

Charles County Emergency Services
Situation Report #38

New items will be italicized

Link to provide comments for the After Action Report (AAR)

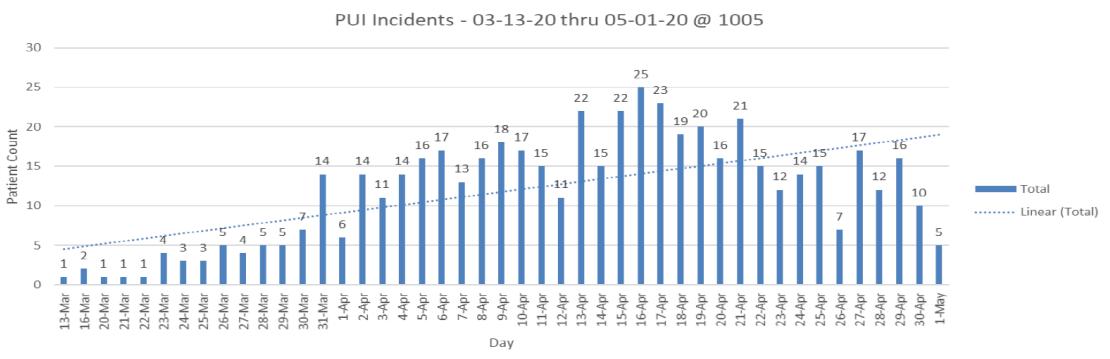
<https://tinyurl.com/ydatnmo4>

<u>SITUATION</u>																	
Situation Summary:	<p>Global COVID-19 situation map here</p> <p>Maryland summary map here</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"><p style="text-align: center;">Charles Co - Total New Cases Per Week</p><table border="1"><thead><tr><th>Date</th><th>Total New Cases</th></tr></thead><tbody><tr><td>16-Mar</td><td>5</td></tr><tr><td>23-Mar</td><td>24</td></tr><tr><td>30-Mar</td><td>78</td></tr><tr><td>6-Apr</td><td>107</td></tr><tr><td>13-Apr</td><td>140</td></tr><tr><td>20-Apr</td><td>126</td></tr><tr><td>27-Apr</td><td>135</td></tr></tbody></table></div> <p><i>This chart will be updated and distributed weekly on Friday's Based upon the data provided by the HD, this chart plots the new cases every week. It's important to note that this chart closely correlates to the trends seen in the Safety Officer report below for the number PUI transports by EMS per day (PUI Incidents chart). The peak for EMS PUIs occurred on Apr 16 and the peak for new case counts occurred the same week as seen above.</i></p>	Date	Total New Cases	16-Mar	5	23-Mar	24	30-Mar	78	6-Apr	107	13-Apr	140	20-Apr	126	27-Apr	135
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COVID Confirmed cases in Charles County	<p>615 cases total reported since the beginning of the event.</p> <ul style="list-style-type: none">• Under 18 years: 13 (2.1%)• 18-64 years: 462 (75.1%)• 65+ years: 140 (22.8%) <p>2542 negative tests results</p> <p>The State of MD is reporting 611, which is the number of cases from the State Labs.</p> <p>Recovered and released from isolation: 140</p> <p>Partially recovered with improved symptoms: 42</p> <ul style="list-style-type: none">• 132 or 21.5% required hospitalization• Among confirmed cases, 358 (58.2%) Female; 257 (41.8%) Male• 17% Healthcare Workers• 2% First Responders: EMS, Fire, Law Enforcement																

May 1, 2020 ~ COVID 19

	<ul style="list-style-type: none"> • 32% have underlying health conditions • Age range of positive COVID-19 cases: 3 months-100 years <p>44 deaths of Charles County residents at this time.</p> <p>Racial breakdown among confirmed fatalities:</p> <ul style="list-style-type: none"> • 56.5% Non-Hispanic White • 41.3% Non-Hispanic Black • 2.2% Hispanic <p>Average age of fatalities: 78.4 years</p> <p>Gender breakdown among confirmed fatalities: 69.6% Female, 30.4% Male</p>																																
Statewide Race/Ethnicity demographics	<p>Cases and Deaths Data Breakdown: <i>(inside parentheses) = Number of confirmed deaths</i> <i>* = Number of probable deaths, NH = Non-Hispanic</i></p> <p>Statewide By Race and Ethnicity</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Race/Ethnicity</th> <th style="text-align: center;">Cases</th> <th style="text-align: center;">Deaths</th> </tr> </thead> <tbody> <tr> <td>African-American (NH)</td> <td style="text-align: center;">8,093 (436)</td> <td style="text-align: center;">30*</td> </tr> <tr> <td>Asian (NH)</td> <td style="text-align: center;">475 (38)</td> <td style="text-align: center;">3*</td> </tr> <tr> <td>White (NH)</td> <td style="text-align: center;">5,147 (436)</td> <td style="text-align: center;">51*</td> </tr> <tr> <td>Hispanic</td> <td style="text-align: center;">3,884 (69)</td> <td style="text-align: center;">3*</td> </tr> <tr> <td>Other (NH)</td> <td style="text-align: center;">840 (16)</td> <td></td> </tr> <tr> <td><i>Data not available</i></td> <td style="text-align: center;"><i>5,033 (103)</i></td> <td style="text-align: center;"><i>7*</i></td> </tr> </tbody> </table> <p>Countywide by Race and Ethnicity:</p> <p>Race Breakdown</p> <p>Asian: 12 (1.9%) Black/African American: 221 (35.9%) White: 123 (20%) Other or 2+ races: 20 (3.3%) Data not available: 239 (38.9%)</p> <p>Ethnicity Breakdown</p> <p>Hispanic 11 (1.7%) Non-Hispanic 338 (55%) Declined to answer 38 (6.2%) Data not available 228 (37.1%)</p>	Race/Ethnicity	Cases	Deaths	African-American (NH)	8,093 (436)	30*	Asian (NH)	475 (38)	3*	White (NH)	5,147 (436)	51*	Hispanic	3,884 (69)	3*	Other (NH)	840 (16)		<i>Data not available</i>	<i>5,033 (103)</i>	<i>7*</i>											
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Confirmed Cases by Zip Codes: Available information from State website. Not showing data from zip codes with less than 8 confirmed positives.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Zip code:</th> <th style="text-align: center;">4/30</th> <th style="text-align: center;">5/1</th> <th style="text-align: center;">Change from 4/30 to 5/1</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">20601</td> <td style="text-align: center;">80</td> <td style="text-align: center;">93</td> <td style="text-align: center;">+13</td> </tr> <tr> <td style="text-align: center;">20602</td> <td style="text-align: center;">98</td> <td style="text-align: center;">108</td> <td style="text-align: center;">+10</td> </tr> <tr> <td style="text-align: center;">20603</td> <td style="text-align: center;">151</td> <td style="text-align: center;">161</td> <td style="text-align: center;">+10</td> </tr> <tr> <td style="text-align: center;">20613</td> <td style="text-align: center;">20</td> <td style="text-align: center;">20</td> <td style="text-align: center;">0</td> </tr> <tr> <td style="text-align: center;">20616</td> <td style="text-align: center;">16</td> <td style="text-align: center;">18</td> <td style="text-align: center;">+2</td> </tr> <tr> <td style="text-align: center;">20637</td> <td style="text-align: center;">15</td> <td style="text-align: center;">17</td> <td style="text-align: center;">+2</td> </tr> <tr> <td style="text-align: center;">20640</td> <td style="text-align: center;">21</td> <td style="text-align: center;">26</td> <td style="text-align: center;">+5</td> </tr> </tbody> </table>	Zip code:	4/30	5/1	Change from 4/30 to 5/1	20601	80	93	+13	20602	98	108	+10	20603	151	161	+10	20613	20	20	0	20616	16	18	+2	20637	15	17	+2	20640	21	26	+5
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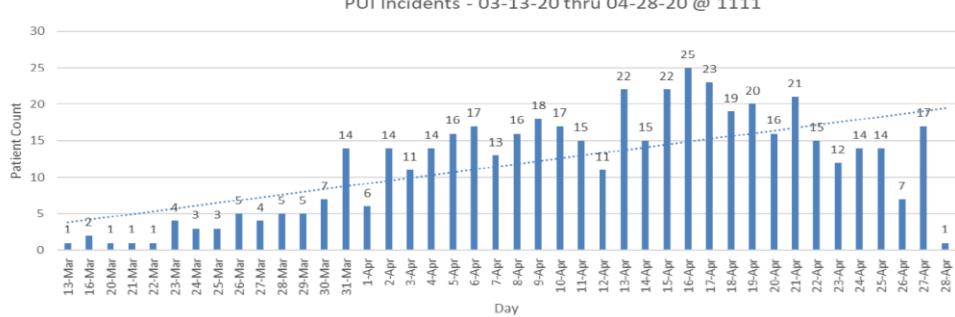
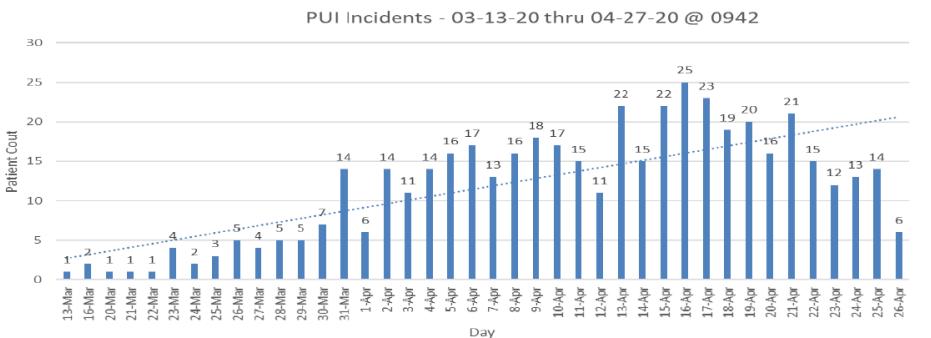
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First Responders that have been exposed, are on quarantine or self-isolation	<p>Quarantine means exposed and they can't come to work. Self Isolation means sick or tested positive.</p> <p>37 Quarantine: means exposed and they can't come to work. No change since the last report 3 Self Isolation: means sick or tested positive No change since the last reported Details are below in the agency reporting sections to include Correctional Facility exposures.</p>																																																																																																							
EOC Safety Officer Update	<p>Safety message is being broadcasted twice daily on the public safety radio system. Safety Messages are all posted here: https://tinyurl.com/ro8jgo8 New Safety Training video for Donning & Doffing PPE : https://youtu.be/mY4rvyJDxDk</p> <p>Today's Safety Message: <i>"There are better ways to cope...excessive drinking may lead to alcoholism as well as health and other social problems.</i></p> <p>Total number of PUI's transported to date: 530 Total number of patients transported by EMS testing + for COVID: 99 Total number of first responders on self-isolation: 1 Total number of first responders on quarantine: 14 Total number of first responders + for COVID-19: 9 Total number of first responders out for COVID related mental health: 0 Total number of fire stations sanitized: 6 Daily Estimated PPE Burn Rate: 30 sets/day</p>  <table border="1" style="margin-top: 10px; border-collapse: collapse;"> <thead> <tr> <th>Day</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>13-Mar</td><td>1</td></tr> <tr><td>14-Mar</td><td>2</td></tr> <tr><td>15-Mar</td><td>1</td></tr> <tr><td>16-Mar</td><td>1</td></tr> <tr><td>17-Mar</td><td>1</td></tr> <tr><td>18-Mar</td><td>4</td></tr> <tr><td>19-Mar</td><td>3</td></tr> <tr><td>20-Mar</td><td>5</td></tr> <tr><td>21-Mar</td><td>5</td></tr> <tr><td>22-Mar</td><td>7</td></tr> <tr><td>23-Mar</td><td>14</td></tr> <tr><td>24-Mar</td><td>14</td></tr> <tr><td>25-Mar</td><td>11</td></tr> <tr><td>26-Mar</td><td>14</td></tr> <tr><td>27-Mar</td><td>14</td></tr> <tr><td>28-Mar</td><td>11</td></tr> <tr><td>29-Mar</td><td>16</td></tr> <tr><td>30-Mar</td><td>17</td></tr> <tr><td>31-Mar</td><td>18</td></tr> <tr><td>1-Apr</td><td>17</td></tr> <tr><td>2-Apr</td><td>15</td></tr> <tr><td>3-Apr</td><td>14</td></tr> <tr><td>4-Apr</td><td>16</td></tr> <tr><td>5-Apr</td><td>13</td></tr> <tr><td>6-Apr</td><td>14</td></tr> <tr><td>7-Apr</td><td>16</td></tr> <tr><td>8-Apr</td><td>17</td></tr> <tr><td>9-Apr</td><td>15</td></tr> <tr><td>10-Apr</td><td>14</td></tr> <tr><td>11-Apr</td><td>11</td></tr> <tr><td>12-Apr</td><td>12</td></tr> <tr><td>13-Apr</td><td>22</td></tr> <tr><td>14-Apr</td><td>15</td></tr> <tr><td>15-Apr</td><td>22</td></tr> <tr><td>16-Apr</td><td>25</td></tr> <tr><td>17-Apr</td><td>23</td></tr> <tr><td>18-Apr</td><td>19</td></tr> <tr><td>19-Apr</td><td>20</td></tr> <tr><td>20-Apr</td><td>16</td></tr> <tr><td>21-Apr</td><td>21</td></tr> <tr><td>22-Apr</td><td>15</td></tr> <tr><td>23-Apr</td><td>12</td></tr> <tr><td>24-Apr</td><td>14</td></tr> <tr><td>25-Apr</td><td>15</td></tr> <tr><td>26-Apr</td><td>7</td></tr> <tr><td>27-Apr</td><td>17</td></tr> <tr><td>28-Apr</td><td>12</td></tr> <tr><td>29-Apr</td><td>16</td></tr> <tr><td>30-Apr</td><td>10</td></tr> <tr><td>1-May</td><td>5</td></tr> </tbody> </table>		Day	Total	13-Mar	1	14-Mar	2	15-Mar	1	16-Mar	1	17-Mar	1	18-Mar	4	19-Mar	3	20-Mar	5	21-Mar	5	22-Mar	7	23-Mar	14	24-Mar	14	25-Mar	11	26-Mar	14	27-Mar	14	28-Mar	11	29-Mar	16	30-Mar	17	31-Mar	18	1-Apr	17	2-Apr	15	3-Apr	14	4-Apr	16	5-Apr	13	6-Apr	14	7-Apr	16	8-Apr	17	9-Apr	15	10-Apr	14	11-Apr	11	12-Apr	12	13-Apr	22	14-Apr	15	15-Apr	22	16-Apr	25	17-Apr	23	18-Apr	19	19-Apr	20	20-Apr	16	21-Apr	21	22-Apr	15	23-Apr	12	24-Apr	14	25-Apr	15	26-Apr	7	27-Apr	17	28-Apr	12	29-Apr	16	30-Apr	10	1-May	5
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****SitRep #38 ~ May 1, 2020 – Next SitRep May 4, 2020****

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	<p>4/29/2020: "Complacency Kills! Check yourself, check your partner, when in doubt, refer back to the Special Orders or SOP's."</p> <p>Total number of PUI's transported to date: 500</p> <p>Total number of patients transported by EMS testing + for COVID: 98</p> <p>Total number of first responders on self-isolation: 2</p> <p>Total number of first responders on quarantine: 18</p> <p>Total number of first responders + for COVID-19: 9</p> <p>Total number of first responders out for COVID related mental health: 0</p> <p>Total number of fire stations sanitized: 6</p> <p>Daily Estimated PPE Burn Rate: 30 sets/day</p> <p style="text-align: center;">PUI Incidents - 03-13-20 thru 04-29-20 @ 0939</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Patient Count</th> </tr> </thead> <tbody> <tr><td>13-Mar</td><td>1</td></tr> <tr><td>14-Mar</td><td>2</td></tr> <tr><td>15-Mar</td><td>1</td></tr> <tr><td>16-Mar</td><td>1</td></tr> <tr><td>17-Mar</td><td>1</td></tr> <tr><td>18-Mar</td><td>4</td></tr> <tr><td>19-Mar</td><td>3</td></tr> <tr><td>20-Mar</td><td>3</td></tr> <tr><td>21-Mar</td><td>4</td></tr> <tr><td>22-Mar</td><td>3</td></tr> <tr><td>23-Mar</td><td>5</td></tr> <tr><td>24-Mar</td><td>3</td></tr> <tr><td>25-Mar</td><td>5</td></tr> <tr><td>26-Mar</td><td>3</td></tr> <tr><td>27-Mar</td><td>4</td></tr> <tr><td>28-Mar</td><td>5</td></tr> <tr><td>29-Mar</td><td>5</td></tr> <tr><td>30-Mar</td><td>7</td></tr> <tr><td>31-Mar</td><td>14</td></tr> <tr><td>1-Apr</td><td>14</td></tr> <tr><td>2-Apr</td><td>11</td></tr> <tr><td>3-Apr</td><td>14</td></tr> <tr><td>4-Apr</td><td>16</td></tr> <tr><td>5-Apr</td><td>17</td></tr> <tr><td>6-Apr</td><td>16</td></tr> <tr><td>7-Apr</td><td>13</td></tr> <tr><td>8-Apr</td><td>16</td></tr> <tr><td>9-Apr</td><td>18</td></tr> <tr><td>10-Apr</td><td>17</td></tr> <tr><td>11-Apr</td><td>15</td></tr> <tr><td>12-Apr</td><td>11</td></tr> <tr><td>13-Apr</td><td>22</td></tr> <tr><td>14-Apr</td><td>22</td></tr> <tr><td>15-Apr</td><td>25</td></tr> <tr><td>16-Apr</td><td>23</td></tr> <tr><td>17-Apr</td><td>19</td></tr> <tr><td>18-Apr</td><td>20</td></tr> <tr><td>19-Apr</td><td>16</td></tr> <tr><td>20-Apr</td><td>21</td></tr> <tr><td>21-Apr</td><td>14</td></tr> <tr><td>22-Apr</td><td>12</td></tr> <tr><td>23-Apr</td><td>14</td></tr> <tr><td>24-Apr</td><td>14</td></tr> <tr><td>25-Apr</td><td>7</td></tr> <tr><td>26-Apr</td><td>17</td></tr> <tr><td>27-Apr</td><td>12</td></tr> <tr><td>28-Apr</td><td>16</td></tr> <tr><td>29-Apr</td><td>2</td></tr> </tbody> </table> <p>4/28/2020: "The best way to prevent the spread of COVID- 19...wearing face masks and social distancing."</p> <p>Total number of PUI's transported to date: 487</p> <p>Total number of patients transported by EMS testing + for COVID: 94</p> <p>Total number of first responders on self-isolation: 7</p> <p>Total number of first responders on quarantine: 19</p> <p>Total number of first responders + for COVID-19: 9</p> <p>Total number of first responders out for COVID related mental health: 0</p> <p>Total number of fire stations sanitized: 6</p> <p>Daily Estimated PPE Burn Rate: 30 sets/day</p>	Date	Patient Count	13-Mar	1	14-Mar	2	15-Mar	1	16-Mar	1	17-Mar	1	18-Mar	4	19-Mar	3	20-Mar	3	21-Mar	4	22-Mar	3	23-Mar	5	24-Mar	3	25-Mar	5	26-Mar	3	27-Mar	4	28-Mar	5	29-Mar	5	30-Mar	7	31-Mar	14	1-Apr	14	2-Apr	11	3-Apr	14	4-Apr	16	5-Apr	17	6-Apr	16	7-Apr	13	8-Apr	16	9-Apr	18	10-Apr	17	11-Apr	15	12-Apr	11	13-Apr	22	14-Apr	22	15-Apr	25	16-Apr	23	17-Apr	19	18-Apr	20	19-Apr	16	20-Apr	21	21-Apr	14	22-Apr	12	23-Apr	14	24-Apr	14	25-Apr	7	26-Apr	17	27-Apr	12	28-Apr	16	29-Apr	2
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 <p>4/27/20: "Medical Waste is Hazardous Waste. Keep our county clean during the COVID-19 crisis. Throw used gloves and masks away in the trash, NOT the street!"</p> <p>Total number of PUI's transported to date: 466 Total number of patients transported by EMS testing +6 for COVID: 84 Total number of first responders on self-isolation: 7 Total number of first responders on quarantine: 38 Total number of first responders + for COVID-19: 9 Total number of first responders out for COVID related mental health: 0 Total number of fire stations sanitized: 5 Daily Estimated PPE Burn Rate: 30 sets/day</p>	
<p>Websites that include the official information:</p> <p>DIY Facemask designs from the CDC: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html</p> <p>Maryland Coronavirus (COVID-19) Rumor Control Page. Marylanders are encouraged to visit the page at Bit.ly/Md-Covid19-Rumors.</p> <p>New County Webpage for the Dept of Health https://www.charlescountymd.gov/government/other-agencies/charles-county-department-of-health</p> <p>List of EPA Approved Disinfecting Agents for COVID-19 https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2</p> <p>FEMA's rumor control website: https://www.fema.gov/coronavirus-rumor-control?fbclid=IwAR3x4emdkgwiN9W1z_dMZVPFTjgvwxCExSi9THFhwkddzXjITI1g-py9iilo</p> <p>Updated CDC flyers have been added to the below site. Printable CDC Handouts & Posters: https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html</p>	

****SitRep #38 ~ May 1, 2020 – Next SitRep May 4, 2020****

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	<p>CDC COVID-19 website for informational purposes: https://www.cdc.gov/coronavirus/2019-ncov/index.html Coronavirus.gov</p> <p>Maryland Dept of Health Coronavirus website: https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx https://coronavirus.maryland.gov/</p> <p>Charles County Dept of Health Coronavirus website: http://www.charlescountyhealth.org/2019-novel-coronavirus-2019-ncov-in-the-u-s/</p> <p>Charles County Government: https://www.charlescountymd.gov/services/health-and-human-services/covid-19</p>
Closures:	All closures for Charles County will be listed here: https://www.charlescountymd.gov/government/operating-schedule
Donations Management	<p>We will be directing the public to call 301-609-3435 or to email desdonations@charlescountymd.gov if they wish to donate.</p> <p><i>Total of 1,872 donated cloth masks have been donated and/or labor to sew have been donated so far.</i></p>
<u>EXECUTIVE ACTIONS</u>	
EOC Activation:	<p>Enhanced Activation – Monday-Friday 0800 to 1700 – Virtual on Weekends Effective tomorrow our Daily Conference Call/meeting with Core Planning Team will be at 1300 hours. Other EOC work groups meeting daily (Mon-Fri) and providing reports at the Core Meeting</p> <p>MEMA Full Activation of the SEOC – with staff will be operating Monday – Friday 0700 to 1700. Virtual on Weekends.</p> <p>EOC email addresses: despeersupport@charlescountymd.gov deseoc@charlescountymd.gov desplanning@charlescountymd.gov deslogistics@charlescountymd.gov desfinance@charlescountymd.gov dessafety@charlescountymd.gov desdonations@charlescountymd.gov</p>
State of Emergency:	<p>State of Maryland Declared on 3/5/2020 County Declared 3/16/2020 (for up to 30 days) County extended to May 30, 2020</p>
Protective Actions:	<p>All gatherings must be less than ten persons. Governor has issued stay at home orders. Health Officer issues mask requirement order for public seen here Social Distancing programs in effect from Governor's Order. New Executive Orders for Nursing Homes & Expansion of Health Officer Powers 4/29/2020 3 new EO posted to website All Governor's Executive orders are posted here: https://governor.maryland.gov/category/executive-orders/</p>

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County Government:	<p>The New Normal Taskforce will begin meeting on 4/29 to developing a plan for re-opening.</p> <p>County Government Buildings are Closed to the Public</p> <p>Telework for non-essential workers and some essential staff that can telework.</p> <p>Closures for County Government here:</p> <p>See here for Recreations, Parks and Tourism</p> <p>https://www.charlescountyparks.com/about-us/covid-19</p> <p>See here for Operating Status updates:</p> <p>https://www.charlescountymd.gov/government/operating-schedule</p>
PIO:	<p><i>PIO has posted some positive pieces from the news on Social Media in regard to Southwinds & Shlagel Farms.</i></p> <p><i>The Health Department PIO team is trying to highlight their building blue this weekend and asked if they could get some help with some signage for Bensville Park to let citizens know to use caution and/or don't play on the playgrounds.</i></p>
Schools:	<p>Meals:</p> <p><i>On Thursday, 4/30/20, CCPS served 3132 meals at the 11 meal distribution sites. This total was -1,782 from Wednesday, 4/29/20.</i></p> <p>Closure:</p> <p><i>Charles County Public Schools (CCPS) now remains closed through May 15. All schools, buildings and centers will remain closed to the public.</i></p> <p>Instruction:</p> <p><i>New Charles County Public Schools (CCPS) distance learning materials for students will be available today, Friday, May 1. New lessons for weeks five and six to cover May 4-15 will be posted on the CCPS website at www.ccboe.com . This includes content for elementary school students, special education resources, English Learner materials and secondary Apex Learning lessons.</i></p> <p><i>Paper copies of learning packets will be available at the 11 meal sites in Charles County. Meal sites are open 11 a.m. to 1 p.m. Monday through Friday. More information is posted on the CCPS website at https://www.ccboe.com/index.php/distance-learning .</i></p> <p><i>Learning packets for English Learners and upper math classes for secondary students are only available at the Maurice J. McDonough High School and Westlake High School distribution sites.</i></p> <p>Community Wifi:</p>

	<p><i>All four sites are up and running and seeing use. CCPS in process of 3 other additional WiFi sites.</i></p> <p>Misc:</p> <p><i>Today, Friday, 5/1/20 is SCHOOL LUNCH HERO DAY!!</i></p>
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<u>HEALTH and HUMAN SERVICES</u>	
Medical isolation/quarantine for vulnerable populations:	<p>0 persons in non-congregate care shelter at this time.</p> <p>Previous person released due to negative test.</p> <p>Deployed sanitation stations to two sites within the County. One County owned property next to Wills Park in La Plata and behind the Walmart in Waldorf (old Grinder's Pub property)</p>
Shelter Operation Plan:	Not Activated
Essential Personnel Childcare:	<p>Here is the guidance to see if your staff qualifies for the Child Care Access during COVID-19. See the Gov EO here: https://governor.maryland.gov/wp-content/uploads/2020/03/Child-Care-Access.pdf.</p> <p>Here is the list of approved child care facilities for COVID-19: https://earlychildhood.marylandpublicschools.org/approved-emergency-personnel-child-care.</p> <p>Your staff may pick anyone of these facilities based on location.</p> <p>There are a few forms your staff need to fill out to take to the child care facility of their choice. Those forms can be found on the right side of the website copied here: http://marylandpublicschools.org/Pages/default.aspx</p>
Recreations, Parks & Tourism:	<p>No report requested at this time.</p> <p>See cancellations here:</p> <p>https://www.charlescountyparks.com/about-us/covid-19</p>
Department of Health:	<p><u>GENERAL REPORTING INFORMATION</u></p> <p><u>INFECTIOUS DISEASE</u></p> <p><u>CASE COUNT—CHARLES COUNTY</u></p> <p><u>As of 5/1/2020, total case count for Charles County is 615.</u></p> <ul style="list-style-type: none"> • <i>The line list with confirmed case counts for Charles County is continuously updated as lab reports are received from MDH, hospitals, and commercial laboratories.</i> • <i>Contact tracing efforts are continuous with a focus on healthcare workers, EMS, and police.</i> <p><u>CALL CENTER UPDATE</u></p> <ul style="list-style-type: none"> • <i>Operation time: 0800 to 2200.</i> • <i>The numbers to call remain the same: 301.609.6717 or 301.609.6777</i> • <i>Volume for new system is approximately 60 call per day.</i>

	<p><u>MEDIA, SOCIAL MEDIA AND WEBSITE</u></p> <ul style="list-style-type: none"> • <i>Linked the MDH coronavirus website has been updated with nursing homes with COVID-19 cases to CCDOH COVID site.</i> <p><u>PARTNER/STAKEHOLDER OUTREACH</u></p> <p>LTC/AL</p> <ul style="list-style-type: none"> • <i>The Long-Term Care and Assisted Living call was held April 30 at 3 p.m. by CCDOH nurse liaisons. Good information sharing. Positive feedback.</i> <p>ALL-PARTNER</p> <ul style="list-style-type: none"> • <i>The all-partner call April 30 at 4 p.m. by CCDOH nurse liaisons.</i> <p><u>EPI SURVEILLANCE PROFILE FOR STATE</u></p> <p><i>Case Investigation, Surveillance, and Infectious Disease Response (D, Blythe)</i></p> <ol style="list-style-type: none"> 1) <i>Latest case counts</i> – total: 23,472 (97,511 negative) 2) <i>New cases:</i> 1,730 <ol style="list-style-type: none"> <i>Age distribution:</i> <ol style="list-style-type: none"> <i>under 18 years - 2 %</i> <i>in 19-64 age range 74%</i> <i>in 65+ age range 24%</i> <i>Geographic distribution:</i> <ol style="list-style-type: none"> <i>National Capital 53%</i> <i>Baltimore Metro area 41%</i> <i>Eastern Shore 3%</i> <i>Southern 2%</i> <i>Western 1%</i> <i>Of cases, 53% female; 47% male</i> <i>Hospitalizations 43 new; total 4,718</i> <i>Deaths -- Total 1,098 (54) in Last 24hrs</i> <i>Release from isolation – 1,517</i>
Social Services	Coordinating with the EOC for the Vulnerable Populations Plan.
Community Services:	<p>UPDATE INFORMATION ON UME, PROGRAMMING 4-27-2020</p> <p>Since the establishment of Extension services in 1914, agents have provided science-based education in Family and Consumer Sciences (FCS). The knowledge and advice FCS agents deliver to their communities include practical home economics, nutrition, health, and financial wellness -- all topics of considerable importance during the current stay-at-home order, and for anyone trying to maintain a healthy, secure lifestyle in today's society.</p> <p>The University of Maryland Extension FCS team has quickly pivoted programming to online formats to help families across the state maintain their finances, well-being, and levels of stress during these uncertain times. We're pleased to share some of the great programming we are offering virtually across Maryland.</p> <p>Understanding Credit and Credit Reports – Patricia Maynard has been conducting webinars to many audiences in Charles County on understanding your credit. You can download a publication on Understanding Credit and Credit Reports.</p>

	<p>Home Food Preservation on Facebook Live - With current concerns over food supply and growing at home, safe food preservation is an important aspect for nutrition and health. Dhruti Patel, Wicomico Co., will host classes on safe food preservation techniques, live on the UME Lower Eastern Shore Facebook page.</p> <p>Midday Pick Me Up - Beverly Jackey, Queen Anne's Co. and Erin Jewell, St. Mary's Co. are partnering with the Maryland State Library for the Blind and Physically Handicapped to present a light-hearted talk show from 1:30-2:15 p.m. on Tuesdays and Thursdays, covering topics such as grocery shopping during quarantine and natural immune boosters. Interested participants can register at https://bit.ly/UMELBPHTalkshow.</p> <p>Miss Tammy's Tuesday Tips - In Garrett Co., Tammy Humberson is sharing tips on YouTube, helping people stay active and healthy at home. Miss Tammy's Tuesday Tips and numerous other educational videos on topics including youth development, home gardening, and managing personal finances, can be found on the UME Western Maryland YouTube channel.</p> <p>Farm Stress Management - Jeanette Jeffery in Prince George's Co. created a webinar on farm stress focusing on unique stressors encountered by farmers, signs and symptoms of stress, and community resources available related to stress, depression and suicide. The Farm Stress Management website provides extensive resources on stress and financial management, and legal information as well.</p> <p>Breathing Room Blog - Science-based articles highlight wellness topics from our FCS education team covering personal, home and financial health. Breathing Room offers practical tips and advice for creating a healthy home environment, good personal habits, and maintaining personal finances, and new articles are added weekly.</p> <p>Financial Resources - The FCS financial team has put together several resources for families dealing with the impact of coronavirus. From smart money management to the best uses of your stimulus check, the UME website houses numerous articles, tips and factsheets on managing your finances during times of crisis.</p>
Lifestyles:	<p>No report submitted today.</p>
Charles Regional Medical Center	<ul style="list-style-type: none"> <i>The trigger point for starting up the tent operations outside of the hospital has not yet been activated. Activation will be determined by both staffing levels and patient census presenting to the ED.</i> <i>Hospital Bed Capacity = 166. Census = 91</i> <i>Hospital ICU Census = 15</i> <i>Hospital ICU is now a dedicated COVID-19 Unit, and 3 East is for ICU overflow.</i> <i>Isolation Room Capacity = 12</i> <i>Isolation Rooms Occupied = 6</i>

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	<ul style="list-style-type: none"> ● <i>Confirmed positive cases of COVID-19 patient admissions = 25</i> <ul style="list-style-type: none"> - <i>Of the total 25 COVID-19 positive patients, five (5) of the patients are located in the ICU. Twenty (20) are located in the 3 South dedicated COVID-19 unit</i> ● <i>PUI admissions = 4</i> ● <i>Ventilated COVID-19 positive patients = 5</i> ● <i>Ventilators not in use = 15</i> ● <i>COVID-19 related deaths = 28 (Total to Date)</i> ● <i>CRMC has implemented a policy that requires ALL staff, visitors (which would be very limited), and contractors of any kind to wear a mask while in the hospital at all times.</i> ● <i>The 3 South patient unit at CRMC is dedicated to COVID-19 positive patients only.</i>
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OPERATIONS

Peer Support Team: Will be reporting weekly on Mondays.	<p>despeersupport@charlescountymd.gov **NEW NUMBER** - 240-532-0558 Video about Peer Support: <u>https://youtu.be/EIML_RnldAY</u></p> <p>Face-to-Face visits: 27 employees from EMS, 6 employees from Communications</p> <p>Phone Contacts: 69 employees</p> <p>Social Media: Courtney and Debi continue to monitor social media habits and posts for marked changes. Both are making posts on CCEMS Facebook to engage employees and provide positive motivation and tips in getting through this pandemic.</p> <p>CISM: Sagepoint Senior Living reached out for help with their nursing staff in the midst of their COVID-19 outbreak, the death of an employee, and all the negative publicity they have been receiving from the media. Three team members were able to offer them CISM on 04/22/20.</p> <p>General Impression: Employees remain as stressed and mentally fatigued as they have the past 2 weeks. Many are accepting this as the new normal for them. Fear is still heightened about contracting this virus and taking it home to their loved ones. Now that we employees who have tested positive for COVID-19, there is a new sense of caution. Some are starting to reconcile that they are doing all they can to protect themselves while others are still worried they are not.</p> <p>The employee who was removed from service under duress has returned to service with guidance from mental health. This employee will continue to be monitored.</p>

HazMat:	Providing Logistics support for the EOC
Law Enforcement: MSP & CCSO	<p><u>Buildings:</u></p> <p><i>Charles County Sheriff's Office: District 1 Lobby is closed for scheduled remolding. The District 1 clerks have moved the CCDC Annex building in the same parking area and that lobby is open as normal</i></p> <p><i>Maryland State Police: Restricted to public</i></p> <p><i>Maryland Transportation Authority: Closed to Public</i></p> <p><i>La Plata Police Department: Closed to the public</i></p> <p><i>Natural Resources Police: Building Closed</i></p> <p><u>Operations:</u></p> <p><i>Charles County Sheriff's Office: Operations have gone to emergency schedule in accordance with a CCSO level 3 All-Hazards activation. Patrol operational periods are 12 hours from 0700-1900 and 1900-0700. All other operations sections running with normal services being provided from modified locations. Services provided have not been reduced or augmented as of now.</i></p> <p><i>Maryland State Police: Operations as normal</i></p> <p><i>Maryland Transportation Authority: Operations as normal</i></p> <p><i>La Plata Police Department: Operations as normal; Doing screening in and screening out</i></p> <p><i>Natural Resources Police: Operations as normal</i></p> <p><u>Internal COVID-19:</u></p> <p><i>Charles County Sheriff's Office:</i></p> <ul style="list-style-type: none"> • 10 sworn officer quarantined <ul style="list-style-type: none"> ○ 5 Officers dealt with a disorderly subject during an arrest prior to transporting to CCDC on 4/17/20 (13 days into quarantine period)*** ○ 2 Officers who transported the same subject to the hospital for an emergency evaluation on 4/20/20 (10 days into quarantine period) *** ○ 3 Officers who responded to a priority one overdose call on 4/28 (2 days into quarantine period). • 0 officers isolated • 26 correctional officer quarantined <ul style="list-style-type: none"> ○ 24 Correctional officers who encountered inmate who tested positive from 4/17-4/20/20 (same subject responsible for the police exposures reference the disorderly arrest / 10 days into quarantine period). *** ○ 2 Correctional officers who have family members who are sick with symptoms. • 1 correctional officers isolated <ul style="list-style-type: none"> ○ Exposed outside of CCDC, has been out of work since October 2019, has not been in the facility since then. • 0 civilian quarantined

	<ul style="list-style-type: none">• 1 civilians isolated <p>***Subject was arrested and held at CCDC asymptomatic and continued to be asymptomatic during time in custody and during transport to hospital for emergency evaluation. Only after being released from CCSO custody did the subject become symptomatic and test positive for COVID-19.</p> <p>Charles County Detention Center Population:</p> <ul style="list-style-type: none">• 123 inmates• 0 COVID positive inmates• 0 Inmates with symptoms <p><i>Maryland State Police: None local</i> <i>Maryland Transportation Authority: None local</i> <i>La Plata Police Department: None</i> <i>Natural Resources Police: None local</i></p> <p>Definitions</p> <p><i>Quarantine: Quarantine is the process of keeping an asymptomatic (no symptoms) person who had a reported exposure away from other people.</i></p> <p><i>Isolation: Isolation is the process of keeping a symptomatic or positive person away from all other people.</i></p> <p><u>Crime Stats:</u></p> <p><i>Crime continues to be down in all aspects.</i></p> <p><u>TRU:</u></p> <p><i>Charles County Sheriff's Office: Open and working; triage site for COVID-19 calls for service.</i> <i>Maryland State Police: Open and working</i> <i>Maryland Transportation Authority: Open and working</i> <i>La Plata Police Department: Open and working</i> <i>Natural Resources Police: Open and working</i></p> <p><u>Call Restrictions:</u></p> <p><i>Charles County Sheriff's Office: None</i> <i>Maryland State Police: None</i> <i>Maryland Transportation Authority: None</i> <i>La Plata Police Department: None</i> <i>Natural Resources Police: None</i></p>
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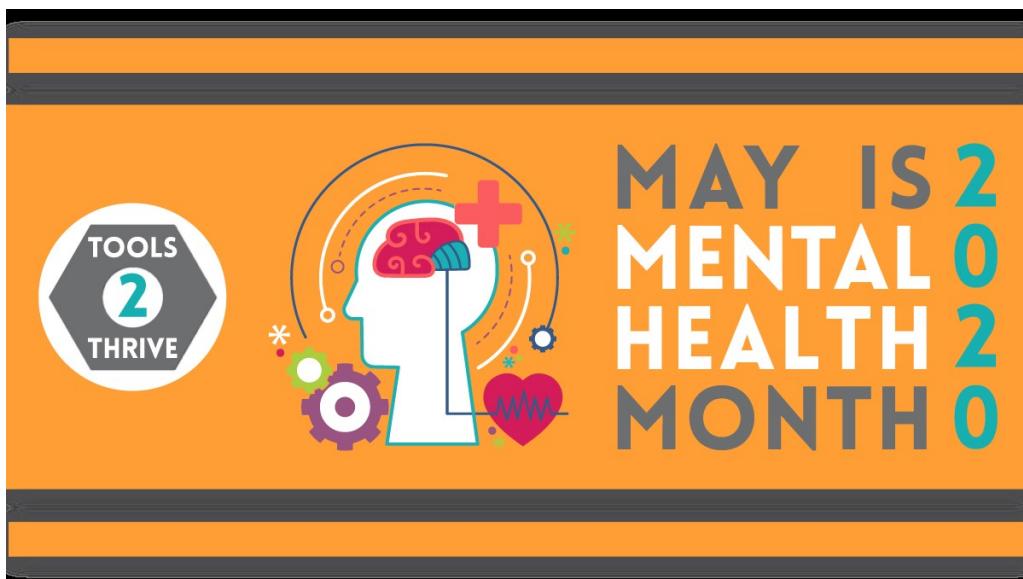
May 1, 2020 ~ COVID 19

Career EMS & Volunteer Fire & EMS:	<p>Items Being Worked On:</p> <ul style="list-style-type: none"> - Reduction of Force Policy – Information gathering occurring for Vols, Draft submitted to Union. - Station Health Screening Policy – Completed - PPE Burn Rate / Inventory - Completed - Special Order 2020-03 – Evaluation, Monitoring, Testing Policy – completed <p>Stations/Apparatus:</p> <ul style="list-style-type: none"> - No Station's with contamination issues. - No Apparatus with any contamination issues. - No Service Deliverability Issues with Apparatus O.O.S. <p>Personnel – 5 Members across 3 Stations (1 Positive / 4 No Test):</p> <ul style="list-style-type: none"> - EMS Station 3 – 2 Members in Quarantine - Fire / EMS Station 12 – 1 member (Still Symptomatic) - Fire Station 4 – 2 Family Members Quarantined due to a Family Member testing positive. <p>Incidents/Call Volume:</p> <ul style="list-style-type: none"> - No Major Incidents to Report related to COVID-19 - Yesterday's EMS Call Volume was average, and Fire Call Volume was average <p>56 Ems Related Incidents ----- 17 Fire Related Incidents</p> <p>Other Information:</p> <ul style="list-style-type: none"> - Continue to push out information about Social Distancing in the Stations. - Continue to push out Peer Support Information.
Special Operations Collapse Team:	No report requested at this time.
Emergency Management:	<p>Continuing to facilitate daily meetings with the Core Planning Group. Sending out updates as needed.</p> <p>Webpages for sharing SitReps/Safety Messages/Special Orders with responders and others in the public.</p> <p>Short code websites:</p> <p>First Responder Discounts at local businesses: https://tinyurl.com/yavb5sjl</p> <p>Sit Reps: https://tinyurl.com/vcfuvw7</p> <p>Safety Messages: https://tinyurl.com/ro8jgo8</p> <p>Comms Memos https://tinyurl.com/r9zjagh</p> <p>EMS Special Orders https://tinyurl.com/t2l9hzu</p>
Animal Control/CART:	Continuing to provide for animal control services to the County.

****SitRep #38 ~ May 1, 2020 – Next SitRep May 4, 2020****

May 1, 2020 ~ COVID 19

Economic Development	Continuing to facilitate the SBA declaration and other programs that are important to the local business community. Information and updates are available through the www.meetcharlescounty.com website.
<u>INFRASTRUCTURE</u>	
Power Outages: (SMECO)	None at this time
County Roads:	No report requested at this time.
Debris Removal:	Not activated
Communications:	Continuing to provide screening for PUIs and sending emails to internal staff when PUIs are identified. Updating policies and sending out safety messages for staff.
Utilities:	Not activated
PGM(DA Teams):	Not activated
County CIP/B&T:	Not activated
<u>LOGISTICS</u>	
	Nick Ellis, serving as our Logistics Officer asks that you please complete the ICS 213 RR form and send any and all forms/requests to deslogistics@charlescountymd.gov . Please complete the appropriate check boxes (Requestor name, item #, etc.)
<u>FINANCE</u>	
	CONTINUE tracking any response costs your agency may have now. An email address has been established for finances: desfinance@charlescountymd.gov
<u>STATE SUPPORT</u>	
	MEMA Full Activation of the SEOC – with staff will be operating Monday – Friday 0700 to 1700. Virtual on Weekends.
Governor's Representative	
Assistance for County Employees : Pinnacle Center Employee Assistance Program: https://www.pinnaclecenter.com/	
CareFirst behavioral health: 800.245.7013 (For employees covered by the County's health insurance)	



A Guide for Behavioral Health Providers, Preventionists and Public Information Officers



The Maryland Center *of* Excellence
on Problem Gambling





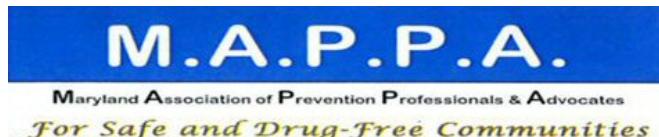
To print: this guide was designed to be printed double sided, long edge.

INTRODUCTION and OVERVIEW

This May, in collaboration with the Maryland Association of Prevention Professionals & Advocates (MAPPA), the Maryland Center of Excellence on Problem Gambling (the Center) invites you to join us in promoting **Mental Health Month** and bringing attention to how addictive behavior (gambling disorder, substance misuse and other addictions) can affect the well-being and recovery of both individuals and families.

Mental Health Month began in 1949 to raise awareness of mental health concerns in America's communities. This awareness campaign was, and continues to be, promoted by Mental Health America (MHA), the Nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness, as well as other affiliates, such as the National Alliance on Mental Illness (NAMI) and the Federal Substance Abuse and Mental health Services Administration (SAMHSA).

May is also **National Prevention Week**, this year being observed May 10-16, 2020. Promoted by MAPPA and the Federal Substance Abuse and Mental Health Services Administration (SAMHSA), National Prevention Week is a public health platform promoting prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make addictive behavior prevention (including substance use and problem gambling) happen every day.



This May, we invite you to join us in promoting **AWARENESS** of mental health; developing **PREVENTION** messaging to mitigate addictive behavior; and taking **ACTION** to foster the health and well-being for Maryland residents.

A handwritten signature in black ink that reads 'Mary Drexler'.

Mary Drexler, MSW
Program Director
(667) 214-2121
mdrexler@som.umaryland.edu

A handwritten signature in black ink that reads 'Vernon Spriggs'.

Vernon Spriggs, CPP
MAPPA President
(240) 832-3871
mdamericanfellow@yahoo.com



ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the Maryland Association of Prevention Professionals and Advocates (MAPPA), Mental Health America (MHA), Federal Substance Abuse and Mental Health Services Administration (SAMHSA), The National Council on Problem Gambling (NCPG), and the Maryland Center of Excellence on Problem Gambling.

AWARENESS

MENTAL HEALTH – What it is and How to Promote It

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Often times, unhealthy coping strategies such as substance misuse and problem gambling are used to handle stress or untreated mental health conditions, leading to years of addiction and loss to quality of life.

Of American adults, 6% suffer from a substance use disorder and 2% have a gambling disorder at any given time (American Addictions Center, 2019 and Tracy, 2017). These percentages are higher for adolescents and young adults as they are more vulnerable to addiction due to brain development through the age of 25. Mental Health disorders can co-occur with substance use disorders and gambling disorders. Research shows 50% of those with substance use disorders also suffer from a mental health disorder, and within that group 10-15% report a gambling disorder.

Of those diagnosed with a gambling disorder, 38% have a substance use disorder, 50% have a mood disorder, 41% have an anxiety disorder, and 61% have a personality disorder (SAMHSA, 2019). In addition, 19% of individuals in treatment for a serious mental illness, such as schizophrenia or schizoaffective disorder, met criteria for problem or pathological gambling (Pesai and Potenza, 2009).

Mental health disorders, substance misuse, and problem gambling have similar risk and protective factors. Treatment, recovery and wellness can be promoted through awareness activities and by implementing prevention strategies highlighting tools and resources available within Maryland communities.

Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396

HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



Tools for Mental Well-Being and Recovery:

Maryland Problem Gambling Helpline – 1-800-GAMBLER (1-800-426-2537)
www.helpmygamblingproblem.org

- 💡 Refer to **Local Health Department and Mental Health Agencies** – These organizations provide additional resources and help within their specified counties/jurisdictions.
- 💡 **“No Cost” Screening** – Maryland residents and their families can receive “no cost” screening and assessment no matter their ability to pay for problem gambling related issues.
- 💡 **Mental Health Screening** – Go to MHAscreening.org. Locally, call your county health department or Mental Health Agency and ask for a mental health and/or substance use screening.
- 💡 **Have the Conversation with “someone who has been there”** – Problem Gambling Peer Recovery Support for individuals and family members can be a support system and connect you with the resources you need. In addition, peer recovery support specialists for substance use disorder can be found by contacting your local health department.
- 💡 **Maintain a Balance in all you do** – Make small changes and building on those successes. Balance out the type of recreational activities you do; example, if you gamble, integrate other forms of recreational and social interaction with equal balance. Limit alcohol use, especially in times of stress.
- 💡 **Practice wellness mentally and physically** – Get enough sleep, exercise, eat healthy, and enjoy good conversations with family and friends.
- 💡 **Spend time with family and friends who follow wellness behaviors and encourage you to do the same** – Stay positive and be around healthy and positive people.

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AWARENESS

PREVENTION – What it is and How to Promote It

Prevention is the stopping or delaying of risky health behaviors such as substance misuse, alcohol use, tobacco use, and/or gambling. Primary prevention is reaching populations, such as youth, who have not engaged in a risky behavior to promote positive behaviors. Secondary prevention would reach populations that have initiated a risky behavior that may be causing problems but there is no diagnosis of a disorder, such as substance use or gambling disorders. Tertiary prevention is relapse prevention for individuals who have been diagnosed with a disorder and are in recovery (Center for Disease Control and Prevention, 2020).

With a focus on primary prevention, **2020 National Prevention Week** (May 10-16) encourages youth to live healthy lives through making positive choices concerning mental health, substance misuse, and gambling behaviors. Just as those who are in recovery from a substance misuse or gambling problem have a story of recovery, those who chose not to engage in these risky behaviors have a story to tell about why they decided not to participate in these behaviors. Perhaps it was parents or other role models who encouraged youth to make healthy decisions. Perhaps it was involvement in a faith-based community, sports, or other school activities that encouraged healthy decision making. Having goals and dreams can encourage youth to make healthy decisions.

The theme for this year is **#PreventionHappensHere**. We encourage all to participate in National Prevention Week by:

-  downloading the #PreventionHappensHere sign
-  taking a selfie picture with the sign
-  posting that selfie on social media with the hashtag

Developing brains make youth vulnerable to injury and poor decision making, including the harmful effects of alcohol, drugs, and gambling. Parts of the brain that impact emotions, cognition, and impulse control are still developing into the early 20's. Genetics also plays a role in potential addiction to alcohol, drugs, or gambling. Youth are more at risk for these addictions if they have a parent or other close family member who suffers or has suffered from an addiction (Community Anti-Drug Coalitions of America, 2019).

Implementing pro-active prevention practices and awareness messaging about alcohol, substance misuse, and gambling behaviors can help decrease the risk of addictive behavior for the individual and within the community.

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Tools for Prevention:

- ▣ Have Important Conversations with the youth/young adults you care about – Talk to youth ages 10-25 about mental health, substance misuse, and problem gambling. For information on talking tips go to www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-to-your-child or visit www.helpmygamblingproblem.org.
- ▣ Choose activities that involve healthy fun – No alcohol and gambling for those underage. Setting limits on alcohol and gambling behaviors for adults of legal age.
- ▣ Learn skills to help cope with stress in healthy ways – Use meditation, exercise, problem solving, talking to someone you trust and other ways to deal with stress.
- ▣ Join a Students Against Destructive Decisions club or school or community clubs that promotes wellness among youth - Groups of youth making healthy decisions and making a positive difference in their communities inspires other youth to do the same.
- ▣ Request presentations or information on how you can get involved in youth mental health, substance misuse, and problem gambling prevention :
 - For problem gambling prevention, contact Heather Eshleman at heshleman@som.umaryland.edu, Prevention Manager at the Maryland Center of Excellence on Problem Gambling.
 - For alcohol and/or substance misuse prevention information, contact your local health department substance abuse prevention office or visit the Maryland Association of Prevention Professionals and Advocates (MAPPA) at <http://mappamd.org/> .

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TAKE ACTION

- 💡 Promote well-being screening through your organization.
- 💡 Post flyers about mental health, mental well-being and addiction prevention.
- 💡 Download the tool kits provided in this Guide.
- 💡 Create and use provided social media posts.
- 💡 Update awareness and prevention messaging on your website.
- 💡 Add an email signature line that promotes mental health, substance abuse and/or problem gambling prevention
- 💡 Join a local community coalition that works to promote mental health and/or prevent substance misuse.

HASH TAGS

Mental Health Month

- 💡 #millioninmay (promoting mental health screening)
- 💡 #MentalHealthMonth
- 💡 #Tools2Thrive
- 💡 #mentalhealthmonthtoolkit
- 💡 #mhm20
- 💡 #mentalhealth
- 💡 #endstigma
- 💡 #abuse

National Prevention Week

- 💡 #PreventionHappensHere
- 💡 #PreventionPower

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TOOL KITS

Mental Health Month

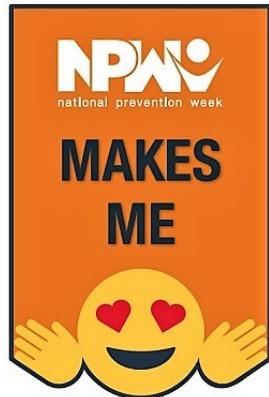
www.mhanational.org/may - General information for Mental Health Month
<https://mhanational.org/mental-health-month-2020-toolkit-download>

National Prevention Week

<https://www.samhsa.gov/prevention-week>
<https://www.samhsa.gov/prevention-week/toolkit>

Maryland Department of Health and National Alliance on Mental Illness (NAMI), Maryland - Mental Health 4 All: Mental Health Awareness Month 2020 Toolkit <http://health.maryland.gov/suicideprevention/Pages/Mental-Health-4-All-Mental-Health-Awareness-Month-2020.aspx>

LOGOS





EMAIL SIGNATURES

Cut and paste these signature ideas into your email or post them on your Facebook page:

Email Signature #1:

This May, Promote Mental Wellness and Prevent Problem Gambling and Substance Misuse



Email Signature #2:

Maintain Wellness on the Road to Problem Gambling and Substance Misuse Recovery



Email Signature #3:

Join us to Promote Mental Wellness, Take Care of Yourself and Those You Care About



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SOCIAL MEDIA POST IDEAS:

Suggested Links:

- ⌚ <https://www.helpmygamblingproblem.org>
- ⌚ <https://www.Mdproblemgambling.com>
- ⌚ <https://www.Mappamd.org>
- ⌚ <https://www.mhanational.org/mental-health-month>
- ⌚ <https://www.MHAscreening.org>
- ⌚ www.samhsa.gov/prevention-week

Suggested Posts:

- ⌚ May is Mental Health Month – Take care of yourself and those you love.
- ⌚ Taking care of your mental health #MentalHealthMonth helps to prevent addictive behaviors.
- ⌚ Substance use and problem gambling behaviors may be unhealthy ways to deal with untreated mental health conditions.
- ⌚ Is your gambling causing stress in your life? Call 1-800-GAMBLER and “*have the conversation*” with someone who has been there.
- ⌚ Primary prevention is stopping or delaying unhealthy youth behaviors such as problem gambling and substance use.
- ⌚ National Prevention Week is May 10-16,2020, #PreventionHappensHere
- ⌚ Positive coping strategies such as exercise, healthy eating, meditation, and getting enough sleep can promote mental health.
- ⌚ Visit [helpmygamblingproblem.org](https://www.helpmygamblingproblem.org) and take a self-assessment test to see if your gambling behaviors are out of control.
- ⌚ Say “NO” to drug use, over committing yourself, alcohol over-indulgences and chasing gambling losses. #MillioninMay
- ⌚ Don’t fall into the trap of using gambling and/or alcohol as ways to cope with stress. #ProblemGamblingAwareness #PreventionHappensHere
- ⌚ Promote mental health by having fun with activities that do not involve drugs, alcohol, or gambling.
- ⌚ Promote mental health by choosing friends that do not encourage problem gambling or binge drinking. #PreventionHappensHere
- ⌚ Delaying age of first time use of alcohol, drugs, and gambling can promote mental health.

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HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ [helpmygamblingproblem.org](http://www.helpmygamblingproblem.org)



Suggested Posts: (continued)

- 💡 Call or text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.
- 💡 Hobbies, sports, and other positive activities can promote mental health.
- 💡 Having difficult conversations with youth in your life concerning alcohol, drug use, and gambling behaviors promotes mental health. For talking tips go to www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child
- 💡 You are not alone – reach out to have a conversation with a Peer Support Specialist about your gambling or substance misuse behavior today.
- 💡 Focus on the positive in stressful situations to cope instead of using alcohol, drugs, or gambling. To talk to a peer recovery support specialist call 1-800-GAMBLER
- 💡 Focusing on spirituality or faith can promote mental health. #PreventionHappensHere
- 💡 Start the conversation with your family today about the risks of gambling and/or substance misuse.
- 💡 Resiliency, or strength in adversity, promotes mental health and decreases substance use and problem gambling. Go to www.samhsa.gov/prevention-week
- 💡 Self-control when feeling like making an impulsive decision can promote mental health and decrease substance misuse and problem gambling. Go to MHAScreening.org
- 💡 If you think gambling is a solution, it may be a problem.
- 💡 Maryland residents can now get “no cost” counseling for gambling
- 💡 Prevention is the reducing or stopping something from happening such as problem gambling, alcohol, or substance misuse. #PreventionHappensHere
- 💡 Problem Gamblers are more likely than others to suffer from low self-esteem – call 1-800-GAMBLER today for help and hope.
- 💡 Keep individuals, families and communities safe from addiction by promoting mental wellness.
- 💡 Someone you love gambling too much? Call 1-800-GAMBLER and ask for Family Peer Support.
- 💡 Prevention is science-based - look for information on substance misuse and problem gambling prevention. www.samhsa.gov
- 💡 Gambling should be entertainment – not a financial solution.
- 💡 Veterans are at greater risk for substance misuse and problem gambling issues.



RESOURCES ~ MARYLAND ORGANIZATIONS

(The) Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street #1050

Baltimore, Maryland 21201

Website: <http://www.mdproblemgambling.com/>

Program: Mary Drexler, MSW – mdrexler@som.umd.edu – 667-214-2121

Prevention: Heather Eshleman, MPH - heshleman@som.umd.edu – 667-214-2128

Communications: Donna Gaspar – dgaspar@som.umd.edu – 667-214-2124

Maryland Department of Health

Behavioral Health Administration

Spring Grove Hospital Complex

55 Wade Avenue

Catonsville, Maryland 21228

Website: <http://health.maryland.gov/suicideprevention/Pages/Mental-Health-4-All-Mental-Health-Awareness-Month-2020.aspx>

Website: <https://bha.health.maryland.gov/Pages/Gambling.aspx>

Phone: 410-402-8300

Maryland Association of Prevention Professionals and Advocates

P.O. Box 609

Linkwood, Maryland 21835-0609

Website: <http://mappamd.org/>

Email: mdamericorpsfellow@yahoo.com

National Alliance on Mental Illness, Maryland (NAMI)

10630 Little Patuxent Parkway, Suite 475

Columbia, MD 21044

Website: <http://namimd.org/>

Phone: 410-884-8691

Email: info@namimd.org

211 Maryland

1800 Washington Boulevard, Suite 340

Baltimore, Maryland 21230

Website: <https://211md.org/>

Phone: 211

Email: info@211MD.org

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HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

American Foundation for Suicide Prevention, Maryland

Kat Olbrich, Area Director Maryland and Delaware

Website: <https://afsp.org/chapter/maryland>

Phone: 202-770-8973

Email: kolbrich@afsp.org

Black Mental Health Alliance

900 East Fayette Street #22111

Baltimore, Maryland 21203

Website: www.blackmentalhealth.com

Phone: 410-338-2642

Email: info@blackmentalhealth.com

Center for a Healthy Maryland

Debra C. Scia Barrasi, Executive Director

Website: <http://healthymaryland.org/>

Phone: 1-800-492-1056

Email: center@medchi.org

Children's Mental Health Matters

Tiffany Thomas, Campaign Coordinator, Program Manager, Education and Outreach

Mental Health Association of Maryland

Website: <https://www.childrensmentalhealthmatters.org/>

Phone: 443-901-1550 ext. 234

Email: tthomas@mhamd.org

Community Behavioral Health Association of Maryland

18 Egges Lane

Catonsville, Maryland 21228

Website: <http://www.mdcbh.org/>

Phone: 410-788-1865

Email: chris@mdcbh.org

Maryland Addictions Directors Council

Mountain Manor Treatment Center, Inc.

3800 Frederick Avenue

Baltimore, Maryland 21229

Website: <http://madc.homestead.com/>

Phone: 410-233-1400

Email: madcconnect@gmail.com

Maryland Center of Excellence on Problem Gambling

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HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

Maryland Association for Treatment of Opioid Dependence

Baltimore, Maryland 21218

Website: <https://matod.org/>

Phone: 410-752-6080

Email: info@matod.org

Maryland Association of Behavioral Health Authorities

22 South Market Street, Suite 8

Frederick, Maryland 21701

Website: <https://www.marylandbehavioralhealth.org/about-us/>

Phone: 301-682-9754

Email: mabha@mhma.net

Maryland Coalition of Families

10632 Little Patuxent Parkway, Suite 234

Columbia, Maryland, 21044

Website: <http://www.mdcoalition.org/>

Phone: 410-730-8267

Email: info@mdcoalition.org

Maryland Psychiatric Society, Inc.

1101 Saint Paul Street, Suite 305

Baltimore, Maryland 21202-6407

Website: <https://mdpsych.org/>

Phone: 410-625-0232

Email: mps@mdpsych.org

Maryland Public Health Association

P.O. Box 7045

6801 Oak Hall Lane

Columbia, Maryland 21045

Website: <https://mdpha.org/>

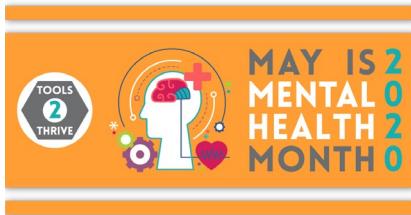
Phone: 443-475-0242

Email: GetInfo@MdPHA.org

Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396

HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

Maryland Suicide Prevention and Early Intervention Network (MD-SPIN)

Natalie Miller, LMSW, Mental Health Promotion Coordinator

Website: <https://health.maryland.gov/suicideprevention/Pages/marylandprogram.aspx>

Phone: 410-402-8325

Email: mdh.suicideprevention@maryland.gov

Email: mdh.mdmindhealth@maryland.gov

Email: Natalie.miller1@maryland.gov

MedChi, The Maryland State Medical Society

1211 Cathedral Street

Baltimore, Maryland 21201-5516

Website: <https://www.medchi.org/>

Phone: 1-800-492-1056

Email: members@medchi.org

Mental Health Association of Maryland

Heaver Plaza

1301 York Road, Suite 505

Lutherville, Maryland 21093

Website: <https://www.mhamd.org/>

Phone: 443-901-1550

Email: info@mhamd.org

Mental Health Resources in Maryland

1616 Washington Blvd.

Baltimore, Maryland 21230

Website: <https://www.rtor.org/directory/mental-health-maryland/>

Phone: 203-724-9070

Email: help@rtor.org

National Council on Alcohol and Drug Dependency

Dr. Nancy Rosen-Cohen, Executive Director

28 E. Ostend Street, #303

Baltimore, MD 21230

Website: <https://www.ncaddmaryland.org/>

Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396

HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

On Our Own of Maryland, Inc.

7310 Esquire Court
3rd Floor, Mailbox 14
Elkridge, Maryland 21075
Website: <https://onourownmd.org/>
Phone: 1-800-704-0262
Email: oomd@onourownmd.org

Pro Bono Counseling Project

5900 Metro Drive
Baltimore, Maryland 21215
Website: <https://probonocounseling.org/>
Phone: 410-825-1001
Email: ana@probonocounseling.org

Sheppard Pratt

Various locations
Website: <https://www.sheppardpratt.org/>
Phone: 301-840-2000
Email: info@sheppardpratt.org

Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396
HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

Peer Recovery Support Specialists

Revised January 2020

Eastern Shore

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Baltimore City

Carrie Jenkins, CPRS, ICRC, RPS, Certified Peer Recovery Support Specialist

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Northeast Central Maryland

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Southern Maryland

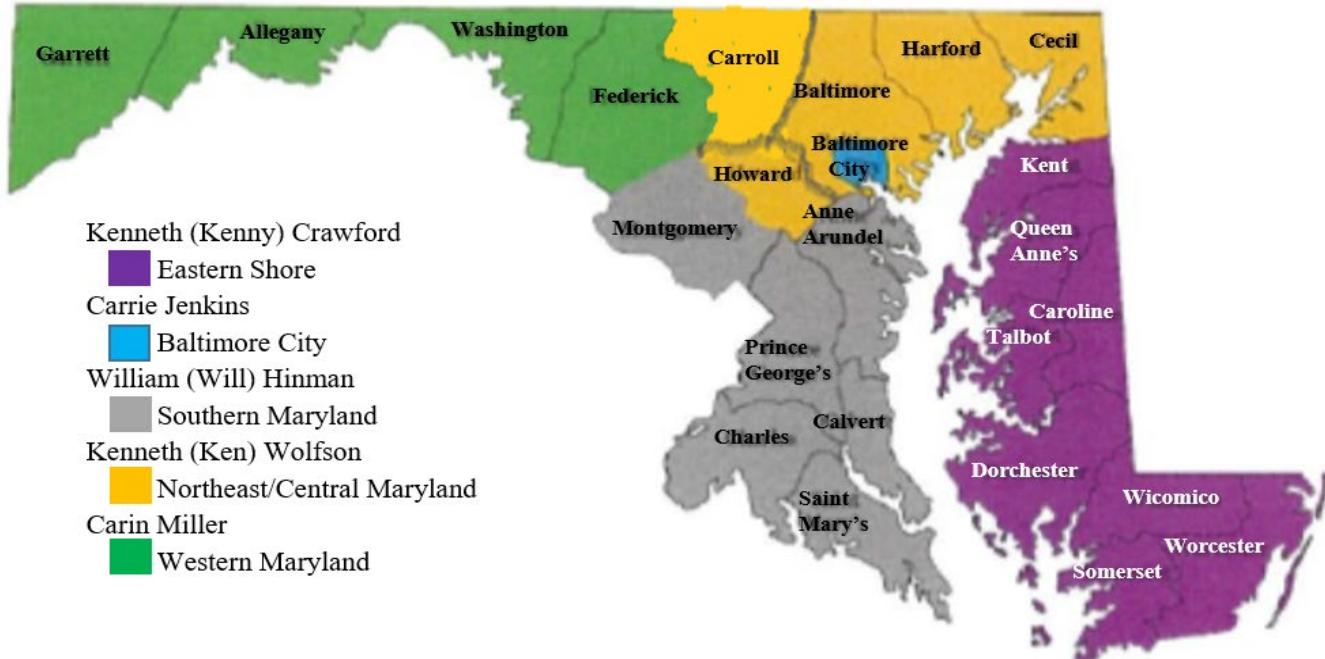
William (Will) Hinman, Peer Recovery Support Specialist

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Western Maryland

Carin Miller, Peer Recovery Support Specialist

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MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0

KEEP THE HEALTH
AND BALANCE IN
YOUR LIFE IF YOU
GAMBLE

This May during *National Mental Health Month*, take a mental health break to recognize an opportunity to share the importance of care in our relationships to others and to ourselves. Sustaining a healthy and balanced lifestyle to achieve “wellness” in our daily lives is important, but it can also be a challenge, especially if dealing with addictive behavior.

Individuals that struggle with problematic gambling behaviors are more likely than others to:

- Suffer from low self-esteem.
- Develop stress-related disorders.
- Become anxious.
- Develop a substance misuse problem and to suffer from depression.

Get your life back in balance:

- Take a break from gambling activity.
- Balance gambling with other leisure activities.
- Have a conversation about your gambling with someone who has been there. A Problem Gambling Peer Recovery Support Specialist can provide the support you need.
- Do not gamble when you are at “high risk” such as coping with negative emotions (grief, anger, depression) or under financial pressure and stress.

**If you or someone you know is struggling with problems due to gambling behavior, call, text or chat today –
We can help.**

1-800-GAMBLER (1-800-426-2537)
helpmygamblingproblem.org



**MAY IS 2022
MENTAL HEALTH MONTH**

**THIS MAY, HAVE A CONVERSATION WITH
SOMEONE WHO HAS BEEN THERE AND PUT
THE HEALTH AND BALANCE BACK IN YOUR LIFE.**

For individuals that struggle with problematic gambling behaviors, stress and low self-esteem can become all consuming. **Gambling Peer Recovery Support Specialists** have lived experience in recovery and can provide:

- Help to access treatment at no cost for Maryland residents to limit, control or stop gambling behavior
- Connection to resources for additional support
- Support and encouragement to continue to work toward goals.

If you or someone you know is struggling with problems due to gambling behavior, call, text or chat today and ask to speak to a *Peer Recovery Specialist*.

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