



MARYLAND DEPARTMENT OF THE ENVIRONMENT

ANNUAL REPORT

2022

Oct. 1, 2021 - Sept. 30, 2022

Letter From Executive Director



This past year marked numerous milestones for Metro Drug Coalition. Construction began on Phase 1 of The Gateway, Recovery Community Center in September 2021 and opened on September 23, 2022. After 4 years of planning, covid delays, supply chain issues and fundraising efforts the vision finally became a reality. The organization's 36-year commitment to continually assessing the needs of the community remains as true today as it did in 1986. By bringing diverse stakeholders together to address the drivers of substance use, we can create collaborative partnerships and maximize resources to have even greater impact. By identifying evidence-based prevention, harm reduction and recovery strategies and implementing plans with a strong emphasis on evaluation, this organization has continued to serve as the convener and model for cross-sector collaboration in the Knoxville, Tennessee community.

Metro Drug Coalition is the premier prevention partnership around ALL substance use issues to address some of our most challenging concerns, most recently the fentanyl and stimulant epidemics, as we continue to wrestle with the latest wave of the opioid epidemic. By training healthcare providers and educating the public, we have seen a decline in narcotic prescribing and increases in alternative pain management utilization. Unfortunately, many with substance use disorders have shifted to more deadly and powerful illicit street drugs. Knowing that mental health and substance use often are close cousins, MDC expanded our prevention work to include mental health first aid trainings for community members, allowing individuals to recognize early signs someone may be exhibiting a mental health issue and how to appropriately intervene BEFORE a person turns to alcohol or other drugs to escape those stressors.

Metro Drug Coalition identifies and recognizes gaps in services for individuals with substance use disorders. While focusing on primary prevention, MDC inherently understands that getting individuals treated and in long-term recovery also decreases the demand for drugs in communities and heals families. Helping individuals navigate into treatment, providing naloxone trainings to organizations and high-risk individuals, placing individuals in recovery housing environments, and coaching those early in recovery provides hope and healing to those who are struggling. Knowing that children who live with a parent who is struggling with a substance use disorder and/or mental issue is an adverse childhood experience, we can no longer just look at addiction as a disease that only affects the person who is afflicted. If multi-generational cycles are going to be broken, we must take a systemic and strategic approach.

Metro Drug Coalition believes that prevention starts early. Waiting until children reach adolescence is much too late. Keeping substances (even legal ones) away from young developing brains will greatly decrease the likelihood of developing a substance use disorder as an adult. Nicotine, Alcohol and THC (psychoactive chemical in marijuana) are the initiators among our youth. As adults, we all play a pivotal role in making sure our children's brains stay safe and free from mind-altering chemicals that disrupt the brain's ability to mature in a healthy way. Recognizing the role childhood trauma has on both substance use and mental health disorders is important in our work. Prevention and mitigation of trauma is critical in raising healthy resilient kids. MDC's initiation of TN ACEs is focusing on educating pediatric healthcare providers to open up conversations with parents about adverse childhood experiences and equip parents with information on how to build resilience in children and families. We know from prevention science that parents play a critical role in their children's well-being.

Metro Drug Coalition, believes substance use disorders are preventable and that recovery is not only possible, but happening every day. With your support we can build a healthier, more vibrant community where families thrive and businesses prosper by reducing the negative impact substance misuse has on our community, state and nation.



Karen Pershing
Executive Director

In Service,

MDC Board of Directors

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Kim Harmon
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Jennifer Knisley
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Eric Landry
*Faith-Based Community
Coordinator, East Region*



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Coordinator*



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Coalition Coordinator



Sydney Ross
Youth Initiatives Coordinator



Jessica Stanley
*Regional Overdose
Prevention Specialist*



Katina Woods
CCAR Recovery Coach



Emory Young
CCAR Recovery Coach

Our Reach

3,617  LIKES  **30.1% INCREASE**
from FY 2021

1,034  FOLLOWERS  **5.4% INCREASE**
from FY 2021

871  FOLLOWERS  **45.7% INCREASE**
from FY 2021

53

Earned Media
Stories

in FY 2022



Meeting the needs of our community

Metro Drug Coalition (MDC) is a nonprofit organization striving to create a healthy and safe community, free of substance misuse. We have served the Knoxville community for over 36 years. Our goal is to increase access to evidence-based prevention education, harm reduction programs and recovery support services for anyone desiring to maintain or seek a life free from substance misuse. Through community collaborative efforts, we can all strengthen families and prevent future generations from the devastating consequences of addiction.

AREAS OF FOCUS



Primary Prevention

Harm Reduction

Recovery Support

Youth Engagement

A New Direction

In August, MDC hired our current Youth Initiatives Coordinator, and she has been working to continue implementing our youth program initiatives as well as evaluating new methods to increase engagement in our youth population.

In an effort to increase engagement, the Youth Initiatives Coordinator has decided to expand our Youth Metro Drug Coalition to include any and all students who are under the age of 25. This shift has resulted in demonstrated interest from several Knox County middle school students as well as students from the University of Tennessee. We are excited to see what new ideas these students bring to the table.

After receiving feedback from health and wellness teachers in Knox County, the Youth Initiatives Coordinator is back in the schools once again. The curriculum developed by the previous coordinator is still being used; however, based on the feedback from teachers, the curriculum is better absorbed by students when taught by a guest speaker in the field of substance use prevention. Since the beginning of the 2022-23 school year, our Youth Initiatives Coordinator has presented to more than 400 students in Knox County Schools.



86

TEACHERS
EDUCATED



125

COLLEGE STUDENTS
EDUCATED



641

YOUTH
SERVED

KICKO Partnership

MDC's implementation of Positive Action curriculum with our community partner KICKO (*Knoxville Inner City Kids Outreach*) had wonderful outcomes, with 24 young people engaged in the curriculum. The Tennessee Prevention Network grant was used to fund the training, teaching and engagement of youth who are indicated to be at greater risk of substance misuse.

Community Coalition

The purpose of the Drug-Free Community Coalition is to engage every sector of the community in Metro Drug Coalition's efforts to reduce the misuse of substances. The coalition has continued to focus on a number of projects to educate, raise awareness and target young people, specifically, for positive alternatives to alcohol and substance misuse.



*2 DEA Take Backs
2 Aging Adult Resource Fairs
Women's Health Panel
Overdose Awareness & Naloxone Training
Addiction & Recovery Forum
Pack the Crib Donation Drive*



890 POUNDS

Of unwanted medication
collected at medication
take back events
throughout Knox County.

38 PARENTS

Successfully completed **Rezilient Kidz: Raising Highly Capable Kids**

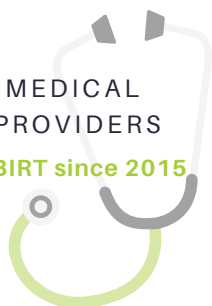
This curriculum focuses on 40 developmental assets and equips parents' to build resilience in their children, using a positive strengths-based approach. Raising Highly Capable Kids takes the approach that community development and familial bonds are equally important as building parenting skills.



607

MEDICAL PROVIDERS

Trained in SBIRT since 2015



Metro Drug Coalition facilitates **SBIRT** (Screening, Brief Intervention, Referral to Treatment) trainings in Knox County. This training equips providers, nurse practitioners, nurses, residents and office managers to: understand the disease process of addiction, recognize the risk factors and causes of Neonatal Abstinence Syndrome, understand the process of SBIRT (an evidence-based screening tool) to assess risk for substance misuse in patients, and learn ways to implement and administer brief interventions.

MDC's Substance Misuse Task Force is a multidisciplinary stakeholder group comprised of leaders from the Knoxville Academy of Medicine, state and local law enforcement leaders, addiction treatment experts, hospital representatives, pharmacists, UT College of Nursing, TeamHealth, Tennessee Department of Health, Knox County State Representatives and other concerned citizens.

This group has been recognized both by the state and nationally as a model coalition.

- Expanded access to treatment & initiation of Medications for Opioid Use Disorder in emergency departments.
- Supported legislation to expand access to naloxone.
- Continued to stretch the task force member's knowledge of substance use issues.



MDC collaborated with Pain Consultants of East TN, Summit Medical, Knoxville Academy of Medicine, Cherokee Health Systems and Cigna to host the Fifth Annual **East Tennessee Opioid Conference**. This conference educated medical providers on different levels of the opioid crisis and what they can do to play a role in finding solutions to this epidemic. **Over 340 individuals** received education at this event, either in-person or virtually, across the state of Tennessee.



Metro Drug Coalition provided **84** Responsible Beverage Service packets to new beer permittees in City of Knoxville, Knox County and Town of Farragut.

Primary Prevention



Mental Health First Aid (MHFA) teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis.

Summary in FY 22

- 2 adult instructors trained
- 34 Mental Health First Aid classes taught
- 297 individuals trained

Both in-person and virtual Mental Health First Aid classes were offered throughout the year. Attendees could choose between Adult Mental Health First Aid, Youth Mental Health First Aid, and Teen Mental Health First Aid.

COMMUNITY PARTNERS



- **Knox County Schools**
 - MDC partnered with KCS to ensure all new School Resource Officers (SROs) were trained in Youth Mental Health First Aid.
 - Beginning in FY22, MDC began training all KCS School Suicide Coordinators in Youth Mental Health First Aid.
- **Boys & Girls Club**
 - All staff trained in Mental Health First Aid
- **FirstHand Cares**
 - All staff trained in Mental Health First Aid

 BornDrugFreeTN

BDFTN Materials Distributed



50 PATIENT BROCHURES



1,400 LIKES



220 FOLLOWERS

Harm Reduction

In 2017, the **Knox County Harm Reduction Coalition** was created.

Purpose: To reduce the number of overdoses and overdose deaths while also limiting the spread of infectious disease associated with substance misuse, the Harm Reduction Coalition represents a diverse and unified group of agencies in Knoxville/ Knox County who work to rescue individuals experiencing drug overdose by deploying naloxone and by linking victims to the appropriate follow-up care.

The 2022 report has not been finalized. This group still continues to meet to collaborate on ways to serve our community. MDC will share the report on our website and social media platforms when it is available.

Naloxone Distribution

Regional Overdose Prevention Specialists (ROPS) are located throughout the state of Tennessee as a point of contact for training and education on opioid overdose and for overdose prevention through the distribution of naloxone.

17,862

NALOXONE KITS

were distributed in Knox County in FY 22

Harm Reduction Outreach

Beginning in March, MDC's Recovery Support Team has been hard at work with harm reduction outreach in our community. MDC staff members have targeted specific areas in our community to distribute Narcan kits, safely dispose of needles and give other harm reduction items out to those in need.

6,000 needles safely disposed of

3,100 condoms distributed

340 individual safe syringe boxes distributed

Recovery Housing Support Fund

The Recovery Housing Support fund was established in 2018 with funds generated by MDC’s second Recovery Resource Fair. The fund has grown exponentially since its humble beginnings. Over the lifetime of the fund, MDC has paid **307 deposits** for individuals to enter sober living who would not have had the resources to go otherwise. MDC has received donations and grant dollars from both individuals, local and state government, as well as funds raised by our organization.

121 INDIVIDUALS

have been assisted and safely entered into recovery housing in FY 22.



All Recovery Housing Scholarship Recipients

The table below represents any individual receiving a housing scholarship between 10/1/21 and 9/30/2022. While additional scholarships may have been provided during the timeframe, only those individuals completing a recovery housing data collection form are included in the data set.

Metro Drug Coalition

All Recovery Housing Scholarship Recipients (n=110)
10/1/21 - 9/30/22



82%
WHITE



1%
HISPANIC/LATINO



62%
MALE

36%

WERE BETWEEN
25-34 YEARS OLD



40%

RESIDED IN A JAIL,
PRISON 30 DAYS
PRIOR TO HOUSING



42%

WERE HOUSED IN A
RESIDENTIAL
TREATMENT FACILITY



96%

WERE UNEMPLOYED -
LOOKING FOR WORK
AT THE TIME OF THE
SCHOLARSHIP



56%

REPORTED
PREVIOUSLY
EXPERIENCING AN
OVERDOSE



86%

HAD PREVIOUS
JUSTICE
INVOLVEMENT*



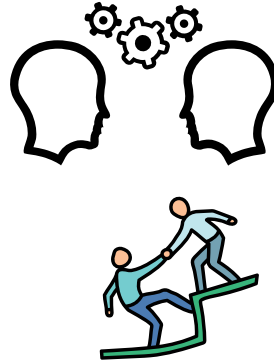
40%

WERE ON PROBATION
OR PAROLE

*Defined as: Anyone who has been arrested, incarcerated, is under community supervision, or involved with the juvenile dependency court in the last 6-months.

Recovery Coaching

Recovery Coaching is a form of strength-based, healing centered supports for persons in or seeking recovery from alcohol or other substances. Similar to life and business coaching, Recovery Coaching is a type of partnership where the person in or seeking recovery self-directs their recovery while the coach provides expertise in supporting successful change.



126 COACHES
trained in the CCAR
Recovery Coach Academy.

176 INDIVIDUALS
have engaged in
recovery coaching.

BCOR GRANT RECIPIENT

MDC received the Building Communities of Recovery (BCOR) grant through The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) in April of 2020. MDC is the FIRST organization in the state of Tennessee to receive this grant.

6 month client follow-up

The data below is from MDC's first set of clients who have passed the six month mark of recovery coaching. As part of our process, we are conducting thorough intake interviews with all our clients as well as doing a follow-up at 6 months to show any improvement in not only their use of substances, but in many other domains of recovery.

As of 10/2022, a total of 176 participants had been enrolled in the BCOR Program since the project start date of 4/29/2020. As part of the SAMHSA funding requirements, the MDC staff complete a GPRA assessment on all individuals entering BCOR services. A table showing the number of assessments completed throughout the project period is provided below.

Assessment Type	Year 1 4/30/2020-4/29/2021	Year 2 4/30/2021-10/10/2021	Year 3 4/30/2022-4/29/2023
Intake	47	47	49
6-month	14*	18	11
Discharge	11**	1	5

*Five (5) assessments did not have an interview completed.

**Five (5) assessments did not have an interview completed.

Depression Symptoms

↓
64.4% at intake
46.3% at 6-months

Psychiatric Medications

↓
63.9% at intake
43.4% at 6-months

Hallucination Symptoms

↓
4.8% at intake
2.4% at 6-months

Trouble Processing/Understanding Information

↓
42.2% at intake
27.7% at 6-months

Abstinent from substances *

↑
81.7% at intake
86.6% at 6-months

Housing Stabilization

↑
3.7% at intake
14.6% at 6-months

Employed or in training school/college

↑
26.5% at intake
69.9% at 6-months

473 INDIVIDUALS

Referred to alcohol and
drug treatment, regionally

Between July 2021 and June 2022, measured annually



TDMHSAS FAITH-BASED INITIATIVE



Faith Based Coordinator working in conjunction with Metro Drug Coalition to reach the 33 counties in East Tennessee's Grand Division. Efforts include spreading awareness and education in substance misuse and mental health. Promoting community involvement for congregations in facilitating forums to inform on mobilization efforts, stigma reduction and provide referral resources for individuals and families effected by substance misuse and mental health issues. Duties include traveling to congregations in the east region, conducting trainings, community forums and connecting congregations/individuals with the appropriate referral agencies.

263 PRESENTATIONS

*were given to congregations in the
East Grand Division during FY 22.*

GATEWAY ATTENDANCE

Measured between opening on September 23, 2022 - October 2022

MINDFULNESS, RECOVERY, & GROUP MEETINGS



900 IN ATTENDANCE

ART, MUSIC & SOCIAL EVENTS



40 IN ATTENDANCE

TOTAL INDIVIDUALS
SERVED



1,056

COACHING & SUPPORT

31 IN ATTENDANCE

HOUSING, TREATMENT, & REFERRALS

31 IN ATTENDANCE

HARM REDUCTION SERVICES

16 IN ATTENDANCE

TRAINING

8 IN ATTENDANCE

VOLUNTEERING/COMMUNITY SERVICE

39 IN ATTENDANCE

Recovery Support



*Phase I of The Gateway opened in September 2022.
Phase II is currently under construction. The goal
is to have The Gateway completed by June 2023.*



COMMUNITY NEED

Treatment is only the beginning of a long-term recovery process of brain healing and restoration. The average stay for inpatient treatment is 7 to 30 days; however, the brain can take anywhere from 18-24 months to recover from addiction.

***By focusing on community-based recovery services,
we can increase capacity by avoiding relapse.***

OUR SERVICES

The Gateway is Knoxville's **FIRST** recovery community center offering daily access to resources for anyone in or seeking recovery, regardless of their situation. We are a safe haven for individuals to come and feel connected and served on a **daily basis**.

The Gateway offers:

- Family Support Groups
- Recovery Coaching
- All-Recovery Meetings
- Music Therapy
- Community Resources
- Recovery Training Series
- Life-Skills Training
- Art Therapy
- Harm Reduction Training
- Recovery Social Events

**OUR
GOAL**

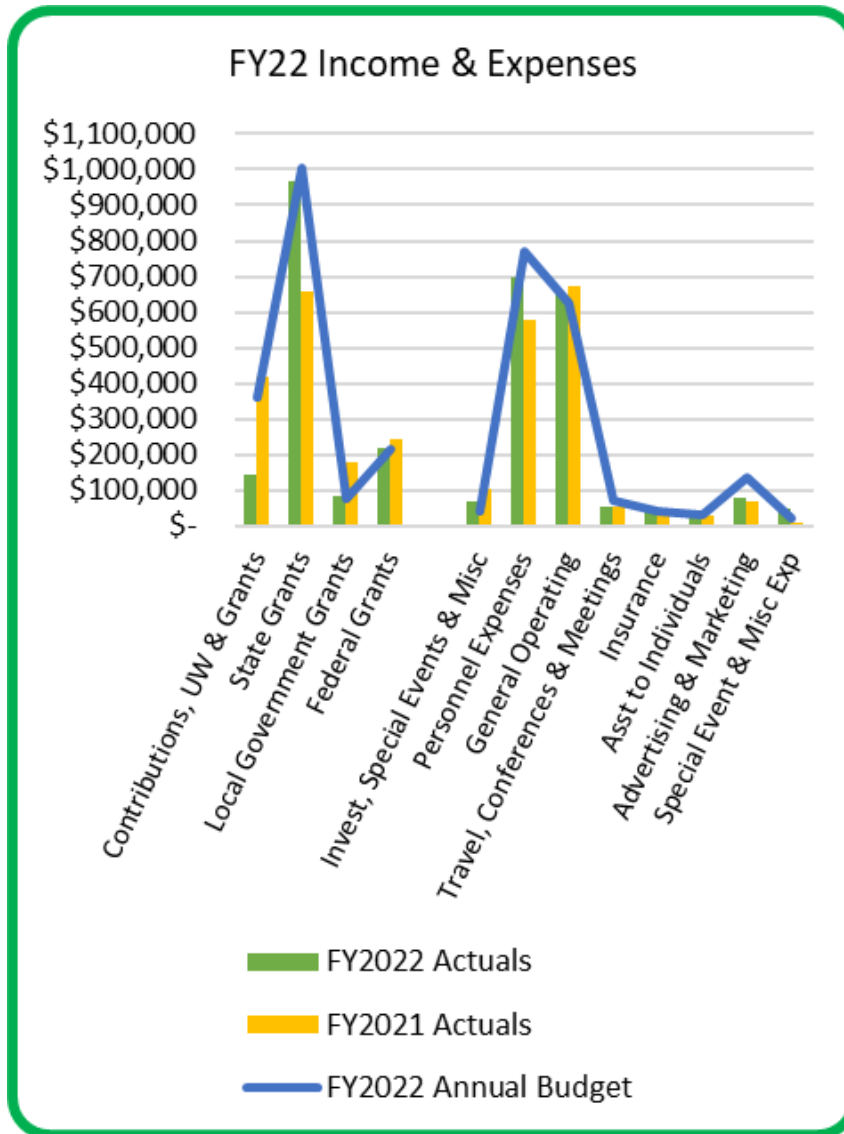


Amount Raised: \$3.25 million

Amount Left: \$500,000



Financials



For every
\$1.00 spent:



.84 CENTS

spent on programs

.10 CENTS

spent on administration

.06 CENTS

spent on fundraising

Donors & Funders

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Closets By McKenry
CNS Y-12 Community Investment Fund
Cohen Communications Group

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Cornerstone of Recovery
Courtney Niemann
Craig Moyer
Cumberland Heights Foundation
Dandridge Golf and Country Club
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Danny Garrison
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Evolve Addiction Treatment
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Faith Promise Church
First Horizon
First Seventh-Day Adventist Church
Food City
Fountain City Finance
Frances Ailor
Frank Kolinsky
Frank Rothermel
Gail Brabson
Garza Law Firm
Gene & Florence Monday Foundation
George Massengill

Thank you for investing in Metro Drug Coalition. We greatly appreciate your caring and compassionate support. We ensure that every donation goes directly to the service and programs MDC implements in our community.

Graham Corporation
Tammy Godfrey
Tammy Grow
Gregory Harrison
Heather Born
Heather Mulkey
Henson's Greater Tennessee Flooring, Inc.
Holly Fuquay
Holly Suk
Image Matters
IT4 the Planet
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Phillip Ballard	Suzanne Miller	
Pilot Flying J	Sydney Jernigan	
Public Building Authority	T.A. Lowrie	
PYA PC		
PYA Waltman Capital, LLC		

Vision for 2022

Metro Drug Coalition will continue to stay abreast of the latest trends, research, and evidence to identify ways to provide prevention trainings and education to keep young people healthy, both physically and mentally. We also know the role childhood trauma plays in the pathway to addiction and will continue to educate the community on the importance of being trauma-informed and responsive. A critical component to improving the health of our next generation is to increase the number of babies born to healthy mothers. Through the Born Drug Free Tennessee campaign, MDC will continue to provide education to pregnant women on the risk of tobacco, alcohol and other substance use during pregnancy. Our schools will continue to be critical partners in reaching thousands of students annually with evidence-based substance misuse prevention curriculum, including expanded outreach to afterschool providers, engaging younger students with vaping and tobacco prevention education as well as medication safety. Talking early and often cannot be understated!

MDC will continue to lead in state and federal policy efforts to decrease the impact substance use disorders have on our county by pushing for systems changes that contribute to preventing youth access, reducing stigma, and integrating service delivery for those who suffer in order to expedite access to care.

Metro Drug Coalition will advocate and be a voice for those with substance use disorders to decrease stigma and get individuals into treatment and leading a life of stable recovery. Without hope, too many families suffer in silence and shame. Many of our children are carrying these same feelings and are unable to understand what is happening around them without the help of loving, caring adults. Metro Drug Coalition will be opening phase 2 of The Gateway, recovery community center. This expansion will include a workout/recreation area and coffee shop (sustainability piece), as well as corporate offices for the MDC team. The capital campaign continues, with a half million dollars yet to raise. With already \$3.25 million secured, MDC is confident the community will help us achieve our goal in 2023. The center exists as a sanctuary and hub in Knoxville, serving the East Region and allowing for service coordination for those seeking long-term recovery. Navigating housing, job training, job placement, legal issues, relationships, and physical and mental health are critical to managing the chronic disease of addiction and thriving in recovery. Replacing negative behaviors with positive ones takes a paradigm shift and time to acquire new skills. The opposite of addiction is not recovery, but CONNECTION to COMMUNITY. The Gateway serves as a place to build supportive relationships and accountability.

Metro Drug Coalition is engaged with the action team process of the All4Knox community-wide initiative focused on prevention, intervention, treatment, recovery, and harm reduction. Through these multi-sector collaborative efforts, we are assisting in building partnerships to create lasting change. Opportunities for individuals in our community to get involved continue to exist. No one agency or individual can solve this problem, but TOGETHER we can each play a role in both preventing and advocating for a healthier community, free from the impact of substance misuse. We are grateful and blessed to be able to serve our community and to work with so many passionate, committed volunteers and leaders.

