



City of Lawrence

2011 Outside Agency Funding – Special Alcohol Funds

APPLICATION

SECTION 1. APPLICANT INFORMATION

Legal Name of Agency: DCCCA, Inc.

Name of Program for Which Funding is Requested: First Step at Lakeview

Primary Contact Person: Lisa Carter, Program Coordinator

Address: 3015 W. 31st Street, Lawrence, KS 66047

Phone Number: 785-843-9262

Fax Number: 785-843-9264

Email Address: lcarter@dccca.org

SECTION 2. REQUEST INFORMATION

The criteria for each application questions are explained below.

Amount of funds requested from the City for calendar year 2011.

Prevention	\$
Treatment	\$ 27,661
Intervention	\$
Coordination	\$
Other	\$

Provide a brief description of the program.

First Step at Lake View, a program of DCCCA, Inc., is one of only six residential treatment programs in Kansas that specialize in services to pregnant women and women with children. First Step offers a continuum of alcohol and drug treatment specifically designed to meet their unique needs, including intensive short term residential stay, extended residential services to prepare for re-entry into the community, and a continuum of outpatient programs in collaboration with Lawrence Outpatient Services. Intervention focuses on a woman’s individual challenges, using proven, evidenced based strategies including motivational interviewing, cognitive behavioral therapy and Twelve Step programs. Social detoxification was an added treatment component in 2009.

Women’s treatment needs extend beyond abstaining from alcohol and drug use, and First Step’s expanded service components help reduce barriers to long term recovery. Children age 13 years and younger can stay with their mothers while in treatment, attending school or the program’s licensed child care center during the day. Pregnant women participate in extensive well-baby services, often returning to First Step after the baby is born to continue their recovery journey. Parenting skills training, health and wellness services, case management support to access employment and housing, and referrals for domestic violence intervention are just a few of the unique offerings.

Addiction is a family disease. Women and their children need the support of family and friends as they return to the community to continue their recovery. First Step at Lake View offers couple, family and multi-family therapy, as well as referral to community support groups, to help loved ones understand how addiction has impacted them.

Provide a brief description of how the need for this program was determined.

Available research indicates that women who abuse substances have a higher likelihood than non-substance abusing women of experiencing poverty, unemployment, childhood sexual and physical abuse, domestic violence and mental illness. Children of substance abusing women experience higher rates of developmental delays, exposure to domestic violence, child maltreatment, and removal to foster care (National Center on Substance Abuse and Child Welfare, 2008). In Kansas, 19% of children placed in foster care were removed from their homes due to parental substance use. The percentage is slightly higher in the greater Kansas City area, at 20% (Department of Social and Rehabilitation Services). Tax payer and community costs for incarcerating a mother for a year¹ (\$18,142) or have her child placed in foster care for a year² (\$18,204), significantly exceed the \$5,300 cost associated with helping a mother and her children receive life changing treatment.

The 2005 Kansas Comprehensive Treatment Needs Assessment identified a high percentage of women in Douglas County needing treatment, as compared to other Kansas counties (Department of Social and Rehabilitation Services, Addiction and Prevention Services). Douglas County women seeking treatment in the current state fiscal year numbers 122, but only 8 (6%) were pregnant at the time of treatment.

First Step at Lake View has provided treatment services for 202 women and 45 children between July 1, 2009 and April 30, 2010. As the local and state economy decline, women referred for treatment have limited resources to pay for services. DCCCA's allocation of state dollars dedicated to pay for indigent care was reduced 10%, thus reducing the number of women and children we could serve. First Step at Lake View will continue its practice of using Alcohol Tax Funds to provide much needed substance abuse treatment for women who, due to limited resources, would otherwise be unable to improve theirs and their children's lives.

Describe the desired outcomes of this program (see Logic Model).

The primary goal of First Step at Lake View's treatment program is to reduce the personal, familial and social costs of addiction by interceding with the most appropriate interventions. The investment of Alcohol Tax Funds will result in lower tax dollar expenditures in the criminal justice system, public assistance, and foster care. The following client outcomes, based on national standards for successful treatment, measure improvements in lifestyle for women and their families:

- (1) By the end of the program, 90% 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, 90% 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.*

Outcome data is gathered and reported using the Kansas Client Placement Criteria, an electronic data system required by the State of Kansas, Addiction and Prevention Services.

Data for calendar year 2009 suggests First Step at Lake View's treatment approach has a positive impact.

- 100% of women who completed the program no longer drank alcohol.
- 100% of women who completed the program no longer used drugs.
- 82% of women who completed the program were employed at the time of discharge.
- 85% of women who completed the program acquired safe and stable housing at the time of discharge.

¹ Douglas County Sheriff's Office, Corrections Division, Re-Entry Programs

² Department of Social and Rehabilitation Services, average monthly cost for a child in foster care, multiplied by 12 months.

Describe any coordination efforts your agency has made.

First Step’s successful treatment intervention with women and their children is contingent on our ability to effectively address their holistic needs through effective community collaboration. First Step staff link women with Health Care Access, Douglas County Health Department, local primary care physicians, Douglas County Aids Project and Douglas County Dental Clinic to address pre-natal and physical health care needs. The Lawrence/Douglas County Housing Authority and Lawrence Workforce Center provide access to affordable housing and employment opportunities. Women with co-occurring mental health needs are seen at Bert Nash Mental Health Center. Those who are victims of domestic violence are connected with The Willow Domestic Violence Center.

First Step at Lake View staff actively participate in community collaboration initiatives designed to identify and seek resolution to service gaps. Our substance abuse prevention and treatment expertise is utilized in coordination groups focusing on homelessness, family centered systems of care, and individuals involved with the criminal justice system.

Describe how your agency is capable of implanting the proposed program.

DCCCA is a Lawrence based non-profit organization that has provided substance abuse treatment services for adults and adolescents for over 30 years. Our active, entrepreneurial Board of Directors and leadership staff have created an array of human services that focus on quality, efficiency, and positive outcomes for customers. DCCCA’s management practices and proactive planning have given confidence to various funders that we are good financial stewards and can withstand changing economic conditions.

DCCCA merged with First Step House, the original women’s treatment program in Lawrence, in 1996. DCCCA consolidated First Step House with our Women’s Recovery Center of Topeka to form First Step at Lake View in 2007, offering a more comprehensive treatment continuum in north east Kansas. First Step at Lake View is licensed by the Department of Social and Rehabilitation Services, and is a contracted provider with SRS Addiction and Prevention Services, Value Options of Kansas (Medicaid), the Kansas Sentencing Commission, and Blue Cross Blue Shield of Kansas.

Provide a detailed budget for the proposed program using the categories provided.

First Step at Lake View has multiple funding streams, most with strict eligibility requirements for client admission in order to access those funds. Supplemental funding is received through SRS public assistance benefits (food stamps and child care), food commodities, emergency shelter grants, donations, and client fees. In addition to paid staff, First Step is a training site for the University of Kansas, Washburn University, Emporia State University and other regional colleges. Students at the bachelor and master’s level receive valuable professional experience while providing direct services under approved supervision. Community volunteers from the Lawrence Art Center, churches and other local groups coordinate structured leisure and recreational activities, including a weekly yoga group, tending the facility garden, and welcoming the women and their children in their faith communities.

The following data reflects revenue from each primary funding source July 1 through March 31, and their eligibility requirements:

Addiction/Prevention Services (client income must be 200% of poverty)	\$454,658
Medicaid (client has Medicaid 19 insurance coverage)	\$381,225
Senate Bill 123 (client is referred by the Kansas Sentencing Commission)	\$ 93,013
Supplemental funding	\$ 72,147
Alcohol Tax Fund (City of Lawrence)	\$ 21,863
Alcohol Tax Fund (Douglas County)	\$ 12,633

DCCCA's First Step at Lake View program is an annual recipient of Alcohol Tax Funds, with dollars focused on increasing our ability to serve low income women and children who do not meet the criteria of our primary funding sources. Without Alcohol Tax Funds, these families would be unable to access substance abuse treatment services. For 2011, Alcohol Tax Funds will be used to fund a two thirds time substance abuse counselor, based on the following budget figures. Costs related to travel, office space, supplies and equipment will be reimbursed through other funding streams.

Personnel	\$21,278
2/3 FTE Substance Abuse Counselor (existing)	
Fringe Benefits	\$ 6,383
30% of salary	
Total Request	\$27,661

Impact of potential 2.5% funding reduction

DCCCA received a letter from the City Manager, requesting supplemental information regarding the impact of a potential 2.5% revenue reduction. As an organization, DCCCA has experienced significant reductions in the revenue targeted to serve those most in need of substance abuse treatment. Our allocation of state dollars distributed for indigent care was cut 10%, beginning July 1, 2009. Medicaid rates were cut 10% beginning January 1, 2010. Funding to serve individuals involved in the corrections systems was decreased. As funding decreased, the request for services increased. Individuals who previously may have had the insurance or financial means to pay for treatment became unemployed.

DCCCA responded to these revenue reductions by identifying strategies that maximized revenue, eliminated redundancies and created efficiencies in our management and treatment processes. For example, Lawrence Outpatient and First Step at Lake View now share program management, billing, and administrative support staff. The facilities are beginning to share counseling staff in response to a financially based decision to not fill vacant positions. The changes made in our facilities were those that would not negatively impact customer service and treatment effectiveness.

While a 2.5% reduction in City funding does not appear to be a large portion of our budget (\$1025 for Lawrence Outpatient and \$730 for First Step at Lake View, based on 2010 funding), it will begin to impact direct services to our customers. We have reached our maximum ability to find savings in non-client related expenses. A smaller percentage of staff time will be dedicated to treating low income individuals, thus reducing the number of Lawrence residents who can have their treatment funded through the City dollars.

SECTION 3. LOGIC MODEL

Logic Model for this proposal is below.

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>Substance abusing women are at higher risk than non-substance abusing women for poverty, unemployment, and domestic violence.</p> <p>Children of substance abusing women are at higher risk of experiencing developmental delays, child maltreatment and removal to foster care.</p>	<p>Treatment at First Step at Lake View will 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 Alcohol Tax Fund will increase the number of low income women and children who can access treatment.</p>	<p>Substance abusing women;</p> <p>Substance abusing women with dependent children;</p> <p>Substance abusing pregnant women</p>	<p>Residential substance abuse treatment for women and their children, with specific service components including:</p> <p>Education groups Group therapy Individual therapy Family therapy Licensed childcare Parenting Skills 12 Step groups Relapse prevention Aftercare Referral and case management for:</p> <ul style="list-style-type: none"> - Housing - Employment - Medical - Dental - Mental health - Domestic violence <p>Outpatient treatment at Lawrence Outpatient Services</p>	<p>First Step at Lake View will provide services to at least 200 women and 75 children in calendar year 2011.</p>	<p>By the end of the program, as documented by the established program outcomes report:</p> <p>90% of participants will report a decrease in alcohol use;</p> <p>90% of participants will report a decrease in drug use;</p> <p>Participants will report a 75% increase in employment at discharge;</p> <p>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 when appropriate, and secured safe and stable housing that protects their recovery for themselves and their children.</p>