

Program Description

First Step at Lake View, a program of DCCCA, Inc., is one of only six residential treatment programs in Kansas that specialize in services to pregnant women and women with children. First Step offers a continuum of alcohol and drug treatment specifically designed to meet their unique needs, including intensive short term residential stay, extended residential services to prepare for re-entry into the community, and a continuum of outpatient programs in collaboration with Lawrence Outpatient Services. Intervention focuses on a woman's individual challenges, using proven, evidenced based strategies including motivational interviewing, cognitive behavioral therapy and Twelve Step programs. Social detoxification will be an added treatment component, beginning in June.

Women's treatment needs extend beyond abstaining from alcohol and drug use, and First Step's expanded service components help reduce barriers to long term recovery. Children age 13 years and younger can stay with their mothers while in treatment, attending school or the program's licensed child care center during the day. Pregnant women participate in extensive well-baby services, often returning to First Step after the baby is born to continue their recovery journey. Parenting skills training, health and wellness services, case management support to access employment and housing, and referrals for domestic violence intervention are just a few of the unique offerings.

Addiction is a family disease. Women and their children need the support of family and friends as they return to the community to continue their recovery. First Step at Lake View offers couple, family and multi-family therapy, as well as referral to community support groups, to help loved ones understand how addiction has impacted them.

Needs Assessment

Available research indicates that women who abuse substances have a higher likelihood than non-substance abusing women of experiencing poverty, unemployment, childhood sexual and physical abuse, domestic violence and mental illness. Children of substance abusing women experience higher rates of developmental delays, exposure to domestic violence, child maltreatment, and removal to foster care (National Center on Substance Abuse and Child Welfare, 2008). In Kansas, 15% of children placed in foster care were removed from their homes due to parental substance use (Department of Social and Rehabilitation Services). Tax payer and community costs for law enforcement and foster care, alone, significantly exceed the minimal cost associated with helping a mother and her children receive life changing treatment.

The 2005 Kansas Comprehensive Treatment Needs Assessment identified a high percentage of women in Douglas County needing treatment, as compared to other Kansas counties (Department of Social and Rehabilitation Services, Addiction and Prevention Services). Douglas County women seeking treatment in state fiscal year 2007 numbered 136, but only 8 (5%) were pregnant at the time of treatment.

First Step at Lake View has provided treatment services for 187 women and 87 children between July 1, 2008 and April 30, 2009. As the local and state economy decline,

women referred for treatment have limited resources to pay for services and state dollars dedicated to pay for indigent care are stretched beyond their limit. First Step at Lake View will continue its practice of using Alcohol Tax Funds to provide much needed substance abuse treatment for women who, due to limited resources, would otherwise be unable to improve theirs and their children's lives.

Outcomes

The primary goal of First Step at Lake View's treatment program is to reduce the personal, familial and social costs of addiction by interceding with the most appropriate interventions. The investment of Alcohol Tax Funds will result in lower tax dollar expenditures in the criminal justice system, public assistance, and foster care. The following client outcomes, based on national standards for successful treatment, measure improvements in lifestyle for women and their families:

- (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 and staff at the conclusion of their program completion.

Coordination

First Step's successful treatment intervention with women and their children is contingent on our ability to effectively address their holistic needs through effective community collaboration. First Step staff link women with Health Care Access, Douglas County Health Department, local primary care physicians, Douglas County Aids Project and Douglas County Dental Clinic to address pre-natal and physical health care needs. The Lawrence/Douglas County Housing Authority and Lawrence Workforce Center provide access to affordable housing and employment opportunities. Women with co-occurring mental health needs are seen at Bert Nash Mental Health Center. Those who are victims of domestic violence are connected with Women's Transitional Care Services.

First Step at Lake View staff actively participate in community collaboration initiatives designed to identify and seek resolution to service gaps. Our substance abuse prevention and treatment expertise is utilized in coordination groups focusing on homelessness, family centered systems of care, and individuals involved with the criminal justice system.

Organizational Capacity

DCCCA is a Lawrence based non-profit organization that has provided substance abuse treatment services for adults and adolescents for over 30 years. Our active, entrepreneurial Board of Directors and leadership staff have created an array of human services that focus on quality, efficiency, and positive outcomes for customers. DCCCA's management practices and proactive planning have given confidence to various funders that we are good financial stewards and can withstand changing economic conditions.

DCCCA merged with First Step House, the original women's treatment program in Lawrence, in 1996. DCCCA consolidated First Step House with our Women's Recovery Center of Topeka to form First Step at Lake View in 2007, offering a more comprehensive treatment continuum in north east Kansas. First Step at Lake View is licensed by the Department of Social and Rehabilitation Services, and is a contracted provider with SRS Addiction and Prevention Services, Value Options of Kansas (Medicaid), the Kansas Sentencing Commission, and Fourth Time DUI initiative.

Budget

First Step at Lake View has multiple funding streams, most with strict eligibility requirements for client admission in order to access those funds. Supplemental funding is received through SRS public assistance benefits (food stamps and child care), food commodities, emergency shelter grants, donations, and client fees. The following data reflects revenue from each primary funding source July 1 through March 31, and their eligibility requirements:

Addiction/Prevention Services (client income must be 200% of poverty)	\$489,566
Medicaid (client has Medicaid 19 insurance coverage)	\$281,887
Senate Bill 123 (client is referred by the Kansas Sentencing Commission)	\$ 93,013
Supplemental funding	\$ 74,987
Alcohol Tax Fund (City of Lawrence)	\$ 21,863
Alcohol Tax Fund (Douglas County)	\$ 11,903

DCCCA's First Step at Lake View program is an annual recipient of Alcohol Tax Funds, with dollars focused on increasing our ability to serve low income women and children who do not meet the criteria of our primary funding sources. Without Alcohol Tax Funds, these families would be unable to access substance abuse treatment services. For 2010, Alcohol Tax Funds will be used to fund a three quarter time substance abuse counselor, based on the following budget figures. Costs related to travel, office space, supplies and equipment will be reimbursed through other funding streams.

Personnel	\$21,520
¾ FTE Substance Abuse Counselor (existing)	
Fringe Benefits	\$ 6,198
28.8% of salary	
Total Request	\$27,718

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>Substance abusing women are at higher risk than non-substance abusing women for poverty, unemployment, and domestic violence.</p> <p>Children of substance abusing women are at higher risk of experiencing developmental delays, child maltreatment and removal to foster care.</p>	<p>Treatment at First Step at Lake View will 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 Alcohol Tax Fund will increase the number of low income women and children who can access treatment.</p>	<p>Substance abusing women;</p> <p>Substance abusing women with dependent children;</p> <p>Substance abusing pregnant women</p>	<p>Residential substance abuse treatment for women and their children, with specific service components including:</p> <p>Education groups Group therapy Individual therapy Family therapy Licensed childcare Parenting Skills 12 Step groups Relapse prevention Aftercare Referral and case management for:</p> <ul style="list-style-type: none"> - Housing - Employment - Medical - Dental - Mental health - Domestic violence - Outpatient treatment at Lawrence Outpatient Services 	<p>First Step at Lake View will provide services to at least 200 women and 100 children in calendar year 2010</p>	<p>By the end of the program, as documented by the established program completion survey:</p> <p>80% of participants will report a decrease in alcohol use;</p> <p>80% of participants will report a decrease in drug use;</p> <p>Participants will report a 75% increase in employment at discharge;</p> <p>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 when appropriate, and secured safe and stable housing that protects their recovery for themselves and their children</p>

