

PLUGGED *in*

to Healthy Cabarrus

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Changes in North Carolina

Dear Executive, Advisory, and Coalition Members,

A lot has been going on in Raleigh, so I wanted to send you all some of the top headlines that I have seen from the last few months.

New Contracts Focus on Improved Behavior Health Outcomes

The new contracts with Local Management Care Entities/Managed Care Organizations (LME/MCOs) include performance benchmarks related to care coordination, follow-up care and housing

Governor Cooper Announces \$31 Million Grant to Fight Opioid Epidemic in NC

North Carolina experienced a 73 percent spike in opioid-related deaths between 2005 and 2015. Opioid overdose also claimed the lives of more than 13,000 North Carolinians between 1999 and 2015, and four North Carolina cities rank among the nation's worst for opioid abuse.

Attorney General Josh Stein Announces Ongoing Investigation into the Role of Prescription Painkiller Manufacturers in the Opioid Crisis

Governor Cooper Continues Fight Against Opioid Crisis, Signs STOP Act into Law

The STOP Act, which stands for the Strengthen Opioid Misuse Prevention Act, seeks to help curb epidemic levels of opioid drug addiction and overdose in North Carolina through several key provisions.

State Lawmakers Introduce Legislation to Improve Mental Health System

HB 564 and SB 630 would revise laws pertaining to involuntary commitment in order to improve the delivery of behavioral health services in NC.

House Bill 477: Ambulance Transports of Medicaid Recipients in Behavioral Health Crisis

This legislation would support the work of county paramedics helping to reduce the use of emergency departments and improve access to behavioral health treatment facilities, and it satisfies a key NCACC health and human services legislative goal.

Please feel free to send me any other articles or information on upcoming legislation!

Thanks,

Marcella Beam

Healthy Cabarrus Executive Director



Healthy Cabarrus
Partnerships for Life

Taste Testing: Taking the First Step *Asma Warrich*

Oftentimes, taking the first bite can be the biggest challenge to eating healthy. Preconceived notions that nutritious foods lack flavor prevent many from taking this first step. However, taste testings are emerging as a popular approach to dispelling these assumptions. Cabarrus Health Alliance staff are leading some local efforts to encourage residents to take a bite of something fresh and healthy.

The Cabarrus Healthy Corner Store Initiative, in partnership with Cooking Matters, recently adopted the use of taste testings to spread awareness and knowledge about how to eat healthy on a budget. Cooking Matters is a nationwide initiative that teaches families how to shop and cook on a budget while the Cabarrus Healthy Corner Store Initiative, funded by the Centers for Disease Control and Prevention's Racial and Ethnic Approaches to Community Health (REACH) grant, has worked with local corner stores to increase and make healthier options more accessible, visible, and convenient since 2014.



While taste testing's are often found at larger grocery store chains, the Cabarrus Healthy Corner Store Initiative organized taste testing's at local convenience stores across Cabarrus county. Over 104 community residents, at eight different corner store locations, participated in this effort. Many of the

participating stores are located in areas known as food deserts, where there is limited access to fresh produce and healthy food, making initiatives like these essential.

Corner store customers, local neighborhood residents and commuters were encouraged to approach the taste testing station where samples of either a black-eyed pea and corn salad or a yogurt parfait were distributed. Along with the free sample, customers also received a free Cooking Matters grocery bag, recipe booklet and an overview of the healthy options that could be found inside each store. The Cabarrus Healthy Corner Store Initiative currently works with nine stores across Cabarrus County and hopes to expand within the next few months.

Healthy Cabarrus Substance Use Coalition Update

Cabarrus County Schools received \$93,386.86 from the Cabarrus County Alcohol Board of Control (ABC). The funds will support alcohol and other substance use prevention and intervention across all schools in the district. The goal is to address the needs of all students, ranging from universal prevention to the development of an intervention model for at-risk children, to the program expansion for young people who are in need of immediate substance abuse intervention.

Tasks will include:

- Revise and enhance the Positive Alternatives to Student Suspension (PASS) curriculum
- Implement 2 programs from the National Registry of Evidence Based Programs and Practices (NREPP) list, Seeking Safety for older youth and Life Skills Training (LST) for younger students.
- Social norming campaign
- Community, Parent and Staff Training Opportunities

In addition, a new protocol has been adopted by CHA as a result of the syringe exchange program (SEP) in efforts to streamline ease and efficiency when participants agree to get tested for HIV and Hepatitis C. When participants come to the (SEP), they are encouraged to get a free State provided HIV

and Hepatitis C test. If a participant agrees to get tested, they will be handed a PINK laminated card to bring with them from the SEP to the clinic. This will let registration staff know they were referred by the SEP and what services will be needed discretely. CHA registration and clinical staff have been made aware of the process to follow by their supervisor.

Other updates include:

- A Letter of Intent (LOI) was submitted to the Elton John AIDS Foundation. The funding request of \$75,000 would allow the SEP to expand its capacity, increase participants' access to services and fund a staff person to maintain and grow the program. If invited to submit an application, the due date would be in September and awards will be made October 1st and December 1st.
- The Cabarrus County Sheriff's Office, Cabarrus County EMS and the Healthy Cabarrus Substance Use Coalition will be hosting a Community Conversation: Prescription Opioid and Heroin Use in Our Community on August 3rd at Mt. Pleasant High School. Community members will receive EMS overdose data, common signs and symptoms of opioid impairment and prevention methods available to keep their loved ones safe.

Safe Routes to School in Cabarrus County

In 2014, Cabarrus Health Alliance became the host agency for the Charlotte region's coordinator in the NC Active Routes to School program. The NC-ARTS program is a collaboration between the NC Division of Public Health (NCDPH), the NC Department of Transportation (NCDOT) and local health departments across the state. Using national Safe Routes to School strategies in a regional context, it provides staff and resources dedicated to finding ways to improve both public health outcomes and transportation issues by increasing the number of elementary and middle school students who safely walk, bike and roll to school and at school.

[Click here](#) to read the full article by George Berger, NC-Active Routes to School Region 4 Program Coordinator, and find out what efforts are happening in Cabarrus County to get more kids moving!



Staff Spotlight - Ed Hosack, Chair

Ed Hosack is the Executive Director of Cooperative Christian Ministry (CCM), which operates Emergency Food Assistance programs, Housing programs, and Crisis Financial Assistance programs to serve Cabarrus and southern Rowan counties in North Carolina.

Ed joined CCM in 2005. Since that time, CCM has doubled in size and scope, creating new programs and services to meet the needs of the local community.

Ed serves as Chair of the Healthy Cabarrus Advisory Board, he serves on the CHS-NorthEast Advisory Board and as Co-chair of the Cabarrus County Children WIN initiative. He also serves as the Chair of the Piedmont Regional Committee addressing homelessness in the five county area and Chairs the Cabarrus County Homelessness Task Force.

Ed enjoyed a 22 year career in textiles. He holds a B.S. from Western Carolina University, Certificates in Nonprofit

Management and Nonprofit Leadership from Duke University and Strategic Perspectives for Nonprofit Management from the Harvard Business School's Social Enterprise Initiative.

Ed and his wife Judy have lived in Cabarrus County for 33 years. They are members of Journey United Methodist Church in Kannapolis. They have four married children, and ten grandchildren.

Ed believes that God has orchestrated his career and the events of his life in order to prepare him for the work that He has presently called him to



Calendar of Events

August

- 3 - Community Conversation on Opioid Use 6:00pm (Mt. Pleasant High School)
- 4 - Executive Steering Committee Children WIN
- 11 - Healthy Cabarrus Executive Committee (Cabarrus College of Health Sciences)
- 14 - Cabarrus Substance Use Coalition (Cabarrus Health Alliance)

September

- 14 - Healthy Cabarrus Executive Committee (Cabarrus College of Health Sciences)
- 16 - Safety Palooza (Concord Fire Station #3)
- 23 - MedAssist Event (A.L. Brown High School)
- 27 - Cabarrus Wellness Coalition (Clearwater Arts Studio)