

# **Westmoreland Drug and Alcohol Commission Inc.**

## **ANNUAL REPORT**

**July 1, 2021-June 30, 2022**

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**Westmoreland**

**Drug & Alcohol Commission, Inc.**

MAKING RECOVERY A REALITY

## **MAJOR ACCOMPLISHMENTS OF WESTMORELAND DRUG AND ALCOHOL COMMISSION, INC.**

### **ADMINISTRATION**

#### **Strategies to Coordinate Overdose Prevention through Emergency Medical Services (SCOPE).**

The Westmoreland Drug and Alcohol Commission (WeDAC) continues to collaborate with the Program Evaluation and Research Unit (PERU), the Center for High Value Healthcare, Emergency Medical Services (EMS), Single County Authorities (SCA) and other community resources necessary for initiatives that are designed to reduce overdoses within Westmoreland, Butler, Fayette, Indiana and Washington counties. The collaboration occurred through the implementation of The Strategies to Coordinate Overdose Prevention through Emergency Medical Services (SCOPE).

WeDAC was able to implement this model using a Substance Abuse and Mental Health Services Administration (SAMHSA) Grant while partnering with North Huntington EMS, Mutual Aid EMS and Rostraver West Newton EMS. This collaborative approach allows EMS to complete DAST/NIDA screenings on patients and refer them to the SCA's subcontracted Community Engagement Team (CET) through the Drug and Alcohol Case Management Unit for expedient engagement services or linkage to treatment services. EMS agencies refer to any individual 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.

In addition, North Huntingdon, Mutual Aid 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 join 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.

#### **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. Since then, both providers have respectfully spearheaded this initiative and provided safe, supportive and stable housing to those in need on their recovery journey. Both providers have had many successes since opening and have served, retained and reintegrated individuals back into the community by assisting with their self-sufficiency and development through their recovery housing models.

Act 59 of 2017 gave the Department of Drug and Alcohol Programs (DDAP) the power and duty to license drug and alcohol recovery houses that receive referrals from state agencies or state-funded facilities or federal or state funding, and to impose fines on unlicensed recovery houses that receive funds from federal, state, or county agencies. DDAP required this to promote quality and standardization among the way individuals within the houses were being served and to enforce safety measures for all residents. Our network of recovery house providers collaborated closely with the SCA, attended DDAP's workshops and worked diligently on this goal. Currently, in Westmoreland County, J4T and Club Serenity's homes are all licensed and meet state standards. J4T obtained their licensure status in July 2022 and Club Serenity followed suit, obtaining their licensure in August 2022.

### **J4T Properties**

J4T Properties has five recovery houses located within Westmoreland County. The North House, a women's recovery home, is located in Arnold and has three beds at full capacity. The Taylor House, a men's recovery home, is located in New Kensington and has five beds at full capacity. In April and August of 2021, J4T expanded their recovery housing by opening two male Recovery Houses in Greensburg. The Center Avenue House has five beds at full capacity while the Highland Ave House has four beds at full capacity.

Over the 2021-2022 fiscal year forty-seven people were admitted into recovery housing. Seven of those individuals stayed longer than one year. Five of those seven individuals are still currently residing within the J4T recovery house system. Each recovery house retained the majority of their residents on a long-term basis through their supportive recovery house model. All houses have checks and balances that ensures the implementation of expectations that are beneficial to the individual's overall wellness and prosperity.

J4T contributes its success to the fact that the recovery house has a formal welcome process in place and establishes guidelines while connecting individuals to the recovery house. 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 with 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 opened a five-bed female recovery house in January 2020 in Monessen and opened its male recovery house in Monessen in November 2021. These homes create a safe, monitored environment for recoverees with supportive structure to give them optimal opportunities for success and integration back into the community setting. They collaborate with local providers and empower the individuals they serve while making housing affordable and inclusive. During the 2021-2022 fiscal year, Club Serenity's Men's House had sixteen residents stay under a year and three stay longer than one year. The Club Serenity Women's House had thirty-four residents stay under a year and four stay longer than one year. Club Serenity has a house manager onsite at each home who will assist with oversight and implementation of expectations that are beneficial to the individual's overall wellness and prosperity.

## **DRUG COURT**

The Drug Court operated at 90% capacity, even during the ongoing Covid-19 pandemic of the 2021/2022 fiscal year. Drug court weekly team meetings continued to occur virtually, while weekly drug court sessions occurred both virtually and in person. Staffing includes two (2) drug court case managers and four (4) CRS staff with mixed caseloads of Drug Court and Community clients. The case managers work with the CRS staff, probation and judges cohesively to navigate clients through all levels of treatment care, as well as addressing client barriers to treatment and recovery. The case managers also support the CRS staff in helping clients build a strong recovery base, thereby reducing recidivism. During the 2021/2022 fiscal year, a total of 71 individuals received CRS and case management services.

There was one larger Drug Court Community Service event in the Fall of 2021 which addressed beautifying the grounds at the Youngwood Park-N-Pool. The event was well attended by the drug court client volunteers and their families.

There were 12 Drug Court graduates during the fiscal year with most being in person Drug Court graduation ceremonies. All case management and CRS services were provided primarily through telehealth.

## **Naloxone Distribution**

WeDAC continues to act as the Centralized Coordinating Entity (CCE) through a Pennsylvania Commission on Crime and Delinquency (PCCD) Grant and provides naloxone for individuals, families, businesses, first responders, the faith-based community and other entities upon request. WeDAC also provides, upon request, free training for overdose prevention and assists with company policies. WeDAC 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 2021-2022 fiscal year, 17 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. Additionally, two train the trainer course were conducted for Westmoreland Community Action and the Westmoreland Presbytery leadership to become approved trainers on behalf of the Westmoreland Drug and Alcohol Commission, Inc. WeDAC continues to partner with any organization or stakeholder who acts as WeDAC's approved trainers and provides overdose prevention trainings and dispenses the SCA's naloxone. Please note, all in-county treatment providers were offered overdose prevention kits for distribution to clients and WeDAC distributed kits to all willing providers. Training is offered via zoom or in person upon request for anyone in need.

On an annual basis naloxone is distributed by WeDAC to the following entities: law enforcement, school districts, Juvenile/Adult Probation, Westmoreland County Children's Bureau, Drug Court, Alternative Living Solutions, community members, local fire departments, local drug and alcohol treatment facilities, Medicated Assisted Treatment providers, Recovery Community Organizations, homeless shelters, local businesses, local libraries, funeral homes, grass roots organizations, local churches, Recovery Houses, UPMC St. Margaret, group homes, local ministerium's, The Excelsa Hospital System, families of individuals in active addiction or recovery, Head Start and Westmoreland Case Management and Supports Inc., among others.

During the 2021-2022 fiscal year, WeDAC distributed 3,622 naloxone kits in Westmoreland County which was almost a 25% increase over the 2020-2021 fiscal year.

The kits were distributed as follows: 1,444 community members/organizations; 789 treatment providers; 53 kits to the Excelsa Hospital System; 302 kits to local school districts; 311 kits for mail-in and 723 kits to first responders and law enforcement.

In 2021-2022 the SCA provided 10 NaloxBoxes to Drug and Alcohol Outpatient and Inpatient Treatment Providers, Recovery Houses and Case Management Services & Recovery Supports.

The purpose of the emergency kit, NaloxBox, is that it makes Naloxone publicly available to bystander rescuers. NaloxBoxes allow access to naloxone, a life-sustaining medicine and rescue breathing masks to prevent brain damage or death while waiting for an ambulance in the event of an overdose. It is another public tool being utilized to minimize the impacts and death from the opioid epidemic. The design is simple and is aimed at making the drug available, quickly. Each box displays a red logo on a clear plastic door to make the box recognizable without obscuring the contents. It is typically kept with an AED, CPR kit or Fire Extinguisher as it is intended to address emergencies.

### **Student Assistance Program**

WeDAC collaborated with Westmoreland County Behavioral Health and Developmental Services to promote the importance of prevention and intervention through the Student Assistance Program (SAP). The program operates within 17 school districts in Westmoreland County, utilizing SAP Liaisons through Westmoreland Case Management and Supports Inc. (WCSI), and the SCA's Subcontracted D&A SAP Case Managers. During the 2021-2022 fiscal year, 1,170 SAP liaison assessments were conducted. Of those assessments, four (4) were identified as drug and alcohol and 15 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 77 disciplinary drug and alcohol referrals and 18 through the SAP process itself. Of these referrals, 114 individuals had some type of drug and alcohol level of care assessment by the drug and alcohol SAP case manager. 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 Westmoreland Drug and Alcohol Case Management Unit's greatest accomplishments for Fiscal Year 2021/2022 include the following: A strengthened partnership with Excelsa Health with the Warm Handoff process in assisting clients with accessing treatment services directly from the three Excelsa hospitals within the county; creation of a new Community Based Care Management (CBCM) service for individuals who have high substance use and/or high co-occurring needs who seem to 'slip through the cracks' of both the substance use and mental health service systems. This is usually due to the need for intensive support services and assistance; lastly an increased communication process with Westmoreland Adult Probation, residential treatment facilities and the case management unit regarding individuals paroled to Jail Residential facilities directly from incarceration at the Westmoreland County Prison.

The Case Management Unit provides a continuum of care approach for supporting clients before, during and after treatment. All services are community based, jail based, school based, hospital emergent care and in-home based which includes the following services:

- Level of Care Assessments (LOCA) which involves screening, referral, and linkage of individuals to detoxification, residential, MAT and other treatment services 24/7, 365 days a year.
- Coordination of Services which addresses non-treatment needs which are barriers to accessing treatment services
- Certified Recovery Support (CRS) services in which recovering trained peers give experience, strength and hope to individuals throughout their recovery journey
- Community Engagement Services in which recovering staff provide in-home initial intervention and engagement for individuals who have received first responder interventions due to an overdose or substance related medical intervention. The Community Engagement Team (CET) also engages and re-engages individuals who have dropped out of treatment services or failed to follow through with emergent care services such as detoxification or residential services.
- Community Based Care Management (CBCM) services which are in-home intense support services for high substance using/co-occurring individuals with extensive non-treatment barriers to treatment or treatment retention.

All the above staff work together to problem solve cases, offer suggestions, and wrap the clients with appropriate care and resources. This collaborative team approach of Case Management/CRS/CET/CBCM assists clients in becoming more engaged in treatment and remain in treatment services.

Additionally, D&A Case Management and CRS respond collaboratively 24/7 Afterhours/On Call to provide a more comprehensive and consumer friendly engagement and support process for clients and families calling after hours to access detox/residential services.

During the 2021/2022 fiscal year, the Case Management Unit completed 669 assessments, facilitated referrals of 621 individuals to treatment services and conducted 1249 screenings. Out of the 669 level of care assessments, 102 individuals were persons who injected drugs (PWID), 102 were overdose survivors, eight were pregnant women who used substances, 46 were women with children and 11 were veterans. These populations are identified by the state as priority populations with emergent care needs and immediate response.

The Case Management Unit assisted 446 individuals with non-treatment needs through the provision of Coordination of Services. Some of these needs included assisting clients with transportation, housing, legal problems, childcare, employment, and medical appointment linkages and follow up.

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 church events, five National Night Out events, Juvenile Probation Family Fest, MedMark Family Night, Mon Valley Opioid Coalition, Presbyterian Ministerium, National Drug Take Back Events throughout the county, Drug Overdose Awareness events throughout the county, Penn

Trafford Community Coalition, Scottsdale Abundant Life Community Coalition and numerous Narcan training events.

Case Management continues to be actively involved with the following community coalitions: Mon Valley Opioid Coalition; Penn Trafford Community Coalition; Redstone Presbytery in Greensburg; Scottsdale Abundant Life Faith Based Substance Use Coalition; and the Faith Based Scottsdale Virtual Service of Hope. Through these coalition partnerships, the Case Management Unit continues to promote access to treatment and recovery support services while advocating to end stigma.

Overdose prevention trainings (Narcan) continue to be provided at public housing complexes, community organizations, treatment providers, individuals, and families. WeDAC continues to provide free naloxone kits to the recipients of any overdose prevention training.

### **The Community Engagement Team (CET)**

The CET's approach focuses on meeting individuals' 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 individuals to assist with initial engagement, assessment, assisting with non-treatment needs or even transportation to a local treatment facility. CET will initiate medical assistance linkage while on site with individuals in addition to providing active support to individuals, their families and other loved ones, as well as offering engagement services even when individuals are not ready for treatment to build a rapport and break down any barriers.

In 2021-2022, the CET staff continued providing services to the high-risk, complex individuals through engagement, motivational strategies, harm-reduction, community-based intervention, peer support, crisis management and linkages to drug and alcohol treatment, or any additional formal or informal support.

Resource lists are dispersed in addition to CET walking with the individual in need and coordinating resources directly via in person or telephonically. Individualized interventions are tailored to the individual in need and are utilized to give the individual the best opportunity possible for a successful recovery.

From July 1, 2021, through June 30, 2022, the CET team received a total of 108 referrals. Of all the referrals, 88 were D&A Case Management/CRS referrals and 15 were EMS referrals. There were a total number of 76 individuals that accepted treatment service, referral and linkage.

### **CERTIFIED RECOVERY SPECIALIST (CRS)**

During the past year, CRS community services continued to expand, and the staff met with individuals throughout the community in more than 50+ 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 individuals and families upon request and disseminate WeDAC's free naloxone kits. CRS also continues to partner with D&A Case Managers to address after-hour individuals who are calling to access detox/residential treatment services. D&A Case Managers will conduct a screening and bed search, while CRS staff reach out to the individual and their family to provide hope, strength and encouragement for accessing treatment services and starting their recovery journey.

The CRS supervisor and staff provided 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. Some of the community events which CRS spearheaded or participated in are as follows: Overdose Awareness Day Memorial Garden creation at Frick Park, Mt. Pleasant, PA; Two Crisis Intervention Training events for First Responders at the Allegheny Township Municipal Building (21 first responders) and the Fred Rogers Center in Latrobe (23 first responders); a faith-based recovery service in Scottdale through the Abundant Life Coalition; and the Scottdale Community Days event.

CRS staff are unique in that they are in recovery and can speak from experience when helping individuals in establishing the framework for recovery. 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 such as faith-based, Celebrate Recovery, SMART Recovery or Refuge/Dharma Recovery. Other CRS staff chose a recovery pathway which included support of MAT (vivitrol, Suboxone/Sublocade, methadone), and some CRS utilized a pathway which was a combination of support approaches. CRS staff represent a broad range of backgrounds which include but are not limited to, differing genders and sexual orientations, varying age ranges, secular and non-secular individuals, and individuals with a past experience of a myriad of substances use. The varied backgrounds of CRS staff provides the opportunity to "match" clients appropriately to CRS staff with whom a person can relate.

CRS staff have the lived 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.

## **TREATMENT**

### **Allied Addiction Recovery, LLC (AAR)**

AAR, LLC was chosen as a Mission Critical Provider throughout the Covid19 Pandemic. They maintained the provision of services as "normal" during the entire period of the shutdown and augmented services adding telehealth and increasing flexibility in the provision of services to accomplish their mission of "Transforming Lives". Their staff and clients grew in too many ways to adequately express themselves as they met each obstacle as a challenge to overcome. AAR, LLC 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, LLC offers Medication Assisted Treatment (MAT), such as Suboxone, Sublocade 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. Noticing a dramatic increase in the need for Mental Health services over the past year, AAR, LLC has launched



outpatient services for Mental Health, MH Bridge Medication, Gambling Treatment and Forensic services. AAR, LLC is Transforming into a full-service treatment provider.

### **Axiom Family Counseling**

Axiom Family Counseling Services is located in both Jeannette and New Kensington within Westmoreland County. Both offices are dually licensed offering both mental health and addiction services. With the current overdose rates skyrocketing, Axiom has developed programs to allow for immediate entry into treatment. Axiom has implemented the “Open Door” policy at all its facilities. The Open-Door policy allows anyone suffering from addiction to just “walk in” to their facility and we will begin treatment immediately. If the individual is suffering from an opioid addiction, the individual is assessed by a prescriber that day and MAT services like Suboxone or Vivitrol will be started. This allows for immediate stabilization to prevent overdose.

### **CLEAR DAY TREATMENT CENTER**

Clear Day Treatment Center increased their capacity for detoxification services from 14 beds to 21 beds. They continue to maintain 56 beds for residential treatment services.

Over the past three years, Clear Day and MedMark have spearheaded a community resource event that has helped other agencies know the many community-based resources available in Greensburg and the surrounding areas. They continue to work with MedMark and RHJ Hunker to allow individuals to continue their Methadone pharmacotherapy while in treatment and continue to allow individuals to be prescribed Suboxone while in treatment and arrange for follow up after discharge. For individuals who are interested in other forms of pharmacotherapy such as Vivitrol and Sublocade, they provide these medications prior to discharge and establish follow up for their next injection in the community.

In 2012-2022, Clear Day and SPHS Drug and Alcohol Case Management Unit continued to collaborate providing Enhanced Case Management Services for patients in the Greensburg Area. Clear Day continues to work hand-in-hand with Central Outreach on a weekly basis to provide Hepatitis C, HIV, and STD testing, treatment and education, as well as other preventative services.

### **GATEWAY GREENSBURG**

Gateway Greensburg has continued to offer its patients the flexibility and choice to receive their treatment in person, via telehealth, or with a combination of in person and telehealth treatment, to ensure all Gateway patients receive individualized treatment tailored to their unique needs. Gateway Greensburg also added a psychiatric nurse practitioner to its staff, which has been an important component in supporting the mental health needs of its many co-occurring patients. Gateway Greensburg also continues to offer medication assisted treatment, including Sublocade (injectable buprenorphine), in addition to oral buprenorphine and oral/injectable naltrexone.

### **GATEWAY WESTMORELAND**

Gateway Westmoreland has 10 detox beds and 21 rehabilitation beds; however, they also can flex their detox beds as needed. They also continue to make strides in the programming offered. Patients have accessibility to MAT options, NA/AA meetings, Recreational Therapy, external resources and much more. Gateway Westmoreland utilizes Cognitive Behavioral Therapy, Motivational Interviewing, Twelve Step Facilitation Therapy, and Dialectical Behavior Therapy.

## **MEDMARK TREATMENT CENTER**

MedMark Treatment Centers specializes in providing opiate addiction treatment in an outpatient setting. The clinic in Greensburg, Pennsylvania offers methadone and buprenorphine maintenance, along with substance abuse counseling and a range of other resources to help patients overcome their dependence on opioids. MedMark believes in taking a whole-patient approach to treatment

## **OUTSIDE IN**

Pathway to Recovery's Level 1.0 Outpatient care serves adolescent and adult clients. The program offers services in collaboration with local school districts through the Student Assistance Program. School Based Substance Abuse Treatment is offered with a foundation in Motivational Interviewing and Stages of Change. The school-based therapy program strives to meet the clients where they are and help them to determine where they want to be and how to achieve those goals. The program also offers the region's only evidenced based adolescent substance abuse treatment program, Multidimensional Family Therapy (MDFT). MDFT works to create change within the hearts and minds of youth, in how parents relate to and influence their children, in how the family solves problems and loves one another and in the family's interactions with school, juvenile justice and their community.

Pathway To Recovery's Level 3.5, clinically managed, high-intensity, residential program is designed as a two-tract program for adolescent males, between the ages of 12 and 20, who need a safe and stable living environment in order to develop and or demonstrate recovery-based skills. This includes those with social and/or psychological challenges where treatment in a therapeutic community promotes a recovery orientation focusing on the whole person and overall lifestyle changes, not simply abstinence from drug use; individuals are assisted to examine their personal behavior to assist them in development of more pro-social and to engage in self-evaluation that reflects honesty, taking responsibility, and a willingness to learn.

## **RHJ MEDICAL CENTER**

RHJ Medical Center make it a priority to treat clients with the utmost dignity and respect. Their philosophy is that addiction is a disease, and they view those suffering from addiction as having an illness. It is their intention to assist every client in stabilizing functioning through the use of pharmacological therapy in order to obtain a "drug free" lifestyle. They realize that freedom from all drugs is not possible for everyone, but they are committed to view each client as an individual with individual needs determined by a specific set of life circumstances. Understand that the natural history of opioid addiction is altered by time and history. They do not place time limits on treatment; however, clients are evaluated in order to determine present level of functioning, course of treatment, and future goals.

## **SPHS DRUG & ALCOHOL TREATMENT**

SPHS has four locations in Westmoreland County which are located in Greensburg, Latrobe, Monessen and New Kensington. Due to the critical nature of their services, telehealth was continued in the beginning of the 2021-2022 Fiscal Year to ensure services were accessible for those individuals seeking treatment. They piloted a new video telehealth platform and expected to exclusively utilize this platform when feasible.

In July of 2021, Outpatient Directors met to discuss challenges faced by outpatient programs and issues were reported during the monthly Director meeting. The challenges identified were:

- Staffing issues including qualified clinicians applying for open positions
- Service Delivery/Referrals and managing the influx of referrals from acute settings including hospital discharges
- Trainings
- COVID-19 Pandemic

The agency recognizes these challenges and continues to work with individual staff during the weekly supervision and quarterly group meetings to enhance staff's skills to provide a quality service that is compliant with the regulatory and billing standards. The hiring team has been notified and have been actively recruiting potential qualified staff. New internal training programs are being developed and will be implemented during the 2022-2023 Fiscal Year.

MAT is now being offered at all SPHS outpatient treatment facilities. All facilities also have Narcan on site for use and distribution. In addition, SPHS Treatment have implemented an expressive arts therapy program in their Greensburg location and hope that the expressive arts therapy will benefit individuals who have historically struggled with traditional talk therapies.

## **PREVENTION**

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

- Saint Vincent College Prevention Projects (SVCPP)
- Monessen Communities That Care
- Monessen Family Center
- Wesley Family Services

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. WeDAC was awarded the DFC grant for years six through ten starting January 2021. The grant normally runs year to year from October 1—September 30, however, due to COVID-19 the grant period began January 1, 2021. To recognize the efforts of the Coalition throughout the grant, CSAY held a coalition recognition luncheon on September 24, 2021.

The Council on Substance Abuse and Youth has numerous members from across Westmoreland County, who are dedicated to the mission and vision of the coalition. The coalition has continued growing 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. Jeannette High School also started their own CSAY youth group helping to spread prevention messaging peer-to-peer.

CSAY held its second annual Prevention Conference on October 1, 2021. Approximately 120 individuals were in attendance including twenty-eight organizations that provided resources to attendees and presenters.

WeDAC held its first Veteran's Conference on May 12, 2022, immediately followed by a Veteran's Resource Fair. The conference audience were professionals who work with veterans. The goals of the Veterans Conference were to identify evidence-based treatment options for Veterans with substance use disorders, explain patient-centered strategies used to promote, engage and follow through with treatment options, define Moral Injury as it relates to service members, and learn about VA and Community services that can help Veterans connect with services to help with SUD as well as mental health issues. This proved to be a successful event and we plan to continue with events and activities focused on helping veterans who are affected by substance use disorder.

Through its partnerships with various police departments and first responders in Westmoreland County, WeDAC collaborated to hold three National Night Out events. Mt Pleasant Night Out was held on August 9, 2022, Northmoreland Night Out August 3, 2022, and Mon Valley Opioid Coalition Night Out August 2, 2022. All the events were very successful.

The Pennsylvania Youth Survey (PAYS) was implemented in the Fall of 2021 and results were published in June of 2022. The information from the PAYS will aid in writing for grants and assessing program needs in the county. WeDAC Prevention staff disseminated the results to key stakeholders within Westmoreland County.

CSAY held the sixth annual Westmoreland Youth Summit on February 18, 2022, with 12 schools in attendance.

WeDAC provides technical assistance and resources to local coalitions to aid in their efforts. WeDAC is an active participant on the Abundant Life Task Force and the Penn Trafford Citizens for Drug Awareness coalitions.

The WeDAC Prevention Department staff attended several health fairs and senior expos at the beginning of the 2021-2022 fiscal year to disseminate information including the distribution of pill pods and 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 and followed-up by going into the community to find people wearing red ribbons and recognized them for their participation.

Throughout 2021-2022, evidence-based prevention services, such as Too Good For Drugs were implemented at after-school programs in collaboration with the Westmoreland County Housing Authority (WCHA) family sites. WeDAC staff also implemented evidence-based services in WCHA senior housing as well.

Another avenue of information dissemination is the WeDAC and CSAY Facebook pages and the always updated WeDAC website. Many people rely on the internet for information, and this has been an avenue to share the newest articles and laws that have been passed, as well as to advertise events the SCA or its partners are hosting. The WeDAC website has become very user friendly and easy for all staff to update. The SCA has also utilized digital billboards and digital ads to disseminate information and spread awareness of the dangers of substance use.

## **Saint Vincent College Prevention Projects**

In 2021-2022 Saint Vincent College Prevention Projects provided several evidence-based programs to most school districts across Westmoreland County.

- Project ALERT
  - Delivered in 14 school districts that included 15 school buildings reaching 1,465 students in grades 6 or 7.
- Project ALERT Boosters
  - Provided to 1,304 students in grades 7 or 8 in 13 districts in 14 buildings.
- Too Good For Drugs
  - 15 districts were provided, reaching 3,543 middle and high school students.
  - 17 school districts implemented the elementary program reaching 1,670 students in grades 4, 5, & 6.
- High School Special Tough Topics
  - 10 districts were implemented, reaching 4,103 students.
- Realistic Education About Life (REAL)
  - 679 days of programming in all 17 public school districts and 4 private schools, seeing 12,700 students.
- Foundations Preschool Program
  - Delivered in 3 school districts and 1 private school seeing approximately 225 students.
- Tough Topics Presentations
  - Provided to 4 schools: 3 private schools, and 1 specialized school.
- We Know BETter
  - We Know BETter gambling prevention program delivered in 3 school districts reaching 256 students.
- Youth Gambling: An Awareness Prevention Workshop – Level I
  - This special 1 lesson presentation was provided in 2 school buildings and reached 209 students.
- Stacked Deck
  - The gambling prevention curriculum Stacked Deck was held in 2 school districts for 175 students.
- Other Projects
  - In Plain Sight – A Teen’s Bedroom Project was presented to educators, parents, and caregivers across Westmoreland County.
  - Gambling Prevention and Awareness Programs facilitated included 13 gambling presentations to various population groups.
  - The Radar Center distributed over 17,000 pieces of materials in Westmoreland County.
  - Participation in numerous alternative activities across Westmoreland County.

### **Student Assistance Program (SAP)/Intervention Services**

- Fourteen school districts utilized the services of the SAP Drug and Alcohol Case Manager from August 2021 – June 2022.
- 1,170 SAP liaison assessments were conducted. Of those assessments, four (4) were identified as drug and alcohol and 15 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 77 disciplinary drug and alcohol referrals and 18 through the SAP process itself. Of these referrals, 114 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:
  - 58 Outpatient
  - 8 School-Based Group
  - 2 Non- hospital Inpatient
  - 3 Community Based Group
  - 3 Other Treatment
  - 6 Early Intervention
- **KidSuccess**
  - Curricular groups that incorporate coping skills, decision-making skills, peer pressure and refusal skills, and social skills in an eight-week curriculum format that includes activities, videos, and discussions.
  - KidSuccess, provided via a small group format for identified students in Grades 3-6, occurred within 2 school districts.
  - There were 2 KidSuccess groups during the 2021/2022 school year with 15 students total being able to participate.
- **Project Success**
  - Intervention Specialists primarily work with adolescents' grades 7-12 individually and in small highly interactive groups, conduct prevention/education discussions and programs, and provide follow-up with students and their families.
  - Project Success groups were provided in 2 school districts.
  - There were 8 Project Success groups provided during the 2021/2022 school year reaching a total of 58 students.
  - Individual support through Project Success was provided to 6 school districts and 2 Career and Technology Centers. A total of 136 students were able to receive this service.
- **Not On Tobacco (NOT) Program**
  - Intervention Specialists work with primarily 10-12<sup>th</sup> grade students to assist them in their goal to reduce or quit nicotine use. Small, highly interactive groups are conducted to educate students on the impact of tobacco use and identify motivation to quit.
  - NOT groups were provided in 1 school district and 1 Career and Technology Center. There was a total of 4 NOT groups provided during the 2021/2022 school year reaching a total of 11 students.

## **Monessen Communities That Care**

Celebrating their 20-year anniversary, Monessen Communities That Care (CTC) has continued to serve as the community delinquency prevention coalition in Monessen School District. Ongoing success of our efforts always relies on committed key leaders, prevention program partners and community stakeholders. Monessen CTC and Monessen Family Center have co-facilitated monthly community collaborative board meetings with a primary goal of increasing community awareness, investment and engagement. Their mission is always to invest in and impact on young lives to become better supported, mentored and prepared to make healthy life choices.

Due to previous outreach restrictions related to Covid, significant efforts were made to regain lost time and accomplish the objectives detailed in their **Community Action Plan (Phase 5)**. Following the CTC 5 phase structure, Monessen CTC members also pressed on to strengthen their board's operating capacity by electing a new Board President and hosting the **Community Board Orientation** for newly recruited members (*Phases 1 and 2*). Other important operational progress included the hiring of a part time Youth Program Coordinator and establishing Risk and Resource Assessment Workgroups to evaluate the 2021 PA Youth Survey data for Monessen School District. This was done to update the **Community Profile** that guides the delinquency prevention efforts (*Phase 3*). Results of these workgroup sessions are posted below.

### **Prioritized Problem Behaviors/ Risk & Protective Factors (2021 PAYS)**

**Problem Behaviors** – Substance Abuse / Violence / Depression & Anxiety

#### **Prioritized Risk Factors**

- Low Neighborhood Attachment (Community Domain)
- Parental Attitudes Favorable Toward Antisocial Behavior (Family Domain)
- Low Commitment to School (School Domain)
- Depressive Symptoms (Individual/ Peer Domain)

#### **Prioritized Protective Factors**

- Community Rewards for Prosocial Involvement (Community Domain)
- School Opportunities for Prosocial Involvement (School Domain)
- Family Rewards for Prosocial Behavior (Family Domain)

The evidence-based **Positive Action Program**, recommended in the Resource Assessment, showed significant outcomes related to prioritized risk/protective factors. Monessen CTC has continued its partnership with Monessen School District, Penn West – Cal (California University of PA) and Monessen Public Library to complete Year 2 of implementing Positive Action. The focus of the guided lessons is social emotional learning with Monessen Middle School students. Weekly classes are offered throughout the school year and summer months in after school settings. Administrators from Penn West-Cal. diligently provide program coordination, fiscal management, and recruitment/ supervision of interns as program facilitators. In addition to facilitating Monessen CTC Board meetings and workgroups, the Monessen CTC Mobilizer also helps with coordination of these positive youth development / outreach efforts:

**Monessen Youth Commission** – Monessen CTC members and adult community volunteers conducted monthly disposition sessions and mentoring activities with youth referred by the Department of Westmoreland County Juvenile Probation and the local District Justice. Fifteen Monessen youth were mentored by commission members to complete their disposition plans during this fiscal year.

**Monessen CTC Youth Council / Team Humanity Projects**– this Monessen High School student group serves as an important part of the Youth Outreach subcommittee of the Monessen CTC board. Thirty Youth Council/ Team Humanity members participated in weekly planning meetings and year-round activities with a focus on leadership training, peer education outreach related to substance use and violence, career preparation/ exploration and community service-learning projects. Two unique Team Humanity projects focused on a Teen Mental Health / Graphic Design and Social Messaging Campaign as well as Drone Video Technology. Eight Youth Council members are now 2022 high school graduates and were each awarded a \$250 scholarship at a special recognition luncheon.

**Monessen Youth and Young Citizens Board** – In collaboration with the City of Monessen, five Monessen High School students have joined in the meetings and efforts of this newly formed board. Opportunities have been given for student input and involvement with community outreach in order to promote youth citizenship as well as increase community opportunities for prosocial engagement.

**Blues Evidence-Based Program** – Four Monessen CTC and Monessen Family Center staff have attended the 2-day training for this research-based program to be offered to referred Monessen high school students with depressive symptoms. Blues is shown to effectively use cognitive behavioral strategies, in six weekly discussion group sessions, during the school day. This is in response to the high levels of anxiety and depression reported in the 2021 PA Youth Survey for Monessen School District.

**Additional Youth Outreach Collaborations** - Throughout the year, Monessen CTC has partnered with several other youth-oriented outreach initiatives sponsored by local and county-based organizations such as the Council on Substance Abuse and Youth, through the Westmoreland Drug and Alcohol Commission, Mon Valley Opioid Coalition, Westmoreland Juvenile Probation, St. Vincent College Prevention Projects, Seton Hill University, Step Up Westmoreland (WIU), Outside In and the Private Industry Council of Westmoreland/ Fayette Counties.

Monessen CTC has benefited greatly from the funding support of the Westmoreland Drug and Alcohol Commission. Their committed and consistent support of our efforts has provided for our staffing, operations and programming.

Additionally, Monessen CTC is now honored to join four other Westmoreland County non-profits in a 15-month capacity building pilot project sponsored and facilitated by the Community Foundation of Westmoreland County and Penn State University.



### **ParentWise Program of Wesley Family Services (WFS)**

The Incredible Years Program (IY) is a fifteen-week Blue- Print evidence-based program offered to parents and caregivers of children ages 2-10 years. IY provides a meal and a stipend to help with transportation and childcare needs. The IY Program seeks to increase protective factors such as positive, nurturing, developmentally appropriate parenting skills, parent support for child(ren) social, emotional, and academic development, parent support networks, parent partnerships with teachers/schools and parent effective communication skills, anger management and problem solving. The IY Program helps to mitigate risk factors such as: ineffective parenting skills, low monitoring, numerous stressors (negative life events, socio-economic disadvantage, and isolation), low parent involvement with schools/teachers as well as child biological factors (developmental delays, ADHD, cognitive, language). Long term outcomes for children include: less drug and alcohol abuse, less antisocial or destructive behavior, less criminal involvement, and less depression. During the 2021/2022 year, WFS offered the IY Program in three different series and served 41 parents/caregivers. Of the 41 participants, 23 completed the fifteen-session class. Outcomes include:

- 55% of the participants decreased their use of harsh discipline
- 65% of the participants decreased their use of inconsistent discipline
- 55% of the participants increased their use of appropriate discipline
- 60% of the participants increased their use of positive parenting
- 55% of the participants increased their use of clear expectations with their children

**The Strengthening Families (10-14)** is another evidence-based program focused on increasing protective factors in families with middle school aged children. The program includes both parents/caregivers and their children. The program is seven weeks in length and provides a family meal and a stipend to help with transportation and childcare needs. The SFP (10-14) Program helps to increase positive and effective communication, promotion of healthy beliefs and values, setting clear boundaries, pro-social norms, family bonding, practice in peer pressure refusal skills and connection to education. The SFP Program reduces risk factors such as family conflict, negative peer pressure, antisocial behaviors, inconsistent discipline, favorable attitudes to substance abuse, and poor family management. Outcomes show less alcohol and drug use (postponing the initiation of use), less destructive and harmful behaviors, and more positive connections with family, school, and community. During the 2021/2022 year, WFS completed the SFP (10-14) Program virtually one time and served three parents/caregivers and three youth. Two parents and one child successfully completed.

**The Triple P (Parents of Teens) Program** is also an evidence-based program focused on strengthening the relationships between parents and teens. The program is eight weeks in length and is offered virtually. Protective factors include positive parenting practices that are consistent and nonviolent, increased attachment and connection between parents and teens, effective communication, and age-appropriate behavior expectations. Triple P helps to reduce risk factors such as family conflict, harsh or violent discipline, poor family management, aggressive or rebellious actions, and attitudes favorable to anti-social behavior. Outcomes include Improved parent -teen relationships, less family conflict, clear expectations of family values and standards of behavior, less stress, anxiety and depression, reduced substance abuse and criminal activity, and stronger connections to family, school, and community.

During the 2021/2022 year, WFS offered the Triple P Program three times and served 19 parents/caregivers. The completion rate in this program was 89%.

Outcomes include:

- 75% Improved overall parenting practices-
- 92% Improved parental consistency
- 100% Decreased coercive parenting
- 100% Improved positive encouragement
- 83% Improved parent child relationship
- 67% Improved overall family adjustment
- 75% Improved overall parent adjustment
- 92% Improved family relationship
- 83% Improved parental teamwork

**The Families in Recovery Program** is an evidence informed program for parents and caregivers who are in recovery. It is a seven-week program offering a meal and a stipend to help with transportation and childcare needs. The Families in Recovery Program helps parents and caregivers to work through the challenges and experiences common to parents in recovery. The program focuses on identifying strengths, needs and resiliencies while exploring healthy parenting in balance with recovery needs. Families in Recovery promotes healthy parenting, effective communication; healthy coping skills, self-care; working through guilt, shame, and stigma; and developing a plan for family wellness. WFS offered the Families in Recovery Program two times and served 12 parents/caregivers with eight of them completing the program. Participants commented: “My goal is to take care of myself and my children.”, “I want to be a more effective parent, I want to become a better parent through recovery.”

The WFS ParentWISE Program participated in sixteen community events supporting recovery, family, community, and education. The events offer the opportunity to support the community while allowing staff to recruit program participants and create partnerships with other family serving organizations.

## DEMOGRAPHICS

<b>Primary Drug of Choice</b>	<b># of clients</b>	<b>% of clients</b>
Alcohol	213	52%
Heroin	34	8%
Marijuana	56	14%
Other Opiates/Synthetics	60	17%
Cocaine/Crack	20	5%
Methamphetamine	3	1%
All Others	12	3%
<b>Total Clients Served</b>	<b>407</b>	<b>100%</b>

<b>Gender</b>	<b># of clients</b>	<b>% of clients</b>
Male	318	78%
Female	189	22%
<b>Total Clients Served</b>	<b>407</b>	<b>100%</b>
Pregnant Women	2	
Pregnant Women Injection Drug User	1	
Women with Children	8	
<b>Total Pregnant Women/Women with children</b>	<b>11</b>	

<b>Age</b>	<b># of clients</b>	<b>% of clients</b>
Less than 18	20	5%
19-30	73	18%
31-40	113	28%
41-50	70	17%
51-60	79	19%
Over 60	52	9%
<b>Total Clients Served</b>	<b>407</b>	<b>100%</b>

## SCA DEMOGRAPHICS

<b>Referral Source</b>	<b># of clients</b>	<b>% of clients</b>
Legal	145	36%
Drug and Alcohol Provider	63	15%
Self	75	18%
Other	101	25%
SAP/Schools	23	6%
<b>Total Clients Served</b>	<b>407</b>	<b>100%</b>

<b>Race</b>	<b># of clients</b>	<b>% of clients</b>
Caucasian	362	89%
African American	28	7%
Other	13	3%
Hispanic	2	1%
Pacific Islander	1	0%
Asian	1	0%
<b>Total Clients Served</b>	<b>407</b>	<b>100%</b>

<b>Level of Treatment Provided</b>	<b># of clients per service</b>
Hospital detoxification	2
Non-Hospital Detoxification	62
Non-Hospital Rehabilitation	62
Dual Diagnosed Rehabilitation	8
Halfway House	1
Partial Hospitalization	3
Outpatient/IOP/Methadone	314
<b>Total Clients Per Service</b>	<b>452</b>

## HEALTHCHOICES

<b>Level of Treatment Provided HealthChoices</b>	<b># of clients per service</b>
Hospital Based Detoxification	68
Hospital Based Rehabilitation	23
Non-Hospital Detoxification	686
Non-Hospital Rehabilitation	1235
Dual Diagnosed Rehabilitation	210
Halfway House	191
Partial Hospitalization	19
Intensive Outpatient	415
Outpatient	2,324
Methadone	1,065
<b>Total Clients Per Service</b>	<b>6,236</b>

## FISCAL INFORMATION

### COST BY CATEGORY

<u>Activity Code</u>	<u>Activity</u>		<u>Program Expenditure</u>
5100	Administration (including grants and Reinvestment)	\$	838,730.81
5400	Administration/Special Projects	\$	500,000.00
6100	Information Dissemination	\$	248,507.91
6200	Education	\$	945,916.95
6300	Alternative Activities	\$	146,676.45
6400	Problem Identification and Referral	\$	161,983.44
6500	Community Based Process	\$	165,532.56
6600	Environmental	\$	65,397.47
7100	Intervention	\$	205,224.77
823A	Non-Hospital Detox-Medically Monitored Inpatient Withdrawal Management	\$	126,164.18
823B	Non-Hospital-Clinically Managed Medium/High Intensity Residential	\$	297,677.96
852B	Halfway House	\$	12,637.00
834A	Hospital Based Detox-Medically Managed Intensive Inpatient Withdrawal Management	\$	1,532.22
834B	Hospital Based Rehab-Medically Managed Intensive Inpatient Services	\$	0
852A	Partial Hospitalization	\$	4,602.56
861A	Outpatient including MAT	\$	207,241.81
8900	Outpatient Maintenance (Methadone)	\$	55,651.64
861B	Intensive Outpatient including MAT	\$	78,135.56
920E	Emergency Housing	\$	0
920R	Recovery Housing (including Reinvestment)	\$	67,746.92
9100	Case/Care Management	\$	502,565.81
930R	Recovery Support Services	\$	709,666.52
<b>TOTAL</b>		<b>\$</b>	<b>5,341,592.54</b>