



Anne Arundel County Department of Health Community Health Announcements and News Releases March 2015



Visit the Anne Arundel County Department of Health's website, www.aahealth.org, for information about the Department's services and links to national, state and local resources. Follow the Department of Health on Twitter. Go to www.twitter.com/aahealth.

HEROIN FACTS AND UPDATES ONLINE

Information about heroin and prescription narcotics — treatment resources, opioid overdose response training and County statistics — is available on the Department of Health's website at www.aahealth.org/heroin.

DRUG AND ALCOHOL USE PREVENTION AND EDUCATION FOR COUNTY YOUTH

Prevention and Education Services seeks to increase awareness of the extent and risks associated with drug and alcohol use among young people in Anne Arundel County. The program provides information, presentations, training and exhibits to County schools, after-school programs, community groups, faith-based programs and parent groups. For information, call 410-222-6724.

DENTAL HEALTH SERVICES

The Department of Health provides dental services by appointment to income-eligible children, young adults, expectant mothers, and to adult participants in the County REACH program. Dental clinic locations are in Annapolis (3 Harry S. Truman Parkway, Annapolis, 410-222-7138) and in Glen Burnie (North County Health Building, 791 Aquahart Road, 410-222-6168). Services include teeth and gum cleaning, fluoride treatment, gum treatment, sealants, fillings, root canals, extractions, crowns, bridges, oral health education and dental health referrals.

ADMINISTRATIVE CARE COORDINATION PROGRAM (ACC)

ACC provides services to clients who are enrolled in (or eligible for) Medical Assistance and HealthChoice to help them access health care. Short-term care coordination may be provided for certain groups. The Ombudsman investigates issues with managed care organizations. For more information, call ACC at 410-222-7541 or the Ombudsman at 410-222-4380.

SUBSTANCE ABUSE TREATMENT SERVICES

Substance abuse assessment, referral and treatment services are available through Community Treatment Services. For details, County residents can call 410-222-0120. Methadone and Suboxone maintenance services (for opiate-addicted adults) are available through the Adult Addiction Clinic. Call 410-222-0100.

BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND TEENS

The Department of Health provides outpatient mental health and substance abuse treatment for 4- to 18-year-old children and their families without private medical insurance. For mental health services, call 410-222-6785. For substance abuse services, call 410-222-6725.

MEDICAL COVERAGE FOR FAMILIES

Do you need health insurance for your family? Medical Assistance for Families/MCHP provides comprehensive medical coverage to income-eligible families, children and pregnant women through managed care organizations (MCOs). For application information, call the Department of Health at 410-222-4792, or visit www.aahealth.org/mchp.

BREAST AND CERVICAL CANCER SCREENING

The Department of Health provides free breast exams, mammograms and Pap tests to eligible female County residents ages 40 and over. For details, call 410-222-6180 or log on to www.LearnToLiveHealthy.org.

LIKE US ON FACEBOOK!

The Department of Health is on Facebook! Like us at www.facebook.com/aahealth for information on Department services, current public health topics and more!

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BIRTH CERTIFICATES

The Department of Health can provide a certified copy of your Maryland birth certificate. Visit www.aahealth.org/birthcertificates or call 410-222-4462 for more information.

REACH HEALTH CARE PROGRAM

The REACH health care program is for uninsured adults. REACH is provided by the Anne Arundel County Department of Health in partnership with the County Medical Society. REACH offers County residents low-cost doctor visits, checkups, prescription medicine, lab work and tests, radiology services and dental services. Call 410-222-4531 for more information.

PRESCRIPTION SAVINGS PROGRAM

The Prescription Savings Program is for Anne Arundel County residents of any age and income. There is no cost to obtain the savings card. The card provides discounts on prescription drugs, vision care, hearing care, diabetic supplies, pet medications, and lab and chiropractic services. For details, call 410-222-4531 or see www.scriptsave.com and log in with Group #586.

SMOKING CESSATION

For free quit-smoking kits and information on free smoking cessation classes, Anne Arundel County residents can call the Learn To Live Line at 410-222-7979, or log on to www.LearnToLiveHealthy.org.

MEDICAL ASSISTANCE TRANSPORTATION

The Department of Health provides transportation services for eligible Medical Assistance/HealthChoice clients. Individuals with a valid Maryland Medical Assistance/HealthChoice card and no means of public or private transportation may be eligible for transportation to and from medical appointments. For information, call 410-222-7152.

HEALTHY TEENS AND YOUNG ADULTS

The Department of Health provides education and outreach for adolescents and parents on responsible decision making, pregnancy prevention, and the prevention of sexually transmitted infections. For more information, call 410-222-4468.

CHILDREN'S IMMUNIZATIONS

Your baby needs immunizations at 2 months, 4 months, 6 months, and between 12 and 18 months. Boosters are given prior to entering kindergarten. Call your health care provider or the Department of Health at 410-222-4896 for details. Information on immunizations and appointments at area health centers for eligible children is at www.aahealth.org/immunizations.

WOMEN, INFANTS AND CHILDREN (WIC)

The WIC supplemental nutrition program provides free nutritious foods, nutrition education, breastfeeding support and resource referrals for pregnant, breastfeeding and postpartum women, and to infants and children up to age 5. To qualify, County residents must meet income guidelines. Call 410-222-6797 or 410-222-0139 (Spanish), or visit www.aahealth.org/wic for more information.

HIV/AIDS SERVICES

The Department of Health offers free, confidential testing and counseling for HIV, the virus that causes AIDS. Call one of these health centers for an appointment: Glen Burnie (410-222-6633) or Parole (410-222-7248). HIV testing is also available in Brooklyn Park once a month. Call the Glen Burnie Health Center for an appointment. The Department offers free, personal and confidential HIV case management services. Call 410-222-7108 for more information. Follow HIV/AIDS Services on Twitter at www.twitter.com/hivxpressions.

Testing services for other sexually transmitted diseases are offered by the Department. Call 410-222-7382 for more information or to make an appointment.

HIV/AIDS WEEKLY SUPPORT GROUPS

The Department of Health offers support groups for HIV-positive men and women. Each group provides emotional, psychological and moral support. Individuals are encouraged to participate at their own comfort levels. Support groups are held at 1 Harry S. Truman Parkway in Annapolis. For information, call 410-222-7108.



Healthy Living From The Anne Arundel County Department Of Health

FOR IMMEDIATE RELEASE

**Department of Health Recommends Colorectal Cancer Screening
For Residents Age 50 and Older**

March is Colorectal Cancer Awareness Month, and the Anne Arundel County Department of Health urges County residents to reduce their risk of colorectal cancer, which is cancer of the colon (large intestine) or rectum. Colorectal cancer is the second leading cause of cancer death in Anne Arundel County after lung cancer.

The Department of Health's Learn To Live program offers a FREE Colorectal Cancer Prevention Kit for County residents. To order the kit, go to www.LearnToLiveHealthy.org, or call the Learn To Live Line, 410-222-7979. The kit contains information on how the disease can be detected and treated and how lifestyle changes can help prevent the disease. For example, adding more fiber to one's diet can help reduce risk, and the kit includes high fiber recipes. Other lifestyle factors that may reduce risk include maintaining a healthy weight, getting regular physical activity, limiting alcohol consumption and avoiding tobacco use.

Colorectal cancer can be detected through screening. Colorectal cancer screenings, which are recommended beginning at age 50, do not just identify the disease; they can also find and remove polyps (small growths of tissue) before the polyps may change over time and turn into cancer. A doctor might screen a younger patient based on his or her risk factors.

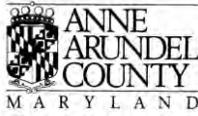
Learn To Live encourages County residents to reduce their risk of developing cancer and other serious illnesses by making healthy lifestyle choices, such as eating a healthy diet, quitting smoking and getting regular cancer screenings. For more information, visit www.LearnToLiveHealthy.org, or call 410-222-7979.

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February 26, 2015

Media Contact:

Wendy Mahan, Community Education and Health Disparities Manager,
410-222-4223 or hdwmahan@aacounty.org



DEPARTMENT OF HEALTH

NEWS RELEASE

FOR IMMEDIATE RELEASE

Department of Health Offers Opioid Overdose Response Training and Certification

The Anne Arundel County Department of Health's Adult Addiction Program is offering free training and certification to community members on the use of intranasal naloxone, a prescription medicine to reverse an opioid overdose and prevent death. The training is for family members, friends and the associates of any individual who is using and at risk of overdosing on heroin or prescription pain medications. Teens under 18 may take the training if accompanied by a parent or guardian; however, minors are not eligible for certification. The training is also recommended for treatment program and transitional housing staff. Training sessions will be held at Department of Health sites in Annapolis and Glen Burnie on the following dates in March and April:

Behavioral Health Building, 122 North Langley Road, Glen Burnie, MD 21060

- Thursday, March 5, 2015 – 11:00 a.m. to 1:00 p.m.
- Tuesday, March 31, 2015 – 6:00 p.m. to 8:00 p.m.
- Thursday, April 16, 2015 – 10:00 a.m. to noon
- Tuesday, April 21, 2015 – 6:00 p.m. to 8:00 p.m.

Health Services Building, 3 Harry S. Truman Parkway, Annapolis, MD 21401 (Use Front Entrance)

- Thursday, March 19, 2015 – 10:00 a.m. to noon
- Thursday, April 9, 2015 – 10:00 a.m. to noon

After completing the 2-hour training, certified trainees will receive a prescription for a naloxone kit that they can fill at certain pharmacies. The kit contains naloxone to administer to victims of an opioid overdose. Naloxone cannot be used to get "high" and is not addictive.

To register, call the Adult Addiction Program at 410-222-0100, weekdays between 5:00 a.m. and 5:00 p.m.

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February 26, 2015

Media Contact: Elin Jones, Public Information Director, 410-222-4508, hdjones@aacounty.org



FOR IMMEDIATE RELEASE

Department of Health Warns Pregnant Women Against Drug Use

Did you know that using alcohol, cigarettes and illegal drugs during pregnancy can harm the mother and her baby? Everything a pregnant woman ingests can affect the baby's growth and wellness.

The 2010 National Survey on Drug Use and Health found that in pregnant women between 15 and 44 years of age, 4.4 percent used illicit drugs in a given month; 10.8 percent reported current alcohol use; and nearly 16.3 percent reported past month tobacco use. Below are a few of the problems caused by smoking, alcohol and illegal drugs.

Cigarettes: Pregnant women who smoke expose their babies to nicotine and the dangerous chemicals in cigarettes. If the mother smokes, her baby may be born early (a preemie); develop an addiction to nicotine; have breathing and behavioral problems; or die before it is born or in the first year of life. Secondhand smoke can also be harmful to a baby. The baby is more likely to develop breathing problems, ear infections and cavities.

Alcohol: Drinking alcohol while pregnant can cause children to be born too small; with visual and hearing problems; and with problems learning, paying attention, eating and sleeping.

Illegal drugs: Pregnant women who use illegal drugs like marijuana, cocaine, ecstasy, meth or heroin can cause lifelong harm to their babies. Drug use can cause babies to be born early; grow slowly; have heart problems or a stroke; have shaking, vomiting and other withdrawal symptoms; and suffer lifelong disabilities.

If you have been using drugs and think you might be pregnant, stop using the drug and talk to a doctor immediately. (Exception: If you use heroin, you will need to see a doctor to help you gradually get off the drug—if you stop too suddenly, it can harm the baby.)

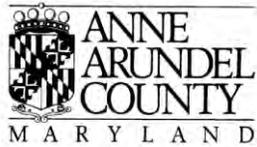
The Anne Arundel County Department of Health offers free Healthy Pregnancy and Healthy Babies Kits to pregnant women and to parents and caregivers of children from newborn to 5 years old. The kits include a directory of health and social resources. To order the free kits, County residents can visit www.aahealthybabies.org or call 410-222-7223.

For information about free smoking cessation classes and quit smoking kits, call the Department's Learn To Live Line at 410-222-7979 or visit www.LearnToLiveHealthy.org.

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February 26, 2015

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DEPARTMENT OF HEALTH

NEWS RELEASE

FOR IMMEDIATE RELEASE

**Anne Arundel County Department of Health Provides
In-School Vision and Hearing Screenings**

The Anne Arundel County Department of Health vision and hearing technicians and school nurses conduct mandated vision and hearing screenings in public schools for children in preschool, kindergarten, first and eighth grade, and for students new to Anne Arundel County schools. Special education students receiving speech therapy may also be recommended for screening. Department vision and hearing technicians also administer vision and hearing screenings at private schools, nurseries and day care programs to ensure that the appropriate children are screened.

Children who wear glasses should bring them to school on the day of the screening. Students in the following schools and programs will be screened in March:

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| March 2 | Calvary Center School |
| March 3 | Quala Care Child Center, The Learning Tree Child Development Center |
| March 4 and 5 | St. John the Evangelist School |
| March 6 | Pasadena Early Learning Center, St. Philip Neri School |
| March 9 | Granite Baptist School |
| March 9 and 10 | Indian Creek School |
| March 10 | Ruth Parker Eason School |

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Anne Arundel County Department of Health In-School Vision and Hearing Screenings

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| March 11 | Marley Glen School |
| March 12 | Central Special School |
| March 13 | All God's Children Child Care Center, Montessori International Children's House, Play and Learn at Annapolis |
| March 16 | Ferndale Early Education Center |
| March 17 | Severn School, The Key School |
| March 18 | St. Paul's Lutheran School |
| March 20 | Beth Shalom Early Childhood Program, Right Start Academy |
| March 25 and 26 | St. Mary's Elementary |
| March 27 | Jacobsville Elementary |

Children are screened in order to detect vision or hearing problems that may impair a child's ability to perform successfully in school. If a potential deficiency is detected, a letter is sent to the parents informing them of the results. The parents are advised to contact the child's doctor for further testing and advice. For more information on the School Vision and Hearing Program, call Kim Roussey, vision and hearing technician supervisor, at 410-222-6838.

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February 26, 2015

Media Contact:

Elin Jones, Public Information Director, 410-222-4508, hdjones@aacounty.org