

**City of Lawrence
 2007 Alcohol Tax Funds
 Request for Proposals
 Calendar Year 2007 (January – December)
 Cover Page**

Agency Name: DCCCA Inc.

Program Name: First Step House

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Request is for funding in the following categories and amounts:

| | | |
|-----------------|---------------------|--|
| <u> </u> | Prevention | \$ <u> </u> |
| <u> x </u> | Treatment | \$ <u> 29,150 </u> |
| <u> </u> | Intervention | \$ <u> </u> |
| <u> </u> | Coordination | \$ <u> </u> |

First Step House

Program Description

First Step House continues to be the only agency in Lawrence, which provides structured housing for women in early recovery from chemical dependency. One of the unique features of the program is that children can accompany their mothers to treatment, an arrangement that allows families to stay together.

Many times women avoid alcohol and drug treatment because they were afraid that they might lose custody of their children if they sought help for their addiction. The ability to have children stay with their mothers in a treatment setting is vitally important to recovery and to families. Women are able to work on their recovery as well as parenting skills while they reside and participate in First Step Houses program.

Programming at First Step House is based on empirically based treatment interventions and includes such things as parent education, family therapy, and cognitive behavioral approaches to treatment.

Needs Assessment

The number of admissions to First Step House during 2006 stayed fairly constant compared to calendar year 2005. We provided service to 95 women and 24 children in calendar year 2006. During this past calendar year First Step House continued to provide treatment to pregnant women. Thus, increasing the chance for these women to deliver healthy non drug affected babies. These women were given the opportunity to deliver healthy babies and begin developing the important bond between mother and child and these children were given the chance to be born without the complications of being born drug affected.

The population of women that come to treatment with serious mental health concerns and lack of housing in addition to their addictions continues to grow. As a result, more intensive services are required to more appropriately stabilize the client and her family. Considering these factors, residential support for women in recovery is vital.

Often children whose mothers abuse drugs and alcohol are placed in the custody of Kansas Social and Rehabilitation Services (SRS) due to neglect. Kansas has one of the highest out-of-home placement rates in the United States, and Douglas County has the seventh highest rate of counties in Kansas (Kansas Kids Count Data Book, 2001). Children who live with their mothers at First Step House benefit from the supervision of First Step House staff while their mothers recover from the substance abuse that often leads to out-of-home placement rates. Consequently, families remain intact and the taxpayers of Kansas save on the high cost of foster care placement.

Outcomes

The primary goal of treatment programs is to reduce the personal, familial and social cost of addiction by interceding with the most appropriate intervention at the time. Funds provided by the Liquor Tax Fund allow our agency to serve clients without resources, thus reducing costs associated with the legal system, welfare, and foster care. The outcomes for First Step House

measure improvements in lifestyle for women and their families. The goals and outcomes for the coming year, 2008, are as follows:

- (1) By the end of the program, 80% of participants will report a decrease in alcohol use at discharge (compared to 30 days before admission to treatment)*
- (2) By the end of the program, 80% of participants will report a decrease in drug use at discharge (compared to 30 days before treatment)*
- (3) By the end of the program, participants will report a 75% increase in employment at discharge (compared to 30 days before admission to treatment)*
- (4) By the end of the program, 80% of participants will have acquired safe and stable housing.*

Outcomes are measured using a structured survey instrument completed by clients at the conclusion of their program completion.

Evaluation

First Step House continues to provide an evaluation outcome form to women who complete the reintegration program. Our latest review of the survey results (April 2007) for First Step House graduates demonstrate a 100% decrease in alcohol usage and a 100% decrease in the use of other drugs. In addition, 100% of the women surveyed reported improvement in their employment situation. First Step House participants reported a 100% improvement in their legal status.

In addition to the above, the outcomes survey forms also indicate that graduates of First Step House have a 100% compliance with criminal justice system requirements and no new legal charges and 100% who graduated left with safe housing supportive of their recovery.

DCCCA staff will continue to collect client outcome and satisfaction data to document program successes at First Step House as well as to provide information for ongoing efforts to improve the program.

Coordination

Coordination of services is necessary to provide an integrated approach to the complex problems of chemical dependency. First Step House receives referrals from a variety of agencies and works collaboratively to provide services fostering recovery. Currently Bert Nash, Health Care Access, Douglas County Dental Clinic, Douglas County AIDS Project and the Douglas County Health Department are accessed to ensure the needs of the women and children served by FSH are being met. The Lawrence Douglas County Housing Authority and Lawrence Workforce Center continue to be accessed for housing and employment needs of the women and their children. The assistance of other community agencies continues to be key to making our job manageable and recovery possible for the population we serve.

First Step House offers reintegration services to women and their children as they stabilize their lives after years of addiction. We believe that it is in the interest of the community to build upon this existing core of services when developing the plan for liquor tax funds.

Organizational Capacity

In June of 1996, First Step House merged with DCCCA. This merger provided an opportunity to build on the strengths of both organizations. First Step House provided specialized services for women and children, which had not previously been available, and DCCCA provided administrative and funding support that increased stability at First Step House. The merger brought about a reduction in operating costs while maintaining service levels. This change occurred before funding support from the State of Kansas declined. Without the benefits of the merger, the reduction in funding from the State would have been more problematic possibly resulting in First Step House closing.

DCCCA is a private nonprofit organization, which has provided a variety of human services during the past 30 years. Our agency has an active and informed board of directors, which monitors the services that we provide. First Step House has been in operation since 1985, and has a history of receiving Alcohol Tax Funds to assist in the general operating expenses of the program. First Step House/DCCCA operates using recognized accounting principles. Our agency history, management structure and staffing all demonstrate our ability to appropriately use funds available through the alcohol tax.

DCCCA will be requesting Alcohol Tax Funds annually for First Step House operations and has received funding for several years to assist us with the counseling services that we provide through First Step House. Over the past two years First Step House received a little more - \$29,150 to help fund one of our counseling positions.

First Step House has a diverse funding base that includes the Lawrence Alcohol Tax Fund, Douglas County special liquor tax funds, food stamps, food commodities, Medicaid, Senate Bill 123 funds, donations, DUI grants, FEMA grants, Emergency Shelter funds and AAPS (Addiction and Prevention Services) fee for service payments.

| | <u>Budget</u> |
|---|----------------------|
| <i>Chemical Dependency Counselor</i> | \$22,620 |
| <i>Fringe calculated at 28.8% of salary</i> | \$6,530 |
| GRAND TOTAL | \$29,150 |

| ASSESSMENT DATA | GOALS/ OBJECTIVES | TARGET GROUP | STRATEGIES | PROCESS OUTCOMES | BEHAVIORAL OUTCOMES | IMPACT OUTCOMES |
|--|--|--|---|--|---|---|
| <p>During Calendar Year 2006:</p> <p>100% of program completers reported reduction in alcohol use</p> <p>100% of program completers reported reduction in drug use</p> <p>75% of program completers reported improvement in their employment situation and were employed</p> <p>100% of program completers acquired safe housing supporting their recovery for themselves and their children</p> | <p>The primary goal of First Step House is to reduce the personal, familial and social cost of addiction by interceding with the most appropriate intervention necessary at the time.</p> <p>Funds provided by the Liquor Tax Fund allow our agency to serve clients without resources, thus reducing costs associated with the legal system, welfare and foster care.</p> | <p>First Step House is the only agency in Lawrence, which provides structured housing for women in early recovery from chemical dependency. One of the unique features of the program is that children can accompany their mothers to treatment, an arrangement that allows families to stay together.</p> | <p>Counseling Groups Educational Groups Individual counseling Individual case management Meals Family/children services 12 step involvement Recreation Activities Discharge/referral planning In Detail: DBT (Dialectical Behavioral Skills Training) Group Relationships Group (Relationship/codependency) Relapse Prevention Activities Vocational Group Community Presenters Family Individual Counseling 20 - 40 hrs/wk work or volunteering or education Morning Meditation Group House Meeting/Community Recreation Creative Writing Goodnight/wind down Group Parenting Group – Guiding Good Choices provided by Regional Prevention Center Creative Movement Group provided by Lawrence Art's Center Staff</p> | <p>First Step House will provide services to at least 90 women and 30 children in calendar year 2007</p> | <p>By the end of the program, 80% of participants will report a decrease in alcohol use at discharge (compared to 30 days before admission to treatment)</p> <p>By the end of the program, 80% of participants will report a decrease in drug use at discharge (compared to 30 days before treatment)</p> <p>By the end of the program, participants will report a 75% increase in employment at discharge (compared to 30 days before admission to treatment)</p> <p>By the end of the program, 80% will have acquired safe and stable housing</p> | <p>By the end of the program 100% of women will have decreased alcohol and/or drug use, attained meaningful employment and/or increased their education level, and secured safe and stable housing that protects their recovery for themselves and their children</p> |