

**City of Lawrence  
2007 Alcohol Tax Funds  
Request for Proposals  
Calendar Year 2007 (January – December)  
Cover Page**

Agency Name: DCCCA, Inc.

Program Need: First Step House

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Request is for funding in the following categories and amounts:

<u>      </u>	Prevention	\$ <u>                  </u>
<u>  X  </u>	Treatment	\$ <u>29,150</u>
<u>      </u>	Intervention	\$ <u>                  </u>
<u>      </u>	Coordination	\$ <u>                  </u>

# **First Step House**

## **Program Description**

First Step House is the only agency in Lawrence, which provides structured housing for women in early recovery from chemical dependency. One of the unique features of the program is that children can accompany their mothers to treatment, an arrangement that allows families to stay together.

In the past, many women avoided alcohol and drug treatment because they were afraid that they might lose custody of their children if they sought help for their addiction. The ability to have children stay with their mothers in a treatment setting is vitally important to recovery. All First Step House residents have very limited resources and are unable to pay for the cost of treatment. The utilization report included with this request gives information on the programming and services provided by First Step House during calendar year 2005.

## **Needs Assessment**

The number of admissions to First Step House during 2005 stayed fairly constant compared to calendar year 2004. We provided service to 95 women and 31 children in calendar year 2005. During this past calendar year we provided treatment to eleven pregnant women – the highest number of pregnant women ever seen in a year at First Step House. As with many health concerns, a woman's continuous involvement in a positive drug-free lifestyle results in an increased likelihood of positive outcomes for her family.

First Step and other treatment programs have seen changes in our recovering clients. Often, women come to treatment with serious mental health concerns and lack of housing in addition to their addictions. More intensive services are required to more appropriately stabilize the client and her family. Considering these factors, residential support for women in recovery is vital.

Often children whose mothers abuse drugs and alcohol are placed in the custody of Kansas Social and Rehabilitation Services (SRS) due to neglect. Kansas has one of the highest out-of-home placement rates in the United States, and Douglas County has the seventh highest rate of counties in Kansas (*Kansas Kids Count Data Book, 2001*). Children who live with their mothers at First Step House benefit from the supervision of First Step House staff while their mothers recover from the substance abuse that often leads to out-of-home placement rates. Consequently, families remain intact and the taxpayers of Kansas save on the high cost of foster care placement.

## **Outcomes**

The primary goal of treatment programs is to reduce the personal, familial and social cost of addiction by interceding with the most appropriate intervention at the time. Funds provided by the Liquor Tax Fund allow our agency to serve clients without resources, thus reducing costs associated with the legal system, welfare and foster care. The

outcomes for First Step House measure improvements in lifestyle for women and their families. The goals and outcomes for the coming year, 2007, are as follows:

- (1) By the end of the program, 80% of participants will report a decrease in alcohol use at discharge (compared to 30 days before admission to treatment)
- (2) By the end of the program, 80% of participants will report a decrease in drug use at discharge (compared to 30 days before treatment)
- (3) By the end of the program, participants will report a 75% increase in employment at discharge (compared to 30 days before admission to treatment)
- (4) By the end of the program, 80% of participants will have acquired safe and stable housing.

Outcomes are measured using a structured survey instrument completed by clients at the conclusion of their program completion.

#### **Evaluation**

First Step House routinely provides an evaluation outcome form to women who complete the reintegration program. Our latest review of the survey results (April 2006) for First Step House graduates demonstrate a 100% decrease in alcohol usage and a 100% decrease in the use of other drugs. In addition, 83% of the women surveyed reported improvement in their employment situation. First Step House participants reported a 100% improvement in their legal status.

In addition to the above, our newly implemented outcomes survey form indicates graduates of First Step House have a 100% compliance with criminal justice system requirements and no new legal charges, 100% compliance with requirements to build support for their recovery in the community by attending 12 step meetings and using a program sponsor, 100% compliance on attending all groups, individual and family sessions while in treatment and 100% who graduated left with safe housing supportive of their recovery.

DCCCA staff will continue to collect client outcome and satisfaction data to document program successes at First Step House as well as to provide information for ongoing efforts to improve the program. This past year we implemented a new comprehensive outcomes form to accurately reflect program effectiveness.

#### **Coordination**

Coordination of services is necessary to provide an integrated approach to the complex problems of chemical dependency. First Step House receives referrals from a variety of agencies and works collaboratively to provide services fostering recovery. In recent years, collaborative work with Bert Nash Center has increased due to the identification of increased mental health problems among residents that seriously interfere with recovery. Additionally, Health Care Access, Douglas County Dental Clinic, Douglas County AIDS

Project and the Douglas County Health Department are accessed to deal with the medical and dental needs of the women and children that we serve. The Lawrence Douglas County Housing Authority and Lawrence Workforce Center are accessed for housing and employment needs of the women and their children. Without the assistance of other community agencies, our job would be much more difficult to manage.

First Step House offers reintegration services to women and their children as they stabilize their lives after years of addiction. We believe that it is in the interest of the community to build upon this existing core of services when developing the plan for liquor tax funds during CY 2007.

### Organizational Capacity

In June of 1996, First Step House merged with DCCCA. This merger provided an opportunity to build on the strengths of both organizations. First Step House provided specialized services for women and children, which had not previously been available, and DCCCA provided administrative and funding support that increased stability at First Step House. The merger brought about a reduction in operating costs while maintaining service levels. This change occurred before funding support from the State of Kansas declined. Without the benefits of the merger, the reduction in funding from the State would have been more problematic possibly resulting in First Step House closing.

DCCCA is a private nonprofit organization, which has provided a variety of human services during the past 30 years. Our agency has an active and informed board of directors, which monitors the services that we provide. First Step House has been in operation since 1985, and has a history of receiving Alcohol Tax Funds to assist in the general operating expenses of the program. First Step House/DCCCA operates using recognized accounting principles. Our agency history, management structure and staffing all demonstrate our ability to appropriately use funds available through the alcohol tax.

DCCCA will be requesting Alcohol Tax Funds annually for First Step House operations and has received funding of \$26,500 for the past several years to assist us with the counseling services that we provide through First Step House. Last year we received a little more - \$29,150 to help fund one of our counseling positions.

First Step House has a diverse funding base that includes the Lawrence Alcohol Tax Fund, Douglas County special liquor tax funds, food stamps, food commodities, Medicaid, Senate Bill 123 funds, donations, DUI grants, FEMA grants, Emergency Shelter funds and AAPS (Addiction and Prevention Services) fee for service payments.

During FY 2005 (ending June 30, 2005), \$178,417 was received from SRS AAPS, \$29,000 came from CDBG, Emergency Shelter and other small grants. Food stamp revenue, contributions, Medicaid, Senate Bill 123, client payments and Alcohol Tax funds provided the remainder of the revenues received.

### Budget

.75 FTE	Chemical Dependency Counselor	\$22,620
	Fringe calculated at 28.8% of salary	\$6,530
	GRAND TOTAL	\$29,150

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>During Calendar Year 2005:</p> <p>100% of program completers reported reduction in alcohol use</p> <p>100% of program completers reported reduction in drug use</p> <p>78% of program completers reported improvement in their employment situation and were employed</p> <p>100% of program completers acquired safe housing supporting their recovery for themselves and their children</p>	<p>The primary goal of First Step House is to reduce the personal, familial and social cost of addiction by interceding with the most appropriate intervention necessary at the time.</p> <p>Funds provided by the Liquor Tax Fund allow our agency to serve clients without resources, thus reducing costs associated with the legal system, welfare and foster care.</p>	<p>First Step House is the only agency in Lawrence, which provides structured housing for women in early recovery from chemical dependency. One of the unique features of the program is that children can accompany their mothers to treatment, an arrangement that allows families to stay together.</p>	<p>Counseling Groups Educational Groups Individual counseling Individual case management Meals Family/children services 12 step involvement Recreation Activities Discharge/referral planning</p> <p><b>In Detail:</b> DBT (Dialectical Behavioral Skills Training) Group Relationships Group (Relationship/codependency) Relapse Prevention Activities Vocational Group Community Presenters Family Individual Counseling 20 - 40 hrs/wk work or volunteering or education Morning Meditation Group House Meeting/Community Recreation Creative Writing Goodnight/wind down Group Parenting Group – Guiding Good Choices provided by Regional Prevention Center Creative Movement Group provided by Lawrence Art's Center Staff</p>	<p>First Step House will provide services to at least 90 women and 30 children in calendar year 2006</p>	<p>By the end of the program, 80% of participants will report a decrease in alcohol use at discharge (compared to 30 days before admission to treatment)</p> <p>By the end of the program, 80% of participants will report a decrease in drug use at discharge (compared to 30 days before treatment)</p> <p>By the end of the program, participants will report a 75% increase in employment at discharge (compared to 30 days before admission to treatment)</p> <p>By the end of the program, 80% will have acquired safe and stable housing</p>	<p>By the end of the program 100% of women will have decreased alcohol and/or drug use, attained meaningful employment and/or increased their education level, and secured safe and stable housing that protects their recovery for themselves and their children</p>