



BJA's  
**Comprehensive**  
Opioid, Stimulant,  
and Substance Abuse  
Program



North Carolina  
Hyde County Health Department  
Second Judicial District's Regional Peer Support Service Project

10/01/19 Grant Start → 09/30/22 Grant End

**Overview**

The Second Judicial District is one of 50 district court divisions in the state of North Carolina. Located in the northeastern part of the state, the jurisdiction encompasses the rural counties of Beaufort, Hyde, Martin, Tyrrell, and Washington. According to the 2017 U.S. Census, these counties comprised a combined population of 91,304. The area encompasses 26 towns and municipalities and is served by five sheriff's offices and six police departments. In recent years, as the number of outpatient opioid prescriptions has increased in the district's communities, so has the rate of unintentional medication and drug overdose deaths. In 2016, the number of outpatient opioid pills dispensed in the district reached an average of 78.96 per resident, higher than the state's average of 66.5. That works out to almost 79 pills dispensed to every man, woman, and child in the five counties annually. In Beaufort County alone, the unintentional overdose death rate reached 14.3 per

100,000 residents in 2016, surpassing the state's rate of 12.2. In addition, the combined lifetime medical and work loss costs for the district reached more than \$22.3 million. (North Carolina Injury and Violence Prevention Branch, 2016)

**Grant Focus**

- Expand peer support services and recovery housing.
- Expand models of public health, behavioral health, and public safety information sharing and collaboration at state and local levels.
- Build capacity in underserved regions impacted by the opioid epidemic.
- Expand public awareness about opioid abuse.
- Educate public safety and criminal justice stakeholders about substance abuse.

## Program Approach

The Hyde County Health Department is partnering with the Martin-Tyrrell-Washington District Health Department, the Beaufort County Health Department, and an array of local and regional partners in northeastern North Carolina to implement a regional peer support program. The project will connect individuals at risk for overdose and/or survivors of a nonfatal overdose and their families with substance abuse and behavioral health treatment providers and/or peer recovery support providers trained in addiction support and recovery. Peers may include peer mentors, peer navigators, forensic peer specialists, and family members of those in recovery. Impacts anticipated by the program include increased referrals to prevention, treatment, and recovery services.

A regional peer support coordinator will encourage individuals with substance use disorders to complete a certification, which they will receive at no cost when they sign a 12-month contract to administer peer support groups once a month. During these group sessions, participants will be given referrals to local prevention, treatment, and recovery services.

The NC-H.O.P.E. Peer Support Specialist Certification Training Program will be the formal peer training program utilized for this project. According to NC-H.O.P.E., its training "covers a range of topics, including self-care and wellness, commitment to recovery and the responsibilities of peer support. After the basics, we focus on cultural competence; learning effective communication skills; building solid relationships; setting boundaries; and assisting peers, service members, and families who have experienced trauma. NC-H.O.P.E. ensures that participants feel comfortable working as a [peer support specialist] in their local communities, with peers and the organizations that serve them, while honoring [North Carolina's Certified Peer Support Specialist] Code of Ethics along the way."

While the region has made great progress in addressing the needs of individuals and families affected by substance use disorders, peer support services have historically been almost nonexistent in the area. Implementing a Regional Peer Support Service Project will be a significant stride toward providing individuals with substance use disorders with the supportive services they need to succeed in recovery.

## Project Partners

- Martin-Tyrrell-Washington District Health Department
- Beaufort County Health Department
- Second Judicial District Coalition
- Social service agencies
- Parole officers
- Behavioral health providers
- Health care providers
- Law enforcement agencies

## Contact Information

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Visit the COSSAP Resource Center at [www.cossapresources.org](http://www.cossapresources.org).

## About BJA

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