

Healthy Communities



A publication for people who care about improving the health of our community

Spring 2019

A Note from the Director



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Director, Healthy
Community Partnership

Every year, I look forward to our annual faith-health symposium. And, every year, I have come away excited about what I learned from both the speakers and attendees. The 7th Annual William S. Perper Faith-Health Symposium, held in Baltimore last November, was no exception. More than 200 people were in attendance to learn about timely health topics – depression, trauma and addiction.

I had the privilege of giving the first presentation, “Depression: Out of the Darkness and Into the Light,” where I shared my personal and professional experiences with depression. **Anita Wells, Ph.D.**, a psychology professor at Morgan State University, spoke about post-traumatic stress disorder, and **Michael Fingerhood, M.D.**, chief of the Division of Chemical Dependence at Johns Hopkins Bayview, talked about destigmatizing addiction. You can read more about his work on page two of this newsletter.

In addition to the presentations, singer-songwriter ellen cherry performed music inspired by her own personal experience with trauma – a horrific automobile crash that left her seriously injured and in need of intensive rehabilitation. Attendees also took advantage of a resource fair, where a number of community organizations offered information about services for those affected by depression, trauma or addiction.

We are now gearing up for the 2019 Perper Symposium, which will be held in New York City on November 14. This conference will focus solely on addiction, and will feature health professionals, clergy and individuals who have experienced substance abuse.

I hope that you and some members of your congregation will be able to join us. Stay tuned for more information.

In faith and good health,

In faith and good health,

A handwritten signature in black ink that reads "Dan".

SAVE THE DATE! 8th Annual William S. Perper Faith-Health Symposium

*Understanding Addiction:
A Community Approach to Healing*

A free conference for individuals and families impacted by addiction, and for those who care for them.

Thursday, November 14

8 a.m. to 3 p.m.

Fifth Avenue Presbyterian Church
7 West 55th Street, New York, NY

**For more information, visit
hopkinsmedicine.org/jhbmcl/perper
or call 410-550-1118.**

PEER RECOVERY COACHES OFFER GLIMPSE OF HOPE



For 30 years, **Joy Haywood** (*pictured at left*) lived with an addiction to opioids and alcohol. Now five years in recovery, she works as a peer recovery coach in Johns Hopkins Bayview's emergency department, meeting people with opioid addiction in their darkest hours, and reminding them of their chance at a different life.

Johns Hopkins Bayview is working to prevent more opioid-related deaths, in part by taking away the stigma often associated with opioid use disorder. "Never lose your dignity to a diagnosis," says **Michael Fingerhood, M.D.**, chief of the Division of Chemical Dependence. "Addiction is full of shame. We do our best to take that away."

Using peer recovery coaches in the treatment of opioid addiction is a national evidence-based model. Patients are often more comfortable talking with Haywood because they know she has walked a mile in their shoes. If they are ready to take the first step, she will refer them to a treatment program, then follow up with them to see if they moved forward with treatment.

Haywood found the courage to seek treatment for herself five years ago. With most of her income going toward her addiction, she could no longer afford rent, and had been staying with family. One day, her older sister told her, "no more."

"The disease had covered my eyes," she says. "My light was going out. My spirit was dying."

Now, as a peer recovery coach, she earns a living by helping others find the courage to take the first step in treatment. Twenty-five percent of all patients who come to Johns Hopkins Bayview's emergency department test positive for substance use disorder. Haywood and her fellow peer recovery coaches visit each of them with the reminder that there is hope.

To hear more about Haywood's story and to learn about how Johns Hopkins Bayview is addressing opioid use disorder, visit hopkinsmedicine.org/jhbmc/patientstories.

Physician Spotlight:

Michael Fingerhood, M.D., Addictions Medicine Specialist

Dr. Fingerhood has spent his career promoting and improving access to medical care for patients with substance use disorder, especially among the uninsured and underserved populations of Baltimore. Through the years, he has developed and maintained a number of innovative programs related to the care of this patient population. His expertise as a physician, as well as his ability to provide compassionate care, has led to recognition by his peers as a "physician par excellence" and one of Johns Hopkins' Physicians of the Year in 2018.

A Collaborative Effort

Dr. Fingerhood recently forged a partnership with the Baltimore City Health Department to reduce and treat sexually transmitted diseases, and also has a new collaboration with Baltimore City for individuals who are being released from the detention center. Additionally, he is leading the efforts of The Johns Hopkins University to combat the opioid overdose epidemic; serves as a consultant for the Maryland Addiction Consult Service; and is assisting Congressman David Trone in state and national efforts related to opioids.

To learn more about Dr. Fingerhood and his efforts, visit hopkinsmedicine.org/clinical-awards and click on "2018 Award Recipients."



TACKLING THE OPIOID EPIDEMIC: A COMMUNITY EFFORT

Earlier this year, Johns Hopkins Bayview hosted a retreat for scholars and experts from our community with the goal of making headway in local efforts to combat the opioid epidemic. **Renee Blanding, M.D.**, vice president of medical affairs, and **Rev. Paula Teague, D. Min.**, senior director of spiritual care and chaplaincy, facilitated the event – one of a series of collaborations with the Medical-Religious Partnership.

After a “people mapping” exercise encouraged the attendees to make personal connections based on the impact of addiction, the group determined that the opioid epidemic affects no one walk of life – it cuts across denominations, races, social classes, educational levels and professions to touch all members of our community here in Baltimore and also nationally. Participants were able to work on specific initiatives and developed work plans for responses to the opioid epidemic.

As a result of this retreat, there are ongoing efforts for a resource-sharing site, anti-stigma training for congregations and more information about the use of Narcan.

If your congregation would like to participate in the opioid workgroup, call **410-550-7569**.

Opioids: What You Should Know

Information about opioids, the science of addiction, and how to prevent and treat opioid dependence

hopkinsmedicine.org/opioids

Opioid Overdose Prevention & Response

Baltimore County Resources

baltimorecountymd.gov/opioid

Baltimore City Resources

health.baltimorecity.gov

LAY HEALTH EDUCATOR PROGRAM: PARTICIPANT SPOTLIGHT



Carol Velandia, Epiphany Episcopal Church

Carol Velandia, a 2018 graduate of the Lay Health Educator (LHE) program, is a program manager at Epiphany Episcopal Church in Timonium, Maryland. Velandia is passionate about improving access to health care for minority populations. Below, she talks about her experience with the LHE program.

Why did you sign up for LHE?

I am very passionate about improving health care outcomes for our community. They face significant difficulties, such as access to insurance, immigration status or language barriers. I am interested in helping the immigrant and limited English proficient populations reaching better health care outcomes.

What is your role with Epiphany Episcopal Church?

I manage programs associated with language access and also work with a team who helps families at risk of homelessness. We host monthly meetings and invite speakers to talk about specific health topics. In the past, we've had presenters talk about nutrition and health, and provide interactive sessions about healthy cooking.

How have you used the information you learned in LHE with members in your community?

LHE gave me a greater understanding of the health issues that affect our community the most. I've shared information on specific health topics with our participants on a one-on-one basis.

Epiphany Community Center also recently sponsored a training for aspiring interpreters who want to improve the health of the limited English proficient population.

For more information about Healthy Community Partnership, visit hopkinsmedicine.org/jhbmc/hcp.

NO ONE DIES ALONE OFFERS COMPANIONSHIP & SUPPORT TO PATIENTS NEARING DEATH



Families take comfort in knowing their loved one was not alone during their time of death.

Johns Hopkins Bayview recently launched a pilot of the No One Dies Alone (NODA) program, which has been successfully implemented at Suburban Hospital since 2013 and The Johns Hopkins Hospital since 2017. The program offers companionship and support to patients who are nearing the end of life by providing volunteers who will sit with them in their final moments.

In addition to volunteer training, NODA volunteers also attend a half-day orientation, where they learn how to:

- read the body language of a person who can no longer speak
- sit vigil at a patient's bedside
- offer respite and moral support to family and friends whose loved one is dying
- provide the patient with dignity, respect and comfort as they near the end of life

At this time, only employees of the Johns Hopkins Health System and University are eligible to volunteer; however, opportunities will be open to the the public in the fall.

For more information or to be added to our volunteer list, call **410-550-0627**.