

# Council on Alcohol and Substance Abuse Of Livingston County, Inc.

*Faithfully serving the community since 1975*

## 2008 Annual Report

### Clinic and Administrative Offices

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Executive Director

**The Council'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.**

CASA of LC, Inc. 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.

### Overview of Clinical Services:

The clinics are licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and provide a full range of outpatient services including: screening and assessment for substance use disorders; counseling for individuals and families; information, consultation and referrals; linkage to other community services.

The Council provides specialized services for adults, adolescents, elders, offenders and individuals with co-existing disorders.

### Overview of Prevention and Education Services:

CASA offers a variety of programs and activities involving youth, adult, community institutions and organizations targeted at the prevention of substance abuse.

### School Based:

**Life Skills Training**—elementary and middle school substance abuse curriculum gives student knowledge and skills to resist pro drug pressures.

**Project Alert**—middle school prevention curriculum that motivates students against use and establishes non-drug using norms; students are involved in role plays and model skills to resist peer pressure.

**Reconnecting Youth**—high school prevention program geared toward helping students improve academic achievement and decrease emotional distress and drug involvement.

**Girl Institute**—Girls are invited to meet with a prevention educator in a small group setting to talk about personal issues and receive support and skills to deal with the pressures of school and home life.

### Community Based:

**Dime Carnival**—The Dime Carnival is implemented for families and children for the purpose of providing a positive, fun activity. The Dime Carnival also gives us an opportunity to promote healthy and drug prevention messages and work with volunteers from the community that support our cause.

### Drug-Free Communities (DFC) —

**Environmental Prevention Strategy**—Education and activities designed to improve compliance with existing policies, laws and regulations that have been shown to reduce the availability and consumption of drugs.

**Parenting Wisely**—Parenting Wisely is a science based, model program delivered on a CD-ROM. Parenting Wisely is brief, interactive and self paced program that allows parenting adults an opportunity to enhance skills. Participants view typical scenarios and learn how to tailor responses and manage their children's behaviors.

### Other Programs:

**Fresh Start**—provides Case Management for youths who have abuse/addiction issues returning to the community from incarceration.

**Drinking Driver Program**—classes for drinking/driving offenders.  
**Drug Treatment Court**—case management support for Treatment Court participants  
**Jail Mentoring**—mentoring program for offenders in the Livingston County Jail.  
**Jail Support**—alcohol and drug screening/education and support groups for Livingston County Jail inmates.

### 2008 Service Statistics

#### Units of Service

2008.....	12,813
2007.....	12,780
2006.....	11,782
2005.....	11,153
2004.....	11,138
2003.....	9,601

Individual and Families Served 556

#### Clinical Services

	Total	Dansville	Geneseo
Pre-Assessment	295	93	144
Evaluations	568	103	460
Admissions	359	153	206
Female	103	45	58
Male	256	108	148
IND/Group	11,199	4871	5856
Clinic Visits	12,245	4,301	8,479

#### Primary Diagnosis

Alcohol Abuse/ Dependence	60.1 %	82 %
Marijuana/Hashish	18.3 %	8 %
Heroin Abuse/Dependence	9.8 %	
Cocaine Abuse/Dependence	2.6 %	7 %
Crack Abuse/Dependence	2.6 %	4.9 %
Opiate Abuse/Dependence	1.3 %	3 %
Oxycotin	5.2%	2.4 %
Methadone	.0%	.0 %
Inhalant	.0%	.5 %
None	.0%	.0 %

#### Age Distribution

12 to 15	5 %	6 %
18 to 39	72 %	61 %
36 to 45	20 %	28 %
46 to 55	3 %	4 %
56+	2 %	1 %

#### Livingston County Jail Services

##### Inmates Served

Number of Groups	51
Total Group Attendance	975
Individual Sessions	211
Assessments	68

#### Prevention/Education Programs

	Session	Students	Adults	Literature
		Contacts	Contacts	
Project Alert	35	496	8	-
Small group sessions	64	246	3	-
Eckerd Drug Quiz	14	62	7	-

Red Ribbon	4	202	38	-
Education/presentations	16	102	51	13
Dime Carnival	5	811	322	275
Community Partnerships/ Health Promotion Events	6	410	27	142
Literature Distribution (CASA Clinics)	N/A	N/A	N/A	623
LivSmart Coalitions grps.	30	N/A	305	-
Reconnecting Youth	13	33	1	
<b>TOTAL</b>	<b>187</b>	<b>2,362</b>	<b>762</b>	<b>1,053</b>

#### Drinking Driving Program (DDP)

	Total
Drivers Participating	246
Retained for treatment	67

#### Notable Achievements for 2008:

- Moved into a new location in Dansville Prevention department rolled out two new programs: *Reconnecting Youth* and *Parenting Wisely* and established an Environmental Prevention Specialist position.
- Awarded Drug Free Communities Grant in conjunction with GVHP.
- Implemented of community based and environmental substance abuse prevention strategies in collaboration with our community partners, including the Healthy Communities That Care Initiative.
- Awarded RFP to open a new Clinic (Prevention and Treatment) in Elmira.

#### Goals for 2009:

- Plan and initiate relocation of Geneseo Clinic.
- Continue to establish Elmira Site Operations (Prevention began 4/6/09, treatment scheduled to begin operations May, 2009).
- Implement mass media campaign to address underage drinking.
- Continue to assess and plan for the development of supportive and transitional housing for individuals recovering from addictions and other emotional and social problems.
- Implementation of electronic clinical record keeping system to improve the delivery and efficiency of clinical services.