

2018-2019



Westmoreland

Drug & Alcohol Commission, Inc.

ANNUAL REPORT

JULY 1, 2018-JUNE 30, 2019

MAJOR ACCOMPLISHMENTS OF WESTMORELAND DRUG AND ALCOHOL COMMISSION, INC.

ADMINISTRATION

SCOPE Implementation

The SCA collaborated with the Program Evaluation and Research Unit (PERU), the Center for Emergency Medicine of Western Pennsylvania, Inc., Emergency Medical Services (EMS), Single County Authorities (SCA) and other community resources necessary for initiatives that are designed to reduce overdoses within Westmoreland, Butler, Indiana and Washington counties. The collaboration occurred through the implementation of The Strategies to Coordinate Overdose Prevention through Emergency Medical Services (SCOPE).

The SCOPE project entails training medical service (EMS) first responders on (1) using naloxone for overdose reversal and training patients and families on how to use “leave-behind” naloxone kits; (2) using motivational interviewing to conduct referrals and “warm handoffs” to help patients access substance use disorder and/or mental health (SUD/MH) evaluation and treatment; and (3) implementing community-based paramedicine (CP) and harm reduction follow-up procedures with patients who do not wish to pursue treatment.

The SCA was able to implement this model using a Substance Abuse and Mental Health Services Administration (SAMHSA) Grant and The Hillman Grant while partnering with North Huntington EMS, Mutual Aid EMS and Rostraver West Newton EMS. The EMS agencies receive training facilitated by Dan Swayze at the Center for Emergency Medicine of Western Pennsylvania prior to implementation. The training focuses on motivational interviewing, a referral processes and leave behind naloxone distribution. This collaborative approach allows EMS to complete DAST/NIDA screenings on patients and refer them to the SCA’s subcontracted Community Engagement Team (CET) for expedient engagement services or linkage to treatment services. EMS agencies refer any individuals who present with substance use disorders and agree to access treatment services. The program will eventually be further expanded into a community paramedicine approach as it grows. A final goal of SCOPE includes developing a reimbursement plan through Medicaid for physical health and behavioral health services rendered by EMS related to post- overdose needs and individuals with other substance use disorders. This component will allow EMS to receive funding for services that have not previously been reimbursable and to provide expanded, ongoing services based on the client's individual needs.

The Community Engagement Team (CET)

Upon receipt of a Funding Initiative Announcement (FIA) through the Department of Drug and Alcohol Programs (DDAP), WeDAC partnered with the D&A Case Management Unit to create the CET in March 2019. This team is comprised of one full-time lead case manager and two full time CRS. The team specializes in active engagement and works with local EMS agencies to fast track high risk patients into treatment. The CET also works with high risk/high need clients to assist them with engagement while lifting any barriers that preclude their involvement in treatment. From April 1 through June 30, 2019, the CET received four general community referrals and 21 EMS referrals, of which 15 individuals went to treatment. Individuals were referred to all levels

of care of treatment services with short term inpatient treatment, withdrawal management and hospital-based treatment services being the most prevalent.

The team also provides community outreach activities to educate the community and organizations on how to access treatment. During the first three months of operation, the team provided more than 46 outreach activities to community members, churches and businesses. The CET also assisted with more than 15 trainings with the University of Pittsburgh PERU/TAC for EMS during WeDAC's implementation of D&A focused paramedicine in Westmoreland County.

The CET's approach focuses on meeting clients' needs and actively adapting their clinical approach to assist with engagement. The team utilizes motivational interviewing to encourage individuals to access treatment and break down unnecessary barriers. For instance, as transportation continues to be a barrier in most rural areas, the CET has gone into the home for many clients to assist with initial engagement, assessment, assisting with non-treatment needs or even transportation to a local treatment facility. The CET provides active support to individuals, their families and other loved ones, as well as offering engagement services even when clients are not ready for treatment as a way to build a rapport and break down any barriers. The team averages about seven to 12 engagement attempts per referral. Even though this program is in its early stages, the CET is starting off in a positive light and WeDAC will continue to monitor its efforts and outcomes.

Expansion of Gateway Westmoreland

WeDAC partnered with Gateway Westmoreland, which is located at Frick Hospital in Mt. Pleasant. Through the use of reinvestment funds, Gateway expanded its Westmoreland inpatient unit to a 32-bed facility. The facility will continue to treat withdrawal management for males and females and operates a residential treatment facility for males.

New Adolescent Treatment Providers

WeDAC issued a Request for Proposal (RFP) during the 2017-2018 fiscal year to expand adolescent treatment services in Westmoreland County. The RFP was awarded to two providers, Axiom Family Counseling and Outside In. Both providers were successful in offering higher levels of outpatient treatment services to adolescents and promoted the Student Assistance Program (SAP) within the contracted schools. The new providers have expanded the school-based treatment referral base and will continue to provide outreach for treatment engagement in the school system during the next fiscal year.

Working Toward the Opening of Clear Day Treatment Center

WeDAC partnered with Clear Day Treatment Center, through the use of reinvestment funds, to open a facility that accepts clients on Medicated Assisted Treatment (MAT) to include Methadone, Vivitrol, Suboxone and Subutex. The 72-bed withdrawal management and residential treatment facility opened its doors in September of 2018 and is in the same location as MedMark Treatment Center.

WeDAC's subcontracted D&A Case Management Unit and Certified Recovery Specialists (CRS) provide services onsite for clients. The Case Management Unit and CRS assist with removing any barriers for inpatient and outpatient treatment services and assist with linking clients to the recovery community.

Expanding Safe Living through Recovery Housing

WeDAC issued a request for proposal (RFP) in 2017-2018 fiscal year to expand recovery housing in Westmoreland County. The RFP was awarded to Club Serenity Inc. and J4T Properties.

J4T Properties

J4T Properties opened a male recovery house in northern Westmoreland County in September 2018. Since then, J4T Properties has served more than 15 individuals. The recovery house operates with five beds at full capacity. The beds operated at full capacity for five months during the past ten months and never dropped below two individuals in any given month.

J4T contributes its success to the fact that the recovery house has a formal welcome process in place and establishes house expectations and rules while connecting individuals to the recovery house. The house provides staff who are in long term recovery and connects members to local community resources. J4T finds it to be an asset to empower individuals by connecting them to the recovery community, as well as providing an affordable, comfortable and safe living option. This recovery-friendly environment provides members the ease of mind to focus on building a solid recovery foundation. J4T also specializes in staying connected with individuals in the home to allow necessary oversight and safety.

Club Serenity

Club Serenity is opening a five-bed female recovery house in Monessen and is planning on opening a male recovery house in the Mon Valley area in the near future. Currently, construction is near completion and Club Serenity will be opening the doors to the female house during the 2019-2020 fiscal year.

Transportation

In order to remove the barrier of lack of transportation in a rural county, the SCA partnered with the Westmoreland Transit Authority to increase access to treatment for individuals going to all levels of treatment services. This program is available to clients who do not qualify for the Medical Assistance Transportation Program (MATP). During the 2018-2019 year, clients benefited from this program by having the ability to attend both inpatient treatment and outpatient treatment services. The SCA will continue to work in partnership with the Westmoreland Transit Authority and provide this program as long as funding permits.

Drug Court

The Drug Court program operated at approximately 95% capacity for the 2018-2019 fiscal year. Staffing for Drug Court includes two full-time case managers and five CRS. The case managers work with the CRS, probation, and judges cohesively in order to guide the clients through all levels of treatment. The case managers also support the CRS staff in helping clients build a strong recovery base, thereby reducing recidivism. During the 2018-2019 fiscal year, a total of 62 individuals received CRS and case management services.

There were eight successful graduations during this past fiscal year. In addition, a Facebook page was created for the Drug Court program, which allows for education, outreach and stigma reduction through the means of social media. It is a wonderful opportunity to educate individuals about what the program has to offer to help those with substance use disorders.

The Drug Court team facilitated an event called “A Family Night Out” in November 2018 that focused on addiction, recovery and the family. Individuals in recovery spoke at the event to provide a message of hope right before the holiday season. The Drug Court team members also worked together to sponsor Christmas presents for Drug Court client families who were unable to purchase gifts themselves.

CRS staff facilitate a monthly alumni/support group, which successfully assists with continuing to engage clients and provide any necessary supports. Overall, the success of the Drug Court program is due to all the services wrapped around the clients from the time of program enrollment through graduation, along with the support of the cohesive team comprised of the judges, criminal justice system, treatment staff, D&A case managers and CRS.

STR Housing Funding:

WeDAC utilized Opioid State Targeted Response (STR) funding to assist Drug Court participants with the purchase of necessary household items/furniture to assist with housing independence and further promote clients’ pathway to recovery. Such items included (but were not limited to) beds, couches, dishes, sheets, curtains cleaning supplies etc. During the 2017-2018 fiscal year, 13 clients received STR housing funding and were able to furnish their new homes with approved items.

Jail Vivitrol Pilot Program

WeDAC partnered with the Westmoreland County Prison, Allied Addiction Recovery LLC. (AAR) and Southwestern Pennsylvania Human Services (SPHS) Drug and Alcohol Case Management Unit to implement a Jail Pilot Vivitrol program on July 1, 2018.

Eligible inmates receive a drug and alcohol assessment facilitated by the Drug and Alcohol Case Management Unit, and if clinically appropriate, inmates are referred to Allied Addiction Recovery (AAR) to participate in outpatient treatment services while incarcerated. Upon successful completion of the group process, medically cleared inmates also receive an injection of Vivitrol upon reentry into the community. Vivitrol is a form of MAT that assists individuals who have opioid use disorders by reducing cravings. Vivitrol also helps manage cravings for individuals who have an alcohol use disorder.

During the first year, the program served the following:

- 26 men and 36 women received drug and alcohol evaluations and were screened for the Jail Pilot Vivitrol program
- 23 men and 31 women were admitted into the Jail Pilot Vivitrol program
- AAR provided a total of 54 intake assessments, 38 individual sessions and 614 group sessions
- 16 individuals received an injection of Vivitrol prior to reentry

Outpatient Discharges:

30 days approximately 40% were still in treatment

60 days approximately 40% were still in treatment

90 days approximately 40% were still in treatment

Over 90 days approximately 40% were still in treatment

Inpatient discharges:

100% were still in residential treatment at 30 days

80% received an injection of Vivitrol while in residential treatment

Naloxone Distribution

WeDAC continues to act as the Centralized Coordinating Entity (CCE) through a Pennsylvania Commission on Crime and Delinquency (PCCD) Grant and provide naloxone for individuals, family, businesses, first responders, the faith-based community and other entities upon request. WeDAC provides free training for overdose prevention and assists with company policies upon request. The SCA appreciates all the volunteers who assist with this cause as trainers and continues to recruit additional trainers and volunteers to expand outreach efforts for county overdose prevention, education and awareness. During the 2018-2019 fiscal year, overdose prevention trainings were provided to numerous organizations, treatment providers, law enforcement, recovery support organizations, funeral homes, colleges, healthcare providers, library systems, the faith-based community and community members. WeDAC continues to partner with grass roots organizations such as Faith in Action, Lost Dreams Awakening, Favor and Sage's Army who act as WeDAC's approved trainers and provide overdose prevention trainings and dispense the SCA's naloxone for community trainings. Please note, all in-county treatment providers were offered overdose prevention kits for distribution to clients and the SCA distributed kits to all willing providers.

North Huntingdon EMS, Oklahoma Vandergrift EMS and Rostraver/West Newton EMS continue to participate in the "leave behind" naloxone program, and the SCA continues to look for other EMS Agencies to come on board with this effort. The "leave behind" program allows EMS to leave naloxone behind on a scene when a patient is revived from an overdose and refuses emergency transport to the hospital.

During the 2018-2019 fiscal year, WeDAC distributed 4,220 naloxone kits in Westmoreland County. The kits were distributed as follows: 3,417 community members/organizations, 165 kits to the Excelsa Hospital System, 161 kits to local school districts, 461 kits to first responders and 477 to law enforcement.

Student Assistance Program

WeDAC worked with the Westmoreland County Behavioral Health and Developmental Services to promote the importance of prevention and intervention through the Student Assistance Program (SAP). SAP, which operates within 17 school districts in Westmoreland County, utilizes SAP liaisons through Westmoreland Case Management and Supports Inc.(WCSI), and the SCA's subcontracted D&A SAP case managers. During the 2018-2019 fiscal year, SAP operated with one full-time D&A SAP case manager and one "back up" case manager to assist with calls as needed. Both case managers covered the school systems to facilitate D&A evaluations for SAP and/or disciplinary referrals. Through the course of the 2018-2019 school year, there were a total of 1,030 SAP liaison screenings and a total of 126 referrals to drug and alcohol assessments. The SAP liaisons and school systems continue to work in a proactive manner to identify youth at risk who need drug and alcohol assessments in the school districts.

CASE MANAGEMENT

The SPHS D&A Case Management Unit considers increasing visibility and its partnership with Excelsa Health during peak times to strengthen the warm hand off process and assist more clients with accessing treatment to be among its greatest accomplishments during the 2018-2019 fiscal year. The Case Management Unit also highlights one of its main accomplishments as enhancing the client engagement process, which assisted with reducing the number of treatment refusals.

The Case Management Unit continues to provide community-based services for level of care assessments and coordination of services to any individual in Westmoreland County. During the 2018-2019 fiscal year, the Case Management Unit was able to meet with clients in over 54 community locations, six local treatment locations and three medical office locations. The unit completed 38 telehealth assessments and linked more than 142 individuals after hours into treatment services. There were 1,447 screenings completed and 1,451 level of care assessments completed to facilitate referrals to treatment services.

The Case Management Unit assisted 360 individuals with non-treatment needs through the provision of coordination of services. Some of these needs include assisting clients with transportation, housing, legal problems, child care, employment and medical appointment follow up. The average length of stay for individuals participating in this level of service was 210 days.

The Department of Drug and Alcohol Programs (DDAP) approved a telehealth waiver for the Case Management Unit. This allows the unit to provide telephonic screenings and level of care assessments for those individuals who may not have access to transportation or are calling after hours when transportation is not available. This waiver allowed the Case Management Unit to increase its 24/7 accessibility, specifically after hours, by providing an alternate choice and expediting the ability to refer to treatment services.

The Westmoreland County Children's Bureau (WCCB) continued its partnership with the Case Management Unit, which assists with level of care assessments and linkage to treatment services. WCCB is able to fast track referrals to the D&A Case Management Unit to assist with any crisis detox/inpatient treatment needs. The unit can facilitate services in the office, in the community and in the home on a case-by-case basis. Case Management staff provided trainings to the WCCB to assist with education and outreach and is currently partnering with WCCB, local treatment providers and Excelsa Health on safe plans of care to assist individuals with substance use disorders who are pregnant or recently delivered. This partnership and programming will be further detailed and developed over the next fiscal year.

The Case Management Unit met with Allegheny Health Network to form a partnership with Forbes Family Practice. This partnership includes the distribution of the SCA's naloxone, overdose prevention training and the provisions of screening, assessment and referral to treatment services via onsite or telehealth.

CRS staff and the Case Management Unit partnered to provide a cohesive approach for supporting clients before, during and after treatment. The staff work together to problem solve cases, offer suggestions and wrap the clients with appropriate care and resources.

This collaborative team approach assists the clients in becoming more engaged in treatment and less likely to jump in and out of services.

The Case Management Unit actively participated in community outreach events throughout Westmoreland County. Some of these events during the last year included: Local Churches, National Night Out, Westmoreland County Juvenile Probation Office Family Fest, MedMark Friends and Family Nights, Mon Valley Opioid Coalition, Project Stand, Presbyterian Ministerium, Health and Housing event at Westmoreland Manor, National Drug Take Back Event, Save a Life event, Penn Trafford Coalition/Community Drug Task Force and Scottdale Community Drug Initiative.

To further promote outreach and information on how to access treatment services, the Case Management Unit provided outreach and information dissemination to the following locations: local health care systems, pharmacies, daycares, churches, family planning clinics, dentists offices, community members, pregnancy clinics, probation officers, campus police and other law enforcement officers, hospital staff and private physician offices. The unit's outreach includes providing education and information on how to access drug and alcohol treatment services, information on how to engage individuals in treatment or Certified Recovery Specialist Services, overdose prevention literature, and resources available for linkage support. The Case Management Unit continues to break down silos and barriers, promoting access to treatment and recovery support services while advocating to end stigma.

Overdose prevention trainings are provided as needed to agencies, community members, organization, individuals and families. These trainings are provided in an office or community-based setting. During the 2018-2019 fiscal year, the Case Management Unit partnered with WeDAC to provide trainings to Westmoreland County libraries, Westmoreland Case Management and Supports Inc., the Public Defender's office, Nar-Anon groups, local ministerium and churches, Seton Hill staff and students, MedMark, and other various organizations. WeDAC continues to provide free naloxone kits to the recipients of the overdose prevention trainings.

During the past fiscal year, staffing was increased to meet the demand of 24/7 access to treatment services. Positions now include the following: Director, Staff Supervisor, two team leads, six full time staff, one part time staff, one part-time screener/clerk typist and two full-time clerk typists.

D&A Mobile Case Manager/Warm Hand Off

The D&A Mobile Case Management Unit expanded its program at Excelsa Health by partnering with WeDAC, local providers and Excelsa to implement a Medicated Assisted Treatment (MAT) Pilot Program in Westmoreland Emergency Departments. The MAT Pilot Program allows physicians to screen overdose survivors and other potential candidates for suboxone dosing. If the patient meets medical guidelines and is agreeable to participating in drug and alcohol treatment services, the individual will be dosed at the emergency department and fast tracked into either inpatient or outpatient drug and alcohol treatment services by the D&A Mobile Case Manager.

During the 2018/2019 fiscal year, the D&A Case Management Unit worked with hospital staff and three individuals were dosed prior to leaving the emergency department and two of those individuals followed through with treatment services. Other individuals who were not medically

appropriate for dosing were still fast tracked into treatment services. The hope is to continue to expand this program, as well as referrals, as time permits.

WeDAC continues to provide trainings as needed to the hospital case management staff and other medical groups upon request. These trainings are also open to any hospital nurses and physicians. The standardized referral process continues to be utilized at all three Excelsa campuses.

Through a partnership with Excelsa Health, the Case Management Unit was able to implement a referral process available to all Primary Care Physicians (PCP) through the quartet referral system. This allows all in-county PCPs who utilize quartet to refer individuals with a substance use disorder to the Case Management Unit for screening, assessment and referral to treatment. Outreach was also provided to obstetric staff and physicians to educate them on the warm hand off process and 24/7 access to treatment services.

Rack cards were redesigned and are distributed throughout the outpatient sites to encourage referrals from all levels of care in the medical field. The Case Management Unit continues to work in partnership with Excelsa Health to provide overdose prevention trainings to high risk patients. These patients are also given WeDAC's free naloxone kits post training.

CERTIFIED RECOVERY SPECIALIST (CRS)

The CRS staff expanded to include five full-time staff, one part-time staff and a full-time CRS supervisor. CRS staff continue to increase efforts to meet clients where they present in the community. During the 2018-2019 fiscal year, CRS staff met with 376 clients in the community, 139 clients in a jail setting, 46 clients who were enrolled with Drug Court and 369 clients in treatment facilities.

In the past year, CRS were successful in engaging active clients into treatment services. Clients were engaged in various levels of treatment services, ranging from detox to an outpatient level of care. Eighteen of those clients were engaged by CRS at Westmoreland County's local hospital in the Excelsa Health System. CRS is a mobile service and staff meet individuals where they present. During the past year, CRS community services continued to expand, and the staff met with individuals throughout the community in more than 154 locations. CRS continue to play a vital role in engaging both the recovery community and those seeking treatment services.

CRS partnered with the D&A Case Management Unit as overdose prevention facilitators. They assist with facilitating overdose prevention trainings for clients and families upon request and disseminate WeDAC's free naloxone kits.

The CRS supervisor and staff provide outreach to organizations, treatment providers, social service agencies and the community in general about how to access CRS services, as well as the benefits of these services. The CRS help to break down barriers to access treatment while promoting a positive recovery lifestyle.

CRS are unique in that they are in long-term recovery and can speak from experience when helping clients navigate the recovery world. The staff have diverse recovery paths which allow them to work with a myriad of individuals. Some staff are actively involved and connected to the 12-step fellowship community while others are involved in various support groups like SMART recovery. Other CRS used a recovery pathway that included (or still includes) a MAT program, and some utilized a combination of all those things. CRS staff represent each gender, reflect younger and older age groups, as well as varied drugs of dependence. This allows the staff to "match" appropriately with individuals who are seeking assistance. CRS have the personal experience and wisdom that comes with living with the disease of addiction and are able to demonstrate to clients that people do successfully recover.

CRS/Jail

During the 2018-2019 fiscal year, SPSHS continued to facilitate the CRS group at the Westmoreland County Prison. This six-week psychoeducational group teaches inmates about addictive thinking, available recovery supports, and how to plan for a strong recovery post incarceration. During the 2018-2019 fiscal year there were approximately 139 individuals who participated in this service while incarcerated. The group was expanded to include a session on overdose prevention training. The SCA continues to provide naloxone vouchers to individuals who successfully complete the group so they can receive a free Narcan kit upon reentry from a local in-county treatment provider.

TREATMENT

Allied Addiction Recovery

Allied Addiction Recovery (AAR) is an outpatient drug and alcohol addiction treatment facility dedicated to providing the highest level of care to individuals struggling with substance use disorders. AAR offers Medication Assisted Treatment (MAT), such as Suboxone and Vivitrol, as well as drug-free treatment to customize an addiction recovery program for each individual. Treatment services include outpatient, intensive outpatient and partial hospitalization. AAR is also a treatment provider at the Westmoreland County Prison for the SCA's Vivitrol Program and a participating provider for the MAT Pilot through Excela Health.

Axiom Family Counseling

Axiom Family Counseling center contracted with the SCA as an in-school treatment provider for six schools in Westmoreland County. When looking at their accomplishments for the past year, the agency notes that it increased staffing to further its "Open Door & Immediate Access to MAT" protocol in the New Kensington and Greensburg/Jeannette offices. Staff completed training on aggression replacement therapy for adolescent and adults. Axiom established parole/probation relationships within Westmoreland County to include monthly client care meetings with officers. The facility had 45% growth within Westmoreland County and added five additional counselors and expanded office space in its New Kensington and Greensburg/Jeannette offices.

Gateway Greensburg

In fiscal year 2018-2019, Gateway Greensburg served more than 400 patients in multiple levels of care ranging from partial hospitalization treatment services to individual outpatient treatment services. Gateway Greensburg continues to add to its repertoire of outpatient groups, including a group for patients starting in treatment for the first time, as well as a readiness to change group for patients in the pre-contemplation stage. In late spring, the facility began offering Sublocade (injectable buprenorphine) as a MAT option for patients, in addition to oral buprenorphine and oral/injectable naltrexone.

Clear Day Treatment Center

The 72-bed withdrawal management and residential treatment facility opened its doors in September 2018. This facility accepts clients on MAT to include Methadone, Vivitrol, Suboxone and Subutex. From September 2018 through June 2019 Clear Day treated 391 individuals in withdrawal management and 329 in non-hospital rehab. Four hundred ninety-seven individuals successfully completed treatment.

Gateway Westmoreland

Gateway Westmoreland notes its greatest accomplishment as increasing its bed capacity to serve additional members who are in need of inpatient treatment services. The facility also utilizes a myriad of treatment methodologies to include Cognitive Behavioral Therapy, Motivation Interviewing and Trauma Informed Care. Gateway Westmoreland provides the SCA's overdose prevention kits to at risk patients upon discharge from treatment.

Greenbriar Treatment Center

When looking at the past fiscal year, Greenbriar Treatment Center acknowledges one of its greatest accomplishments as offering long term residential treatment services at the Waynesburg PA location. The program specializes in the treatment of individuals who have a Substance Use Disorder and experienced severe social, financial, occupational, and/or educational problems. The program utilizes individual and group therapy which focuses on social, occupational, financial, and educational symptoms while simultaneously assisting patients to achieve recovery.

Greenbriar's facility opened in November 2018 with 28 male and female dual capable beds. Promoting self-care with the goal to permanently improve daily living and re-integration into society is a consistent focus for the program. The length of stay (LOS) for this program is up to 100 days. The longer length of stay allows patients to establish a solid foundation for greater success when they re-enter back into their everyday life.

The ultimate goal for the Greenbriar's long term residential program is Habilitation – learning new skills to support a sober way of life. MAT services, including Vivitrol and suboxone maintenance, is offered as a treatment option. The program is looking forward to an expansion of 16 beds in late Fall 2019. The expansion will assist with minimizing any potential distractions by separating male and female clients and will also allow the integration of a pregnancy program for those who are pregnant, needing MAT and requiring habilitation from addiction prior to birth.

SPHS Treatment

SPHS proudly announced that all of the Westmoreland County outpatient locations now include partial level of care operations.

As a supplementary tactic to combat the opioid epidemic, the outpatient sites host regular Narcan education and administration training for consumers, family and the workforce. All Westmoreland County outpatient locations have undergone renovations to the building facilities due to increases in client volume, employed staff and expansions in programming. In keeping with these changes, select sites were required to widen business hour time frames throughout the work week to better meet the needs of the community.

Within this past fiscal year, Intake Evaluation Referral (IER) was conferred on all of SPHS' outpatient licenses. Screening and intake procedures have been modified and expedited to drastically accelerate the pace from first contact to first treatment session. The past year also marks the commencement of SPHS' Survivors group, which typically occurs during the evening. Quality initiatives such as free yoga and art therapy activities were launched to boost overall wellness for individuals and staff. Much like the cancer-in-remission bell, SPHS has instituted a recovery bell that individuals ring when they are successfully discharge from services.

PREVENTION

The Westmoreland Drug and Alcohol Commission, Inc. has multiple facets to the Prevention Department including the Council on Substance Abuse and Youth and two contracted providers:

- Saint Vincent College Prevention Projects
- Monessen Communities That Care

In addition to DDAP funding, WeDAC Prevention functioned under the Drug Free Communities (DFC) grant. DFC is a federal program that provides funding to the Council on Substance Abuse and Youth, a county-wide coalition, with its focus on drug and alcohol prevention with youth. The grant was for five years and ran from October 1, 2014 through September 30, 2019.

The Council on Substance Abuse and Youth (CSAY) has numerous members from all across Westmoreland County, who are dedicated to the mission and vision of the coalition. The coalition has grown over the year and it continues to recruit new members dedicated to the mission of CSAY. There are currently two groups that are branches of CSAY, which are the Mount Pleasant CSAY Youth and CSAY Northmoreland. Southmoreland High School is in the process of developing a CSAY group.

CSAY held the third annual Westmoreland Youth Summit with 16 schools in attendance. CSAY also had a successful Student Health Fair at Mount Pleasant Jr./Sr. High School with more than 800 students attending.

Project Sticker Shock was a success this year with the Mount Pleasant CSAY Youth helping to distribute over 25,000 stickers at local beer distributors in Westmoreland County. The CSAY Youth at Mount Pleasant High School organized a county-wide poster contest in which there were eight winners in four different categories. The students managed the contest and chose the winners. Copies of all the winning posters were made and distributed to all school districts in Westmoreland County, including the Diocese of Greensburg schools and the technical centers.

WeDAC is a liaison for community coalitions and two of the active coalitions WeDAC is a part of are the Abundant Life Task Force, Scottdale and the Penn Trafford Citizens for Drug Awareness. WeDAC provides technical assistance to the coalitions and resources to aid in their efforts.

Through its partnerships with various police departments and first responders in Westmoreland County, WeDAC collaborated to hold three National Night Out events. Mt Pleasant National Night Out, Mon Valley Opioid Coalition National Night Out and Northmoreland National Night Out were all very successful events.

Starting in the Fall of 2018, WeDAC began working on the DDAP Needs Assessment. The process is ongoing, and Phase F was recently submitted. The needs assessment had the SCA collect data for youth and adults and then establish areas that need focused on, when compared to state data. Next, the team met with stakeholders across the county for focus groups to determine some contributing factors to the needs that were noted. In the next step, WeDAC was tasked with capturing all the services relating to its problem areas that organizations were implementing in Westmoreland County. Throughout this process, WeDAC has established new, collaborative

partnerships with various organizations. In Phase F, WeDAC submitted its prevention plan for the next two years, starting with 2020/2021 fiscal year. In the next phase, the SCA will be looking at evaluation of all its programs.

The Pennsylvania Youth Survey (PAYS) was implemented in the Fall of 2019. In preparation, WeDAC worked with Saint Vincent College Prevention Programs (SVCPP) to host a PAYS recruitment lunch and provided PAYS support to the schools. Through their efforts, 13 schools registered and completed the PAYS 2019 administration. That number is a significant increase from the nine schools that participated in 2017. WeDAC and SVCPP have plans to provide technical assistance to schools after the PAYS 2019 reports come out in June 2020. The information from the PAYS will aid in writing for grants and assessing program needs in the county.

The WeDAC Prevention Department has expanded its programming in the first year of providing services. Staff attended several health fairs and senior expos to disseminate information to include the distribution of 2,000 pill pods and 5,000 drug deactivation bags for WeDAC's prescription drug storage and disposal campaign. The SCA also distributed more than 48,000 red ribbons across Westmoreland County.

Evolving with the ever-changing drug trends, WeDAC has been working hard to stay up to date on vaping information to educate community organizations about its dangers. WeDAC has also been diligent about disseminating STD/HEPC/HIV information about signs/symptoms and getting tested through posters and postcards that were distributed through the Westmoreland County Food Bank.

Evidence based prevention services, such as Too Good For Drugs and Botvin LifeSkills are being implemented at after-school programs in collaboration with the Westmoreland County Housing Authority.

WeDAC, along with Fayette, Greene and Washington counties, came together to form the Southwestern PA Prevention Network. The goal is to work as a region to organize conferences for professionals and team up on projects that will improve services in the region. The first program focused on marijuana in March 2019 and the second program, in October 2019, focused on the efforts to assist in the opioid epidemic. The next goal of the group is to collaborate on an adult survey that will collect more accurate data for future needs assessments.

Gambling Prevention is another facet of WeDAC's Prevention Department. Some of the gambling prevention initiatives WeDAC is disseminating include information to libraries and making the gambling hotline more visible by posting the information on community billboards across the county. WeDAC has also worked with retail stores on the placement of the lottery ticket machines to ensure that an employee is able to monitor the machine to make sure only patrons age 18 and over are purchasing tickets. In partnership with SVCPP and WCCC, WeDAC hosted its first Problem Gambling Conference at the Westmoreland County Community College, with 150 people in attendance. The plan is to continue the conference annually in March during Problem Gambling month to educate professionals on the ever-changing gambling regulations.

Another avenue of information dissemination is the WeDAC and CSAY Facebook Pages and the new WeDAC webpage. Many people rely on the internet for information and this has been an avenue to share the newest articles and laws that are passed, as well as to advertise events that we are having, or our partners are having. The WeDAC website has become very user friendly and easy for all staff to update.

Saint Vincent College Prevention Projects

Saint Vincent College Prevention Projects has implemented several evidence-based programs to numerous schools across Westmoreland County. These programs include:

- Project Alert
 - Delivered in 12 school districts in 13 different buildings.
- Project ALERT Boosters
 - Provided to students in grades 7 or 8 in 13 school buildings.
- Too Good For Drugs Program
 - Delivered in 10 secondary schools (middle school & high school)

Saint Vincent College Prevention Projects implements research-based curriculum that includes information on current drug trends to numerous schools across Westmoreland County. These programs include:

- Special High School Tough Topics
 - An expansion of programming curricula was developed to address the opioid crisis.
 - Four lessons in each grade 10, 11, and 12 address nicotine(vaping), underage drinking, marijuana, prescription drugs, illegal drugs, goal setting, and drug-free college/ workplace.
 - Delivered in six high schools
- Realistic Education About Life (REAL)
 - 606 days of programming occurred in 17 school districts in Westmoreland County
- Foundations II Preschool Program
 - Delivered at 18 preschools
- Tough Topics
 - ATOD programming also occurred at three private and three specialized schools.
- RADAR
 - Alcohol, tobacco and other drug information was distributed to educators, administrators and throughout the community from SVCPP's RADAR center.

- “In Plain Sight” Bedroom
 - Interactive mobile bedroom that was set up at multiple locations across Westmoreland County to educate parents and guardians on paraphernalia and ways youth conceal drugs and alcohol use.

- Gambling Prevention and Awareness Programs
 - Participated in four health fairs focusing on gambling prevention and awareness materials.
 - Provided four gambling presentations.

- Problem Gambling Conference
 - Planned, coordinated, and facilitated in partnership with WeDAC the first county-wide Problem Gambling Conference.
 - Two Keynote speakers and two breakout sessions provided educational presentations to more than 100 attendees.
 - Six vendor tables provided additional resource information.

- We Know Better
 - Prevention curriculum was delivered in three schools.

- Stacked Deck
 - Educational program was delivered in one school.

- Student Assistance Program (SAP)/Intervention Services
 - Fourteen school districts utilized the services of the SAP Drug and Alcohol Case Manager from August 2018 – June 2019.
 - 1,030 SAP liaison assessments were conducted. Of those assessments, nine were identified as drug and alcohol and 24 were identified as co-occurring (both drug and alcohol and mental health). These individuals were recommended for a drug and alcohol level of care assessment. There were an additional 64 disciplinary drug and alcohol referrals.
 - Of these referrals, 116 individuals had some type of drug and alcohol level of care assessment by the drug and alcohol SAP case manager and the following outcome recommendations were made:
 - 52 Outpatient
 - Five Intensive Outpatient
 - Three Partial Hospitalization
 - One Non-Hospital Rehabilitation Center

Monessen Communities That Care

Throughout the funding phase of 2018/2019, Monessen Communities That Care (CTC) has continued to serve as a community coalition and relied on key leader and community stakeholder support and involvement for implementing the CTC process. To strengthen its collaborative

prevention efforts, the boards of Monessen CTC, Monessen Family Center and Monessen Tobacco Coalition have combined their bimonthly community meetings.

Completion of the **CTC Phase 3, Create a Community Profile**, was accomplished by Monessen CTC Risk and Resource Assessment Subcommittees who evaluated 2015 / 17 PAYS data. This was done to revise assessments and update identified prioritized risk and protective factors related to the problem behaviors of substance abuse, teen pregnancy, school dropouts, violence and anxiety/depression. The prioritized outcomes for Monessen School District are listed below:

Problem Behaviors – Substance Abuse and Violence

Risk Factors (needing to decrease)

- Low Neighborhood Attachment / Community Domain
- Attitudes Favorable to Drug Use / Peer and Individual Domain
- Parental Attitudes Favorable Toward Antisocial Behavior / Family Domain

Protective Factors (needing to increase)

- Community Opportunities/ Rewards for Prosocial Involvement / Community Domain
- Family Attachment /Family Domain
- School Opportunities for Prosocial Involvement / School Domain

In addition to facilitating Monessen CTC board and Executive Committee meetings, the Monessen CTC Mobilizer, and various board members, have also served to initiate, coordinate and implement the following on-going community prevention efforts:

Monessen Youth Commission – adult community volunteers conducting monthly disposition sessions and mentoring activities with youth referred by the Department of Westmoreland Juvenile Probation and the local District Justice.

Monessen Youth Council – Monessen High School students engaged in weekly planning meetings and year-round activities with a focus on leadership training, peer education outreach, career preparation and community service-learning projects.

Lions Quest Skills for Adolescence After School Program – Monessen Middle School students meet weekly for research based, social emotional learning lessons related to healthy choice making. This program is sponsored and coordinated by the Monessen Public Library Youth Program Coordinator.

Throughout this past year, Monessen CTC has also participated in the outreach efforts of several regional and county-based organizations such as the Council on Substance Abuse and Youth, Mon Valley Opioid Coalition, Westmoreland Juvenile Probation, St. Vincent College Prevention

Projects, Private Industry Council of Westmoreland/ Fayette and the Community Foundation of Westmoreland County.

As Monessen CTC has now entered ***Phase IV – Develop a Community Action Plan***, the goal remains to establish viable collaborations, using research-based strategies, in order to impact positive community-wide change for Monessen youth to become better supported, nurtured and mentored into becoming healthy young adults.

SCA DEMOGRAPHICS

Primary Drug of Choice	# of clients	% of clients
Alcohol	303	36%
Heroin	262	31%
Marijuana	85	10%
Other Opiates/Synthetics	91	11%
Cocaine/Crack	34	5%
All Others	73	8%
Total Clients Served	848	100%

Gender	# of clients	% of clients
Male	635	72%
Female	213	28%
Total Clients Served	848	100%
Pregnant Women	5	
Pregnant Women Injection Drug User	1	
Women with Children	22	
Total Pregnant Women/Women with children	28	

Age	# of clients	% of clients
Less than 18	26	3%
19-30	279	33%
31-40	249	30%
41-50	135	16%
51-60	105	12%
Over 60	54	6%
Total Clients Served	848	100%

SCA DEMOGRAPHICS

Referral Source	# of clients	% of clients
Legal	216	26%
Drug and Alcohol Provider	108	13%
Self	229	27%
Other	266	31%
SAP/Schools	29	3%
Total Clients Served	848	100%

Race	# of clients	% of clients
Caucasian	778	92%
African American	61	7%
Other	9	1%
Hispanic	0	0%
Native American	0	0%
Total Clients Served	848	100%

Level of Treatment Provided	# of clients per service
Non Hospital Detoxification	183
Non Hospital Rehabilitation	109
Dual Diagnosed Rehabilitation	45
Halfway House	6
Partial Hospitalization	22
Outpatient/IOP/Methadone	704
Total Clients Per Service	1,069

HEALTHCHOICES

Level of Treatment Provided HealthChoices	# of clients per service
Hospital Based Detoxification	65
Hospital Based Rehabilitation	17
Non Hospital Detoxification	735
Non Hospital Rehabilitation	1,038
Dual Diagnosed Rehabilitation	339
Halfway House	210
Partial Hospitalization	251
Intensive Outpatient	604
Outpatient	2,628
Methadone	1,206
Total Clients Per Service	7,093

FISCAL INFORMATION

COST BY CATEGORY

<u>Activity Code</u>	<u>Activity</u>	<u>Program Expenditure</u>
5100	Administration (including grants and Reinvestment)	\$ 733,213.10
5300	Evaluation & Research	\$ 17,845.00
5400	Administration/Special Projects	\$ 0
6100	Information Dissemination	\$ 249,690.87
6200	Education	\$ 602,482.24
6300	Alternative Activities	\$ 54,685.54
6400	Problem Identification and Referral	\$ 158,578.51
6500	Community Based Process	\$ 155,608.88
6600	Environmental	\$ 34,478.06
7100	Intervention	\$ 124,879.04
823A	Non-Hospital Detox (including Reinvestment)	\$ 204,709.13
823B	Non-Hospital Short-Term Rehab (including Reinvestment)	\$ 334,931.21
823C	Non-Hospital Long-Term Rehab	\$ 101,515.00
852B	Halfway House	\$ 24,224.00
834A	Hospital Based Detox	\$ 0
834B	Hospital Based Rehab	\$ 0
852A	Partial Hospitalization	\$ 33,069.00
861A	Outpatient Drug Free	\$ 274,140.13
8900	Outpatient Maintenance/Vivitrol	\$ 112,014.78
861B	Intensive Outpatient	\$ 104,036.40
920E	Emergency Housing	\$ 66.60
920R	Recovery Housing	\$ 43,059.32
9100	Case/Care Management (including Reinvestment)	\$ 746,325.73
930R	Recovery Support Services (including Reinvestment)	\$ 458,224.99
TOTAL		\$ 4,567,777.53