



2015 SOCIAL SERVICE FUNDING APPLICATION – SPECIAL ALCOHOL

SECTION 1. APPLICANT INFORMATION

Legal Name of Agency: DCCCA, Inc.

Name of Program for Which Funding is Requested: First Step at Lakeview

Primary Contact Information (must be available by phone 5/23/14 and 5/30/14 from 8 a.m. to noon.)

Contact Name and Title: Sandra Dixon, LMSW; Director of Addiction Services

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SECTION 2. REQUEST INFORMATION

The criteria for each application questions are explained below.

A. Amount of funds requested from the City for calendar year 2015: \$ 48, 672

B. Provide a brief description of the program.

First Step at Lakeview, a program of DCCCA, Inc., is one of only eight substance use disorder treatment programs in Kansas, and the only one in Northeast Kansas, that specializes in services for pregnant women and women with children. Our efforts speak directly to City Charter Ordinance 33, (c) "Intervention in alcohol and drug abuse or treatment of persons who are alcoholics or drug abusers or are in danger of becoming alcoholics or drug abusers." First Step offers a continuum of treatment options specifically designed to respond to the biological, psychological, and social factors influencing women's substance use and recovery.

Women requiring a stable environment to detox from alcohol or other intoxicating substances are monitored in our non-medical detoxification unit for one to two days while staff assess their ongoing treatment needs. Our intensive, short term residential program provides 40 hours weekly of therapeutic and structured activities. Typically lasting 21 to 28 days, residential treatment is intended for women whose substance use disorder is so severe they are unable to effectively achieve sobriety and work on their new recovery in an outpatient setting. The Intensive Outpatient Treatment with Supportive Housing option offers 15 hours of clinical services weekly over a six week average time period. Women participating in this service typically lack safe housing and, with the assistance of our staff, build financial resources needed to access a new living environment prior to their treatment completion. Interventions in each of our service options focus on a woman's individual challenges, using proven, evidenced based strategies including Motivational Interviewing, Cognitive Behavioral therapy and Twelve Step programs.

Women's treatment needs extend beyond abstaining from alcohol and drug use. First Step's expanded service components help reduce barriers to long term recovery. Children age 12 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, family therapy, case management support to access employment and housing, and referrals for domestic violence intervention are just a few of the unique offerings.

C. Provide a brief description of how the need for this program was determined.

The Case for Gender Specific Treatment¹

The need for women's treatment is critical, as both research and clinical evidence have identified gender-specific risk factors for substance use disorder. Women are more likely than men to be subjected to sexual violence as both children and adults. Co-occurring mental health disorders often accompany substance use as women use alcohol or drugs to cope with anxiety, depression, eating disorders, and trauma resulting from childhood abuse and domestic violence. Women's physiology makes them more vulnerable to a substance use disorder. Women advance more rapidly in their progression from initial to regular use to abuse. Parenting and caregiving are important roles and identity aspects for women, and must be accounted for in treatment. Effectively addressing the needs of women includes consideration of their children's needs for whom they are responsible.²

The Challenge

Children – Substance use during pregnancy can cause poor pregnancy outcomes and early childhood behavioral and developmental problems.³ Children of parents with a substance use disorder are three times more likely to be abused and more than four times more likely to be neglected than children of parents who do not abuse substances.⁴

Healthcare – Addiction contributes directly to many medical conditions. Heavy drinking, for example, contributes to illness in each of the top three causes of death: heart disease, cancer and stroke.⁵

Emergency Room Visits/Costs – Lawrence Memorial Hospital reported 1,879 emergency room visits due to alcohol as a primary or secondary diagnosis in 2013, a 100% increase in 10 years. Drug use was identified as a primary or secondary diagnosis in 1,573, visits, a 360% increase in the same ten year period. The cost of this care increased 200%, topping \$13,000,000 in 2013.⁶

Uninsured – 17.7% of Douglas County adults under the age of 65, 16,404 residents, reported not having health insurance in 2010.⁷ Most of them, 15,300, fall within the "Eligibility Gap," unable to afford health insurance through the Affordable Care Act, but make too much money to qualify for Medicaid.⁸ Uninsured people are less likely to receive medical care, more likely to die early, and more likely to have poor health outcomes. Sixty percent of the women who received substance use disorder treatment at First Step in 2013 were uninsured and had incomes at or below 200% of the federal poverty level.

Alcohol and Drug Use in our Community – In 2010, 23.5% of Douglas County adults reported binge drinking on at least one occasion in a recent 30 day period.⁹ Binge drinking, defined as 4 or more drinks for women in a day, is a risk factor for alcohol poisoning, hypertension, fetal alcohol syndrome, suicide, and motor vehicle crashes. The 2013 Kansas Communities That Care Survey reported that 26.3% of children reported at least one adult in their family had a severe alcohol or drug problem. The Survey further indicated that Douglas County has a higher rate of alcohol related arrests than Kansas as a state.¹⁰ The Kansas Department of Children and Family Services reported 18% of the children in Douglas County who entered foster care through February, 2014 did so because of their parents' substance use.

Substances Used – The primary substance used by uninsured women admitting to treatment at First Step has changed significantly the past year. Alcohol has historically been the most common drug identified as primary (30% in 2011 and 27% in 2012). Methamphetamine use now represents almost 40% of our treatment admissions. Alcohol use remains significant (28%) with Opiate dependency (prescription medications or illicit substances like Heroin) increasing.

Some Solutions

¹ Union Institute and University, "Women, Addiction and Mental Health: The Vulnerable Population," Dr. Jeremy Fishman

² Substance Abuse and Mental Health Services Administration, "Addressing the Needs of Women and Girls: Developing Core Competencies for Mental Health and Substance Abuse Service Professionals," 2011

³ National Survey on Drug Use and Health, "Substance Use Among Women During Pregnancy and Following Childbirth," 2009.

⁴ U.S. Department of Health and Human Services, Administration of Children and Families, "Protecting Children in Families Affected by Substance Use Disorders," 2009

⁵ Open Society Institute, "Unforeseen Benefits: Addiction Treatment Reduces Health Care Costs," www.treatmentgap.org

⁶ Lawrence Memorial Hospital, Community Education Department

⁷ Lawrence Douglas County Health Department, Community Health Report, 2012

⁸ Kansas Health Institute, "Nearly 182,000 Kansans in the Eligibility Gap," January, 2014

⁹ Lawrence Douglas County Health Department, Community Health Report, 2012

¹⁰ Kansas Communities That Care Data, www.ctcddata.org, 2012

Healthcare Benefits of Addiction Treatment – Regular health and addictions care for people with substance use disorders can decrease hospitalizations by up to 30%. Two or more primary medical care visits have shown to improve abstinence from substances by 50% and those in recovery who have other medical conditions are three times more likely to achieve remission of those disorders over five years.¹¹

Treatment and Recovery – Recovery from substance use is associated with dramatic improvements in all areas of life, including a healthier financial and family life, higher civic engagement, dramatic decreases in public health and safety risks, and significant increases in employment and work productivity. Recent research comparing substance abusing individuals to those in recovery noted the following:

- Involvement in domestic violence, as either a victim or perpetrator decreases dramatically in recovery.
- Frequent utilization of costly emergency room departments decreases tenfold for those in recovery.
- The percentage of uninsured decreases by half for those in recovery.
- Twice as many women as men regained custody of a child while in recovery.
- Individuals in recovery increasingly engage in health behaviors such as taking care of their health, having a healthy diet, getting regular exercise, and having dental checkups¹²

D. Describe the desired outcomes of this program (see Logic Model).

Impact Outcome - DCCCA's primary goal is to reduce the personal, familial and social cost of addiction by intervening with the most appropriate intervention necessary at the time. The investment of the City's Special Alcohol Fund will result in decreased tax dollar expenditures in other systems, such as health care, criminal justice, foster care and public assistance. Positive health outcomes and economic productivity will be experienced by individuals served.

Process Outcomes – DCCCA's First Step at Lakeview treatment program will provide substance use disorder treatment for 375 women and 50 children in Calendar Year 2014. At least 136 of those women will be uninsured and receive services through funding support from the City of Lawrence Special Alcohol Fund. Data will be collected through CareLogic, DCCCA's electronic health record.

Behavioral Outcomes - The following outcomes measure improvement in lifestyles of individuals who complete substance use disorder treatment. They are based on the National Outcome Measures as defined by the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. Data is gathered and reported using the Kansas Client Placement Criteria, an electronic data system required by the Kansas Department on Aging and Disability Services.

- 90% of women will report a decrease in alcohol use at service completion
- 90% of women will report a decrease in drug use at service completion
- 80% of women and women with children will have safe, supportive living conditions
- 75% of women will be employed at service completion
- 50% of women will successfully complete services, as defined by meeting goals and objectives on their service plan.

Recent Performance – In Calendar Year 2013, First Step at Lakeview provided non-medical detoxification services for 55 women, intensive residential treatment for 379, and 95 women needing ongoing treatment with supportive housing participated in intensive outpatient services. Forty-seven children resided with their mothers at First Step. Seventy-two percent of the pregnant women in Kansas who sought residential treatment chose First Step.

The most recent twelve month outcome data for First Step indicates the treatment approach has a positive impact for most women, but areas of opportunity remain.

- 84% of women who completed treatment no longer drank alcohol (target: 90%)
- 76% of women who completed treatment no longer used drugs (target: 90%)
- 100% of women who completed treatment had safe and stable housing (target: 80%)
- 37% of women who completed treatment were employed (target: 75%)
- 65% of women successfully completed treatment at First Step (target: 50%)

Abstinence outcome performance decreased in the most recent twelve month period even though over 75% of women leaving First Step were no longer actively using alcohol or other drugs. Ongoing case reviews reflect a client population

¹¹ SAMHSA Center for Integrated Health Solutions, "Innovations in Addictions Treatment: Addiction Treatment Providers Working with Integrated Primary Care Services," May, 2013

¹² Faces and Voices of Recovery, "Life in Recovery: Report on Survey Findings," Alexandre Laudet, PhD., 4/2013

with extensive physical and mental health needs, multiple substance use (versus primarily alcohol), and significant trauma histories. The First Step team is continually working to enhance or modify treatment interventions to effectively address the increased severity of needs presented by our clients. Enhancing treatment quality and effectiveness are the outcomes we hope to achieve as a member of the National Council on Behavioral Health's Trauma Informed Learning Community. DCCCA was one of twenty-seven organizations nationwide selected for this year long opportunity to work with national experts in trauma informed care.

Meaningful employment remains a challenging goal in this economic environment, particularly for those who have a history of homelessness, chronic illness, poverty and limited education. A few local employers, primarily in the food service industry and Berry Plastics, work collaboratively with First Step's Case Manager, but those jobs are usually part time and temporary. We continue to seek partners who need employees, understand the challenges our women face early in recovery, and offer flexible hours that allow them to care for their children.

E. Describe any coordination efforts your agency has made.

DCCCA's successful treatment intervention with women and their children is contingent on our ability to effectively address their holistic needs through effective community collaboration. Program staff link treatment clients with Health Care Access Clinic, Heartland Community Health Clinic, Douglas County Health Department, local primary care physicians, Douglas County Aids Project and Douglas County Dental Clinic for physical health care needs. The Lawrence/Douglas County Housing Authority and Lawrence Workforce Center provide access to affordable housing and employment opportunities. Women who need ongoing outpatient substance use disorder treatment often continue their treatment at Lawrence Outpatient Treatment Services upon re-entry into the community. Services for children, including educational needs are coordinated with Success by Six and Sunflower Elementary School.

DCCCA actively participates in community collaboration initiatives designed to identify and seek resolution to service gaps. The past year, in particular, has focused on initiatives targeting Lawrence's uninsured and more cost effective and efficient service integration.

Domestic violence and sexual assault – DCCCA entered into a Memo of Understanding with Willow Domestic Violence Center and GaDuGi in 2012. The partnership focuses on communication among agencies regarding shared clients, as well as drawing upon the expertise of each organization to avoid service duplication. More recent efforts target reducing access barriers for women in any of the three programs, by offering screening and assessment in their location.

Healthcare – DCCCA and Health Care Access Clinic implemented a formal working relationship in 2013 that provides outpatient mental health services, as well as ongoing primary medical care for uninsured women and children during and beyond their First Step stay. DCCCA has also entered into a formal working agreement with Lawrence Memorial Hospital, offering substance use disorder screening and assessment for pregnant and post-partum women at Lawrence OB/GYN Specialists and, most recently, a similar collaboration was implemented for patients seen at Total Family Care. These integration initiatives reduce access barriers for both behavioral health and primary medical health care interventions, and support coordinated care for improved health care outcomes.

Mental Health – Bert Nash Community Mental Health Center offers a standing weekly appointment for First Step clients, allowing them access to psychiatric screening. In return, DCCCA provides five hours of screening and assessment at Bert Nash weekly which facilitates coordinated service delivery for women with co-occurring mental health and substance use disorders.

F. Describe how your agency is capable of implementing the proposed program.

DCCCA is a Lawrence based non-profit organization that has offered substance abuse treatment services for adults and adolescents for 40 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 our consumers. 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.

First Step at Lake View is licensed by the Kansas Department of Aging and Disability Services, nationally accredited by the Council on Accreditation, and is a contracted provider with Value Options of Kansas, United Health Care/Optum (Medicaid), Sunflower State Health Plan/Cenpatico (Medicaid), Amerigroup Kansas (Medicaid), the Kansas Sentencing Commission, Blue Cross Blue Shield of Kansas, and multiple insurance companies. Program staff are Licensed Addiction Counselors or Licensed Clinical Addiction Counselors, and many hold additional Behavioral Sciences Regulatory Board professional licenses as social workers, marriage and family therapists or counselors.

DCCCA has been strategic in our efforts to expand historical revenue streams (public dollars) and client population. Building a staff team that can receive third party insurance reimbursement, achieving national accreditation, and reducing wait times for treatment were intended to make our Lawrence treatment programs more attractive to managed care companies. We have been successful in joining managed care provider panels, and continue efforts to expand the list of payers who will purchase our services. While we are confident that our revenue will diversify through these efforts over time, we will not lose sight of our mission to help those who otherwise could not receive needed treatment. Our yearlong planning efforts with primary medical care and mental health providers reflects our investment in doing business differently, improving health outcomes for all populations but especially the uninsured, and reducing the overall cost of substance use and addiction in our community. Public dollars from federal, state, county and city partners are necessary to ensure vulnerable community residents are served in the most appropriate setting to meet their needs.

G. Provide a detailed budget for the proposed program using the categories provided.

First Step at Lakeview has multiple funding streams, most with strict eligibility requirements for client admission in order to access those funds. Supplemental funding is received through Kansas Department for Children and Families public assistance benefits (food stamps and child care), food commodities, donations, and client fees.

In addition to paid staff, First Step is a training site for the University of Kansas, Washburn University, Emporia State University and other regional colleges. Students at the bachelor and master's level receive valuable professional experience while providing direct services under approved supervision. Community volunteers from the Lawrence Art Center, churches and other local groups coordinate structured leisure and recreational activities, including a weekly yoga group, tending the facility garden, and welcoming the women and their children in their faith communities.

The following data reflects revenue from each primary funding source for the nine month time period of July 1, 2013 through March 31, 2014 and their eligibility requirements:

Value Options of Kansas (client income must be 200% of poverty)	\$576,257
Medicaid	\$338,951
Kansas Sentencing Commission Senate Bill 123, SB 67 DUI, and Drug Court	\$114,606
Supplemental funding	\$26,073
Private Pay/Insurance	\$25,088
Special Alcohol Fund (City of Lawrence)	\$20,745
Contributions and miscellaneous	\$5,036
	<u>\$1,106,756</u>

DCCCA's First Step at Lakeview is an annual recipient of Special Alcohol Funds. Historically these dollars have allowed us to treat uninsured women and their children who do not meet the criteria of our primary funding sources, as well as leverage the federal dollars allocated by Value Options of Kansas that do not cover the entire cost of care. DCCCA's annual funding request has been constant throughout the years even though program expenses have increased. Our 2015 request is higher to reflect the actual costs of doing business. We will continue to seek diversified revenue, but until Medicaid is expanded to cover treatment costs for those in the eligibility gap, we anticipate seeking the City's help to serve the uninsured.

For 2015, Special Alcohol Funds will be used to fund 1 full time Substance Abuse Counselor. The position funded by the City translates to 136 women and their children accessing needed substance use disorder treatment. Costs related to travel, office space, supplies and equipment will be reimbursed through other funding streams.

Personnel

1.0 FTE Substance Abuse Counselor (existing staff)	\$37,440
Fringe Benefits @ 30% of salary	\$11,232

Total Request	<u>\$48,672</u>
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SECTION 3. LOGIC MODEL

Please complete the Logic Model below.

ASSESSMENT DATA	PROGRAM GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
Substance abusing women are at higher risk than non-substance abusing women for poverty, unemployment and domestic violence. Children of parents with a substance use disorder are three times more likely to be abused and four times more likely to be neglected. 60% of women admitted to First Step in 2013 were uninsured. 40% identified methamphetamine as their primary drug of choice.	Treatment at First Step at Lakeview will reduce the personal, familial and social cost of addiction by interceding with the most appropriate intervention necessary, at the time. Funds provided by the City of Lawrence Special Alcohol Fund will support 136 uninsured women seeking treatment.	Substance abusing/ dependent women who are uninsured; Substance abusing/ dependent women with children; Substance abusing/ dependent pregnant women	Non-medical detox, intensive residential and intensive outpatient treatment with supportive housing. Service components include: Education groups Group therapy Individual therapy Family therapy Licensed childcare Parenting skills 12 step groups Aftercare Case management for: Housing Employment Medical Dental Mental Health Domestic violence Outpatient treatment	First Step at Lakeview will provide treatment services to 375 women and 50 children in calendar year 2014.	90% will report a decrease in alcohol use at service completion 90% will report a decrease in drug use at service completion 80% will have safe, supportive living conditions at service completion 75% will be employed at service completion 50% will successfully complete treatment, as defined by achieving goals and objectives identified on their service plan	By the end of the program, 100% of women will have gained meaningful employment and/or be engaged in activities that allow them to be self-sufficient; will be engaged in supportive relationships; will have access to quality medical care that sustains their healthy lifestyle; and will have safe, stable housing that ensures ongoing recovery for themselves and their children