anti-stigma

Strategies & Successes of Garrett County Drug-Free Communities Coalition



Drug-Free Communities grant was awarded to Garrett County in 2008. Pre-DFCC data was taken from 2007 MD Adolescent Survey. Most recent data was taken from 2018 MD Youth Risk Behavior Survey. Because prescription drug question changed, that data is from 2016.



Strategies:

- Reduce social availability of alcohol and tobacco to minors.
- Reduce access and increase barriers to illegal use of prescription drugs.
- Reduce access and enhance barriers to pro-marijuana merchandise. Implement health communications campaign to counter pro-marijuana messages.
- Prevent initiation of tobacco use among young people.

Program Successes Leading to Outcomes:

- Facilitated school implementation of Youth in Action Teams at all middle and high schools.
- Placement of 3 permanent drug disposal boxes in the county.
- Prescription drug disposal policy changes with Hospice and funeral homes.
- Increased health care participation in PDMP.
- Expansion of Narcan distribution sites to include State Police, Social Services, Lighthouse, Dove Center, and Garrett Treatment Center.
- Assisted with 3 town ordinances restricting location of marijuana facilities.
- Annual alcohol and tobacco compliance checks achieving at least 85% compliance each year.
- Numerous policy changes as a result of partnership with Liquor Control Board.
- Facilitated formation of wellness committee at Garrett College.
- Assisted 27 organizations with policy change to restrict electronic smoking devices.
- Creation of additional workgroups – Opioid Intervention Team, Stand Together Against Drug Abuse Consortium.
- Recipient of additional federal funding – CARA grant, STOP grant, RCORPS Implementation grant.