

ARTS

Addiction Research & Treatment Services

ANNUAL REVIEW



2017 - 2018

Improving Lives Through Prevention, Education and Treatment



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

HAVEN

The Haven is a residential Modified Therapeutic Community (MTC) which provides treatment for women with chronic substance use and co-occurring mental health disorders. The Haven has capacity to treat a total of 36 women with 16 beds at the Haven Mother's House dedicated to treating pregnant and parenting women. Clients with infant children can reside with their baby during treatment and receive specialized services through the Haven's licensed and quality rated childcare center, the Baby Haven. While specializing in the care of drug-exposed infants, the Baby Haven also provides childcare services to children in the community and integrated services so that Haven clients and community families can interact and engage in family partnership activities.

The Haven served a total of 65 clients in FY 17-18; 22 of whom were pregnant and 11 were reunited with their children in treatment. To date, the Haven has provided services to over 275 pregnant women.

ACCOMPLISHMENTS THIS PAST YEAR

- This year, the Haven programs have focused their training efforts on Motivational Interviewing (MI) and coaching of staff. The Haven continues to look at all practices from a trauma informed lens and continues to evaluate and modify practices to best meet the needs of a female population. Our implementation team has been working on helping staff to evaluate and sharpen MI practices throughout the organization.
- On April 1, 2018, all ARTS programs became tobacco free. All Haven clients are assessed for tobacco use and clients who use tobacco products participate in tobacco cessation groups. Clients are referred for nicotine replacement therapy at Sheridan Health Services, a Federally Qualified Health Care center located on campus.
- The Haven Director and Assistant Director participated as guest panelists in an 8 session Extension for Community Healthcare Outcomes (ECHO) live webinar series to provide information on substance use disorders in pregnant and parenting mothers to neo-natal nurses, social workers, and other hospital staff. Participants engaged in one-hour presentations on various topics related to perinatal care, women and newborn care, legal considerations, and substance use disorder treatment.
- Awarded a Zonta grant which allowed clients to participate in a wide range of recreational and cultural activities throughout the year. The grant also provided exercise classes one time per week on site by a certified YMCA instructor.
- Received a Colorado Garden Foundation grant to create a new horticultural therapeutic program in partnership with Mental Health Center of Denver (MHCD) and Grow Local Colorado. Grow Local Colorado committed additional volunteers to help clients learn the gardening process and manage the already existing garden they helped clients previously create. Clients learned basic gardening to generate produce for their meals as well as to donate to local food banks. MHCD provided consultation and training to staff on how to integrate horticultural therapy into the clients' treatment process and use gardening techniques to help clients to learn coping strategies, regulation of emotions, and assistance with mental health.
- Clients continued to give back to the community by volunteering at Goodwill, the ARC, Autumn Heights Health Care Center, Chateau De Mons Care and Assisted Living, Fellowship Horizon Church, Narcotics Anonymous, and at the Colorado Black Arts Festival.

BABY HAVEN

The Baby Haven Childcare Center continues to provide high quality child care and education for infants of mother's who reside in the Haven Mother's House program as well as community families with toddlers and preschoolers. We are grateful to our community partners/donors as well as the Anschutz Family Foundation, Larrk, the Rose Foundation, and Mile High United Way for their continued support of the Baby Haven.

ACCOMPLISHMENTS THIS PAST YEAR

- The Baby Haven serves approximately 53 children annually, and of these, 90% receive assistance through the Colorado Childcare Assistance Program (CCAP).
- This year the Baby Haven applied to become an Early Head Start Community Partner and is dedicated to continuing to provide professional development to our teachers as well as quality services to the children we serve.
- The Friends of the Haven spearheaded a capital campaign to raise needed funds to update the Baby Haven playground. The project is due to break ground in early 2019.

ADULT OUTPATIENT

The Adult Outpatient Program offers comprehensive drug and alcohol treatment services to individuals whose lives have become unmanageable as a result of substance use. A broad network of services range from Medication Assisted Treatment (MAT) to specialized treatment services for individuals who are pregnant, involved with the criminal justice system or living with HIV. Services are accessible and convenient, located in five clinics across Denver, Aurora and Arvada.

The Adult Outpatient Program served 1,868 patients in FY 2017-2018, and of patients served, 56% were male and 44% were female.

ACCOMPLISHMENTS THIS PAST YEAR

- Adult Outpatient Program received funds from Colorado Senate Bill 202 to expand MAT services. SB202 funds were used to open an Office-Based Opioid Treatment (OBOT) clinic for patients for whom treatment in a methadone clinic (Opioid Treatment Program) is not preferred or is less convenient. ARTS Adult Outpatient Program's OBOT is located at the Westside Center for Change clinic in Arvada.
- Contracted with multiple State of Colorado Judicial Districts (1st, 2nd, 17th and 18th Districts) and provided on-site substance use disorder services to individuals involved with Problem Solving Court, Drug Court, Veteran's Court and Wellness Court.
- Recipient of Ryan White Care Act funds to provide treatment to individuals at risk for or living with HIV/AIDS.
- Recipient of federal State Targeted Response (STR) funds which were used to increase access and reduce financial barriers for individuals in need of MAT services.
- Selected as the MAT treatment provider in Denver to implement the LEAD/SUN grant in conjunction with the City and County of Denver, Denver Police Department and District Attorney's office.
- Continued 4-year implementation of Substance Abuse and Mental Health Services Administration (SAMHSA) Minority AIDS Initiative pilot project, Project Reach, to integrate behavioral health treatment, prevention and HIV medical care for racial/ethnic minority populations. Presented project findings and treatment suggestions at national project and Ryan White conference.
- Conducted training seminars for medical professionals and experts in the field regarding the unique needs of pregnant women with substance abuse issues, focusing on women who present in a medical or hospital setting with an opioid use disorder.
- Active participant in Colorado's Hub and Spoke model, which is part of the Medication Assisted Treatment – Prescription Drug and Opioid Addiction (MAT-PDOA) grant from SAMHSA and managed by the Office of Behavioral Health. The goal of this grant is to improve and expand access to MAT treatment services and develop a network of care for more effective treatment and access to services.
- Served as a referral site for patients seen at UC Health's Emergency Department who are in need of substance use treatment. Individuals are induced on MAT in the ED and continue substance use treatment at ARTS.
- With state funding and assistance, ARTS was trained on and implemented CRAFT (Community Reinforcement and Family Training), an evidence-based model designed to help families who have a loved one struggling with a substance use disorder.
- Partnered with Denver Health to offer women's health services including family planning and birth control to our female patients.
- Developed relationships and contracts with Department of Corrections to deliver methadone/buprenorphine to detention facilities and prisons including Adams, Arapahoe, Jefferson, and Douglas Counties, and Denver Women's Correctional Facility.
- Utilized a Nurse Case Manager to link patients to needed primary care services.
- Expanded the role of Peer Recovery Specialist to link individuals in the community to supportive services in Colorado.
- Incorporated wellness activities to support staff self-care, including auricular acupuncture and massage therapy.

PEER I

Peer I is a long-term residential substance abuse treatment program for men located on the Fort Logan campus. Peer I is a Therapeutic Community (TC) that addresses substance use, criminal behavior, and multiple other areas of life functioning that are affected by addiction.

The Peer I program served 207 patients in FY 2017-2018.

ACCOMPLISHMENTS THIS PAST YEAR

- During this past year, Peer I has increased its efforts to focus on primary and behavioral health care integration and has partnered with Sheridan Health Services to develop an exercise program to target illnesses such as obesity, high blood pressure and diabetes, as well as offering disease and nutrition education.
- Several Peer I staff were trained in the Transtheoretical Model (TTM) of behavior change and it was implemented at Peer I to promote smoking cessation with clients.
- Worked with Denver Community Corrections to train all staff in Motivational Interviewing as trauma informed care is incorporated into the treatment program.
- Served as a practice site for interns from Metropolitan State University and University of Denver to help provide experiential learning opportunities for students who want to work in the criminal justice or social services fields.
- Partnered with a mobile dental company called No Smile Left Behind that provides dental work for all Peer I clients.
- Attended and participated in the annual Advocates for Recovery rally.
- Continued to provide drug education and awareness on addiction and recovery to local community organizations, high school and college audiences, to promote drug education and awareness.
- Clients gave back to the community by volunteering at Denver Human Services, assisted local churches and other organizations with projects, and assisted with Coats for Colorado.
- Clients attended E Cycle in April, an event that benefitted crime victims.
- Worked with Grow Local Colorado to help clients learn the gardening process and manage the already existing garden at Peer I. Clients learned basic gardening to generate produce for their meals as well as to donate to local food banks.

OUTPATIENT THERAPEUTIC COMMUNITY (OTC)

Outpatient Therapeutic Community (OTC) is a continuing care model for men from Peer I and women from the Haven who successfully complete the residential treatment program. The primary goal of OTC is to foster and support positive reintegration into the community. Services include educational and therapy groups, as well as parenting classes and family activities. The OTC program also assists clients with housing as they transition to the community.

The Outpatient Therapeutic Community served 207 individuals, 78% were male and 22% were female. Transitional housing was provided to 103 men and 30 women.

ACCOMPLISHMENTS THIS PAST YEAR

- OTC clients participated in two financial literacy workshops facilitated by a local credit union organized by Friends of the Haven. Credit union representatives discussed the value of working with a credit union to achieve financial stability, including helping clients establish savings and checking accounts, repairing credit and improving a credit score, and assisting clients in the purchase of a car or home.
- Friends of the Haven convened the Friends in Recovery Community Resource Fair in February. There were representatives from ten community agencies present to connect with graduates including: Café 180, Cornerstone Construction Workforce Development, Denver Parent Advocates Lending Support (DPALS), Empowerment Program, Friends of the Haven Education Scholarship, Goodwill Industries, Heidi Fredere - Wellness Coach, HepC Connection, Partners Credit Union, and Red Rocks Community College. More than 80 graduates attended the event. It was an opportunity for staff and graduates to come together and celebrate recovery.

SYNERGY ADOLESCENT SERVICES

Synergy is the adolescent continuum of services within Addiction Research and Treatment Services. Synergy serves adolescents with substance use, conduct, and other co-occurring psychiatric disorders.

Synergy served 209 adolescents during FY 2017-2018. The RCCF program treated 64 males. Synergy Outpatient served 145 adolescents, of which 72% were male and 28% were female.

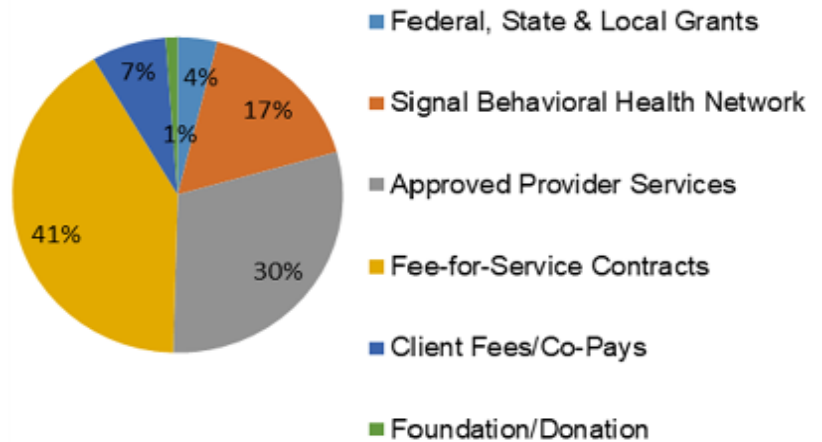
ACCOMPLISHMENTS THIS PAST YEAR

- Synergy successfully completed a Justice Assistance Grant (JAG), which focused on strengthening Synergy's trauma informed care. For the past four years, Synergy has been providing SITCAP-ART, an evidence-based trauma model for adolescent clients in MST and in our Residential Child Care Facility. Two of Synergy's clinicians are certified trainers in the model.
 - SITCAP-ART (trauma intervention) was added to all existing contracts in order to sustain the model post-grant funding.
 - The program reduced trauma symptoms in 85% of clients who were served in SITCAP over a four year period. In addition, 98% of clients who participated stated that they were satisfied with the intervention and would recommend to a friend if they were struggling with similar issues.
- Utilized Addiction Fellows to provide psychiatric assessments and on-going medication management for those adolescents diagnosed with a co-occurring mental health disorder.
- Trained two clinicians in CRAFT (Community Reinforcement and Family Training) this year. CRAFT is an evidence-based model designed to help families who have a loved one struggling with a substance use disorder.
- Continued to collaborate and provide substance abuse services at the Family Resource Pavilion (FRP). FRP is a collaborative effort between nine entities in Douglas and Arapahoe counties dedicated to providing comprehensive services in a single location to families in need.

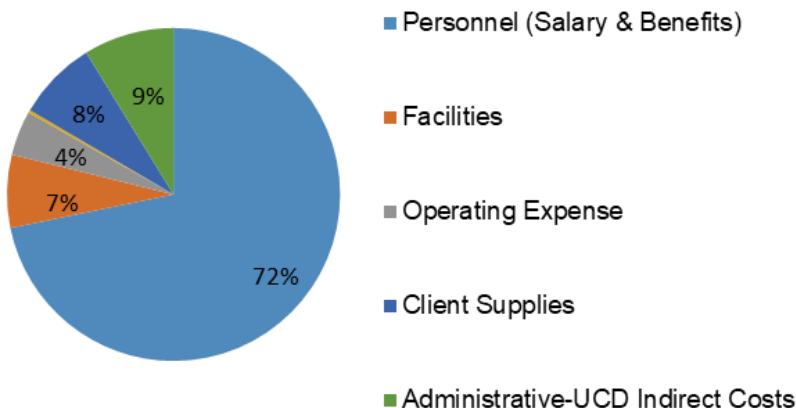
ARTS FY 2017-2018 FINANCIALS

Annual Budget:

Source of Revenue



Expenditures



ABOUT US

Addiction Research and Treatment Services (ARTS) is the clinical program of the Division of Substance Dependence, Department of Psychiatry at the University of Colorado, School of Medicine. ARTS was developed in 1972 by founder, Tom Brewster, in response to burgeoning prevalence rates of alcohol and drug abuse and addiction among the general adolescent and adult populations. For more than 40 years, ARTS has focused on delivering cost-effective treatment to individuals who have the most severe and chronic substance use disorders. Individuals receiving services benefit in many ways, including enhanced employability and productivity, increased family stability, improved social relationships, strengthened parenting skills and healthier children, reduced criminality, and diminished risk of HIV infection and other alcohol and drug-related medical problems.

OUR MISSION

To improve the quality of life and productivity of individuals and families affected by substance use and co-occurring mental health disorders through the application of scientifically supported prevention, education, and treatment services.

OUR TREATMENT PHILOSOPHY

Substance use disorders are biopsychosocial behavioral disorders that can be severe and in some cases chronic, and the broad aim for ARTS is to reduce the morbidity and mortality associated with these disorders.

The net result of successful treatment has societal benefits as well: reduced criminality and related social costs; reduced risk of HIV infection and other costly medical problems; and interruption of the intergenerational pattern of substance use disorders.

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MAP OF LOCATIONS

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Addiction Research and Treatment services (ARTS) and the University of Colorado do not discriminate on the basis of race, color, national origin, sex, age, disability, creed, religion, sexual orientation, or veteran status in admission and access to, and treatment and employment in, its educational programs and activities.