

# New Hope for Recovery



2016 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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Clinical Director

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Emily Parker  
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## A Message from Executive Director Angela Sullivan

The shocking personal, social and economic costs of substance use disorders to our community and our nation cannot be overemphasized – in dollars alone, it amounts to more than \$700 billion annually. The devastating toll it takes on millions of lives cuts even deeper. But there is hope.

In 2016, all of us at Alcohol & Drug Council took a hard look at this issue and faced it head on. The growing opioid healthcare crises compelled us to reevaluate our service model and develop a new strategic plan. Using evidence-based practices, we strengthened and diversified our core functions to be more responsive to the needs of those plagued by this epidemic. We also incorporated physical health services and hired additional medical personnel to fill gaps in the continuum of care necessary for effective recovery. But that was not enough to close the care gap. Based on a comprehensive community needs assessment, The Council began planning the development of a community-based residential detox/stabilization facility to offer a simple, stigma-free path to recovery. The facility would provide those who need it with a safe environment for withdrawal symptom stabilization before transition to another recovery program. This is a much-needed treatment component in our community – one which The Council is uniquely positioned and exceptionally qualified to offer.

We believe that prevention works, treatment is effective, and recovery is possible for everyone. With investment in evidence-based prevention, treatment, and recovery programs we can save lives. We're profoundly grateful to our many partners - donors, funders, human service professionals and government leaders - who support our work and bring hope to the thousands of people in Tompkins County who are struggling to find their way back to health and wholeness.

As we face today's realities, and prepare for tomorrow's challenges and opportunities, we continue our commitment to offering hope and healing by setting a gold standard of compassionate, patient-centered care. Thank you for sharing that commitment with us.

Warmly,  
*Angela*



# Outpatient Clinical Services

## 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.

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.

## 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.

## 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.



## 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
- Outside the Bars
- Stop the Chaos
- Relapse Prevention
- Acceptance Commitment
- Living in Balance
- 12 Step Facilitation for Men
- Seeking Safety - A Women's Way through the 12 Steps



## Education & Prevention Services

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.

### Peer Education Program

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

### 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 2016 the Council helped 142 residents secure a provisional license when they completed the seven ( 7) session course.

### Youth Connections

A multicultural preventive program for youth ages 4-17 whose high risk situations and behaviors place them at elevated risk.



### 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.

### 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.

### In 2016 The Council began offering **Opioid Overdose Prevention Trainings (NARCAN)**

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



## Who Do We Serve?

In 2016, The Council's outpatient clinic provided services to 790 individuals.

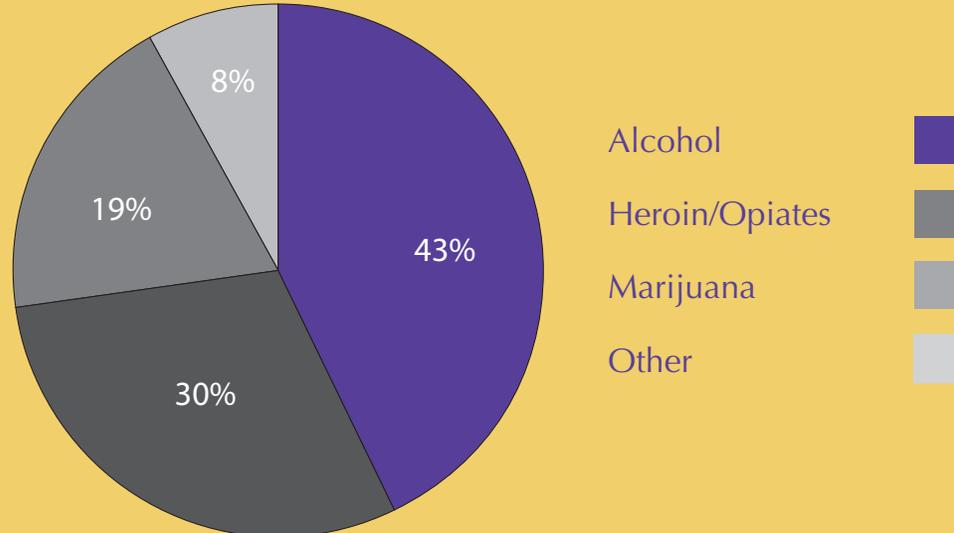
The numbers of people treated for opiate addiction has continued to grow at an alarming rate.

Of those admitted to our programs:

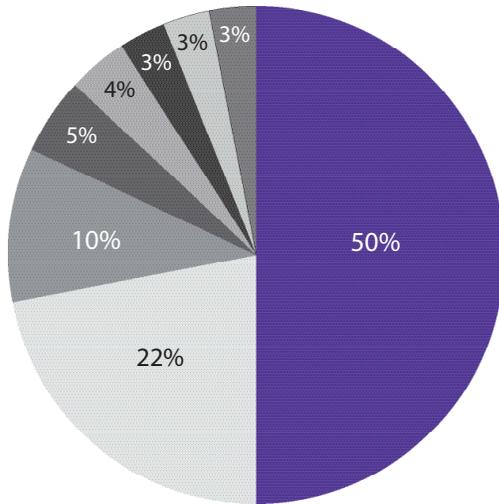


- 61% identified as male and 39% female
- 17% were under age 21
- 71% first used drugs or alcohol by age 18.
- 77% have a high school diploma or GED
- 44% were employed or in school at admission
- 51% have had criminal justice involvement
- 51% have co-occurring mental health issues
- 5 women were pregnant at admission
- 42% were the child of alcoholic and/or substance abuser

### Primary Drug at Admission



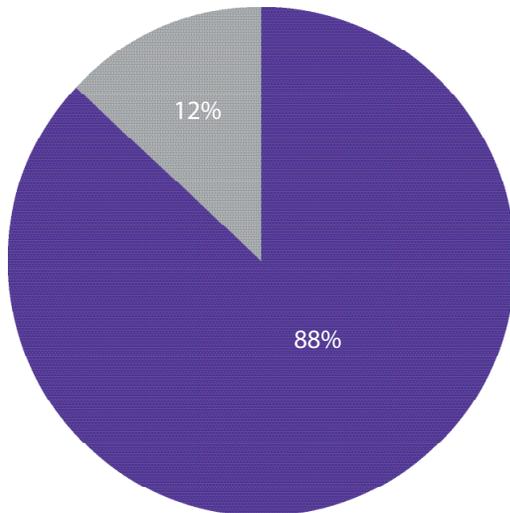
## 2016 Financial Report



### Sources of Revenue:

Medicaid	733,989	50%
OASAS	319,563	22%
Insurance/Private Pay	153,173	10%
Tompkins County	72,780	5%
Program Revenues	53,780	4%
Medicaid Managed Care		
Transition Grant	49,676	3%
Grants, Donations & Mis.	49,265	3%
DSRIP Revenues	47,490	3%

Total: \$1,479,716



### Expenditures:

Program Services	1,253,170	88%
Supporting Services	174,317	12%

Total: \$1,427,487



Recovery is Possible for Everyone

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