



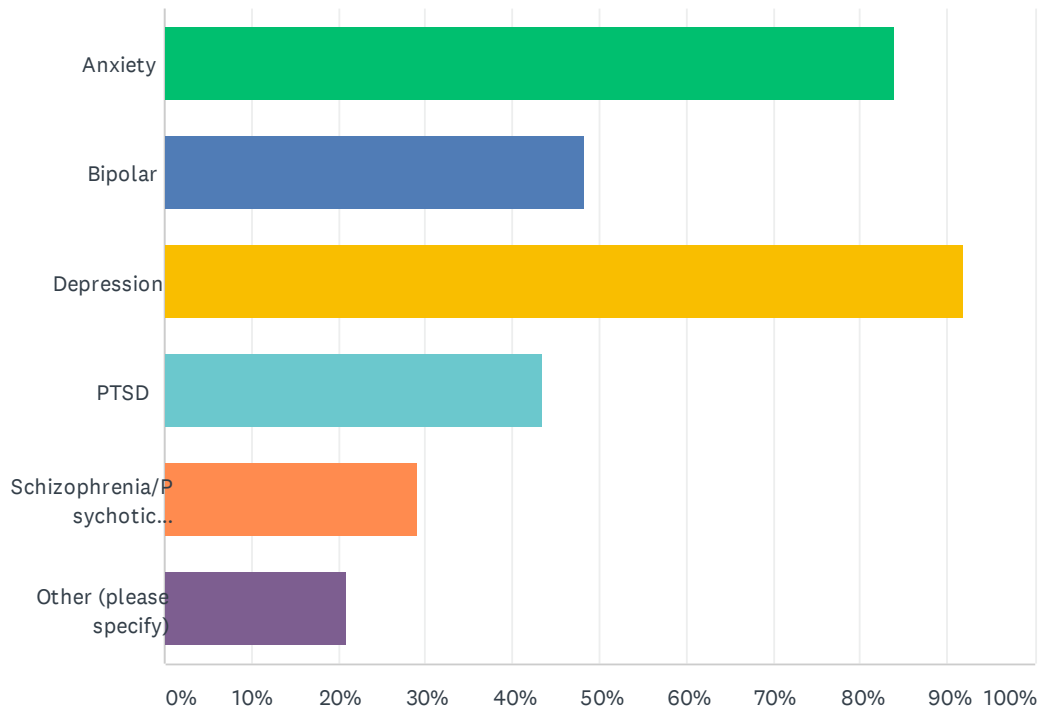
GARRETT COUNTY

Behavioral

HEALTH ASSESSMENT

Q1 In your opinion, what are some of the significant mental health issues in Garrett County? (Check all that apply.)

Answered: 62 Skipped: 2



| ANSWER CHOICES | RESPONSES | |
|-----------------------------------|-----------|----|
| Anxiety | 83.87% | 52 |
| Bipolar | 48.39% | 30 |
| Depression | 91.94% | 57 |
| PTSD | 43.55% | 27 |
| Schizophrenia/Psychotic Disorders | 29.03% | 18 |
| Other (please specify) | 20.97% | 13 |
| Total Respondents: 62 | | |

Garrett County Behavioral Health Survey

| # | OTHER (PLEASE SPECIFY) | DATE |
|----|---|--------------------|
| 1 | TBI and drug misuse | 1/8/2019 11:55 AM |
| 2 | substance abuse | 1/8/2019 8:13 AM |
| 3 | Substance abuse | 1/7/2019 11:29 AM |
| 4 | don't know | 1/5/2019 10:10 AM |
| 5 | Drug Addiction | 1/5/2019 9:04 AM |
| 6 | emotional issues following drug addiction as a baby | 1/4/2019 2:13 PM |
| 7 | co - occurring mental health and substance abuse/addiction | 1/4/2019 1:46 PM |
| 8 | Hoarding | 1/4/2019 12:05 PM |
| 9 | addiction | 1/4/2019 12:02 PM |
| 10 | Addiction! | 1/4/2019 10:31 AM |
| 11 | Stigma | 1/4/2019 10:28 AM |
| 12 | Co-occurring Disorders | 1/4/2019 10:22 AM |
| 13 | Services for victims of domestic violence as well for those who are violent | 12/27/2018 7:51 PM |

Q2 In your opinion, what needs to be done to address mental health issues in Garrett County?

Answered: 57 Skipped: 7

Garrett County Behavioral Health Survey

| # | RESPONSES | DATE |
|----|---|--------------------|
| 1 | We need help in identifying individuals affected. | 1/22/2019 5:10 PM |
| 2 | Psychiatrists, more counselors and providers. | 1/21/2019 11:29 AM |
| 3 | Addressing the stigma | 1/11/2019 8:54 AM |
| 4 | Additional support groups and more frequent counseling might help. Wellness checks, phone calls or texts on a daily bases to motivate and support the most troubled clients might help clients stick to their recovery plan. This may seem like enabling, but modeling and frequent encouragement might increase the number of good days. | 1/9/2019 9:02 AM |
| 5 | Provide patient beds for those who cycle in and out of GRMC, (typically bipolar) | 1/8/2019 5:16 PM |
| 6 | I believe we need more providers; therapists, psychologists & psychiatrists. Access to psychiatric services (particularly for children) is extremely difficult to locate & transportation is often a challenge for families. | 1/8/2019 1:30 PM |
| 7 | We need more options and certainly more providers. Providers should not be so overburdened with patients that their own health suffers. | 1/8/2019 11:55 AM |
| 8 | Better quality out-patient counseling- not sitting in church basements in groups | 1/8/2019 8:13 AM |
| 9 | More opportunity for younger people | 1/8/2019 7:31 AM |
| 10 | More private psychiatrists as well as additional access to low- or no-cost professionals. Plus, destigmatization through education. | 1/7/2019 6:45 PM |
| 11 | Get rid of the stigma and help people see that these issues are not abnormal. | 1/7/2019 12:49 PM |
| 12 | ? | 1/7/2019 12:38 PM |
| 13 | Reduce stigma for treatment | 1/7/2019 11:29 AM |
| 14 | Increase awareness and overcome stigma. | 1/7/2019 9:30 AM |
| 15 | Offer supplemental treatment options---provide training to providers in these supplemental options such as mindfulness, mind/body connections, nutrition, yoga, etc. | 1/7/2019 8:54 AM |
| 16 | Currently the need for additional staff, especially LCSW-C's. Additional psychiatric time to support current demand-flexibility of current staffing. | 1/7/2019 4:54 AM |
| 17 | The therapist needs to actually meet with the kids and spend more then just 5 or 10 minutes with them. They put all the time down as if they spent it with them but I know for a fact there not | 1/5/2019 4:38 PM |
| 18 | Address the homeless population. Improved access to child psychiatry. | 1/5/2019 12:44 PM |
| 19 | don't know | 1/5/2019 10:10 AM |
| 20 | Education on how one can take steps towards overcoming | 1/5/2019 9:25 AM |
| 21 | More education directed at elementary school ages to help possibly prevent younger ages experimenting with drugs. More mentor programs for early ages so that good role models take effect earlier in their lives. Outreach to the homes more so that parents have a road to help if they are ready to receive it. Also, helping to lessen the stigma of going to the local health department or any facility that offers help so that those that need it are more apt to take the hand that reaches out to them. | 1/5/2019 9:04 AM |
| 22 | Early intervention. Education in our schools to reduce the stigma of seeking help. Continued education that stresses the effects of recreational drug use on individuals and their future children . | 1/4/2019 11:28 PM |
| 23 | I found this while knocking on doors, campaigning for and with Judy Carbone last summer and fall. Civility is an issue. People said they felt disrespected and disconnected for their differences of opinion. | 1/4/2019 7:59 PM |
| 24 | More services to facilitate family support | 1/4/2019 6:10 PM |
| 25 | More training for teachers | 1/4/2019 4:20 PM |

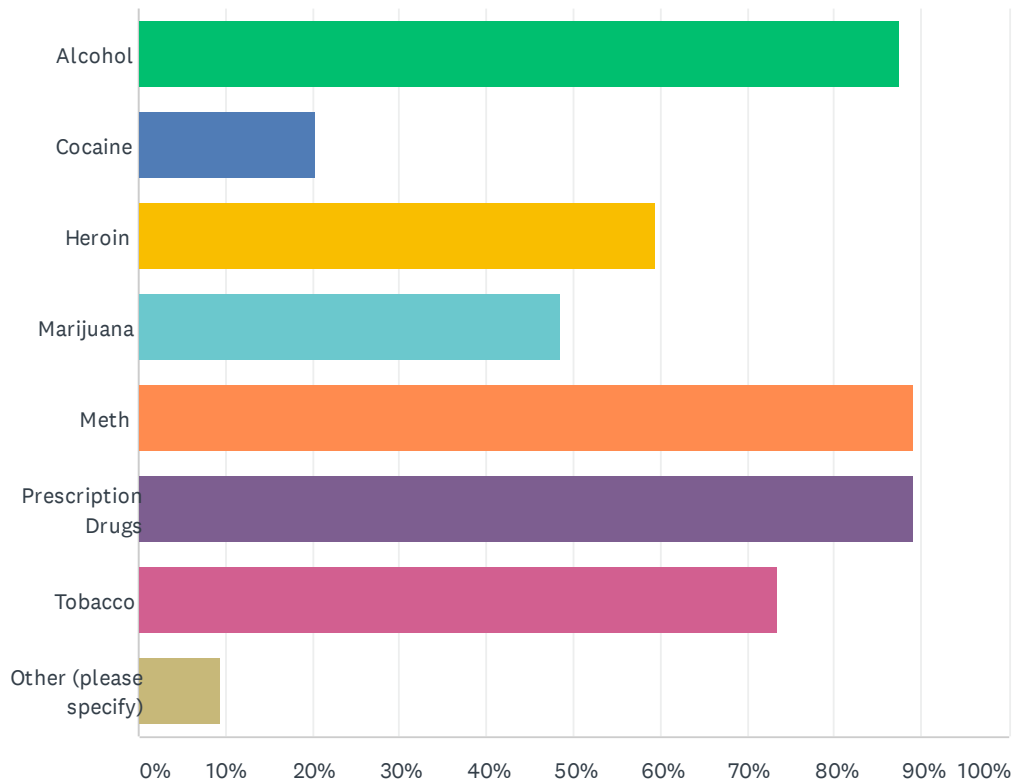
Garrett County Behavioral Health Survey

| | | |
|----|--|-------------------|
| 26 | Job growth and skills development. It seems a lot of depression & anxiety is linked to personal financial stress and lack of opportunities. | 1/4/2019 3:45 PM |
| 27 | Inpatient psych beds in county and certainly more instate | 1/4/2019 3:10 PM |
| 28 | Psychological Professionals need to be hired to work in our community - not just counselors | 1/4/2019 2:13 PM |
| 29 | Provide a resource that list (similar to the pamphlet for food pantries) of all mental health providers, list hours of operation, special services, contact information... | 1/4/2019 1:46 PM |
| 30 | Community education and working as a team with care providers | 1/4/2019 1:12 PM |
| 31 | More access to treatment | 1/4/2019 12:25 PM |
| 32 | Have more resources for people with low income to access. | 1/4/2019 12:05 PM |
| 33 | improve collaboration between providers | 1/4/2019 12:02 PM |
| 34 | There are not many services offered in the county. The lack of the ability to see a psychiatrist in a timely manor. Physician and psychiatrist working together. The services is not friendly, you get a answering machine and when you do get someone they are rude. | 1/4/2019 11:38 AM |
| 35 | Early child and family nurse visitation programs need to be fully funded and supported. | 1/4/2019 10:57 AM |
| 36 | More trained professionals and services to help those in need. | 1/4/2019 10:36 AM |
| 37 | Find a way to diminish the stigma that Mental Health Issues are embarassing. It seems to me that most people at some point in their lives have a mental health issue. However, Mental Health seems to have a stigma not only in Garrett County but the County that if you need Mental Health Help you are a bit of a freak | 1/4/2019 10:33 AM |
| 38 | I don't know | 1/4/2019 10:32 AM |
| 39 | More resources | 1/4/2019 10:31 AM |
| 40 | More awareness, more education | 1/4/2019 10:30 AM |
| 41 | Reduce stigma and support people before issues appear. Much more needs to be done for suicide awareness, supporting LGBT youth, and domestic violence. | 1/4/2019 10:28 AM |
| 42 | Help these people! I don't know what that is...but maybe support groups, mentors, etc. | 1/4/2019 10:23 AM |
| 43 | Free counseling at satellite locations throughout the county. The college specifically. | 1/4/2019 10:23 AM |
| 44 | Increased access to care. Co-occurring treatment. | 1/4/2019 10:22 AM |
| 45 | more counselors | 1/4/2019 10:21 AM |
| 46 | Continue to let people know about the success of cognitive behavioral techniques as opposed to taking pills all the time. | 1/4/2019 10:21 AM |
| 47 | Encouraging more physical activity/less isolation during winter months. | 1/4/2019 10:21 AM |
| 48 | More education to the public not affected. | 1/4/2019 10:19 AM |
| 49 | Continue to focus on the macro-level contributing factors such as employment, housing, transportation, family management. | 1/4/2019 10:16 AM |
| 50 | More providers | 1/4/2019 10:15 AM |
| 51 | More doctor/patient interaction and follow up | 1/4/2019 10:12 AM |
| 52 | Have more therapist available so patients do not have to wait so long to get an appointment. | 1/4/2019 8:06 AM |
| 53 | More education in the schools. The schools need to readdress their discipline policies for troubled students. | 1/3/2019 1:58 PM |
| 54 | More places to get help | 1/3/2019 11:18 AM |
| 55 | Additional resources to help support these groups of people and more publicity on what is available | 1/3/2019 8:19 AM |
| 56 | More support for those not in clinical treatment. Less traditional pathways to find help. | 1/3/2019 8:01 AM |

Have a system of mental health providers who have the capacity to serve a variety of individuals on a 24 hour, 7 days a week timeline.

Q3 In your opinion, what are some of the significant addiction issues in Garrett County? (Check all that apply.)

Answered: 64 Skipped: 0



| ANSWER CHOICES | RESPONSES | |
|------------------------|-----------|----|
| Alcohol | 87.50% | 56 |
| Cocaine | 20.31% | 13 |
| Heroin | 59.38% | 38 |
| Marijuana | 48.44% | 31 |
| Meth | 89.06% | 57 |
| Prescription Drugs | 89.06% | 57 |
| Tobacco | 73.44% | 47 |
| Other (please specify) | 9.38% | 6 |
| Total Respondents: 64 | | |

Garrett County Behavioral Health Survey

| # | OTHER (PLEASE SPECIFY) | DATE |
|---|---|-------------------|
| 1 | Im not really sure what the most frequent abused drug is in Garrett County. | 1/9/2019 9:02 AM |
| 2 | I think vaping | 1/8/2019 5:16 PM |
| 3 | Addiction to poor health choices: food, lack of exercise, not seeing health care providers regularly, using the ER for primary care | 1/8/2019 11:55 AM |
| 4 | Vaping | 1/5/2019 9:25 AM |
| 5 | Opioids,Benzos, ADHD Meds , chewless tobacco, ETOH abuse | 1/4/2019 3:10 PM |
| 6 | e-cigarette/vaping | 1/4/2019 1:46 PM |

Q4 In your opinion, what needs to be done to address addiction issues in Garrett County?

Answered: 59 Skipped: 5

Garrett County Behavioral Health Survey

| # | RESPONSES | DATE |
|----|--|--------------------|
| 1 | Programs exist to help addicts in Garrett County. We need to identify and filter addicts to the available programs. | 1/22/2019 5:10 PM |
| 2 | Education, crisis management, detox, Vivitrol, providers, providers, providers. | 1/21/2019 11:29 AM |
| 3 | Inpatient treatment GC has many outpatient treatment options More prevention | 1/11/2019 8:54 AM |
| 4 | this is a tough one because of the physical addiction component. I know that the client needs to want to change, but more frequent checks and encouragement on how the client is doing on each particular day might help. Young clients are technologically savvy so how can that be used to increase contact and support? | 1/9/2019 9:02 AM |
| 5 | Earlier intervention, in families,schools, churches, as drug and alcohol addictions ar becoming intergenerational | 1/8/2019 5:16 PM |
| 6 | More service providers, client-centered services, trauma-informed clinicians. | 1/8/2019 1:30 PM |
| 7 | Addiction is more than just a mental health issue. All areas of health and well-being must be addressed: physical, mental, social, intellectual, emotional, spiritual | 1/8/2019 11:55 AM |
| 8 | see answer #2 | 1/8/2019 8:13 AM |
| 9 | Harsher punishments and sentences for people caught with drugs etc | 1/8/2019 7:31 AM |
| 10 | Treatment facilities, education and understanding. | 1/7/2019 6:45 PM |
| 11 | Continue to have classes but include physicians and other medical professionals who prescribe to address this issue. | 1/7/2019 5:13 PM |
| 12 | More outreach from the health department and hospital. I see a lot on facebook, but not much around town. | 1/7/2019 12:49 PM |
| 13 | ? | 1/7/2019 12:38 PM |
| 14 | Reduce stigma for accessing treatment | 1/7/2019 11:29 AM |
| 15 | Affordable low cost counseling. | 1/7/2019 9:30 AM |
| 16 | Holistic approaches to treatment---seek training and certifications in supplemental treatments for providers in order to serve clients with more proactive approaches to treatment. | 1/7/2019 8:54 AM |
| 17 | Less leniency in sentencing especially repeat offenders. Changes to the current assistance program to make offenders of SRD more responsible for their medical needs-pay out of pocket instead of tax payers supporting their habits. | 1/7/2019 4:54 AM |
| 18 | More education | 1/5/2019 4:38 PM |
| 19 | Better access to recovery housing. MAT services in the detention center. Better availability of jobs for persons in recovery. | 1/5/2019 12:44 PM |
| 20 | Smokeless tobacco needs more attention | 1/5/2019 10:10 AM |
| 21 | Educate youth/ videos in meetings showing how the human brain is affected | 1/5/2019 9:25 AM |
| 22 | More programs where RECOVERED addicts can speak directly to the youth. It's possibly a more effective education tool if they hear the true story from someone who has been through it and survived to have a better life. Also, to hear what other family members have been through. Possibly "town hall" style series from recovered addicts. | 1/5/2019 9:04 AM |
| 23 | Additional funding for our health department so their work can continue and expand. | 1/4/2019 11:28 PM |
| 24 | Please continue your important outreach, to effectively inform and treat Garrett Countians. Thank you. | 1/4/2019 7:59 PM |
| 25 | More services to support family recovery | 1/4/2019 6:10 PM |
| 26 | half way house when inmates are released from the jail. Affordable recovery/rehab | 1/4/2019 4:20 PM |
| 27 | I'm not certain. | 1/4/2019 3:45 PM |
| 28 | We must have an inpatient detox unit. There has to be a smooth transition from the time the | 1/4/2019 3:10 PM |

Garrett County Behavioral Health Survey

pt. finally admits to needing help to detoxing to then going to at least 30 day rehab then intensive OP. If you send them home to get clean before rehab with a script for detox meds I do not think , and I have detoxed a family member at home many times, you will not get them in rehab. Their mind has to be clear before they can absorb what they need from rehab. Many times they are on multiple substances. The statement that "they are not serious about rehab if they are not clean when they arrive" is ridiculous. They are physically hurting, have extreme anxiety, depression, insomnia. Keep them once you get them, follow through and maybe we wont be burying so many people.

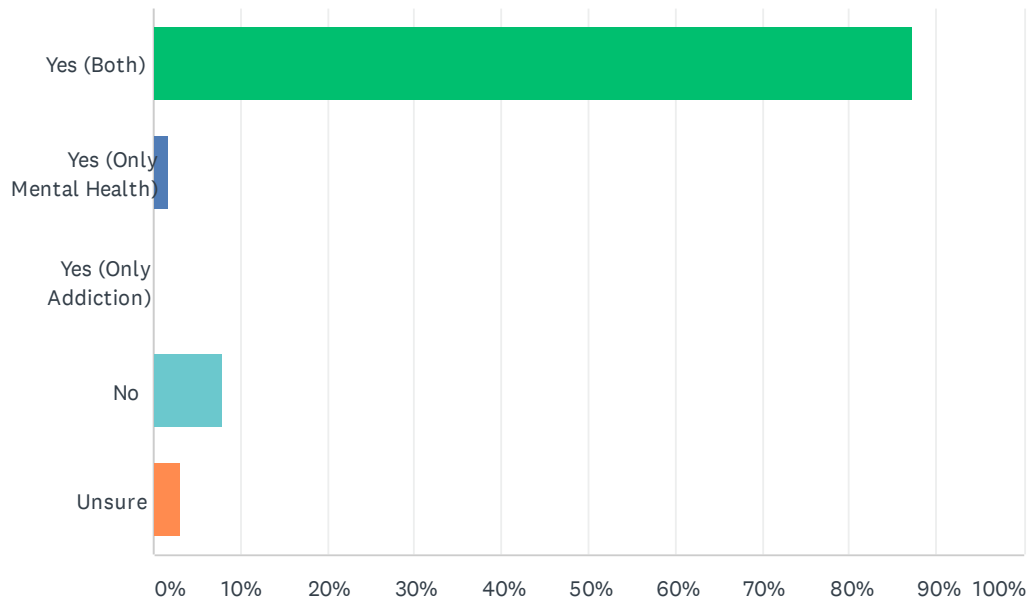
| | | |
|----|--|-------------------|
| 29 | More clinics - not just methadone and other drug | 1/4/2019 2:13 PM |
| 30 | Access to more inpatient treatment locally and sober living sites. A list of inpatient and outpatient treatment options locally and ones that are frequently used by Garrett County residents. More information on the steps to help someone who is seeking treatment. Information on how to support someone in recovery/treatment. | 1/4/2019 1:46 PM |
| 31 | Education is key, continuing to work toward decreasing stigma, continuing community town meetings to educate the community members, 1 person with increased knowledge of the disease, spreads to others! | 1/4/2019 1:12 PM |
| 32 | More access to treatment, a detox facility. | 1/4/2019 12:25 PM |
| 33 | Make sure the doctors in the county do prescribe narcotics to every person that comes in to see them. | 1/4/2019 12:05 PM |
| 34 | less fear by providers of more extensively making suboxone available | 1/4/2019 12:02 PM |
| 35 | I think the new peer counselors are great, more of them. The consequence's need to be the same, per the paper for court, ,some get nothing or if they do get something all suspended. Help for post release inmates, for getting back on their feet housing, employment ect. Set up Sharps containers in area's of the community for safer community not been throw on ground. There needs to be something for people to do that is affordable. The CARC is not options or movies(who can afford it.) Bordem leads to risky behavior. | 1/4/2019 11:38 AM |
| 36 | Early identification of those suffering from addiction issues. Continue to work on community youth assets. More participation in school extracurricular activites, 4-H, Scouts etc. | 1/4/2019 10:57 AM |
| 37 | We need to get over the stigma of these addictions and find ways and places for those affected to get adequate treatment. | 1/4/2019 10:36 AM |
| 38 | Heavier fines when caught. If people are abusing and they are caught they are turned loose and nothing is learned. How about mandatory long term rehabilitation | 1/4/2019 10:33 AM |
| 39 | Don't legalize Marijuana. It is a gateway drug to other drugs | 1/4/2019 10:32 AM |
| 40 | More AA, NA or whatever you want to label it. | 1/4/2019 10:31 AM |
| 41 | more clinics and help groups | 1/4/2019 10:30 AM |
| 42 | Treat the person, not the disease. There's a reason why there's so many people abusing these substances. | 1/4/2019 10:28 AM |
| 43 | Strict laws that prohibit the use & strict consequences ...AND follow up through the courts/judges instead of "letting them off", dismissing charges or giving short jail sentences. Current consequences are not strict enough to keep people from using drugs/etc. For people who need help, support groups, mentors, etc. to guide them through rehab and changing their lifestyle/choices that may drag them back down. | 1/4/2019 10:23 AM |
| 44 | Education about treatment options | 1/4/2019 10:23 AM |
| 45 | Co-occurring treatment SA case management Increased peer recovery access | 1/4/2019 10:22 AM |
| 46 | get them assistance to overcome | 1/4/2019 10:21 AM |
| 47 | State and Federal money for local (in county) inpatient treatment | 1/4/2019 10:21 AM |
| 48 | Dentists and doctors need to prescribe less. Medical marijuana should be explored as the much safer alternative. Youth in GC need more social/physical activities, like a ice or roller skating rink. | 1/4/2019 10:21 AM |
| 49 | A new sheriff. | 1/4/2019 10:19 AM |

Garrett County Behavioral Health Survey

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|----|--|--------------------|
| 50 | Continue to work on the macro-level contributing factors like employment, housing, transportation. | 1/4/2019 10:16 AM |
| 51 | I feel that we need recovery housing for those who have a substance issue so that they have a place to go after they are released from jail or a treatment facility.I also feel we need to teach basic life skills to them so they they can write a resume, know how to dress for job placement. I feel we need to teach them a trade so they may get a job. | 1/4/2019 10:15 AM |
| 52 | continued outreach programs and stiffer jail sentences | 1/4/2019 10:12 AM |
| 53 | Try to change the cultural in Garrett County that alcohol and drug use is the thing to do. It is not a rite of passage. | 1/4/2019 8:06 AM |
| 54 | Not charging for services when court ordered to seek counseling. More recovery housing and affordable rehab. | 1/3/2019 1:58 PM |
| 55 | Recovery house transitional living that is not county run | 1/3/2019 1:39 PM |
| 56 | Our judicial system needs to stop turning these offends back out on the street | 1/3/2019 11:18 AM |
| 57 | More resources on programs for help. Public education on the addiction process. Support for families. more publicity on programs already in area. | 1/3/2019 8:19 AM |
| 58 | Focus on the addiction issues that we see in the paper and on Facebook, not just prescription drugs. | 1/3/2019 8:01 AM |
| 59 | Increase public awareness on the extent of the issues which impact the progressively negative consequences experienced by individuals, families, and the reluctance of the faith community to acknowledge the collective positive impact they could have by joining in solution focused education, prevention, and treatment strategies. | 12/27/2018 7:51 PM |

Q5 Do you know where to go for help with mental health and/or addiction issues?

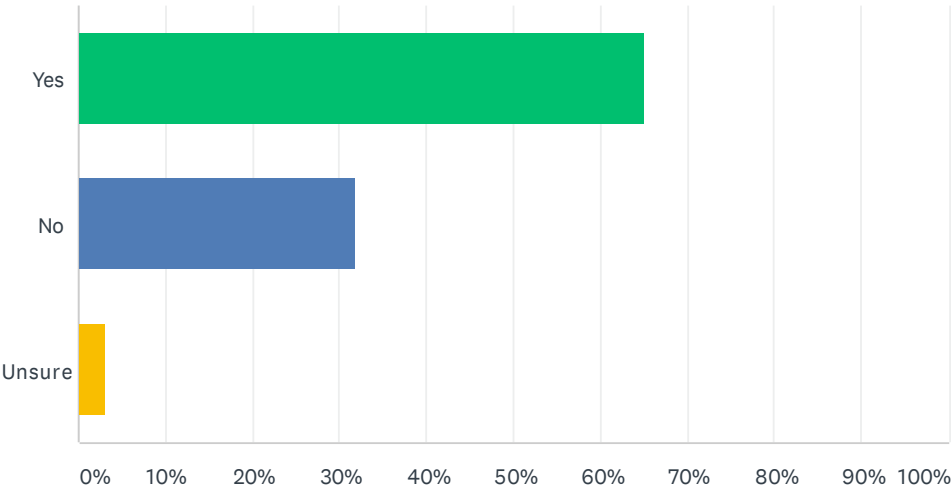
Answered: 63 Skipped: 1



| ANSWER CHOICES | RESPONSES | |
|--------------------------|-----------|----|
| Yes (Both) | 87.30% | 55 |
| Yes (Only Mental Health) | 1.59% | 1 |
| Yes (Only Addiction) | 0.00% | 0 |
| No | 7.94% | 5 |
| Unsure | 3.17% | 2 |
| TOTAL | | 63 |

Q6 Does you doctor or primary care provider ask about your alcohol and/or other drug use during your appointments?

Answered: 63 Skipped: 1



| ANSWER CHOICES | | RESPONSES | |
|----------------|--|-----------|----|
| Yes | | 65.08% | 41 |
| No | | 31.75% | 20 |
| Unsure | | 3.17% | 2 |
| TOTAL | | | 63 |

Q7 In your opinion, what is the best way for our community to address mental health and addiction needs?

Answered: 59 Skipped: 5

Garrett County Behavioral Health Survey

| # | RESPONSES | DATE |
|----|--|--------------------|
| 1 | Through local schools, police departments and health providers to identify who needs help then connecting the person with established community/health programs. | 1/22/2019 5:10 PM |
| 2 | Providers | 1/21/2019 11:29 AM |
| 3 | Physicians using SBIRT and talking about mental illness. Less pills and more alternative methods of treatment. Community as a whole having the discussion about mental health as they are now having about addictions. | 1/11/2019 8:54 AM |
| 4 | First, I think that Garrett county is trying to address the problems associated with mental health and drug addiction. I realize that resources(especially money)are limited. In the beginning, it might help to provide as much support as needed. This could be in the form of additional after hours phone calls, texts, and visits. Provide transportation to meetings and appointments. A half way house for drug addiction is needed as step down support. This is not a 9-5 job. In the beginning, we need to model the target behavior and then slowly reduce the support as needed. We are trying, but we should always ask ourselves: Is what we are doing making a difference? Is there anything we should change to be more effective? Not all approaches work with all clients. | 1/9/2019 9:02 AM |
| 5 | Continue the town meetings in which recovering addicts share their personal stories, before-during-after, use | 1/8/2019 5:16 PM |
| 6 | On-going education & advocacy for individuals with mental health &/or addiction issues. | 1/8/2019 1:30 PM |
| 7 | Treatment and Recovery cannot occur in 28 days. We have to look at all facets of our lives and improve ourselves and mentor others. It will take community in the largest sense. | 1/8/2019 11:55 AM |
| 8 | see #2 answer- should be low/no cost to get help! | 1/8/2019 8:13 AM |
| 9 | Promote facilities that are capable of helping addicts. Also be harsher on people caught with drugs. This county is pretty depressing to young people due to not having many opportunities for work etc | 1/8/2019 7:31 AM |
| 10 | Education and access. | 1/7/2019 6:45 PM |
| 11 | Educate, educate, educate | 1/7/2019 5:13 PM |
| 12 | Help people understand that they're not alone, and that many others are facing the same struggles. Go around town and help people understand that sadly many of these things are normal. | 1/7/2019 12:49 PM |
| 13 | ? | 1/7/2019 12:38 PM |
| 14 | Frequent media blitz in many forums, some factual, some encouraging treatment. Community forums. | 1/7/2019 11:29 AM |
| 15 | Outreach | 1/7/2019 9:30 AM |
| 16 | Coordinated efforts with medical community that engage providers to examine the benefits of alternative and supplemental treatment options | 1/7/2019 8:54 AM |
| 17 | Start making the public more responsible for their personal needs. Changes to the system to get more people in the work force to earn responsibility for their needs. Make a requirement for hours worked equals the same in available benefits. | 1/7/2019 4:54 AM |
| 18 | More people who care...education | 1/5/2019 4:38 PM |
| 19 | MAT induction in the hospital ER and detention center. A part time child psychiatrist. Better transition from the detention center into the community (discharge services). | 1/5/2019 12:44 PM |
| 20 | Usually complex issues require multiple avenues of attack | 1/5/2019 10:10 AM |
| 21 | More availability and a goal sheet for the individual | 1/5/2019 9:25 AM |
| 22 | Communication, compassion, courage to reach out, and tools and resources to help with recovery. | 1/5/2019 9:04 AM |
| 23 | Communication between agencies...Community Action ,Health Department, the BOE and the hospital . | 1/4/2019 11:28 PM |

Garrett County Behavioral Health Survey

| | | |
|----|---|-------------------|
| 24 | Continue your outreach. | 1/4/2019 7:59 PM |
| 25 | Continue to support Stand Together and reduce the stigma for the loved ones and the family | 1/4/2019 6:10 PM |
| 26 | The stigma has to be addressed, lots of people with the attitude "it won't happen to me". The community is ignorant that addiction is a "disease" | 1/4/2019 4:20 PM |
| 27 | In-school counseling. | 1/4/2019 3:45 PM |
| 28 | Education especially for those who work with the clients. An alcoholic is not a "wet head" an opiod addict is not a "pill head." People who are depressed are not "just lazy." Education, articles in the paper with credible references. Articles from public health about why needle exchange programs are to prevent HIV, Hep., Sepsis. Community protests greatly, but what if they work in health care and get one needle stick ? Yes, there are treatments for HIV, Hepatitis C, but we have no clue what the long term effects are from those drugs. Narcan education. Narcan use has been complained about from first responders, nurses, CRNP and general public. It's sickening to hear this, it truly is. Could you please run an ad in the Republican that tells people that the reason your insulin is not free, your epi pen is not free, your what ever is not free is the direct result of your insurance plan and manufacture of those medications. Please put up a bill board that states "Addiction is a disease whether you believe it or not." | 1/4/2019 3:10 PM |
| 29 | A community effort with GRMC, GCHD and MT Laurel and other physician operated programs working together to know what each other's programs are doing. | 1/4/2019 2:13 PM |
| 30 | Provide more information on all the resources/services. I know to refer to the GCHD for MH and Addiction, but I don't always know about clinics, inpatient, what physicians offer, other counseling services, support groups... Clients usually know more than we do - it's hard to understand all the groups/individual counseling that they need to do. I think the Community Meetings did a good job of making people aware of the drug problem in Garrett County, but the message about services/treatments should be publicized more. Share more research on methods that work to treat addiction. I love the grassroots approach, but I'd like to hear from an expert on what is working to treat addiction. What program/county/state is successful with addiction treatment? How does medical marijuana help/hinder mental health and addiction treatment. Does anyone ever get off of Subutex or Suboxone? I just see them continue indefinitely on this maintenance drug. | 1/4/2019 1:46 PM |
| 31 | Community town meetings, education, education, education!!! | 1/4/2019 1:12 PM |
| 32 | I think they do a good job with the resources they have. Maybe just more awareness so that there is not the stigma. | 1/4/2019 12:25 PM |
| 33 | More awareness and more groups for people to attend | 1/4/2019 12:05 PM |
| 34 | keep trying | 1/4/2019 12:02 PM |
| 35 | Ask the consumers "What do they need" I feel if you have not been there, you really don't know. Stop seeing it as a Problem see it as a addiction | 1/4/2019 11:38 AM |
| 36 | Support for early interdiction and prevention services. | 1/4/2019 10:57 AM |
| 37 | More people need to get involved. | 1/4/2019 10:36 AM |
| 38 | More people to get involved | 1/4/2019 10:33 AM |
| 39 | Seek professional help | 1/4/2019 10:32 AM |
| 40 | take the shame out of it. Fear of talking about it. We all have issues of one kind or another | 1/4/2019 10:31 AM |
| 41 | More help groups outside the health department | 1/4/2019 10:30 AM |
| 42 | Communicate with the community more. Much more needs to be done for suicide awareness, supporting LGBT youth, and domestic violence. | 1/4/2019 10:28 AM |
| 43 | First, identify those with mental health and addiction needs as early as possible (even early childhood). In K-12, provide positive programs that build up a child's self-esteem/future outlook, encourage positive peer interactions, etc. Then, require programs for those with needs and help them. | 1/4/2019 10:23 AM |
| 44 | Getting the word out about treatment options and making them affordable and easy to access. | 1/4/2019 10:23 AM |
| 45 | Work together | 1/4/2019 10:22 AM |

Garrett County Behavioral Health Survey

| | | |
|----|---|--------------------|
| 46 | groups | 1/4/2019 10:21 AM |
| 47 | Continued forums (town meetings, interested groups) on mental health/addiction issues | 1/4/2019 10:21 AM |
| 48 | Have more drug give-back days. Build a roller or ice rink for the community. Make things like skiing more affordable for locals. | 1/4/2019 10:21 AM |
| 49 | Unsure | 1/4/2019 10:19 AM |
| 50 | Continue to address macro-level contributing factors like employment, housing, transportation, education level. | 1/4/2019 10:16 AM |
| 51 | try to eliminating the stigma that surrounds it so that people will not be ashamed to get help. | 1/4/2019 10:15 AM |
| 52 | continued outreach programs and extended mandatory counseling sessions for offenders | 1/4/2019 10:12 AM |
| 53 | Continue to do what we do | 1/4/2019 8:06 AM |
| 54 | More education to lessen the stigma associated with seeking help. | 1/3/2019 1:58 PM |
| 55 | Admit there is one and stop acting like we are solving the problem and stop comparing our overdose death to counties that are triple our size. | 1/3/2019 1:39 PM |
| 56 | Don't be afraid to ask for help | 1/3/2019 11:18 AM |
| 57 | Education to reduce the stigma | 1/3/2019 8:19 AM |
| 58 | Work together and help those that aren't in treatment find ways and motivation to enter. | 1/3/2019 8:01 AM |
| 59 | Address the barriers for individuals accessing treatment services and other support services to compliment those being released from jail, under or un-employed; consistent and recovery based housing. | 12/27/2018 7:51 PM |