

# COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE OF LIVINGSTON COUNTY, INC.

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Faithfully serving the community since 1975

## 2005 Annual Report

**LCCASA's mission is to provide quality, effective services in the areas of prevention, intervention and treatment of the disease of chemical dependency and abuse for individuals and their families.**

LCCASA is committed to create a favorable service and treatment environment conducive to abstinence and recovery for patients voluntarily seeking services of all ages regardless of sex, race, creed, religion, color, sexual orientation, age, national origin, disability, and/or presumed HIV status.

**Prevention/Education Department:** Offers a number of programs each year which include: Life Skills Training, Project Alert, ABC and after school programs. The annual programs include:

**Dime Carnival:** LCCASA and the Livingston County Board of Supervisors co-sponsor the Annual Safe Summer Dime Carnival. It promotes a healthy life style message urging children to avoid drugs and alcohol. The goal of the event is to encourage family involvement in healthy activities.

**Eckerd Drug Quiz:** Using new and fun education tools like CD ROM's, bright and interactive "Learning Centers" and in-school competitions, the Eckerd Drug Quiz Show teaches students about the dangers of tobacco, alcohol and other drugs, to cope better with peer pressure and deal effectively with stress and anxiety. New York State Regional Playoffs are in March and the champions are awarded a drug-free night on the town.

**Red Ribbon:** A special week in October in memory of Enrique Camarena, Jr. This year's project consisted of competitions for various age levels that included a coloring contest for grades K-2, T-shirt design for grades 3-6, and a writing contest for grades 7-12. The winners had their pieces published in a book and printed in the LCCASA newsletter. An Avon Central School student won the grand prize for writing the following poem:

### What Life Could Be

Laughing, laughing with your friends  
Smiling, smiling with your friends  
Just being yourself  
It involves nothing else

Seeing, seeing what is real  
Thinking, thinking with a clear mind  
Making smart choices and decisions  
Knowing you did the right thing

Around, around you is family  
People, people that love you  
They want what's best for you  
Show them you care

Dreaming, dreaming of your goals  
Trying, trying to reach those goals  
Determination to succeed  
Accomplishment is what you need

Living, living your life  
Breathing, full-filling every breath  
Living your life to it's potential  
Not letting something interfere

Remembering, remembering the past  
Looking, looking back at your life  
Feeling, feeling good to know  
That you, you lived a drug free life

## Overview of Clinical Services:

**Treatment Clinics:** The clinics are licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS). The clinics provide a full range of Counseling services that include counseling for individuals and families; information and consultation; evaluation/assessment and referrals. Referral to other treatment agencies is made when the need for a higher level of care is indicated or services are needed from the other human services agencies.

**Youth/ Adolescent Treatment:** "Teen Group", is an outpatient treatment group that meets twice per week. An average program is a minimum of 12 weeks with weekly drug screens. This group is open for youths between the ages of 14 and 18 who have experienced alcohol and/or drug related issues. The participants gain an understanding of the effects of alcohol/drugs on themselves and those around them.

**Other Programs:** **Fresh Start** provides Case Management for youths who have abuse/addiction issues returning to the community from incarceration. **LivSmart:** A prevention effort to network and provide better linkages for chemical dependency services. **Drinking Driver Program** provides for DWI offenders to re-obtain a drivers license by completing the class. **Drug Treatment Court:** A counselor provides case management for Drug Court participants.

**A Success Story**—*It was Christmas Eve. I found myself in the Livingston County Jail arrested for my third (3<sup>rd</sup>) DWI. I had "bottomed out". I was laid off from construction, behind in my bills and experiencing family issues. I was 30 something years old, depressed, arrested for my 3<sup>rd</sup> DWI and felt hopeless. A few days went by and I met a LCCASA Counselor in the Jail. He talked to me, offered services and mentioned the new Treatment Court Initiative. I promptly rejected his help and said "I just don't care anymore." Later that day, I was visited by a Mental Health Counselor at the jail. Apparently the LCCASA Counselor requested I be "evaluated" by the Mental Health Counselor because of my "I don't care anymore" comment and general bad attitude. After a few visits with the Mental Health Counselor I realized I had some positive qualities and my attitude began to change.*

*The LCCASA Counselor came every Thursday and spoke to me and invited me to the afternoon group. I attended the group and realized how hard the LCCASA Counselor's job was to speak with a group of inmates about alcohol and drugs.*

*The LCCASA Counselor continued to meet with me and requested I meet with the Treatment Court Coordinator about participating in Treatment Court. I rejected his offer of Treatment Court stating "I would rather do my time." About one hour later the LCCASA Counselor had me called to the Jail Superintendent's office where I met the Major. I was strongly encouraged by the Major and the LCCASA Counselor to meet with the Treatment Court Coordinator to discuss participation. Later that afternoon I met with the Treatment Court Coordinator and agreed to be a participant in Treatment Court. A week later I was brought in front of the Treatment Court Judge. He knew me and I recognized him immediately. The Judge "told me like it was" and later that day I was released from jail with appointments at Probation, Treatment Court, Mental Health and LCCASA. The Treatment Court Coordinator gave me a day book with the appointments written in and as a means of keeping track of all of them in the future.*

*It has been 28 months since spending Christmas in the jail. I have been "clean and sober" for over 2 years now. I graduated Treatment Court after over a year and going through Levels I, II and III. The Judge congratulated me and he really meant it. It meant a lot to me too! I completed LCCASA treatment and aftercare after a year of Phases I, II and III. I continued to attend AA and stayed off the alcohol and drugs.*

*On Christmas Eve over 2 years ago alcohol, cocaine and heroin were my life. Since getting sober I am employed, enjoying my wonderful wife and two beautiful children, and paying those taxes.*

*I want to thank some people for the support and belief they had in me. My wife and children, my employer, the Mental Health Counselor, LCCASA, the Jail Staff, Probation, Treatment Court and my AA buddies. I have my life back because they gave me a new path to follow without alcohol and/or drugs.*

## 2005 Service Statistics

LCCASA sets a new record for clinic visits in 2005:

2005 .....	11,153
2004 .....	11,138
2003 .....	9,601
2002 .....	8,828
2001 .....	6,376

### Clinical Services

	Total	Dansville	Geneseo
Assessments/Evaluations	388	188	200
Admissions	318	147	170
Female	83	36	47
Male	235	111	123
Clinic Visits	11,153	4,228	6,925

### Diagnosis

Alcohol Abuse/Dependence	68 %	62 %
Cocaine Abuse/Dependence	4 %	5 %
Crack Abuse/Dependence	4 %	4 %
Heroin Abuse/Dependence	10 %	5 %
Marijuana/Hashish	12 %	22 %
Opiate Abuse/Dependence	2 %	2 %

### Age Range

18 and under	16 %	18 %
19 to 20	9 %	9 %
21 to 25	21 %	16 %
26 to 35	17 %	21 %
36 to 45	26 %	21 %
46 to 55	9 %	11 %
56 and older	2 %	4 %

### Livingston County Jail Services

		Inmates Served
Number of Groups	47	790
Individual Sessions		210
Referrals for Inpatient		18

### Prevention/Education Programs

	Sessions	Students	Adults
Project Alert	53	683	12
Life Skills Training	11	275	16
Eckerd Drug Quiz	2	22	11
ABC Class	5	28	0
Red Ribbon	4	85	9
Dime Carnival	2	528	346
College Classroom	5	42	11
Health/Wellness Fairs	5	84	37
Other Carnivals	2	41	25
Presentations	5	35	25
<b>TOTAL</b>	<b>94</b>	<b>1,823</b>	<b>492</b>