

2017

RECOVERY OFFERS

HOPE  
ANNUAL  
REPORT

# MISSION

Alcohol & Drug Council of Tompkins County offers hope and recovery to people struggling with addiction and strengthens our community through prevention and education programs.

## CORE VALUES

### HOPE

Our attitude, relationships and skills project the belief that positive change can occur and goals can be achieved.

...

### CARING & COMPASSION

We understand that those we serve have needs for caring and compassion as they do the hard work of addressing their addiction. We communicate this from our initial welcoming message and continue throughout their stay. Our staff has similar needs, and to be effective, we need to encourage a culture of caring and compassion for each other.

...

### COMMITMENT TO EXCELLENCE

Our services reflect a thorough understanding of the strengths and needs of those we serve and offer a range of high quality, evidence-based practices in the field of addiction. We continuously improve our services through assessing our outcomes, our wise use of resources, responding to changing community needs and supporting the development of our staff.

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2017 brought renewed commitment at the Council to offering effective treatment to the growing number of people in our region who are suffering in the powerful grip of addiction. Maintaining the status quo is not an option, as we continue to lose people we love to this tragic disease. For too long, stigma, shame and hopelessness have prevented millions of sick people from seeking the help they need. These are our family members, our neighbors, coworkers and friends. We are determined to meet them with open doors and with compassion, wherever and whenever they are ready to begin their journey to recovery.

Over the course of the year we met extensively with community partners to broaden the recovery supports we are able to offer our clients – exploring innovative ways to provide long-term assistance and access to valuable resources. These partners include other human service providers, medical professionals, law enforcement officers, and legislators – all of whom share our deep concern for the widespread impact of addiction on our entire community, and our nation. They stand ready to collaborate as we develop plans for a regional 24/7 Open Access Detox Center that will offer compassionate, close-to-home, treatment for adults with substance use disorders. This is our community's missing piece in the continuum of care in addiction treatment, and we have stepped up to delivery it. This will require tremendous commitment and financial investment, but we will continue pressing ahead until this goal becomes a reality and we can make help available to anyone who needs it. The addiction epidemic we face is far too immense to do otherwise.

Throughout this process, we have continued to offer our stellar Prevention & Education Programs and Outpatient Clinical Treatment, which have served our community extremely well for 53 years. These two critical components of our service model will remain as cornerstones as we build a more comprehensive vision for the future.

As the world of addiction and the needs of our people change, we will continue to evolve to meet those needs. This is our commitment to our community and to the many people whose healthy, long-term recovery it is our mission to support.

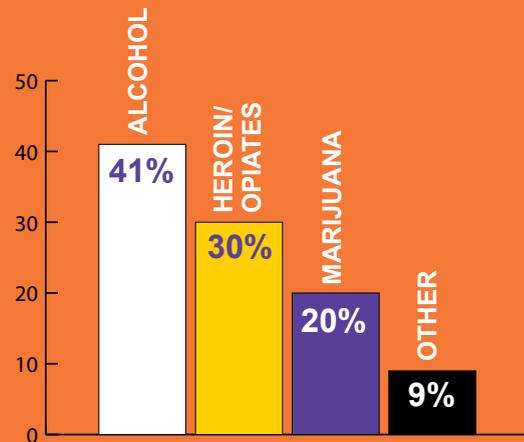


—Angela Sullivan, Executive Director

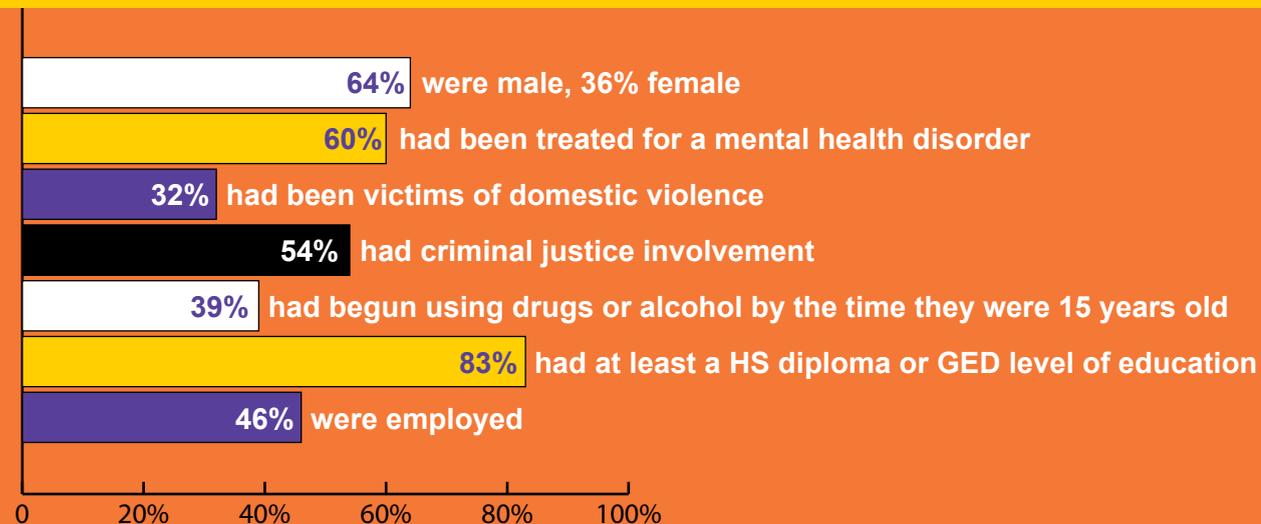


They stand ready to collaborate as we develop plans for a regional 24/7 Open Access Detox Center that will offer compassionate, close-to-home, treatment for adults with substance use disorders – from an easy, around-the-clock point of entry, to detox, stabilization, rehabilitation and reintegration...

# WHO WE SERVE...



In 2017, The Council's Outpatient Clinic provided services to **815** individuals, while the Prevention & Education programs served more than **2,000** students, families and community members. Of those admitted to our clinical programs:



*Addiction is a chronic, treatable disease. As our community and our nation face an opiate addiction epidemic, we offer hope, treatment and support for recovery.*

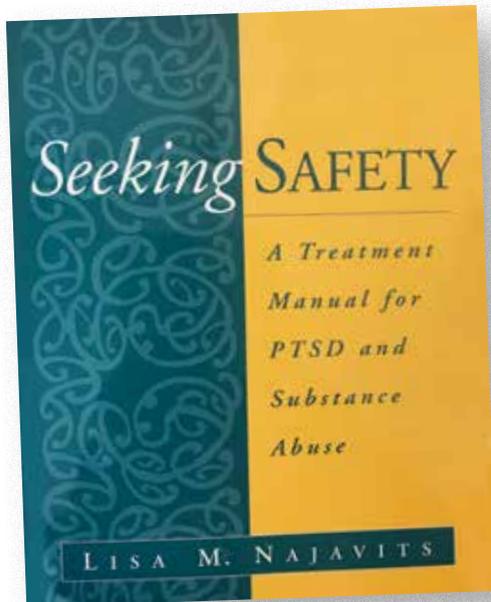
## Outpatient Clinical Services

At The Council, we use an integrated treatment model to address both mental health and chemical dependence. Using an evidence-based treatment approach, both the addiction and the mental illness are addressed concurrently and the entire medical, emotional and social life of the patient is taken into account.

- 1 PATIENT-CENTERED ASSESSMENTS**  
A drug & alcohol assessment is a patient-centered, face-to face meeting with a clinician to determine what type of services, if any, are appropriate.
- 2 INDIVIDUAL COUNSELING**  
No single treatment plan is appropriate for all individuals. Using evidence-based practices, the Council is committed to setting a gold standard of care that is individualized.
- 3 GROUP COUNSELING**  
This is a therapeutic approach that includes members in different stages of treatment. Hearing from people who are coping or recovering gives hope to those at the beginning of the recovery process.  
GROUPS INCLUDE:
  - Intensive Outpatient Therapy
  - Adolescent Group
  - Mindful Recovery
  - Medication Supported Recovery
  - Stop the Chaos
  - Relapse Prevention
  - Acceptance Commitment Therapy (ACT)
  - Living in Balance
  - 12 Step Facilitation for Men
  - Seeking Safety—A Women's Way through the 12 Steps

**SUBSTANCE ABUSE AND TRAUMA OFTEN GO HAND IN HAND,** combining to erode resiliency and mental health. That's why in 2012 Alcohol and Drug Council became one of the first places in Tompkins County to offer counseling in the *Seeking Safety* model. *Seeking Safety*, developed by Lisa Najavits of Harvard Medical School, is an evidence-based counseling program with a broad focus on trauma and substance abuse, and has been implemented across the country.

# Seeking Safety



At The Council, *Seeking Safety* participants meet twice weekly for an hour and a half. They have facilitated conversations aimed at developing coping mechanisms to help them focus on the present and make peace with past regrets or shame.

Helen Kaplan, The Council's Clinical Director, who spearheaded *Seeking Safety* at The Council, explains that "Addiction is a disease of shame and secrecy. Being part of the group helps



Helen Kaplan, LCSW-R – Council Clinical Director

participants decrease the stigma of their experiences and increase their resilience within a secure community of support, which The Council is happy to offer as one of several effective group options."

One of the reasons *Seeking Safety* has been so successful is that it is broad enough to apply to a whole spectrum of experiences and needs. If the treatment team at The Council thinks it is a good fit, any individual can participate, with or without a PTSD diagnosis. Groups

are capped at 15 with rolling entry, and may be single or mixed gender.

*Seeking Safety* acknowledges trauma without requiring participants to delve into their experiences and relive them with the group. Methods include weekly commitments, lessons with inspiring quotes, worksheets, and structured questions around topics such as safety, detaching from emotional pain, asking for help, honesty, healing from anger, compassion, and setting boundaries. The Council's group facilitators address the importance of sobriety in the context of healing, explaining how you must be sober for a period of time to recover from trauma, because you cannot maintain emotional wellness until you break from substance use and gain clarity.

*Seeking Safety* acknowledges trauma without requiring participants to delve into their experiences and relive them with the group.

Participants at The Council have been enthusiastic about the effects of the program. One survivor of domestic violence expressed her belief that if she had been part of *Seeking Safety* earlier, she would have been equipped to respond to her situation in healthier ways, and could have reduced the trauma she experienced.

Lisa Najavits, who is herself a victim of trauma, says in the preface of her *Seeking Safety* book, "Perhaps the only gratification that can come from suffering is to learn from it and to try to transform it into something that can help others." This profound statement is at the heart of the *Seeking Safety* program and a strong motivating force for The Council's work. 🌸

## DONORS THANK YOU!

John Abel  
A Grant from Community Foundation's Children & Youth Fund  
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Jeffrey Allen  
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Stacy Cangelosi  
John Carmichael  
René Carver  
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CFCU Community Credit Union

# A PERSONAL JOURNEY



**Alcohol and drug addiction is a disease** that crosses all age, gender, socioeconomic & racial boundaries. Good people from all walks of life fall prey to the powerful hold of addiction - often generationally. For Joe Giordano, family history of this disease has been a powerful force.

Joe is a successful realtor, a loving father, a Rotarian, a member of Alcohol & Drug Council's Board of Directors, and a very active, well-respected member of the Ithaca community. He has also been a recovering alcoholic for more than 30 years. As a young man, Joe lost both of his parents to alcohol-related illnesses, and in 2017 tragically lost his young son Guy to a drug overdose. There are few more qualified to speak about the devastating effects of addiction, or few better positioned to offer perspective on the



*Inset: Joe Giordano, Alcohol & Drug Council Board Member; Guy Giordano with his daughter*

life-changing effects of resources that help lead to hope and recovery.

Impacted by the loss of his father, Joe began his recovery when he was just 21. With support from The Council and others, he transformed his life. Over the years, he has made use of every resource at his disposal to create a healthy and purposeful life. He has attended family programs focusing on addiction and codependency, 12 step programs, and therapy - in some cases traveling long distances to access these services. He recognizes that these interventions helped him overcome the difficulties of growing up in a household where addiction was prevalent, and helped him cultivate relationships with his children that went beyond those he had been able to have with his own parents. He has been so passionate about his recovery experiences that he has encouraged many others to seek help, and watched their lives transform as his had.

"Alcoholism is a family disease," Joe explains. "When there is addiction in a household, everyone suffers. When there is recovery, everyone benefits. The genetic predisposition to addiction can be very strong, but recovery is always possible."

The unimaginable loss of his precious son has deepened Joe's awareness of the magnitude of the addiction crisis our nation faces. "Drugs are everywhere," Joe says with pain and anger. "It's not just street drugs, it's prescription drugs and the wrong mix of drugs that are taking so many young lives. Guy had so much to live for. He was a father who was just crazy about his little girl. My son should still be here with us."

Joe is transforming his deep personal grief into action as a vocal champion for The Council and its Prevention and Clinical Services. He is particularly passionate about The Council's development of a detox center in Tompkins County.

"We need this!" he says adamantly. "Access to nearby detox, along with all the follow-up support that will go with it, will save lives."

It is profoundly humbling and inspiring to see a man who has worked so hard in his own recovery and suffered so much personal loss show Joe's determination to help other families in crisis by developing a network of effective local resources that had not been available to his family. "This is too much - this society is suffering," Joe says, "and we have to do something about it."

The Council shares Joe's view and is committed to creating a more effective, holistic treatment model - for him, for Guy, and for the millions of other cherished people who suffer the pain of addiction in the shadows of misunderstanding, isolation and stigma. We are so grateful to Joe and others in recovery who tell their stories and help blaze the trail forward - out of the shadows and into the light. 🌸

Cheryl Chance  
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Phillip Cornell  
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Joanna & David Hemmerling  
Nicelee Hollenback  
Arpi Hovaguimian



Prevention is a pro-active, research-based, data-driven process utilizing strategies and programs proven to reduce or prevent alcohol and other drug abuse in individuals, families, and communities.

## Education & Prevention Services

### 1 PEER EDUCATION PROGRAM

Provides alcohol and other drug prevention education to middle and high school students in Tompkins County schools.

### 2 IMPAIRED DRIVER PROGRAM

The Council is the only local provider of the NYS Department of Motor Vehicles Impaired Driver Program which uses the evidence-based Prime for Life curriculum. In 2017 the Council helped 142 residents secure a provisional license when they completed the seven (7) session course.

### 3 OPIOID OVERDOSE PREVENTION TRAININGS (NARCAN)

The Council conducts free trainings to teach members of the community how to administer the life-saving drug Naloxone, which counteracts the effects of an opiate overdose.

### 4 BRIEF ALCOHOL SCREENING AND INTERVENTION FOR COLLEGE STUDENTS (BASICS)

An evidence-based intervention program for college students 18 - 24 years old who drink alcohol heavily and have either experienced or are at risk for alcohol-related problems such as poor academic performance, accidents, sexual assault, or violence. Using a harm reduction approach, BASICS utilizes motivational interviewing in an empathetic, non-confrontational and nonjudgmental manner to encourage students to reduce alcohol use and to make better alcohol-related decisions.

### 5 HIGH-DING SPOTS

This room display and presentation provides parents with clues from a teen's bedroom to help them determine whether their child might be experimenting with drugs or alcohol. A walk through the room and follow-up discussion guides parents in what to look for and how to talk with their teens about drug and alcohol use.

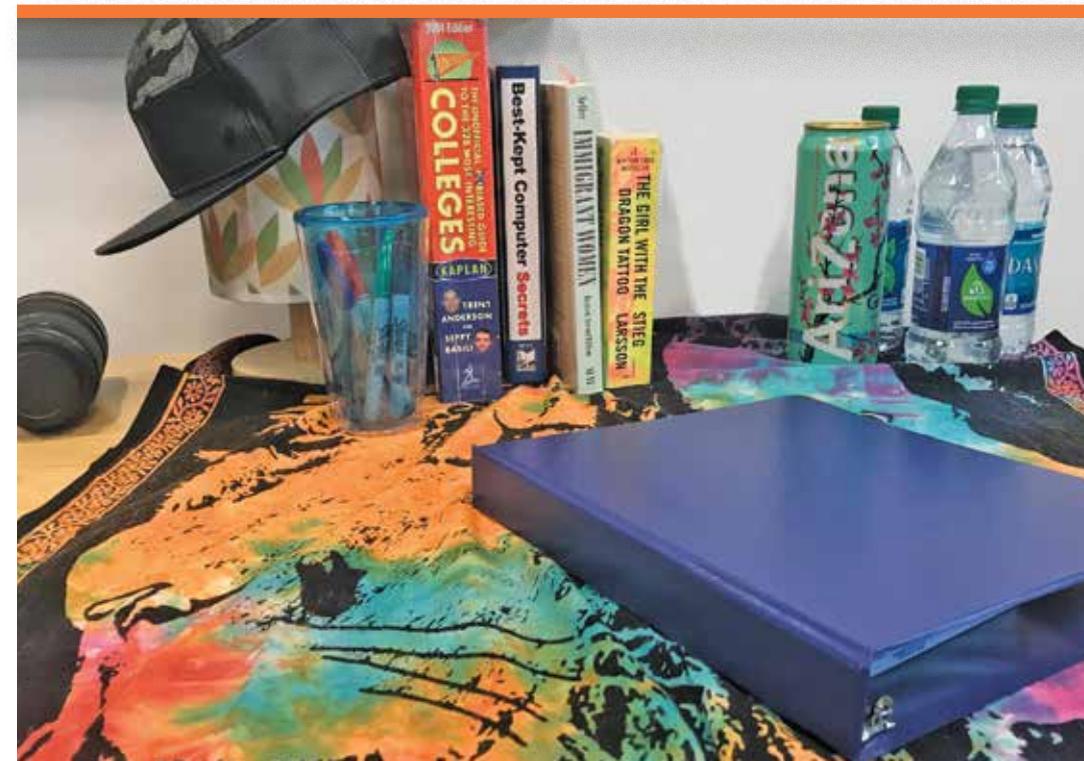
### 6 OUTREACH

This is our opportunity to have a larger impact in Tompkins County by offering information and education to the community on various topics related to substance use which we customize for each audience. The Council provides the staff with the expertise to address issues effecting the health and well-being of our community.

## High-ding Spots

Imagine... you have just stepped into a teenager's room. Do you think that you could recognize warning signs of unhealthy behavior around substances, even if the owner of the room has done her best to conceal them? If you do find something that leaves you concerned, do you feel confident that you could open a dialogue with your teen that will end with him hearing you instead of feeling alienated and rejecting what you have to say?

*continued on next page*



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Carolyn Hranek  
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Lance McAfee

*The aim of the program is not to make parents suspicious and begin searching their teenagers' private spaces...*

Although programs that treat substance abuse and help with recovery are crucial, education programming that creates healthy dynamics in families regarding substances are equally important. *High-ding Spots* is an educational program suitable for parents and anyone who works with youth, and

is aimed at helping participants answer yes to all of the above questions.

The Council's *High-ding Spots* program, developed and implemented by Education & Prevention Director, Stacy Cangelosi, and Education & Prevention Coordinator Jeff Dunlap,

features an exhibit of a typical teenager's room for participants to explore. Participants have five minutes to write down everything they notice in the room, which is set up according to research on typical hiding spots for drugs or paraphernalia, and items teens will commonly use to disguise smells. Then the group debriefs with Stacy and Jeff in a discussion that helps participants address concerns around substance abuse and develop positive approaches to engaging their teens in healthy communication.

"The aim of the program is not to make parents suspicious and begin searching their teenagers' private spaces," Stacy says. "In fact, we focus on a variety of topics beyond how to recognize signs of substance abuse, such as developing healthy dialogues about substances long before you have any causes for concern. For example, parents can have conversations with their young children about medicines and antibiotics that lay the foundation for healthy choices and attitudes

regarding substances they will encounter later."

With small shifts in the model room and discussion focus, this program works well for teachers or staff at residential facilities, as well as parents. When the stakes are so high for young people who experiment with substances, everyone who cares about them can only benefit from being aware and informed about how to help

them create healthy habits and stay on track to keep them safe.

*High-Ding Spots* is part of a broad range of prevention and education programs The Council offers the community. Effective prevention programs are a vital part of reducing the likelihood that teens will develop an alcohol or drug addiction during this very important, challenging, and peer-driven period in their lives. ✨

*Stacy Cangelosi, LMSW – Council Education/Prevention Director and Jeff Dunlap, MSW – Council Education/Prevention Coordinator*

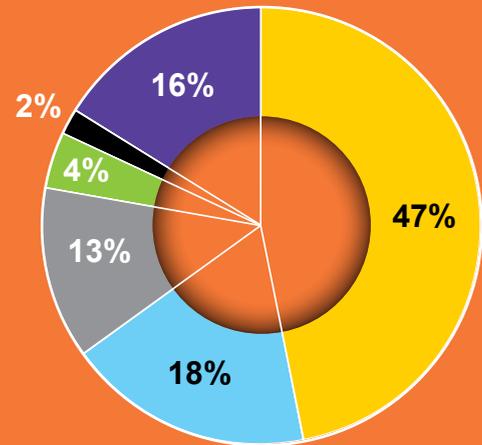


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# FINANCIALS

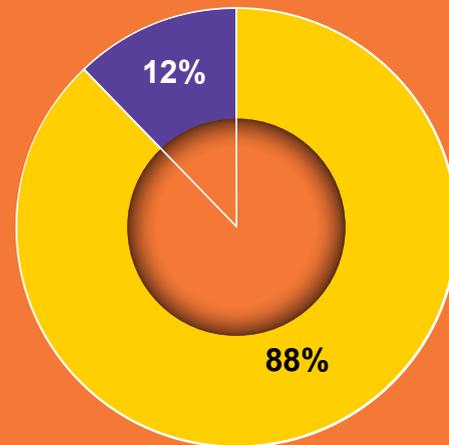
## SOURCES OF REVENUE

Medicaid	\$774,810
OASAS	\$292,930
Insurance/Private Pay	\$219,041
Tompkins County	\$72,780
Program Revenues	\$39,690
Grants, Donations & Misc.	\$261,799
<b>TOTAL</b>	<b>\$1,661,050</b>



## EXPENDITURES

Program Services	\$1,392,443
Supporting Services	\$183,198
<b>TOTAL</b>	<b>\$1,575,641</b>



## Recovery offers

# HOPE

- 1 Recovery offers hope for people who want to live a happier, healthier life.** Each year, more than 260,000 New Yorkers begin the journey to lasting recovery from the disease of addiction. Like most other chronic diseases, the earlier a problem with substance abuse or gambling is identified and treated, the better an individual's chances are for a successful, lasting recovery.
- 2 No single treatment plan is appropriate for everyone.** Using evidence-based practices, the Council is committed to setting a gold standard of care that is patient-centered.
- 3 Patients can receive medical care for physical or mental health problems,** individual and group therapy, education and educational assistance, life skills development, vocational training, and assistance with housing and family reunification.
- 4 Moving from the culture of addiction to the culture of recovery requires** having a safe home, support from family or friends, meaningful employment, and the ability to live free from the stigma associated with addiction.

- Susan Robinson
- Maureen Russell
- Amy Santobianco
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- Zhi Zhang



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# RECOVERY OFFERS HOPE

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