

# PLUGGED *in*

## to Healthy Cabarrus

Vol. 2 Issue 3 May 2018

### Going on Tour... a Public Health Tour

**Dear Executive, Advisory, and Coalition Members,**

These last few weeks have exciting and energizing!

In March, the State of the County Health (SOTCH) report was written and submitted, but the value of the report should not be placed solely on its requirement by the state of North Carolina. *A bit of background.* The SOTCH is due in the off years of the Community Needs Assessment (CNA), which was submitted in 2016. The document includes data and narrative examples of progress to date regarding Cabarrus County's identified priority needs: substance use, mental health and childhood obesity.

In an effort to better engage our local elected leaders, the report and some of the key finds has been presented at all city and town council meetings, as well as the Cabarrus County Commissioners meeting. That ladies and gentleman, is a *Public Health Information Tour*, exciting right? In all seriousness, engaging our local leaders, only helps our causes. As the coalitions continue to discuss and identify new, necessary strategies, we need the support of these leaders. Keeping them educated and informed will allow for more collaboration and advocacy moving forward.

If you have not had a chance to view the SOTCH please visit [www.healthycabarrus.org/data](http://www.healthycabarrus.org/data) and click State of the County Health Reports.

Thanks,

*Marcella Beam*

Healthy Cabarrus Executive Director

Healthy Cabarrus  
*Partnerships for Life*



### Calendar of Events

#### May

- 21—Substance Use Coalition Meeting
- 23—Cabarrus Wellness Coalition Meeting

#### June

- 14 & 15—Mental Health First Aid Training (Youth) Cabarrus Health Alliance
- 14—Healthy Cabarrus Executive Committee
- 20—Mental Health Advisory Board Meeting

# Healthy Cabarrus Substance Use Coalition Update

**Naloxone Distribution:** Prevention day at McLeod Addictive Disease Center was held on March 28th. Along with distribution through the Syringe Exchange Program, 283 Naloxone kits were handed out, 31 overdose reversals were reported, and 99 client interactions were completed in March and April. The syringe exchange program received a shipment of 287 free kits of nasal Narcan spray through a funding spend down at the state level. These are being distributed along with the free intramuscular injection kits we receive from the North Carolina Harm Reduction Coalition.

**Syringe Exchange:** Approximately 1910 syringes were returned in March and 677 in April. In the last two months 25 new clients signed up for the program, for a total of 61 enrolled since opening. The SEP also applied for \$100,000.00 worth of funding from the Aetna Foundation and \$150,000.00 worth of funding from the NC DHHS Opioid Action Plan Implementation Initiative. Notifications for these grants will be in June. If awarded, the SEP will hire a Certified Peer Support Specialist and implement the following strategies to expand programming: (1) Incorporating education about NC syringe access and opioid laws into CIT training for law enforcement; (2) Working with Wingate University School of Pharmacy to provide point-of-care health screenings and skill building to SEP participants; (3) Identifying, recruiting, and training program participants to conduct street outreach and peer exchange; (4) Seek partnership opportunities to house a satellite or drop-in

SEP location(s)– closer to crisis assistance and wraparound services; and (5) Research and implement effective models for overdose follow up and work with key partners to appropriately identify and reach these individuals.

**CHA and Atrium Health (CHS NorthEast) Prescriber Training:** On Wednesday, May 9th 5:30pm - 8:30pm at Hotel Concord, the NorthEast Foundation and Cabarrus Health Alliance co-sponsored *Opioids: A Crisis in Cabarrus County – Opioid Prescriber Training*. Approximately 50 physicians, pharmacists, and allied health professionals received training on the local effects of the opioid crisis, community response, and available resources to which clients can be referred. Dr. Wyatt of Atrium Health covered the history of the opioid crisis, opioid risk-management strategies, non-opioid approaches for treating pain, and utilization of assessment and monitoring tools like the CSRS; Captain Justin Brines of Cabarrus County EMS shared local data trends, effects on the county in terms of lives affected, cost and personnel, and how EMS and law enforcement have adapted strategies to tackle the current crisis; Rebecca True of Daymark Recovery Services highlighted treatment options available for patients; and Whitney Schwalm of Cabarrus Health Alliance presented on efforts of the Cabarrus County Substance Use Coalition, as well as harm reduction and syringe exchange programs.

## 5210 School Assessment



In 2016, the Centers for Disease Control and Prevention announced that 1 in 5 school age children and young people (6-19yrs) in the U.S. has obesity. That same year Cabarrus County conducted its quadrennial community needs assessment where obesity was named one of the top three issues in the county. Atrium Health, Carolinas HealthCare System, purchased a childhood obesity prevention program from the state of Maine and had it rebranded and localized to our region. "Healthy Together 5-2-1-0" seeks to reduce and prevent obesity throughout the Piedmont region by encouraging participating sites (schools, out-of-school centers, daycares, worksites, etc.) to implement systems-level and environmental changes regarding the use of foods, beverages, physical activity, screen time, and other evidence-based health foci.

In order to identify the first three schools to pilot 5-2-1-0 during the 2018-2019 school year, which the selection process is still in progress, Cabarrus Health Alliance's Kelsey Heller conducted the county's first-ever district-wide school health and wellness inventory between the months of November 2017 and January 2018. The inventory assessment sought to identify the existing health and wellness initiatives, policies, and practices within our local schools. All 35 public elementary and middle schools in the county were contacted and 23 sites participated, 16 elementary schools and 7 middle schools. After the data was presented at the April Advisory Board meeting, Dr. Kelly Propst included the assessment questions within the end-of-year teacher survey for Cabarrus County Schools.

## Cabarrus Wellness Coalition

After presenting at the May Executive Steering Committee meeting, each of the Cabarrus Wellness Coalition work groups have received approval to continue working towards achieving their interventions.

The School Age Work Group requested funds for substitute teachers in order to attend the School Garden Professional Development Training in the Fall 2018 and Spring 2019. As a continuation of REACH efforts and the collaboration with Plants for Human Health, both school districts are leading the way with their school gardens and these trainings provide a time to collaborate, learn new topics and develop additional lesson plans. Plants for Human Health will lead these trainings.



The Early Childhood Work Group has completed the Places to Play and Grow Map. There is no need for funding at this time, thanks to the Cabarrus Visitor's Bureau as they will take ownership of printing and housing the map. Members of the group are currently exploring the cost to have this map be interactive online. As for next steps with this work group, they are working to identify the link between current programming with dental services to emphasize the 'O' in sugary sweetened beverages.

The Clinical Work Group has had tremendous success with the water bottles in the pediatrician offices. Each office has had powerful stories to tell in regards to the conversation around 'O' sugary beverages while distributing the bottles. At this time, they are considering how best to streamline the process for ordering and are finalizing the Water Bottle Policy within both school districts, as well as gaining feedback about installation of the water bottle filler stations in each school.

The Community Design Work Group has decided to split into two groups: Community Wellness and Community Policy. This is to better accommodate the representation we have within this work group, as well as to utilize all of the talents at the table. The Community Policy Work Group will continue to work towards the design and nutrition/physical activity policy aspects, while the Community Wellness Work Group is comprised with more direct service programming.

Lastly, the Community Wellness and the School Age Work Groups both requested funds to support summer camp scholarships. The work groups will coordinate with Big Brothers Big Sisters and the Boys and Girls Club to identify a number of different children to attend selected weeks of summer camp at the following locations: Cabarrus Health Alliance, Active Living and Parks, Kannapolis Parks and Recreation, and Agripreneur Academy Kids at Rowan Cabarrus Community College, allowing children to be healthfully engaged this summer.

## Staff Spotlight - Brent Rockett, Cannon YMCA Director of Operations

Brent Rockett has served on the Healthy Cabarrus Advisory Board since 2013 and joined the Executive Committee in 2017. Brent works for the Cannon Memorial YMCA in their corporate office in the role of Senior Director of Operations. He has worked for the YMCA for 14 years. Brent is also an active Rotarian and serves on the Cabarrus County Planning and Zoning Board.

Brent was born and raised in Hickory, NC and attended Appalachian State University where he received a BS in Health Promotion. He currently lives in Kannapolis with his wife, Barbara, and their eight year old son, Liam. When not working, Brent enjoys spending time with family, engaging in church activities at Grace Covenant Church, and is an avid sports enthusiast.

