

Alcohol & Drug Council

2006 Annual Report

Alcohol & Drug Council

201 East Green Street, Suite 500

Ithaca, NY 14850

(607) 274-6288

www.alcoholdrugcouncil.org

Who are we?

The Alcohol & Drug Council is a private not for profit organization which serves individuals and families. We provide alcohol and drug abuse prevention and treatment services. In prevention, we work with high school and middle school students in five school districts. Our focus is the prevention of underage drinking and drug use. Our clinical programs serve people who are facing alcohol or drug abuse problems. We strive to provide treatment options that are relevant to individual needs. With customized service in mind, we stay informed about new therapies in the field and ensure that our staff receive the necessary training to provide effective prevention and treatment services.

Mission

Our Mission is to assist and support each individual on the path to a satisfying and successful life.

Board of Directors

Roger Sibley, President	Georgia Howe
Beth Evans, Vice President	Oers Kelemen
Richard Charsky, Treasurer	Randy Lovell
Jo Ann Clune, Secretary	Judith Lutes
Anne DiGiacomo*	Steve Mount
Dr. James Henery, Ph.D	Dave Murphy
Skip Hewitt	Gail Murphy*
Ed Hooks, Esq.	Allan VanDeMark*

*New Members 2007

Financial Report 2006

<u>Revenue</u>	<u>2006</u>	<u>2005</u>
State Aid	\$288,474	\$282,700
County contracts & aid	\$107,083	\$113,356
United Way	\$27,845	\$25,741
Other contributions & grants	\$30,574	\$26,606
Medicaid reimbursements	\$290,673	\$324,033
Medicare reimbursement	\$803	\$270
Third party reimbursements	\$158,528	\$127,691
Self-pay	\$88,877	\$80,965
Other revenue	\$49,233	\$52,903
	<hr/>	<hr/>
Total Revenues	\$1,042,090	\$1,034,265
	<hr/>	<hr/>
<u>Expenses</u>	<u>2005</u>	<u>2004</u>
Program services	\$844,540	\$895,589
Management & fundraising	\$155,644	\$146,532
	<hr/>	<hr/>
Total Expenditures	\$1,000,184	\$1,042,121
	<hr/>	<hr/>

Financial Report 2006

Message from our Executive Director



Arpi Hovaguimian

<u>Assets</u>	<u>2006</u>	<u>2005</u>
Cash & cash equivalents	\$136,883	\$167,645
Receivables	\$124,053	\$80,731
Pre-paid	\$12,280	\$11,306
Equipment	\$13,821	\$15,206
Total Assets	<u>\$287,037</u>	<u>\$274,888</u>

<u>Liabilities & Fund Balance</u>	<u>2006</u>	<u>2005</u>
Accounts payable	\$2,683	\$16,794
Accrued liability	\$23,792	\$26,749
Deferred revenue	\$10,094	\$10,094
Compensated absences	\$7,564	\$5,964
Medicaid payable	\$90,524	\$104,813
Total liabilities	\$134,657	\$164,414
Fund Balance	\$152,380	\$110,474
Total Liabilities & Fund Balance	<u>\$287,037</u>	<u>\$274,888</u>

In reviewing our clinical records, it is clear that we are experiencing a rising trend in the demand for chemical dependency services. We served 882 individuals in 2006, an increase of 100 individuals from previous years. This increase does not necessarily mean an increase in alcohol and drug abuse in our community. I prefer to view it as an increase in the desire to seek assistance and to find solutions to life problems.

Our clients want to preserve their jobs, acquire or maintain custody of their children, save a marriage, resolve legal problems, address health problems, and manage symptoms of depression and anxiety. A plea for help to stop the abuse of alcohol or drugs is not always their first concern. People want what they perceive will give them a more satisfying and successful life.

Our job is to demonstrate the cause and effect relationship between the achievement of an increasingly satisfying life and our clients' increasing participation in treatment for alcohol and drug abuse. Our clients have had many successes in 2006. There are those who gained custody of their children by participating in treatment through the Family Drug Treatment Court. Others were able to resolve legal problems by successfully completing their probation or parole sentence. Some were able to either enroll in a new educational program or complete a certificate or diploma. We are honored to witness the success of each individual that takes advantage of our programs.

New Program

Trauma & Addiction

Relapse, a resumption of alcohol and drug abuse after a period of abstinence, is common in recovery from addiction. For some people, relapse is a chronic state. In 2006, we implemented a program entitled “Emotional Recovery”, designed specifically for people who suffer from chronic relapse.

A common denominator for this population- in addition to addiction- is a history of trauma. We defined trauma broadly to include events that impede emotional growth such as loss in all its forms and all types of abuse experienced in childhood and as an adult. Most traumatized individuals are not aware of the effects of their trauma on their lives. More importantly, traumatized individuals with chemical dependency disorders fail to comprehend the connection between trauma and a resumption of symptoms of addiction.

To improve the effectiveness of our clinical intervention with individuals who have a long history of repeated episodes of treatment and relapse, we help clients look at their addiction from another angle. The new program assists participants in acknowledging the trauma and developing new coping skills to deal with the emotional and psychological pain. Since July 2006, 35 individuals successfully completed this program. While it is difficult to measure the long term effectiveness of this approach, addressing trauma is a critical piece in chemical dependency treatment. Therefore, we will continue to refine our approach based on results acquired through research and our clinical practice.

Testimonial

I was ordered to treatment by a judge after my second DWI. I was furious about being forced to treatment. To make thing worse I had to pay for it. I never wanted treatment so I did not understand why I should pay. I thought that the court should pay for my counseling. I hated my groups and my counselor. I hated the people in the groups for complaining so much about everything. I thought I made a mistake and should not be punished for it with all the counseling sessions.

After four months in the program I began to feel better. My blood pressure went down and I had more energy to do things. I understood that my drinking was making my depression worse. I also started to understand what it means to be an alcoholic. When I was drinking my life looked great. I had a good job and two kids. My marriage ended four years ago but I did not think that my drinking had anything to do with the ending of my marriage. I always felt nervous around people and alcohol took the edge away. But it also took away my inhibitions and I lost friends because I acted mean, crazy and couldn't think straight.

I completed treatment two months ago. I feel more at ease in the world and I am setting new goals for my life. I used to do what was expected of me by other people. Because of treatment and recovery from addiction, I gained self respect. I learned how to be with other people without drinking. I feel like I finally have a chance to make things right.

T.Z. former client

Roger Livesay,
In Honor of Patricia Vaughan
Grace McMenamin,
In Honor of Rich Flaville
Hon. Marjori Z. Olds,
In Honor of Arpi Hovaguimian
John & Elizabeth Scarlett,
In Honor of Gwen & Carl Troise



Many Thanks to Our Business Partners

Borg Warner TEC
Ciaschi, Dietershagen, Little,
Mickelson & Company, LLP
City Club of Ithaca
Harris Beach, LLP
Ithaca Cayuga Optical
Ithaca Police Benevolent Association
Ithaca Drug Treatment Courts
Lynkes Computing Services
Ramada Inn
The Ithaca Journal

Joline & Anne DiGiacomo,
In Memory of Anthony DiGiacomo
Marth Ferger,
In Memory of Dr. John Ferger
Betty Kassman,
In Memory of Jack Hovaguimian
Judith Lutes,
In Memory of Mary Schebr
Florence Ricciuti,
In Memory of Mary Schebr
Mary Rogan,
In Memory of Mary Schebr
David Sagan,
In Memory of Flora Sagan
Amy Stoll,
In Memory of Charlotte Roberts

Tompkins County Mental Health
Clinic—Managed Addiction Treat-
ment Services
Tompkins County Department of
Social Services
Tompkins County Department of
Probation
Tompkins Trust Company
True Insurance
United Way of Tompkins County
University at Buffalo, Research
Institute on Addictions
Wegmans

New Collaboration

Multiple & Co-occurring Disorders

Managing the symptoms of one disorder is often a complex and daunting responsibility. Over 50% of the people we treat in our clinic meet medical criteria for several disorders. In addition to chemical dependency, many addicts suffer from affective and anxiety disorders. In addition to the mental health problems, individuals must find adaptive ways to deal with emotional and psychological states that are the result of trauma, and oppression.

In 2006, we entered into an agreement with the Tompkins County Mental Health Clinic to collaborate on our work with individuals with co-occurring disorders. In particular, we work closely with staff from the Mental Health Clinic via a new program called “Managed Addiction Treatment Services”, MATS. Through MATS, our clients receive case management services. This is an invaluable addition to services in Tompkins County in that it will improve treatment outcomes for this population. Case management is a model that is standard practice in mental health but is new in chemical dependency treatment.

Since July 2006, 15 individuals with special needs have participated in this program with positive outcomes. We measure outcomes based on individual capabilities with greater emphasis on a person’s stability and safety. Refining the practices of this program will require extensive staff training in the treatment of co-occurring disorders. This is not a new goal for us but a continuation of our commitment to refine treatment to meet the changing needs of our clients.

Thank You

We are deeply grateful and appreciative to our friends in the community for their support. The following individuals gave generously to our cause:

Carol & John A-X. Morris	Jim Currado	Wen Huang	Dr. Linda Radomski, MD
Margaret Adams	Julia Degroat	James & Barbara Hulbert	Florence Ricciuti
Allen Agnew	D. Doty	Merrie Hulbert	Martha & Steve Robertson
Anonymous (4)	Mildred Drosdoff	Gary & Josephine Jaynes	Eric & Margaret Robinson
Megan Albertsman	Wendy DuMars	James John	Hon. Judith Rossiter
Mary Austin	James Everts	David & Theresa Kalb	David Ruppert
Dr. & Mrs. Robert Ballard	Mary Farrell	Susan Kaplan	John Russo
Joan Bechhofer	Dr. Howard Feinstein MD	Tim Kessler	Carol Sammis
Rose Bethel	Jennifer Fendrick-Jaynes	Carol Klepack	Beverly & Ernest Schaufler
Drs. John & Sophia Bezirgianian	Bonnie Georgia	Martin Kurth	Deena Schwartz
Barbara Blanchard	Dr. James & Virginia Gillespie	Kathy Leonardo	Michelle Searles
Stefanie Borglum	M. Keefe Gorman	Deborah Levin	Dr. James Sharp, Ph.D
H. Hunt Bradley, Jr.	Peter Gould	Catherine & Philip Lewis	John W. Sherman
E. Wayles Browne	Reverend Douglas Green	Tom Lipa	Hon. M. John Sherman
Thomas Bruce	Bradley & Juanita Griffin	Randy Lovell	Roger & Carole Sibley
James & Terry Byrnes	Charles Guttman & Shirley Ladd	Janet Lowe	Tom & Elfriede Smith
Ethan & Cherrylynn Burris	Sarah Hale	Judith Lutes	Philip & Kluane Snyder
Leland & Mary Margaret Carmichael	Jessie Harper	Steven & Nanette Makela	David & Pamela Solomon
Ami Caza	Rene Harrington	Joyce Holmes McAllister	Sovichea Srey
Richard & Marilyn Charsky	Joseph Hartnett-Hughes	Kenneth McClane	Paul Stearns
Jo Ann & Robert Clune	Daniel Homik	Diane Mcdonough	Mary Anne Steinmetz
Timothy & Mary Ann Colbert	Georgia Howe & Skip Hewitt	Philip & Mary Lu McPheron	Lynne & Steve Teeter
Edward & Caroline Cope	Ed & Susan Hooks	Stacy Mike	Allan Terry
Helen & Basil Cool	Terri Hoppenrath	Janice Miles	Janet Thompson
Patricia Cornell	Arpi Hovaguimian	Steve & Trese-Ann Mount	Jerome True
Janet & Jonathan Corson-Rikert	Carolyn Hranek	Edward & Marguerite Moy	Dr. Alexander Wood, MD
Hazel Cramer		John Paz	Sharon Washburn
Pam Cronk		Martin & Irene Petrovic	Cathy Webb
		Jody Percey	Dana Wilson
		David & Linda Putnam	Tiffanie Ziemann