

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

DEPT: Behavioral Health and Recovery Services

BOARD AGENDA # B-13

Urgent

Routine

AGENDA DATE November 18, 2008

CEO Concurs with Recommendation YES NO

4/5 Vote Required YES NO

(Information Attached)

SUBJECT:

Consideration of the Advisory Board on Substance Abuse Programs Annual Report for Fiscal Year 2007-2008

STAFF RECOMMENDATIONS:

Accept the Advisory Board on Substance Abuse Programs Annual Report for Fiscal Year 2007-2008.

FISCAL IMPACT:

The total amount expended for Behavioral Health and Recovery Services alcohol and other drug services for Fiscal Year 2007-2008 is \$8,048,679. There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2008-792

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

Ayes: Supervisors: O'Brien, Grover, Monteith, and Vice Chairman DeMartini

Noes: Supervisors: None

Excused or Absent: Supervisors: Mayfield

Abstaining: Supervisor: None

1) Approved as recommended

2) Denied

3) Approved as amended

4) Other:

MOTION:

Christine Ferraro

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.
- Stanislaus Recovery Center provides excellent short-term residential treatment, intensive outpatient programming and aftercare programming. This combination of programming is considered essential to treat an individual's addiction. In Fiscal Year 2007-2008, Stanislaus Recovery Center provided services to 995 individuals in the residential program; 415 individuals in the day treatment program, and 548 in the intensive outpatient treatment program.
- 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. The success of this program led to an expansion of co-occurring 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. Successful completion of the program occurred for 57% of the clients. This is very impressive given that successful completion rates for individuals without co-occurring disorders ranges between 40% and 60%.
- Stanislaus County is well served by the Perinatal Treatment Program (First Step). There is a genuine need for the program in the County, and outcomes for this program have been excellent.
- With the loss of the Modesto Teen Recovery Center in May 2008, Stanislaus County has very few treatment services for teens. The Advisory Board on Substance Abuse Programs believes this to be a grave treatment deficit in need of serious consideration.

Consideration of the Advisory Board on Substance Abuse Programs Annual Report for Fiscal Year 2007-2008

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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.
- Joint meetings with the Mental Health Board are held semi-annually, and it is recommended that this activity continue.
- Social Host Ordinances were supported by the Advisory Board on Substance Abuse Programs. Currently, every city in Stanislaus County has adopted a Social Host Ordinance, with the exception of the City of Hughson and Stanislaus County. The Advisory Board strongly recommends that Stanislaus County adopt a Social Host Ordinance for the unincorporated areas of the County.
- The Stanislaus Recovery Center Committee of the Advisory Board on Substance Abuse Programs was formed to provide community input and advice to staff. The Committee has played a key role in implementing parenting classes, furthering Twelve step involvement for clients, recommending ways to decrease unsuccessful discharge rates and raising funds to purchase ten picnic tables for the campus.

With the help of the Committee, Stanislaus Recovery Center implemented a process improvement model in which citizens walk through the admission and intake processes to provide feedback to staff to enable them to improve services. This will allow staff to understand the customer's perspective and to make improvements that will better serve customers.

- Funding was provided by donations from the Alumni Association in Stanislaus County and members of the Advisory Board on Substance Abuse Programs to assist individuals who cannot afford necessary prescriptions while receiving treatment at Stanislaus Recovery Center. The Advisory Board would like to commend Aspen Family Medical Group who provides medical examinations and medical clearance free of charge to residents who are unable to pay for these services.
- 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* by reviewing and evaluating the needs and services as well as the performance of Stanislaus County Behavioral Health and Recovery Services.

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
November 2008

ANNUAL REPORT TO THE BOARD OF SUPERVISORS

November 18, 2008

INTRODUCTION

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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's population. There are currently 15 members on the Board, comprised of consumers of alcohol and other drug treatment services, family members of consumers, representatives of law enforcement, and other citizens interested and concerned with county substance abuse programs. 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 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 Gullo, Chair

Donna Sesock-Miller, Vice Chair

Melda Gaskins

Lynn Goldstein

Officer Billy Hamilton

Randy Heldt

Officer Tom Killian

Lenore A. Maurice

Jeff McCardia

Charmaine Monte

Christopher Ressler

Aphisong Sangbouasy

Michael Shinkel

Lt. Brenda Suarez

William C. Swathout

BEHAVIORAL HEALTH AND RECOVERY SERVICES 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

Although not an actual Mental Health Services Act (Proposition 63) program, this service has been developed to meet the needs of consumers with co-occurring serious mental illnesses and substance abuse disorders who are being served in Mental Health Services Act programs. Stanislaus Recovery Center has designated eight beds in the Adult Residential program to serve adults and older adults. The program is fully operational. The success of this program led to an expansion of co-occurring 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.

This program also attempts to serve other individuals with co-occurring disorders if there are slots available in the program. This has been extremely helpful to clients who, in many cases, have never been successful in treatment because both their mental health issues and their substance abuse issues were never treated at the same time. Since only those clients that are linked with a Full Service Partnership program are able to reliably obtain psychotropic medication, it continues to be a challenge to meet the enormous demand for these services with our limited resources.

Perinatal Treatment Program (First Step)

First Step offers 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; parenting skills: 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. Women’s residential treatment has been shortened out of fiscal necessities.

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. This program is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

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. This program is in jeopardy of termination because of finances.

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. This program also provided co-occurring treatment for youth.

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. Staff are being trained to use an nationally recognized screening tool to better detect alcohol and other drug issues at intake. This will result in a more comprehensive and effective treatment of the youth referred to this program.

Detention Services

In-custody treatment services, which include assessment, and eight-week intensive treatment program and aftercare services.

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.

ASSESSMENT OF COUNTY ALCOHOL AND OTHER DRUG PROGRAMS

In the judgment of the Advisory Board on Substance Abuse Programs, Stanislaus Recovery Center provides excellent short-term residential treatment (25-35 days) for men and women. After completing residential treatment, Stanislaus Recovery Center also provides intensive outpatient programming six hours a week for 26 weeks. Following completion of the intensive outpatient program, individuals are referred to aftercare programming, which clients attend for one and one half hours a week for 26 weeks. This combination of programming is considered essential to treat an individual's addiction. In Fiscal Year 2007-2008, Stanislaus Recovery Center provided services to 995 individuals in the residential program; 415 individuals in the day treatment program, and 548 in the intensive outpatient treatment program.

The California Outcomes Measurement System (Cal-OMS) data for Stanislaus County was once again favorable when compared to statewide data. Concerning overall completion for the past calendar year, Stanislaus Recovery Center had a success rate of 62% for the residential program, 53% for the day treatment program, and 41% for the intensive outpatient program. The average completion rate is 54% across all levels. These statistics were 8% above the State average. In addition, Stanislaus Recovery Center program participants were abstinent from alcohol and drugs until their discharge at a rate of 82.1% for drug users, 81% for alcohol users, and 76.2% for injecting users. In some cases, individuals participated in Stanislaus Recovery Center programs for more than a year. Overall statewide success rates included a success rate of 68.3% for drug users, 52.6% for alcohol users, and 51.3% for injecting users.

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. The success of this program 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. This program serves a diverse population with Caucasian (62%), Hispanic (30%), and African American (4%) representing the most frequently served ethnic groups. It should be noted that over the last few months, a workgroup has been working on improving penetration of African American clients. Successful completion of the program occurred for 57% of the clients. This is very impressive given that successful completion rates for individuals without co-occurring disorders ranges between 40% and 60%.

Furthermore, the State Department of Alcohol and Drug Programs, which licenses alcohol and drug treatment facilities, paid a surprise visit to Stanislaus Recovery Center this year. The State Department of Alcohol and Drug Programs gave Stanislaus Recovery Center an almost unheard of score of 100% compliance with regard to audit criteria.

Individuals must be medically cleared by a physician to gain admission to Stanislaus Recovery Center. This can be a barrier to admission for those individuals who cannot pay for a medical examination, including approximately 300 people who were homeless when admitted to Stanislaus Recovery Center and First Step Perinatal Treatment Program this fiscal year. Individuals who are indigent or low income can now be given a medical examination and clearance at the Aspen Family Medical Group free of charge. The Advisory Board on Substance Abuse Programs would like to commend Aspen Family Medical Group for their good work and willingness to help those who are unable to pay for these services. In addition, for those individuals who cannot afford a necessary prescription, funding has been provided by donations from the Alumni Association of Stanislaus County and members of ABSAP. In this way, those who need treatment the most are not barred from admission into Stanislaus Recovery Center because of finances.

The Stanislaus Recovery Center continues to increase program effectiveness with the ongoing help of the ABSAP Stanislaus Recovery Center Committee formed 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 for clients, and recommending ways to decrease unsuccessful discharge rates. The Committee has also raised funds to purchase ten picnic tables for the campus. At least five more tables will be purchased in the near future.

With the help of the Committee, Stanislaus Recovery Center implemented the Network for the Improvement of Addiction Treatment (NIATx) process improvement model in which citizens walk through the admission process from the first call, through the intake process, through the implementation of the treatment plan and provide feedback to staff to enable them to use this perspective to improve services. NIATx is a partnership between the Robert Wood Johnson Foundation's Paths to Recovery program, the Center for Substance Abuse Treatment's Strengthening Treatment Access and Retention program, and numerous independent addiction treatment organizations. NIATx works with substance abuse and behavioral health organizations across the country. The NIATx process improvement walk-through will allow Stanislaus Recovery Center staff to understand the customer's perspective and to make improvements that will better serve customers. Any problems in accessibility or inefficiencies will be addressed.

Long term treatment (3 to 9 months) for women with children who are five years of age or younger is provided by First Step, a perinatal treatment program on the Stanislaus Recovery Center campus. Outcomes for this program have been exceptional. In Fiscal Year 2007-2208, 44 women participated in the First Step residential program, and 150 women received services in the outpatient program. 34% of individuals in the program successfully graduated, and 32% transferred to other treatment programs. Stanislaus County ranked 47th out of 58 counties in infant mortality rate in California. In the *2006 Stanislaus County Infant Mortality Study* done by Stanislaus County Health Services Agency and Stanislaus County Children and Families Commission, drug use during pregnancy was found to be a concern. "In those women that had a laboratory toxicology screening done, a high percentage were positive for illicit drug use." Stanislaus County is well served by First Step, as there is a genuine need for the program in this area.

When looking at the expenses of women not in a treatment program such as First Step, it becomes obvious that perinatal treatment programs are cost effective. Incarceration costs for state prison are \$4,000 per month per inmate; foster care costs are \$700 to \$800 per child per month; Juvenile Hall costs are \$6,240 per month; Medi-Cal visits are \$100 to \$1,000; hospitalizations costs average \$10,000 to \$100,000 per hospitalization; and costs for

disabled/handicapped special education for children is \$1,200 a day. Costs for perinatal treatment programs are \$6,000 a month for residential treatment and \$1,150 a month for outpatient treatment. It is important to note that while perinatal services appear to cost more per month than some other services, perinatal services last only for a brief time. Many of the other services noted are needed for indefinite periods of time when women do not get sober, and their children are exposed to alcohol and drugs, incarceration, foster care, hospitalizations, special education, etc.

With the loss of the Modesto Teen Recovery Center in May 2008, Stanislaus County currently has **VERY FEW TREATMENT SERVICES FOR TEENS**. We believe this to be a grave treatment deficit in need of serious consideration.

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 reach 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.

FAMILY FOCUS

Parenting classes are being given at Stanislaus Recovery Center. This helps in the overall family recovery. In an effort to foster family recovery, the Stanislaus Recovery Center Committee urged Stanislaus Recovery Center to implement such classes, which they did.

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.

CONCLUSION

Behavioral Health and Recovery Services is required to report a variety of data to the State of California Department of Alcohol and Drug Programs through the use of the California Outcomes Measurement System (Cal-OMS). When preparing the Annual Report, members reviewed the data, and were able to make comparisons between outcomes for Stanislaus County and the State as a whole.

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.

Stanislaus County had a 44.4% decrease in the number of emergency room visits, a 71.1% decrease in overnight hospital stays, and a 47.9% decrease in physical health problems associated with being in treatment. This is significantly better than the State average of 41.7%, 49.6% and 37.9%, respectively. 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.

For Fiscal Year 2006-2007, clients' use of mental health outpatient emergency services and 24-hour psychiatric hospital stays decreased 32.5% and 51%, respectively, after admission to Stanislaus Recovery Center alcohol and drug treatment programs, and subsequent completion of those treatment programs. This compared to statewide decreases of 19% and 33%. This is most likely a reflection of the benefit of integrated alcohol and drug treatment services and mental health services in Stanislaus County, as well as the co-occurring mental health and substance abuse program at Stanislaus Recovery Center.

According to the Cal-OMS state data for Fiscal Year 2006-2007, arrests decreased by 55% and jail days decreased by 41% for those who went through substance abuse 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 can be made between alcohol and drug treatment, and treatment for diabetes. Individuals with diabetes often are ignorant of their disease, and even after becoming aware of their ailment, sometimes wait years before seeking treatment. Once they get beyond the denial of the problem, the rate of successful compliance with appropriate diet is high. Also, some studies suggest that the rate of medication compliance for diabetes is fairly low. Individuals often go back and forth with their treatment over a period of time before following their doctors' suggestions.

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

The focus of the 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 were supported by the Advisory Board on Substance Abuse Programs. Currently, every city in the County has adopted a Social Host Ordinance, with the exception of Hughson and Stanislaus County. We strongly recommend that Stanislaus County adopt a Social Host Ordinance for the unincorporated areas of the County.

The Advisory Board on Substance Abuse Programs has filled several vacancies recently with members representing a broad diversity of backgrounds and Supervisorial Districts, and we look forward to many productive years in the future.