

# PLUGGED *in*

## to Healthy Cabarrus

Vol. 1 Issue 4 Sept. 2017

### Absence Makes the Heart Grow Fonder...

#### Dear Executive, Advisory, and Coalition Members,

At this point, that statement could not be any more true. I have not seen some of you since April, so the Advisory Board Meeting this month is much overdue. With that said you will be excited to hear that the coalitions have made a lot of progress on addressing our top priorities: substance use, mental health and childhood obesity.

I don't think a week goes by that the opioid crisis in our nation, state, and county is not highlighted in most headlines. For the past two months, Cabarrus County has had the highest rate of opioid related emergency department admissions in the state. Which makes me very pleased to announce that Cabarrus Health Alliance received the Drug Free Communities (DFC) grant which will allow our Healthy Cabarrus Substance Use Coalition to involve and engage the local community to prevent substance use among youth. DFC is a 5-year grant, for \$125,000 a year. Read more about the coalitions efforts and a partnership between local pharmacies hosting a joint Medication Take-Back Event on page 2.

Cabarrus County's Mental Health Task Force, convened by County Manager Mike Downs, has been hard at work. After the Commissioner's Cabarrus Summit in late July, dates were identified for local elected officials and government leaders to participate in a Mental Health First Aid Training. The registration as been opened up for partners to participate, so if you are interested in attending the training please contact Jodi Ramirez at [jaramirez@cabarruscounty.us](mailto:jaramirez@cabarruscounty.us).

Cabarrus Health Alliance staff, along with support from Cabarrus Wellness Coalition and Children WIN, will be working with four additional school garden sites this coming school year. Teachers will receive training, supplies and professional development to implement the garden into their classroom curriculum. Carolinas HealthCare System has also partnered with three local schools to work towards being 5210 designated. To learn more about 5210 visit: [www.carolinashealthcare.org/healthytogether](http://www.carolinashealthcare.org/healthytogether).

Again, I cannot wait to see you all in a couple weeks and hope to have more exciting news and updates then!

Thanks,

*Marcella Beam*

Healthy Cabarrus Executive Director



Healthy Cabarrus  
*Partnerships for Life*

# Healthy Cabarrus Substance Use Coalition Update

## CommUNITY Conversation

The Cabarrus County Sheriff's Office hosted an Opioid CommUNITY Conversation at Mt. Pleasant High School on August 3 and at Hickory Ridge High School on September 26th in partnership with Cabarrus County EMS and Healthy Cabarrus. Both events had approximately 100 attendees that included Mayor Eudy, Commissioner Poole, Chief Gacek and many others who are concerned about the opioid epidemic in Cabarrus County. The event was kicked off by Sheriff Riley and including presentations from Captain Justin Brines, who shared recent EMS overdose data and Sergeant Klingsmith who provided education on opioids and the effects on the brain. Sherie Neely and Nick Newman shared personal stories about how opioid addiction effected their lives and the event concluded with a call to action:

- Monitor medication regularly
- Never share medications
- Store medication securely
- Dispose of medications properly
- Educate youth on the risks of taking medications in a way other than prescribed

Both events were very well received by the community. Concord Police Department will host CommUNITY Conversations on October 24 at Concord High School and November 14 at Jay M Robinson. All events being at 6pm.

## Opioid Leadership Forum

On September 7<sup>th</sup> the Opioid Leadership Forum was successfully executed with approximately 60 elected officials in attendance. The purpose of the County Leadership Forum on Opioid Abuse was to engage local elected leaders in an informed discussion about the opioid epidemic, and develop collaborative strategies that enhance prevention, education, and treatment. Speakers for the evening included:

- Steve Morris-Cabarrus County Commissioners Chairman
- Dr. William Pilkington- Health Director and CHA CEO
- Delton Russel-Cardinal Innovation Community Relations Specialist
- Chief Alan Thompson-Director of EMS
- Ben Rose and Cheryl Harris- Department of Human Services
- David Whisnant- WBTV reporter
- Chief Woody Chavis- Kannapolis Police Department
- Kristin Klingsmith-Healthy Cabarrus
- Chief Gary Gacek-Concord Police Department
- Dr. Philip Nofal- Daymark Recovery Services Medical Director
- Sheriff Brad Riley-Cabarrus County Sheriff's Office
- Marcella Beam-Healthy Cabarrus

## National DEA Take-Back Day

National DEA Take-Back Day will be held on October 28<sup>th</sup>. Cannon pharmacy and Harrisburg Hometown Pharmacy have taken the lead on gaining participation from independently owned pharmacies to participate. Participating pharmacies will individually hold a medication take-back on this date from 10-2 and Healthy Cabarrus and Center for Prevention services will provide safe storage and disposal information and medication lock boxes. This event is still in the planning process but to date the following pharmacies will be participating:

- Harrisburg Hometown Pharmacy
- Moose Pharmacy
- Cannon Pharmacy- Concord and Kannapolis

Additionally the syringe exchange program has seen a recent increase in participants. As of September 11<sup>th</sup>, thirteen participants are signed up for the syringe exchange program. We are grateful for Daymark and McLeod for providing information about the program to current IV drug users.



## NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY

SATURDAY, OCTOBER 28, 2017 • 10AM - 12PM

### PARTICIPATING LOCATIONS:

Moose Drug Company - 8374 Franklin St. W., Mt. Pleasant	704-436-9613
Moose Professional Pharmacy - 270 Copperfield Blvd., NE, #101, Concord	704-784-9613
Harrisburg's Hometown Pharmacy - 5006 Hwy. 49 S., Harrisburg	704-454-7948
Cannon Pharmacy - 760 Cabarrus Ave. W., Concord	704-788-6337
Cannon Pharmacy - 1706 S. Cannon Blvd., Kannapolis	704-933-6337
Concord Pharmacy and Surgical Supply - 3497 US 601 S., Concord	704-918-4419
Medicap Pharmacy - 361 George W. Liles Pkwy., Concord	704-789-9681



Medication drop boxes are available 24-hours per day at the following locations:

Kannapolis Police Department-401 Laureate Way • Kannapolis  
Cabarrus County Sheriff-30 Corban Avenue SE • Concord  
Concord Police Department-41 Cabarrus Avenue W • Concord



MEDICARE OPEN ENROLLMENT OCT. 15 - DEC. 7

## Cabarrus Wellness Coalition

While the summer months seem to be slow, it was quite the opposite for the Cabarrus Wellness Coalition! A few highlights include wonderful funding announcements that will further our work towards reducing childhood obesity and connecting our communities.

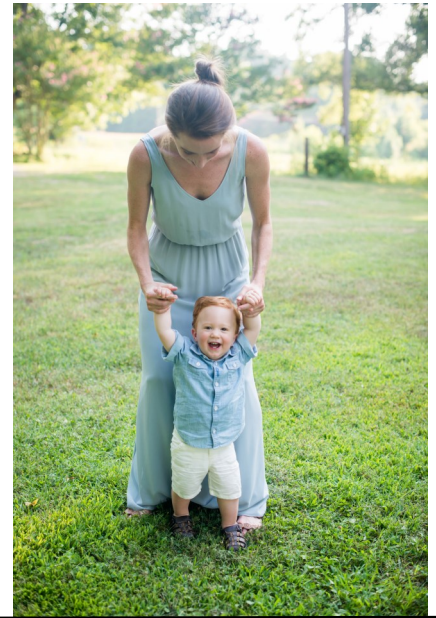
The Early Childhood Work Group, in partnership with the Cabarrus Partnership for Children, had applied for funding to complete their 'Play and Grow Map' through the Dunford Fund. This map is instrumental in connecting our community members to child-friendly opportunities to establish healthy lifestyle habits for life. We are very excited to announce that they were awarded \$1,500, which will allow the Work Group to consult a local graphic designer to design this map. Funds for printing and distribution will be discussed after the map design has been finalized.

The School Age Work Group members presented school gardens to Dole at the NC Research Campus. With NC State's Plants for Human Health working alongside Cabarrus Health Alliance in building, educating, and promoting the gardens, it was an easy transition to bring the conversation to involve another campus partner. Dole will be graciously donating \$15,000 to school gardens. While the Cabarrus Health Alliance will aid in the professional development of the school gardens, Dole will be providing enough money to build out three more gardens providing this opportunity for even more children to get involved at different schools. In addition, Earth Fare and Daddy Pete's, a local soil company, in combination donated \$3,000, allowing Odell Primary the opportunity to also establish a garden as well.



## Staff Spotlight - Meghan Charpentier, Co-Facilitator Cabarrus Wellness Coalition

Meghan Charpentier has worked at the Cabarrus Health Alliance since December 2013. She has worked on several grants such as the Southeastern Diabetes Initiative and REACH, until recently landing the multi-faceted position of the NC Research Campus Liaison, Business Development and Employee Wellness Coordinator, Healthy PALS Faithful Kitchens Coordinator and co-facilitating the Cabarrus Wellness Coalition. A Pittsburgh-native, Meghan attended Tufts University in Boston for her MS in Nutrition Sciences and MPH in Nutrition Communications before moving to Davidson, North Carolina. When not at work, you can usually find Meghan chasing after her 16-month red-headed boy Noah, running on the greenway, or testing out nutritious meals in the kitchen.



## Calendar of Events

### October

- 12 - Healthy Cabarrus Executive Committee (Cabarrus College of Health Sciences)
- 16 - Cabarrus Substance Use Coalition (Cabarrus Health Alliance)
- 19 - Healthy Cabarrus Advisory Board 12:30pm (Cabarrus Health Alliance)
- 24 - CommUnity Conversation 6pm-7:30pm, Concord High School
- 25 - CabWellCo Meeting (NEW LOCATION-First Presbyterian Church 75 Church St., Concord)