

Annual Report 2019



Alcohol and Substance Abuse Council of Jefferson County, Inc.

A New Direction

Mission: Working toward an addiction-free community through prevention.

Vision: To reduce the negative impact of alcohol, other drug abuse and addictions in our community by facilitating a unified approach to prevention involving all sectors of our community in the provision of services, education and advocacy.



Programs & Services :

- ◇ Student Assistance Services
- ◇ Impaired Driver Program
- ◇ Information & Referral
- ◇ Community Education
- ◇ Alliance for Better Communities Community Coalition
- ◇ Employee Assistance Services
- ◇ Anchor Recovery Center of NNY

Message From the Executive Director

***"2019 was a year
of unprecedented
growth for Pivot"***

2019 was a year of unprecedented growth for Pivot. We added over \$600,000 dollars of resources, six new programs and seven new positions. The most exciting additions were the introduction of the PAX Good Behavior Game to the north country and the acquisition of a rural opioid planning grant that spans the entire Tug Hill-Seaway Valley Region. In addition, school-based prevention programs were once again expanded, increasing our services to include half-time prevention counseling positions in the Carthage Central and Belleville-Henderson Central School Districts, as well as a one day a week position at the Jefferson-Lewis BOCES Alternative Center for Educational Services. The Anchor Recovery Center of NNY, a peer driven initiative that provides help for those afflicted with addiction and their families, added a new full-time position dedicated solely to working with families. We also acquired an ESPRI-SOR Grant that will fund the rebirth of our "Near East" project. The Near East project was first planned in 2013 but was shelved due to a lack of funding. This project aims to address the harms of substance abuse and associated risk factors, such as poverty, in the most impoverished census tracts in the city of Watertown. We added a new full-time case management position that is housed at the Department of Social Services, working directly with families with substance abuse involvement who are in danger of having their children removed from their households.

We also continued to deepen our collaboration with Seaway Valley Prevention Council and Mountainview Prevention Services through the continuation of our Tri-County Collaborative that continues to explore joint initiatives and an exploration of a formal affiliation to increase our services and improve efficiencies.

While the additional programming in our community afforded us the opportunity to positively impact more people, it has also brought challenges. Although funding for new initiatives were acquired, there was no additional dollars to support our base budget, or administrative resources. This has resulted in a strain on our ability to provide quality supervision and adequate oversight. We attempted to garner resources for an additional program manager, but it fell short, resulting in a need to find a solution with existing staff, which has been challenging.

Bill Bowman

Bill Bowman
Executive Director

A C H I E V E M E N T S

- Added a half-time position providing prevention counseling and evidence-based prevention services in the Belleville-Henderson and Carthage Central School Districts.
- Added a part-time prevention counselor/educator in the BOCES Alternative Center for Educational Services.
- Continued our comprehensive evidenced-based programs Second Step, Life Skills, Too Good for Drugs, Teen Intervene and SPORT across the entire Watertown City School District and General Brown Central School District, and provide limited curricula in LaFargeville, Alexandria, Lyme and Belleville-Henderson Central Schools.
- Gained six new employee assistance program (EAP) contracts and continued to upgrade the EAP product.
- Added the evidenced-based program PAX Good Behavior Game in 39 classrooms in selected K-2 classrooms in Belleville-Henderson, Watertown City Schools, LaFargeville, Beaver River, Copenhagen and South Lewis Central Schools.
- Acquired a Rural Communities Opioid Response Planning Grant from the Health Resources and Services Administration that seeks to create a consortium of stakeholders across Jefferson, Lewis and St. Lawrence counties to develop a comprehensive plan to address the opioid crisis with respect to prevention, treatment and recovery.
- Added a new case manager position at the Department of Social Services working with families who have been involved with either the Child Protective or Preventive Unit and have had a history of substance abuse.
- Gained six new employee assistance program (EAP) contracts and continued to upgrade the EAP product.
- Added the evidenced-based program PAX Good Behavior Game in 39 classrooms in selected K-2 classrooms in Belleville-Henderson, Watertown City Schools, LaFargeville, Beaver River, Copenhagen and South Lewis Central Schools.
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CHALLENGES

As was the case in 2018, the increasing regulatory requirements and unfunded mandates, coupled with our administrative cost decrease to under 15% make successful agency administration challenging. We continue to add new programming, and continued expansion in 2019 is expected, with at least four additional staff expected. In addition, we currently have three grant applications outstanding which will help meet the needs of the community and address prevention gaps, which could result in even more staff. However, this expansion does not include additional administrative resources to oversee these programs and projects, potentially leaving us vulnerable in areas of staff development, supervision and compliance.

Additionally, though we have added several new programs that are all grant driven, which means they are temporary. Sustaining these programs will be an on-going challenge, particularly with the Strategic Opioid Response funds which are released on a year to year basis. For example, the PAX Good Behavior Game which was initiated this school year (2019-20) is funded through a grant that ends on September 29, 2020. It is our intent to continue with the program , but funding mechanisms are unclear.

School-based Prevention Services

In the 2018-19 school-year, Pivot provided prevention counseling and evidence-based curricula to students in eight school districts in Jefferson County. In five districts, (Watertown City Schools, General Brown, LaFargeville, Lyme and Sackets Harbor) prevention services were conducted comprehensively in all buildings, grades K-12. Overall, prevention counseling and evidence-based programming were provided across 19 different school buildings. Students accessed prevention counseling services on a voluntary, and occasionally, mandated basis.

Issues and topics covered in group and individual settings included deployment, social skills, anger management, parental divorce, self-esteem, responsible decision-making, teen awareness, and character education. Evidence-based programs included Teen Intervene, Second Step, Project Success, SPORT, and Life Skills Training. In addition, 247 students accessed prevention counseling services, including one-time office visits.



Dr. Botvin's Life Skills Training was conducted in various grades throughout the following school districts: Alexandria Central School

District, LaFargeville Central School District, the Watertown City School District, General Brown Central School District, Lyme Central School District and Sackets Harbor Central School District. Life Skills curriculum is completed in 8 to 15 group sessions conducted on a weekly basis with between 10 and 27 youth per group.



Project Success (Schools Using Coordinated Community Efforts to Strengthen Students) was conducted at Alexandria Central School District,

General Brown Central School District, Carthage Central School District, and the Watertown City School District in grades 7 – 12. Project Success Curriculum include 2 to 22 group sessions conducted on a weekly basis with between 10 and 33 children per group.

Lifeskills Training

Elementary

Sessions	Participants
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528

1,264

Lifeskills Training

Middle School

Sessions	Participants
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315

309

Project Success

Sessions	Participants
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314

643



SPORT Prevention Plus Wellness

was implemented at Carthage Central School District and General Brown Central School District. SPORT curriculum is conducted in 2 groups sessions with between 6 and 8 students per group.



Committee for Children Second Step

was implemented in LaFargeville Central School District, the General Brown District and the Watertown City School District's elementary schools,

Lyme Central School District and Sackets Harbor Central School District, grades K – 1. The Kindergarten program consists of 25 sessions, while 1st Grade consists of 22 sessions. In each session there are between 12 and 25 students who participate.



Teen Intervene services were accessed by 10 youth in 2019. Referrals for this program come primarily from schools and Jefferson County Probation. It is considered a pre-treatment intervention for

identified youth.



Too Good for Violence In 2019 this evidence-based program was conducted at Ohio Elementary School. The curriculum is 7 sessions, with between 8 and 25 youth per session.

SPORT

Sessions

40

Participants

186

Second Step

Sessions

1,410

Participants

1,135

Teen Intervene

Sessions

20

Participants

10

Too Good for Violence

Sessions

14

Participants

8

Community Prevention Services

The NYS Impaired Driver Program

This seven-week, 16-hour education and referral course is attended by convicted impaired drivers. In 2019 there were eight class cycles held, one less class cycle than in 2018.

152 Participants

26 Individuals referred for alcohol and other drug assessment

26 retained for counseling services



You(th) Decide Gambling Awareness

Pivot received a mini-grant to provide youth gambling prevention services and education through the media. Underage gambling radio PSAs and group education to over 100 Jefferson County youth were provided through this grant. Additionally, approximately 40 community leaders were provided information regarding the risks and dangers of underage gambling and 50 parents signed pledges to have a conversation with their children about underage gambling.

Department of Social Services Contract

This program provides alcohol and drug assessments to individuals applying for social services in Jefferson County.

- ▶ 863 Assessments
- ▶ 634 Mandates for substance abuse treatment



Department of Social Services Behavioral Healthcare Consultant

Pivot has contracted with the Department of Social Services to provide a Behavioral Healthcare Consultant to assist caseworkers regarding families who may benefit from substance abuse screening.

92 unique referrals to work with individuals and families were received



8 Plans of Safe Care were developed



Provided weekly guidance and interim therapeutic support for about 20% of referred clients

Employee Assistance Services



Pivot Employee Assistance Services (EAS) is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems, which may include the following:

- ◆ Relationship
- ◆ Job/School Issues
- ◆ Alcohol/Drug Use
- ◆ Mental/Emotional
- ◆ Grief
- ◆ Communication
- ◆ Stress
- ◆ Financial Issues

Pivot EAS is currently contracted with 64 businesses in the Jefferson-Lewis-St. Lawrence county areas, with office hours available in Watertown, Lowville, and Ogdensburg. Additionally, Pivot EAS has increased usage of video and telephonic counseling in an effort to increase accessibility to employees in need of services.



Trainings and Services

Pivot Employee Assistance Services conducts trainings in and out of house on a variety of topics and offers a wide array of services. Pivot EAS provided the New York State Sexual Harassment Prevention Training in 2019 to assist companies with meeting the new mandated training requirement.

- ◆ Stress Management Training
- ◆ Team Building Training
- ◆ NYS Sexual Harassment Prevention Training
- ◆ Fair & Respectful Workplace
- ◆ Avoiding Burn Out Training
- ◆ Substance Abuse Professional DOT Assessment
- ◆ Effective Communication Training
- ◆ Referrals
- ◆ Critical Incident Debriefing



Alliance for Better Communities

The **Alliance for Better Communities**, a community coalition funded by the Drug Free Communities (DFC) grant, has experienced many successes in 2019, including hosting a multitude of community events designed to educate and engage the members of our community. Alliance members, together with their many partners, have continued to educate the public about the dangers of drug and alcohol use.

Intersections of Human Trafficking and the Opioid Crisis Media & Advocacy

Collected 610 signatures in support of passing law requiring all hotel establishments receive training on recognizing signs of human trafficking. The petition was sent to Senator Kevin Thomas Chairman, Consumer Protection Committee, New York State Senate.

Provided information and awareness regarding Human Trafficking and the Intersection with the Opioid Crisis to Elk's Lodge members with 25 people in attendance.

Provided a presentation to the Anti Trafficking Taskforce with 15 people in attendance.

Provided a presentation at Sisters of Saint Joseph Motherhouse, with 60 people in attendance.

Dangers of Recreational Marijuana Advocacy

Advocated on Capitol Hill for continued funding for Drug-Free Communities Support Grants and met with Senator Schumer regarding the potential perils of recreational marijuana use legislation on the State level.

Provided information and awareness regarding recreational marijuana legalization to the Jefferson County Board of Legislature.



TIPS TRAINING

The Alliance provided TIPS for Concessions to 35 individuals.

The Alliance participated in Safe Harbor Training at the Motherhouse of the Sisters of St. Joseph with 35 people in attendance.

Grants

Partnership for Success Grant (PFS), Year 5. \$50,000 per year, OASAS. This grant was first awarded in 2015. The goals of the grant are to reduce Rx drug use in youth ages 12 – 17 and young adults ages 18 – 25; and heroin use in young adults ages 18 – 25. The Alliance employed various strategies, i.e., media campaigns, social marketing; community education; take back programs; prescriber education, and caregiver education.

Community-based Coalition Enhancement Grant to Address Local Drug Crises Grant (CARA Local Drug Crises Grant), Year 2, Non-Competitive, \$50,000. Awarded in January 2019. Sixty-five individuals, teachers, PBIS team leaders, school counselors, attended the Zensational Kids training at BOCES, a mindfulness curriculum, held September 18 – 20, 2019, at BOCES. The Watertown City School District AV Department, in conjunction with the Alliance, created two television spots featuring Watertown City School District youth talking about the benefits of mindfulness in their daily lives.

Empire State Poverty Reduction Initiative – State Opioid Response (ESPRI-SOR) Grant, \$125,000, OASAS, July 2019 – September 2020. The goals of the project are to expand the reach of substance use prevention; build local resources in high risk communities; and address health disparities. The Alliance partnered with the Watertown Urban Mission, the *Getting Ahead in a Getting by World* graduates, and the Center for Community Studies to create a community survey focusing on four census tracts in Watertown with the highest levels of poverty. Capacity building will continue throughout the remaining grant year. Upon expiration of the grant, the OASAS deliverables, i.e., logic models, capacity building plan, etc., will be incorporated into the Alliance.

Drug-Free Communities Support Grant, Years 6 – 10, \$125,000 per Year, SAMHSA, October 2019 – October 2024, Competitive Application –Awarded in December 2019. The goals of the project are to strengthen collaboration among community sectors and to reduce substance abuse among youth and, over time, reduce substance abuse among adults.

Youth Services Bureau Grant, \$10,000. Awarded in November 2019. The funds will be used in Spring 2020 to fund the planned youth summit at the Hilton Garden Inn.

Events

Overdose Awareness Day, August 28, 2019, 40 people in attendance

Community Talks event held on October 5, 2019 at the Salmon Run Mall with 45 youth and parents in attendance. Mr. Ed Shemya, National Marijuana Initiative, Kentucky, spoke about the perils of legalizing marijuana for recreational use. A total of \$1,800 was raised to purchase various prizes for youth participating in the art show.

Three community forums were conducted in conjunction with Jefferson County School Districts: Indian River High School, approximately 60 youth; General Brown High School, approximately 35 youth and adults; Watertown High School, approximately 60 youth and adults.

Collaborated with the Child Advocacy Center for conference at the Hilton Garden Inn featuring M. Holly Austin Smith, child sex trafficking survivor. The event was attended by 150 individuals.

Parents Who Host Lose the Most Campaign

The Alliance initiated the Parents who host lose the most campaign and partnered with pizza parlors, restaurants, florists, gown and tuxedo business to display fliers and/or affix fliers on pizza delivery boxes. Sheriff O'Neil voiced a TV Spot which ran for two months on WWNY TV-7. Additionally, the Alliance partnered with the Watertown Daily Times to include PWH information in the Summer Fun Editions during June and August.

Anchor Recovery Center of NNY



Anchor Recovery Center of NNY continued its outreach through 2019 for people in all stages of recovery as well as those seeking treatment and family members impacted by addiction. At the Center, you will find peers who have changed their lives for the better and want to assist others who find themselves in similar situations.



56 volunteers completed 5,300 hours of service

2,197 unique enrollments

Over 6,000 individuals attended group sessions

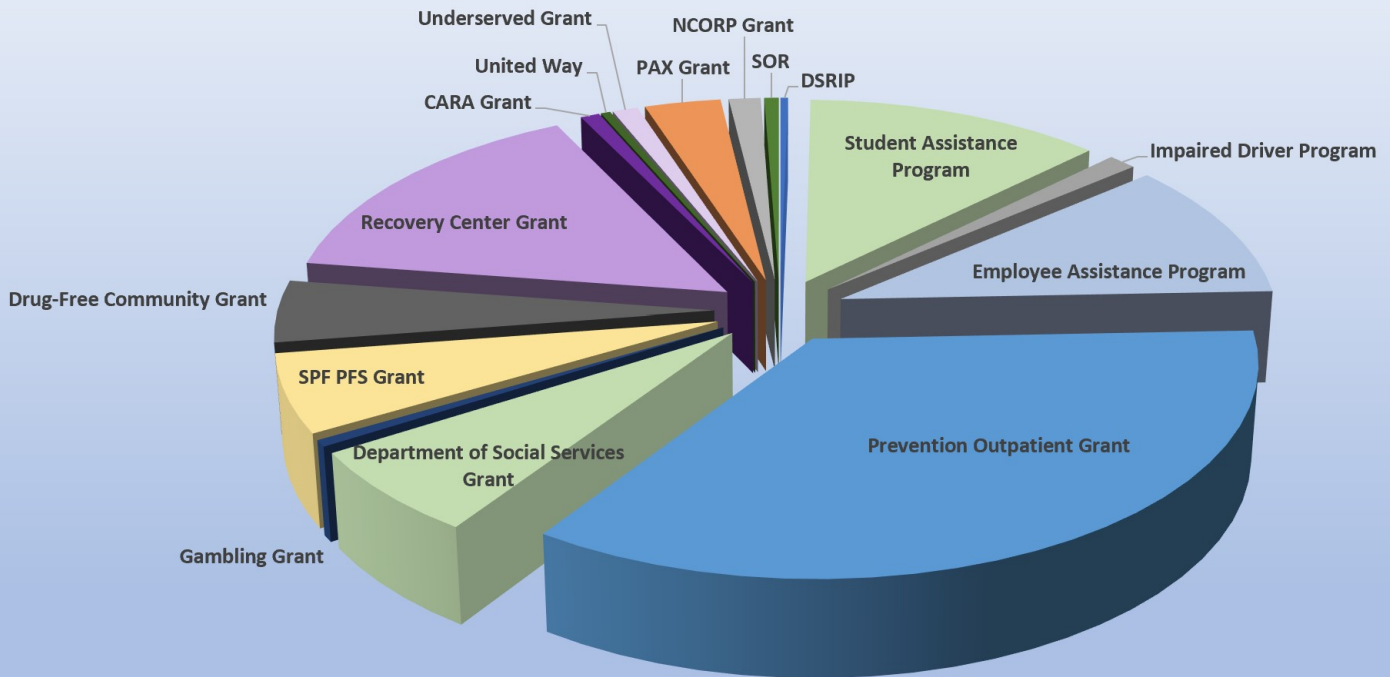


Advisory Committee

Anchor's advisory committee consists of community members, family, peers, and people choosing to help make a difference in our community. The goal of the advisory committee is to be sure that Anchor is meeting the needs of the community. The advisory committee is involved in marketing, outreach, and bringing in new group ideas. Additionally, the Advisory Committee is committed to:

- Identify deficits within the community and propose solution focused activities needed to enhance recovery
- To decrease stigma and to increase stakeholder's participation
- Increase connectivity to support service for family members

2019 Program / Grant Income



Annual Revenue

