

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
ACTION AGENDA SUMMARY

DEPT: Behavioral Health and Recovery Services

BOARD AGENDA # B-8

Urgent

Routine

AGENDA DATE October 16, 2007

CEO Concurs with Recommendation YES NO
(Information Attached)

4/5 Vote Required YES NO

SUBJECT:

Consideration of the Advisory Board on Substance Abuse Programs Annual Report

STAFF RECOMMENDATIONS:

Accept the Advisory Board on Substance Abuse Programs Annual Report.

FISCAL IMPACT:

The total amount of expenditures for Behavioral Health and Recovery Services alcohol and other drug services for Fiscal Year 2006-2007 is \$7,982,693. There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2007-823

On motion of Supervisor DeMartini, Seconded by Supervisor Monteith
and approved by the following vote,

Ayes: Supervisors: Mayfield, Monteith, DeMartini, and Chairman O'Brien

Noes: Supervisors: None

Excused or Absent: Supervisors: Grover

Abstaining: Supervisor: None

1) Approved as recommended

2) Denied

3) Approved as amended

4) Other:

MOTION:

ATTEST:


CHRISTINE FERRARO TALLMAN, Clerk

File No.

DISCUSSION:

The Advisory Board on Substance Abuse Programs is responsible for acting as a liaison to the Board of Supervisors and is tasked with identifying issues affecting the community as it relates to substance abuse needs for consumers and those who advocate for them.

The Advisory Board on Substance Abuse Programs has identified the following issues affecting Stanislaus County:

- Stanislaus County continues to experience significant growth in its population, which brings with it issues of drug and alcohol abuse. This challenges the current, available alcohol and drug treatment resources, but at the same time opens up opportunities in the areas of prevention and community involvement.
- Of grave concern to the Advisory Board are reports from the Stanislaus County Office of Education, the Stanislaus County Sheriff's Office, the Modesto Police Department and the California Highway Patrol that heroin use is on the increase among teens.
- Mental Health Services Act funding has enabled the successful treatment of individuals with co-occurring mental health and substance abuse disorders by Stanislaus Recovery Center. Stanislaus County is a leader in providing this cutting edge treatment.
- Stanislaus Recovery Center provides excellent short-term treatment (30 days) for men and women. Long term treatment (6-12 months) for women with children five years of age or younger is provided by First Step, a perinatal treatment program on the Stanislaus Recovery Center site. Outcomes for this program have been exceptional. Nonetheless, Stanislaus County currently has **NO RESIDENTIAL TREATMENT SERVICES FOR TEENS**. We believe this to be a grave treatment deficit in need of serious consideration.

The Advisory Board recommends additional long-term alcohol and other drug treatment for teens and men to enhance existing programs.

This has been an active year for the Advisory Board on Substance Abuse Programs. The Advisory Board on Substance Abuse Programs has been extensively involved in several initiatives, which include the following:

- The focus of Advisory Board on Substance Abuse Programs remains the education of its members and the community regarding drug abuse and alcoholism.
- The Advisory Board partnered with the Red Ribbon Committee to expand the weeklong celebration to adults and the business community.

- Joint meetings with the Mental Health Board are held semi-annually, and it is recommended that this activity continue.
- Social Host Ordinances in Modesto and Waterford were supported.
- A telephone number that customers can call to report complaints or treatment access issues for Stanislaus County residents is currently in place.
- In June, the Prevention Summit culminated numerous planning meetings supported by the Advisory Board. Board members played several key roles in the Stanislaus Recovery Center's Fifth year anniversary celebration.
- Members presented Behavioral Health and Recovery Services staff with recognition certificates, which were met with an overwhelming response of gratitude.
- The Advisory Board on Substance Abuse Programs currently has several vacancies; however the members currently serving on the Board are very dedicated.

Members of the Advisory Board on Substance Abuse Programs feel strongly that the needs of individuals with substance abuse problems in Stanislaus County must be given the utmost priority in terms of continued support and resources to maintain the excellent programs that currently exist within the system.

Representatives of the Advisory Board on Substance Abuse Programs will be present at the meeting to present the report and answer any questions you may have.

POLICY ISSUES:

Submission of the Annual Plan for the Advisory Board on Substance Abuse Programs supports the Board's priorities of effective partnerships and the efficient delivery of public services in collaboration with public and private partnerships.

STAFFING IMPACT:

There are no staffing impacts associated with this item.



Stanislaus County Advisory Board on Substance Abuse Programs

Annual Report

Presented to the Stanislaus County
Board of Supervisors
October 2007

ANNUAL REPORT TO THE BOARD OF SUPERVISORS

October 16, 2007

INTRODUCTION

MISSION STATEMENT

ADVISORY BOARD ON SUBSTANCE ABUSE PROGRAMS MEMBERS

ALCOHOL AND OTHER DRUG PROGRAMS

ANNUAL REPORT

ANNUAL REPORT TO THE BOARD OF SUPERVISORS
ADVISORY BOARD ON SUBSTANCE ABUSE PROGRAMS

INTRODUCTION

The Advisory Board on Substance Abuse Programs (ABSAP) is appointed by the Board of Supervisors to provide advice and oversight to Stanislaus County Behavioral Health and Recovery Services alcohol and drug programs, maximizing community resources, assuring access and monitoring the integrity of alcohol and drug programs. The role of ABSAP is as follows:

- Advise the Board of Supervisors and the Stanislaus County Alcohol and Drug Programs Administrator on policies and goals of the County Alcohol and Drug Programs
- Educate the public to understand the nature of alcohol and drug problems by encouraging collaboration of community groups
- Encourage with support from the County to develop and implement effective alcohol and drug abuse programs
- Review the alcohol and drug program needs of the community
- Review the plans of various programs to insure quality and make recommendations to the Board of Supervisors in an annual report

ABSAP priorities include the following:

- Oversee public awareness through alcohol and drug programs
- Establish alcohol and drug programs that meet the community's needs
- Promote public awareness through providing information regarding alcohol and other drug programs through an information center
- Identify problems with access and barriers to successful treatment
- Increase board membership to reflect the community
- Promote integrated alcohol and drug services
- Education and prevention

ABSAP is comprised of a wide range of individuals representing the County population. There are currently 12 members on the Board, comprised of consumers of alcohol and other drug services, family members of consumers, representatives of law enforcement and others interested and concerned about substance abuse services. Members of the Board are appointed primarily based upon Supervisorial Districts; however, in an effort to bring the Board up to full complement, out of district appointments have been made. Board members continually discuss substance abuse issues with members of the public and seek interested

individuals willing to fill vacant positions, as they become available. ABSAP members meet monthly in a public setting to bring attention to issues regarding alcohol and other drug services, and members of the Board participate in committee meetings designed to focus on more detailed components of substance abuse issues. Those committees consist of the Executive/Education Prevention Committee, Stanislaus Recovery Center Committee, Board of Supervisor Presentation Committee and the Contract Provider/Cultural Competence Committee. The Executive Committee meets regularly with the Director of Behavioral Health and Recovery Services and other staff members to set goals and the future direction for ABSAP. ABSAP also meets regularly with the Mental Health Board to address issues around co-occurring disorders (mental health and alcohol and drug).

ABSAP is responsible for acting as a liaison to the Board of Supervisors and is tasked with identifying issues affecting the community as it relates to substance abuse needs for consumers and those who advocate for them. Members of ABSAP feel strongly that the needs of individuals with substance abuse problems in Stanislaus County must be given the utmost priority in terms of continued support and resources to maintain the excellent programs that currently exist within the system.

**ADVISORY BOARD ON SUBSTANCE ABUSE PROGRAMS
MISSION STATEMENT**

The Advisory Board on Substance Abuse Programs (ABSAP) mission is to provide advice and oversight to Stanislaus County Behavioral Health and Recovery Services alcohol and drug programs, maximizing community resources, assuring access and monitoring the integrity of alcohol and drug programs and their resources.

ADVISORY BOARD ON SUBSTANCE ABUSE MEMBERS

Jeff McCardia, Chair

Jeff Gullo, Vice Chair

Vicki Bauman

Lynn Goldstein

Officer Tom Killian

Lenore A. Maurice

Sgt. Ronald Reid

Christopher Ressler

Donna Sesock-Miller

Michael Shinkel

William C. Swathout

Lt. Brenda Suarez

Vicki Thayer

ALCOHOL AND OTHER DRUG PROGRAMS

Stanislaus Recovery Center

Adult Residential Treatment Program

The Adult Residential Treatment Program is a social model treatment and recovery program, using a phase-based approach. Admission, placement and length of time in the program are determined by individual need. A voluntary program specializing in treating individuals who have relapsed and/or been resistant to other types of treatment is available.

Day treatment and intensive outpatient programs are also available at this location. Treatment can be “stepped” down or up depending on an individual’s need.

Dual Disorder Programming

This service has been developed to meet the needs of consumers who will be served in Mental Health Services Act programs. Stanislaus Recovery Center designated eight beds in the Adult Residential program to serve adults and older adults with co-occurring mental health and substance abuse disorders. The program is fully operational. To date, this program has had amazing successes with previously difficult to serve individuals. The success of this program has led to an expansion of services at the day treatment level of care. Having this “step down” to outpatient care further increases the likelihood of maintaining achievements obtained during the residential stay.

Perinatal Treatment Program (First Step)

Residential, day and outpatient perinatal treatment for pregnant and/or parenting women and their children from birth to five years of age. Services include individual and group counseling; alcohol and drug education; assistance in obtaining prenatal, postpartum and other health care needs; life skills education; therapeutic childcare on site; developmental assessment of children; and coordination of mental health treatment for children.

Drop-in Center

A safe place for consumers and alumni to relax and share their experiences. Volunteers are mentored and operate the Drop-in Center.

After Care Services

Services are provided free of charge to any adult consumer who has completed a drug and alcohol treatment program. Among classes offered is Relapse Prevention.

Genesis Narcotic Replacement Treatment

An outpatient medical model program combining counseling and methadone to treat individuals dependent on opiates. The program includes a 21-day detoxification and maintenance component.

Behavioral Health Promotion and Prevention Services

The program provides printed information on alcohol and drug issues and the Friends are Good Medicine Support Group booklet through the Stanislaus County Website. The program monitors Driving Under the Influence (DUI), Drug Diversion (PC 1000) and primary prevention programs provided by community-based programs on a contract basis.

Alcohol and Other Drug Outpatient Treatment

The Behavioral Health and Recovery Services Adult System of Care provides outpatient treatment and recovery for adults with alcohol or other drug abuse or addiction. These services are provided at various locations throughout Stanislaus County. Group counseling, family support and education, referral for residential treatment and aftercare services are provided.

Proposition 36 – Substance Abuse Crime Prevention Act

Assessment and case management services for individuals referred by the Court for non-violent drug offenses.

StanWORKs Behavioral Health Services

Assessment and treatment services for individuals with alcohol and drug, mental health and/or domestic violence issues, which prevent them from obtaining or holding employment. This program is a partnership with the Community Services Agency and is only available to individuals who are receiving Temporary Aid to Need Families benefits.

Families in Partnership

Provides comprehensive services to families with infants and children involved in the Child Welfare System who have been exposed to alcohol or drugs. The focus of this program is to keep the family together. Staff includes nurses, social workers, case managers and mental health clinicians.

Adult Drug Court

Provides treatment and aftercare services to individuals who are court ordered to treatment and are on probation.

Juvenile Drug Court

Alcohol and drug treatment for high-risk youth and their families. Services include assessment, case management and aftercare in partnership with Juvenile Probation.

Juvenile Justice/Juvenile Hall

Alcohol and drug and mental health services to youth who are on probation to reduce criminal behavior and strengthen families. Juvenile Hall services include assessment, treatment and psychiatric services. Crisis response services and on-site intensive mental health services are available.

Teen Recovery Center

Provides two programs using evidence-based curriculum. Youth enrolled in the program will either receive dual diagnosis (mental health and substance abuse) treatment or alcohol and drug treatment depending on their needs and funding.

The dual diagnosis track provides to youth who have Medi-Cal or Healthy Families coverage a 90-day structured outpatient program that has the following components: intensive in-home individual and family treatment; teen group; and multi-family group. Youth who are in need of alcohol and drug treatment will receive a 90-day structured outpatient program that consists primarily of groups.

State Incentive Grant

A three-year federal grant focusing on developing communitywide prevention strategies to reduce being drinking and associated problems in youth.

ADVISORY BOARD ON SUBSTANCE ABUSE PROGRAMS ANNUAL REPORT

The Stanislaus County Advisory Board on Substance Abuse Programs is pleased to share its activities, achievements and challenges during the past year.

Stanislaus County continues to experience significant growth in its population, which brings with it issues of drug and alcohol abuse. This challenges the current, available alcohol and drug treatment resources, but at the same time opens up opportunities in the areas of prevention and community involvement.

Of grave concern to the Advisory Board are reports from the Stanislaus County Office of Education, the Stanislaus County Sheriff's Office, the Modesto Police Department and the California Highway Patrol that heroin use is on the increase among teens.

ASSESSMENT OF COUNTY ALCOHOL AND OTHER DRUG PROGRAMS

In the Advisory Board's judgment, Stanislaus Recovery Center provides excellent short-term treatment (30 days) for men and women. Long term treatment (6-12 months) for women with children five years of age or younger is provided by First Step, a perinatal treatment program on the Stanislaus Recovery Center site. Outcomes for this program have been exceptional. Nonetheless, Stanislaus County currently has **NO RESIDENTIAL TREATMENT SERVICES FOR TEENS**. We believe this to be a grave treatment deficit in need of serious consideration.

Mental Health Services Act funding has enabled the successful treatment of individuals with co-occurring mental health and substance abuse disorders by Stanislaus Recovery Center. Stanislaus County is a leader in providing this cutting edge treatment.

Stanislaus Recovery Center continues to increase program effectiveness with the ongoing help of the Advisory Board's Stanislaus Recovery Center Committee formed last year to provide community input and advice to the Recovery Center. The Committee meets monthly and has played a key role in implementing parenting classes, furthering Twelve Step involvement and recommending ways to decrease unsuccessful discharge rates.

The Advisory Board recommends additional long-term alcohol and other drug treatment for teens and men to enhance existing programs.

ASSESSMENT OF ACCESS TO COUNTY ALCOHOL AND OTHER DRUG PROGRAMS

Larger communities receive adequate information on County alcohol and drug treatment program availability. In an effort to outreach to outlying communities in the County, Advisory Board members plan to present informational presentations to local City Councils on issues regarding alcohol and drug education and prevention.

ASSESSMENT OF ALCOHOL AND OTHER DRUG TREATMENT SERVICES PROVIDED

- Services for Men: The County continues to lack long-term alcohol and other drug treatment options for men.
- Services for Women: There have been excellent outcomes for women with children five years of age and younger.
- Services for Teens: There are currently **NO RESIDENTIAL SERVICES FOR TEENS**. Serious consideration is needed.

FAMILY FOCUS

Men currently lack long-term services and teens are being overlooked completely. This creates conflicts in overall family recovery. In an effort to foster family recovery, a long-term treatment program for men and a residential treatment program for teens are greatly needed.

CULTURAL COMPETENCY

The County does a good job of meeting the alcohol and drug treatment needs for culturally and ethnically diverse individuals in Modesto, with the exception of outreach to outlying communities.

ACHIEVEMENTS

- The focus of Advisory Board on Substance Abuse Programs remains the education of its members and the community regarding drug abuse and alcoholism.
- The Advisory Board partnered with the Red Ribbon Committee to expand the weeklong celebration to adults and the business community.
- Joint meetings with the Mental Health Board are held semi-annually, and it is recommended that this activity continue.
- Social Host Ordinances in Modesto and Waterford were supported.
- A telephone number that customers can call to report complaints or treatment access issues for Stanislaus County residents is currently in place.
- In June, the Prevention Summit culminated numerous planning meetings supported by the Advisory Board. Board members played several key roles in the Stanislaus Recovery Center's Fifth year anniversary celebration.
- Members presented Behavioral Health and Recovery Services staff with recognition certificates, which were met with an overwhelming response of gratitude.
- The Advisory Board on Substance Abuse Programs currently has several vacancies; however the members currently serving on the Board are very dedicated.

COMPARATIVE ANALYSIS

Behavioral Health and Recovery Services is required to report a variety of data to the State of California through the use of the California Outcomes Measurement System (CalOMS). When preparing the Annual Report, members reviewed the data, which is able to make comparisons between statewide information and information for Stanislaus County.

It is often said that for every dollar spent on alcohol or drug treatment, approximately seven dollars are saved in other costs, including health care and law enforcement costs. It is believed that some of the statistics reported below support this.

To begin with, there was a 47% decrease in the number of emergency room visits and a 62% decrease overnight hospital stays associated with being in treatment; this is much higher than the State average of 34% and 41%, respectively. In addition, nearly 44% of those discharged from treatment in Stanislaus County indicated they no longer had the same physical health problems that they did upon admission, compared to 31% of the State group. This supports the fact, frequently stated, that a positive and cost-effective byproduct of alcohol and drug treatment is an overall cost savings related to physical health care.

Clients' use of mental health outpatient emergency services and 24-hour psychiatric hospital stays decreased 32.5% and 51%, respectively, between admission to alcohol & drug treatment and discharge from treatment, compared to statewide decreases of 19% and 33%. This is probably a reflection of the benefit of integrated alcohol and drug and mental health services in Stanislaus County as well as the newly developed treatment options for individuals with co-occurring mental health and substance abuse issues.

According to the data reported to the State by the organization, arrests went down by 55% and jail days went down by 41% in the population provided treatment in Stanislaus County.

It is important to remember that alcohol and drug addiction is a chronic disease, with a physical basis and recognized treatment protocols. It is often said that people talk about alcohol and drug treatment "not working" – the evidence being that people often need to approach treatment more than once before they become clean and sober and change their lives.

A comparison could be made between alcohol and drug treatment and treatment for Hypertension. Individuals with high blood pressure often ignore the fact their blood pressure is high for some time before being willing to accept care for this problem. Once they get beyond the denial of the problem, the rate of successful compliance with appropriate diet is low, especially in the beginning. Also, some studies suggest that the rate of medication compliance for antihypertensive medication is fairly low at about 34%. Individuals often go in and out of treatment for this disorder over a period of time before becoming compliant with care and really addressing their high blood pressure.

The same point of view and non-judgmental approach can be applied to treatment of alcohol and drug problems as it is applied to hypertension. Individuals can and do recover from alcohol and drug addiction, but it requires a life-long commitment to the strategies that led to recovery. Stanislaus County has positive, successful programs for these problems.