



[www.alcoholdrugcouncil.org](http://www.alcoholdrugcouncil.org)

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# Alcohol & Drug Council

## 2004 Annual Report

*Chemical Dependency Outpatient Treatment &  
Referral Services*

*Substance Abuse Prevention & Education*

*Community Outreach & Planning Services*



Serving Tompkins County for 40 years

## Alcohol & Drug Council of Tompkins County, Inc.

The Alcohol & Drug Council (ADC) is a not-for-profit community agency serving the residents of Tompkins and other contiguous counties. We provide substance abuse prevention, education and outpatient treatment services. Additionally, we collaborate with community organizations to implement new initiatives and programs.

### Mission

The mission of the Alcohol & Drug Council of Tompkins County, Inc., is to provide accessible and comprehensive outpatient treatment to individuals and families affected by chemical abuse or dependency, and to educate the community about the associated health risks.

### Core Purpose

The core purpose of the Alcohol & Drug Council is to assist the community in dealing with substance abuse prevention and treatment. We help individuals and families live healthier lives and assist those embarking on recovery to begin a new life.

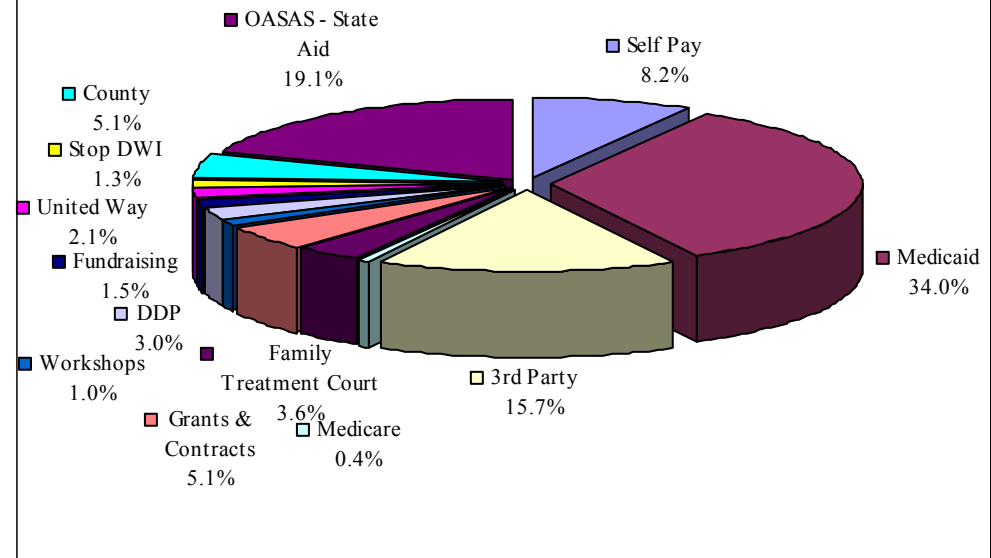
### Board of Directors

Roger Sibley, President  
 Beth Evans, Vice President  
 Patricia Vaughan, Treasurer  
 Judith Lutes, Secretary  
 Richard Charsky  
 Jo Ann Clune  
 Claude Hewitt  
 Edward Hooks, Esq.  
 Randy Lovell  
 David Murphy  
 Florence Ricciuti



Tompkins County  
 Member Organization

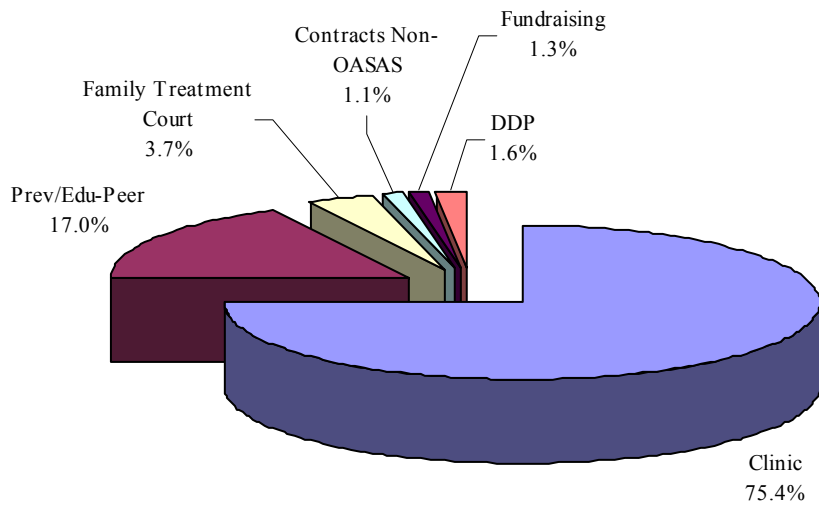
## Alcohol & Drug Council 2004 Revenue/Funding Sources



## 2004

Self Pay	93,912	County	57,780
Medicaid	388,976	Fundraising	17,451
3rd Party	179,509	United Way	23,848
Medicare	4,016	STOP DWI	15,000
Family Treatment Court	40,781	Drinking Driver Program	34,375
Grants and Contracts	58,862	OASAS-State Aid	218,286
Workshops	11,100		
<b>Total Revenue</b>			<b>1,143,896</b>

## Alcohol & Drug Council 2004 Expenses by Department



### 2004

Clinic	839,518
Prevention/Education-Peer	189,535
Family Treatment Court	40,781
Fundraising	14,274
Drinking Driver Program	18,075
<b>Total Expenses</b>	<b>1,114,149</b>

### *A Message from our Executive Director*



Arpi Hovaguimian

In 2004, we had an exceptionally successful year in delivering a variety of prevention and clinical services to the residents of Tompkins County. Our success is directly attributable to four groups that define the Alcohol & Drug Council: the board, the staff, the donors and the clients that utilize our services. We have a committed group of leaders on our board who are actively steering this agency toward adopting cutting edge

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approaches to service delivery and resource development. We are also fortunate to have a dedicated staff that understands the ravages of addiction and works daily to ease its pain in our clients. We are extremely grateful to our sponsors and donors for their generous gifts that enhance the quality of our services and provide invaluable feedback about the importance of our work in the community. Finally, we are indebted to our clients from whom we learn new lessons and receive feedback about the quality and effectiveness of our services.

Two thousand and four was a year of significant achievement in developing new approaches to the treatment of individuals diagnosed with both a mental illness and a chemical dependency disorder. Co-occurring disorders are very common. Researchers have repeatedly demonstrated the significance of treating the whole person, i.e., simultaneously addressing the biological, psychological and social components that feed the addiction and the mental illness. In collaboration with the Tompkins County Mental Health, the Family & Children Services and Cayuga Addiction Recovery Services, we are developing a comprehensive approach to the treatment of addiction that is coupled with a mental health disorder.

## Clinical Services

*In 2004, our clinic provided 13,443 counseling appointments to 838 clients. This accomplishment represents a 9% increase over our 2003 performance.*

Counseling in our clinic consists of a combination of group and individual sessions. When needed, our Medical Director also provides psychiatric consultation and medication management. Treatment begins with a comprehensive evaluation to determine the severity of the problem and the appropriate treatment. Additionally, all of our clients are assessed and treated by our medical staff for any physical problems, e.g., hypertension and diabetes. Throughout the course of treatment, a multidisciplinary team reviews the progress of each individual and modifies treatment accordingly.

We strive to take diversity issues into account in treatment. For example, to address gender specific issues in recovery from addiction, we separate men from women. We also separate individuals with multiple clinical symptoms. For instance, in 2004, we provided specialized services to 208 individuals with co-occurring mental health and substance abuse disorders. Our program for professionals continues to grow as the demand for this service increases. Aside from counseling professionals, we offer the necessary services to prevent the loss of a professional license or help individuals take appropriate measures to reinstate their licenses.

Off-site clinical services are offered to individuals who are unable to physically come to our clinic. For example, in 2004 we evaluated 85 inmates at the Tompkins County Jail. The purpose of the evaluation is to determine the needs of the individual and refer him or her to an appropriate treatment facility. For individuals sentenced to the Community Justice Center instead of the jail, we provide counseling sessions which address concerns related to substance abuse and criminal behavior.

There are three Drug Treatment Courts which serve the needs of county residents. We work closely with all three courts to ensure the success of the individuals involved. One court is designed to help families who are on the brink of losing parental rights due to substance abuse. The other two courts address the needs of individuals with a misdemeanor or felony charges. All three courts require that a clinical professional from ADC consult on a weekly basis with the drug treatment court teams.

## Youth Services

*In 2004, 968 youth received a variety of prevention services.*

The Peer Education Program staff train high school students to deliver a sub-

stance abuse prevention curriculum to middle school students. In 2004, 118 high school students delivered this curriculum to 459 middle school students. The Peer Program was offered in five school districts.

In our effort to curb under age drinking, we offer informal and interactive workshops to young people, called Open Minds. The purpose of the workshops is to deliver facts about the dangers of alcohol consumption and to engage youth in critical thinking about alcohol and drug use.

For the youth at the Gossett Center and the Lansing Residential Center, we offer weekly groups. The purpose of this intervention is to assist the youth in their effort to reintegrate back to their families and communities.

## 2005 Goals

Our goals for 2005 are based on information collected through surveys completed by our clients and referral sources. We have determined that two groups of clients have needs that require specialized programming. The groups include dually diagnosed individuals (individuals with a mental health and chemical dependency diagnosis) and families.

In 2004, we began a concerted effort to address the needs of people who are dually diagnosed. In collaboration with the Tompkins County Mental Health Clinic, we started the process of providing a coordinated set of services to our mutual clients. A treatment team from both clinics met weekly to assess the progress of clients and make appropriate changes to the course of treatment. For 2005, we plan to continue to integrate the dual services. This is an ongoing process of quality improvement that is based on advancements in addiction medicine and research-based approaches to the simultaneous treatment of mental health and chemical dependency disorders.

In 2005, we will provide a new service to families. This will be a collaborative undertaking with the Family Drug Treatment Court, Tompkins County Department of Social Services, Tompkins County Mental Health Clinic, and Cornell Cooperative Extension. Our prevention staff will be trained in the delivery of a prevention program called Strengthening Families. According to the Substance Abuse & Mental Health Services Administration (SAMHSA), the Strengthening Families program has been tested in communities, schools, and social service organizations across America. Through repeated testing, the Strengthening Families program has provided solid proof of preventing or reducing substance abuse and other related high risk behaviors. Initially, the program will be offered to participants of the Family Drug Treatment Court. The Strengthening Families Program will eventually become available to the rest of the community.