

Pivot

2015 Annual Report

Pivot ***2015 Annual Report***

The general mission of Pivot, formerly the Alcohol & Substance Abuse Council of Jefferson County, Inc. (ASAC) is to provide substance abuse prevention and health services within Jefferson County. This is carried out through Pivot's several departments and programs including:

- Community- and School-based Substance Abuse Prevention
- New York State Impaired Driver Program (IDP)
- Northern Employee Assistance Services (NEAS)
- Jefferson County Department of Social Services (DSS) Assessment Program
- Drug Free Communities Support Program (DFC)
- New York State Strategic Prevention Framework Partnership For Success (PFS)

This report will focus on the achievements of and challenges and changes to the organization as a whole, as well as each of these various departments and programs.

Organizationally, 2015 was another good year for Pivot despite the continued tough economic climate and fiscal environment. Pivot continued an internal and external “focus shift” related to best practices and changes in New York State Office of Alcoholism and Substance Abuse Services (OASAS) regulations, and was a part of the initial transition in health care reform featuring the merging of behavioral health and primary care systems both at the state and federal levels. Locally, this was realized through inclusion in the North Country Initiative, the regional Performing Provider System led by the Samaritan Medical Center and coordinated through the Fort Drum Regional Healthcare Planning Organization (FDRHPO) in the Delivery System Reform Incentive Payment (DSRIP) initiative. The most notable organizational change in 2015 was the roll-out of our new agency name, Pivot, which was accomplished via a D.B.A. and officially began January 1st.

Pivot continued increase its level of evidence-based services and practices as outlined in the National Strategic Prevention Framework and by OASAS. Pivot's evidence-based programming percentage was increased to 55% in 2015, and will continue to increase gradually to 70% by 2018.

With the acquisition of a significant grant, the New York State Strategic Prevention Framework Partnership For Success, and a modest increase in self-generated revenue from increases in school contracts, Pivot's overall budget increased by roughly \$150,000 in 2015.

Pivot provided a number of school-based services, and continues to seek a fifty-fifty partnership with districts in the provision of services and resources. With education under continually tightened scrutiny at the state level, increased revenue from schools has been challenging, but 2015 was a better year for several school districts in Jefferson County.

Achievements:

Pivot achievements in 2015 include the following:

- Changed the agency name to Pivot
- Acquired a Partnership For Success Grant (\$135,000 annually for five years) from the New York State Office of Alcoholism and Substance Abuse Services to augment our community anti-drug coalition, the Alliance For Better Communities.
- Added additional evidence-based prevention curricula in the General Brown School District grades K-6 involving the programs Second Step and Botvin's Life Skills Training. We now provide comprehensive services in the district from grades K-12.
- Expanded our evidence-based program Second Step in the Watertown City School District to include all elementary buildings, adding services in Sherman, Knickerbocker and Starbuck.
- Continued with the North Country Initiative, the Seaway-Tug Hill Delivery System Reform Incentive Payment (DSRIP) Program and Population Health Improvement Program (PHIP) initiative coordinated by Fort Drum Regional Health Planning Organization (FDRHPO) and funded through New York State Department of Health (DOH). Pivot will be directly involved with the population health improvement piece, providing "hotspotting" activities to high-need neighborhoods in Jefferson County.
- Gained four new employee assistance program (EAP) contracts while losing only two, and upgraded the EAP product, including the addition of video-counseling and more online services.
- Continued our collaboration with Seaway Valley Prevention Council and began a formal partnership with Mountain View Prevention Services in Lewis County as well.
- Consolidated our management team from six to three, bringing us in line with the tenets of Executive Order 38.

Challenges: the increasing regulatory requirements and unfunded mandates, coupled with our administrative cost decrease to under 15% make successful agency administration challenging. Through the restructure of our management team we were able to develop an updated system for supervision and management that was successful, but an inordinate amount of staff absence, coupled with the increased requests for services related to the opiate, prescription drug and heroin epidemic resulted in a strain on staff and management resources. In addition, with the transition related to healthcare reform, inconsistent and often contradictory information from our funders resulted in a stalling of our agency "focus shift". Still, we were able to work through these issues and increase our services across the county.

2015 Department Reports

School-based Prevention

In 2015, Pivot provided prevention counseling and evidence-based curricula to students in five school districts in Jefferson County. Prevention counseling and evidence-based programming are provided across 14 different school buildings in these districts. Students accessed prevention counseling services on a voluntary and sometimes 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 2015, school-based substance abuse prevention staff saw 658 new students. This culminated in 28,644 total contacts.

Alliance for Better Communities

In 2015, the Alliance continued the planning and implementing of both environmental and programmatic strategies, with an emphasis on the former as delineated in the National Strategic Prevention Framework.

2015 Assessment Report: The report consists of data collected as listed below as well as data from the Adult Drug Court, JC Traffic Safety Report, Watertown Police Department, NYS Resident Admissions to OASAS Certified Treatment Programs, SMC Hospitalizations, JC Medical Examiner's Report, and JC Fire & Emergency Management Overdose/Poison Calls. All data collected was analyzed and became part of the full 2015 Community Assessment Report. A copy was provided to the Community Services Board.

Adult Opinion Poll on Underage Drinking: In 2015, 396 Jefferson County adults participated in the adult opinion poll. The purpose was to gather data about adults' perceptions of the severity of the problem and contributing factors.

Focus Groups: In 2015, the Alliance conducted six focus groups with a total of 51 students, ages 14 – 18 years old. The purpose was to gather data about youths' perception of availability of prescription drugs, perception of risk of harm, perception of parental disapproval. The data was analyzed and became part of the PFS application.

Help Survey II, Opiate and Heroin: In March 2015, Credo developed the Help Survey II, Opiate and Heroin. The survey captured data regarding length of time opiates have been used, cost of buying, consequences, and use of MATs. Preliminary data was included in the New York Strategic Prevention Framework Partnership for Success grant application. By the end of December 2015, more than 800 individuals, new or existing clients at Credo, completed and returned the confidential and voluntary survey to Pivot for the recording and analysis of the data.

Key Informant Interviews with Adults: Between August and September 2015, 75 Jefferson County adults participated in key informant interviews. The purpose was to gather data about adults' views of underage alcohol use and its impact on youth.

Prevention Needs Assessment Survey (PNA): In November 2015, ten schools participated in the PNA survey with 5,571 students in grades 7 – 12 participating.

Street-Level Survey: Members of the Family and Recovery Subcommittee developed the Street-Level Survey and gathered approximately 300 completed surveys. The survey provided valuable supplemental data for the Alliance, for the Partnership for Success, and for Pivot's Recovery and Community Outreach Center grant application.

Young Adult Survey: 140 persons, age 18 – 25, completed the Young Adult Survey at Jefferson Community College. Analysis of the data is part of the full, community-wide assessment report.

Miscellaneous:

Assembly Minority Task Force on Heroin Addiction and Community Response Meeting, Carthage: On October 19, 2015, members of the Alliance as well as various agency representatives testified at the hearing.

Community Education: Throughout 2015, the Alliance, in conjunction with Pivot, disseminated fliers and brochures about prescription drug use and abuse and heroin use; 911 Good Samaritan Law fliers; addiction and mental illness as brain disorders; and the insidious nature of stigma. This information was offered at school health fairs and events, at all community education programs, and through housing areas.

Community Forums: The Alliance in conjunction with Pivot and other partner agencies conducted six community forums on prescription drug and heroin use. Jefferson Community College, Carthage, Alexandria, General Brown, and Lyme Central School Districts, and Depauville Fire Hall.

Community.Recovery.Action.Day, August 30, 2015: Approximately 150 people attended the special event held in conjunction with International Overdose Awareness and Remembrance Day.

Narcan Training: The Alliance in conjunction with ACR Health conducted a series of Narcan training events at Jefferson Community College, BOCES, Community.Recovery.Action.Day, and other community events.

Opiate Conference: On March 11, 2015, Dr. Moehs, Steve Jennings, and Anita Seefried-Brown participated in a re-creation of the WPBS Public Eye panel discussion with Bill Bowman moderating at the First Annual Opiate Conference held in Lake Placid.

Radio Talk Shows: Alliance representatives were guests on three separate radio interview shows. The purpose was to increase public awareness about addiction and reduce stigma.

Safe Medication Disposal: During 2015, approximately 1,200 pounds of over-the-counter and prescription medications were collected at the Safe Medication Drop Box located inside the Metro Jeff Safety Building and at a Development Authority of the North Country (DANC) sponsored Hazardous Waste Disposal events.

TIPS Training Sessions:

Irish Festival Servers: 50 servers were trained.

Off-premise alcohol outlets: 60 sales persons working in off-premise alcohol outlets were trained.

Community Education

Pivot provided the following evidence-based, outcome-measurable curricula in the school setting in 2015:

1. Dr. Botvin's Life Skills Training
2. Project Success Middle & High School Substance Abuse Education/Intervention
3. Olweus Bullying Prevention
4. SPORT Substance Abuse Intervention
5. Committee for Children Second Step Program primary grade prevention
6. Teen Intervene middle/high school intervention
7. Too Good For Violence Bullying prevention

1. **Dr. Botvin's Life Skills Training** was implemented in the following school districts: Alexandria Central School District, grades 4 – 8, LaFargeville, grades 4 – 8, Central School District, the Watertown City School District, grades 4 – 8, and the General Brown District, grades 3-8 in eleven buildings for a total of 96 groups, reaching 1,719 students.
2. **The Project Success (Schools Using Coordinated Community Efforts to Strengthen Students) Program** was implemented at Alexandria Central School District, grades 7 – 12, General Brown Central School District, grades 7 – 12, Carthage Central School District, LaFargeville Central School District, and the Watertown City School District, grades 7-12, for a total of 78 groups, reaching 978 students.
3. **The Olweus Bullying Prevention Program** was implemented at LaFargeville Central School District, grade 4 – 7, and Watertown City School District, Ohio and North Elementary Schools, grade 4, for a total of 29 groups, reaching 309 students.
4. **The SPORT Program** was implemented at Carthage Central School District, LaFargeville Central School District, and the Alexandria Central School District, grades 9 – 12, for a total of 14 groups, reaching 113 students.

5. **The Children's Committee Second Step Program** was implemented in LaFargeville Central School District, the General Brown District and the Watertown City School District's elementary schools, grades K – 2 for a total of 50 groups, reaching 1,022 students.
6. **Teen Intervene** We provided 9 Teen Intervene Intervention Services in 2015
7. **Too Good For Violence:** In 2015 we transitioned our summer playground education series to the evidence-based program Too Good For Violence. We provided 5 groups to 86 children.

In total, Pivot reached 272 groups, and reached 4,236 students with evidence-based programming, over a 50% increase from 2014.

Non-evidence Based Substance Abuse Education

Pivot provided 48 presentations in schools and the community to 1,026 individuals, participated in 6 community health fairs, produced six newspaper articles on substance abuse/addiction, produced 2 television ads plus several radio PSA's and provided over 200 Information & Referral contacts.

You(th) Decide Gambling Awareness

Pivot received a mini-grant to provide youth gambling prevention services and education through the media. Underage gambling radio PSA's and group education to over 100 Jefferson County youth were provided through this grant.

Social Media

Through the Pivot Facebook Page, we reached 34,259 people with prevention/education information via clicks-ons, likes, shares and comments on 355 posts.

The NYS Drinking Driver Program

This seven-week, 16-hour education and referral course is attended by convicted drinking drivers. In 2015, there were 9 class cycles held with a total of 168 participants attending. A total of 48 individuals were referred for alcohol and other drug assessments to local providers and 20 were retained for counseling services. In 2015 we conducted one less class cycle than in 2014.

Pivot Employee Assistance Services (PEAS)

Pivot EAP provides short-term counseling services of up to six visits per incident for employees and family members of contracted companies. Pivot EAP also conducts trainings and seminars on various topics including, Stress Management, Team Building, and Burn Out Prevention to

name a few. Counselors provide orientations for companies, highlighting the benefits of this service.

In 2015, we had a total of 258 individuals access the counseling component of the program for a total of 777 visits. Individuals represented 192 employees and 66 family members seeking this service. We also provided 49 trainings, orientations and benefit fairs to 1,995 attendees over the course of the 2015 year.

2015 saw a slight decrease in the number of individual visits and total number of office visits. Two companies decided not to renew their contracts. We were able to gain four new contracts over the course of 2015.

The website and promotional materials have been updated to reflect the change to Pivot Employee Assistance Services for the 2015 year. We completed the orientation video and are still working on the addition of a supervisory referral video to our website. We improved our ability to provide online video counseling for the entire staff with the installation of Microsoft 365 and Skype for Business.

The main barrier faced in 2015 was the continuing downward trend in the local economy. Many companies are looking at their bottom line and this always places EAP services at risk. We have met this challenge by being very proactive with the companies we serve. We are also continuing efforts to increase awareness of our name change and promotional materials have been distributed for that purpose.

Jefferson County Department of Social Services (DSS) Assessment Program

This program provides alcohol and drug assessments to individuals applying for social services in Jefferson County. In 2015, Pivot/Alcohol and Substance Abuse Council provided 1,014 DSS assessments that included 426 referrals for substance abuse treatment. This represents almost the same numbers as 2014 and shows a continued trend in the upward demand for this service at the Jefferson County Department of Social Services.