

ALTA CALIFORNIA REGIONAL CENTER



Substance Abuse Reduction Program F/Y 2011-2014 – Project Blueprint

Project Manager - John W. Decker, MSW

jdecker@altaregional.org

Project Consultant - John de Miranda, EdM, LAADC

solanda@sbcglobal.net

Project Consultant - Mark Freeman

mark@Freemancd.com

*Funded by a Mental Health Services Act Training Grant administered by the
State of California Department of Developmental Services*



Why was this project developed?

- ACRC found an overwhelming barrier of client's substance use existed that kept clients from participating successfully in their regional center services.
- ACRC found that many of the individuals we served were turned down for treatment due to their cognitive delays and the programs expressed they could not adequately meet our client's needs.
- Research shows that adults with intellectual disability, ACRC's largest demographic, use alcohol and other drugs at somewhat lower rates than nondisabled adults. However, those individuals may have a disproportionately high risk of encountering substance-related problems or consequences.



Project Deliverables

A funding opportunity to address a longstanding gap in services through the Mental Health Services Act

Deliverables:

Community Steering Committee (MHSA Joint Taskforce)

Training for alcohol/drug providers

Training for Regional Center Service Coordinators

Training for Regional Center vendors (developmental disability professionals)

Project Deliverables (continued)

Creating New Services:

Outpatient Treatment - *Strategies for Change*

-Expanded funding for an existing Medi-Cal program. Added opportunities for more sessions and home visits for ACRC clients. Provided funding for additional training of staff and facility improvements

Peer Recovery Mentors – *Mexican American Addiction Program* – ACRC funding for the training and oversight of our clients that are in recovery to serve as mentors to those that in need of substance use treatment.

Vendorizing Alcohol/Drug Providers – *Bridges Professional Treatment*

Project Deliverables (continued)

National Publications

Addiction Services for Persons with Developmental Disabilities
Alcoholism and Drug Abuse Weekly


Adapting Addiction Services for People with Developmental Disabilities
Addiction Professional

The Future

Sustaining the effort – developing permanent internet-based training modules for AOD professionals and for those that work in the developmental disability service system.

Development of Web Based Trainings

- Mark Freeman Consulting Sacramento, CA






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Menu Notes Resources

- Training Program Introduction
- Course One – AOD Service Providers**
- Getting Around This Course
- Origins of the Collaboration Initiative
- ▼ Course Introduction
 - Course Introduction
 - Purpose of this Online Course
 - Course Organization
 - Course Learning Objectives
 - Persons with a Developmental Disability
- ▼ Lesson 1: About Developmental Disabilities
 - Lesson Introduction
 - Definition of "Disability"
 - Definition of "Developmental Disability"

Substance Use Disorder Services for Clients with Developmental Disabilities



Course One: Improving Substance Use Disorder Services for Clients with Developmental Disabilities



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Collaborative Efforts

(the key to making this work for you)

Getting Started

- Participation in Sacramento County Alcohol and Drug Executive Director's Meeting. - Spring 2012

Got buy in from Executive Director's of local AOD agencies. The Executive Directors shared their desire to implement a training program for their staff relating to individuals with developmental disabilities receiving AOD treatment. The executive directors overwhelmingly agreed to participate in a needs assessment interview at their agency.

- In-person needs assessment interviews with 11 AOD agencies. – Summer 2012

Agency staff indicated they currently serve individuals with developmental disabilities. They had little training about this population and were eager to have their staff trained on working with clients with them.

Collaborative Efforts (continued)

- Participation of community partners in MHSA Joint Taskforce – Summer 2012 - Ongoing

Quarterly meetings held at Alta California Regional Center with agenda items surrounding the development of the training materials and discussing cross-disciplinary issues. Average attendance at the Joint Taskforce is 17 professionals with nine different non-regional center vendored community alcohol and drug treatment agencies attending.

Products Created:

- Resource manual, modified 12-steps, screening and brief intervention materials, case scenarios
- Agency alcohol/drug model policy

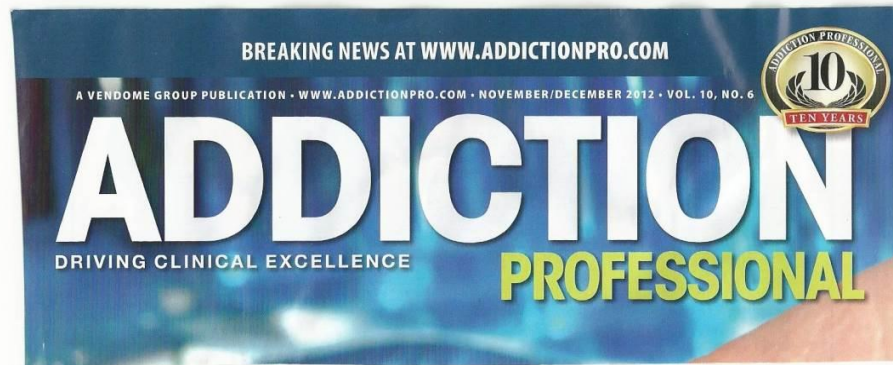
Spreading the News Professional Articles

ACRC was lucky to have our consultant John De Miranda as a frequent contributor to national addiction publications. He was able to highlight the project in his articles.

ALCOHOLISM & DRUG ABUSE WEEKLY

News for policy and program decision-makers

Access this content and more online! Go to alcoholismdrugabuseweekly.com/createaccount and log in with your subs ref #, shown on the mailing label.





Testimonial from Addiction Professional

“...Utilizing the training our staff received as well as the special screening questionnaire, we are now able to identify these clients from the start and make sure that their treatment plan is geared for their success. Our staff was quickly receptive because now they had tools with which to help these clients, rather than the frustration of learning, perhaps too late, that they needed a slower pace and simpler terms. We were also helped by the fact that several years ago we adopted a treatment curriculum that was aimed at a 3rd-grade reading level, so we were already attuned to the need to keep it simpler.”

- Tianna Roye is the Deputy Director of Bridges Professional Treatment Services in Sacramento. Her agency was the first addiction and recovery provider to seek training and consultation from the project, and she is enthusiastic about the value received.

Community Outreach and Trainings

During the course of the grant **361 community professionals** received training and outreach

- Kaiser Hospital
- Dignity Health
- Sacramento County Ombudsman's Office
- Sacramento County Public Guardian's Office
- Sacramento County Adult Protective Services
- Sacramento County Department of Human Assistance
- Substance Abuse Steering Coalition of Yuba, Sutter and Colusa Counties
- Sutter Yuba Mental Health
- Marysville Police Department
- Sutter County Office of Education
- Placer County Adult System of Care
- Placer County Children's System of Care
- Bridges, Inc. (Inpatient, Outpatient, & STARS Case Management)
- Mexican American Addiction Program (MAAP)
- Sutter Yuba Alcohol and Drug Services
- Sutter County Probation Department
- Yuba County Probation Department
- Golden Sierra Workforce
- WestCare
- Wellspace
- Safety Center, Inc.
- Tahoe Youth and Family Services
- Sierra County Health and Human Services
- 4th & Hope (Walter House Residential Drug Treatment & outpatient)
- CRC Health Group – Treatment Associates
- M.A.A.P.
- Bi-Valley Medical Clinic
- Strategies for Change
- Pathways- Yuba City



ACRC Vendor and Staff Trainings

- Summer and Fall 2013 – Approx. **125 ACRC staff** received training on working with clients that have alcohol and drug issues. Staff were provided with some assessment materials and were acquainted with different treatment modalities.
- Winter and Spring 2014 - Approx. **140 ACRC vendors** (care home, day program, supported living services, independent living services, behaviorists and counselors) received training. These vendors received a similar training to the ACRC staff but also discussed development of agency policies related to serving clients with substance use issues.



What the research tells us

Sample Training Topics

- Persons with MR/DD use less alcohol and illicit drugs than general population
- Alcohol use more likely than illicit drugs even in households with illicit drug use
- Patterns of use/abuse most likely learned from family
- Greater negative consequences from same amount of use



Risk Factors

Sample Training Topics

- Family of origin
- Status transitions
- Use with medication
- Influence of “friends”
- Alcohol not viewed as a drug
- Societal messages and values
- Inaccessible prevention & education services

AOD and DD Service Provider Challenges - *Sample Training Topics*

Shared Provider Challenges

- Limited expertise in each other's field
- Small numbers needing AOD service
- Lack of training and treatment
- Funding restrictions
- System not set up to address shared population
- Mental illness co-morbidity may be 50% and rehab sophistication and needs increase exponentially

DD Provider Challenges

- No clear policies/practices
- Staff AOD issues
- Client choice issues

AOD Provider Challenges

- Funding restrictions
- System not set up to address MR/DD
- Increasing service standardization
- Attitudinal
- Discriminatory policies/practices (medication)
- Architectural issues

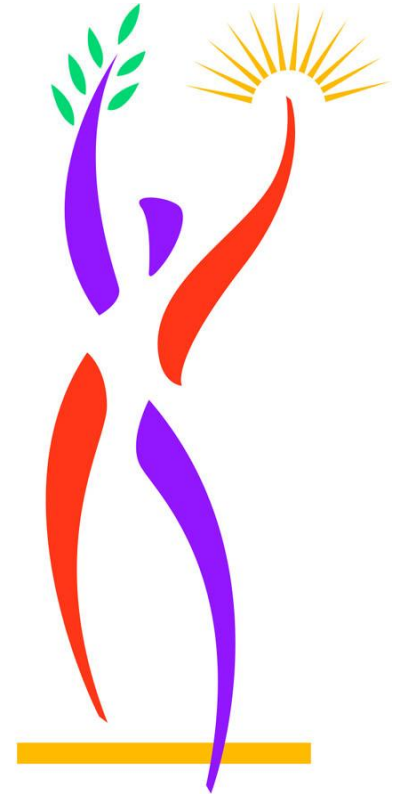


Lessons Learned

- Cross system collaboration is not only possible but welcome
- The incidence of co-occurring (AOD-DD) problems is a significant barrier to successful regional center services outcomes
- Significant activities addressing this problem occur naturally
- Organizational champions are important

Check out the link for more info.

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<http://www.altaregional.org/mhsa-grant>