

Moving Towards a Continuum of Services

*Plumas County Alcohol & Drug
Strategic Planning Process*

DRAFT PLAN



Summary

Substance use, abuse and addiction range in intensity from experimentation to severe and life-threatening chronic medical conditions. Therefore, alcohol, tobacco and other drug-related problems can be most effectively prevented, treated and/or managed through providing a continuum of prevention, treatment and recovery support services.

After nearly four years without county alcohol and drug services, Plumas County is ready to serve the needs of our communities with a comprehensive continuum and alcohol, tobacco and other drug (ATOD) services. The problems associated with alcohol, tobacco and other drugs impact our county in countless ways and across all sectors, taking an enormous toll on the health, economy, and viability of our community.

Plumas County Public Health Agency was given the responsibility of planning, coordinating and managing a continuum of publicly funded alcohol, tobacco and other drug prevention, intervention, treatment and recovery services that are responsive to the needs of the Plumas County residents.

The need and demand for services, coupled with the economic challenges before us, require a clear direction, and that we allocate resources and deliver services in the most efficient, effective, and high quality manner possible.

What we are striving for – a comprehensive, integrated continuum of alcohol, tobacco and other drug services - is groundbreaking work that will prepare Plumas County for new opportunities, including increased access to services under the new low income health program, Path 2 Health, and health care reform.

The development of a Strategic Plan will help to ensure that our efforts are thoughtfully addressed in a comprehensive and coordinated manner.

Vision: A community where all individuals are healthy and free from problems related to alcohol, tobacco, and other drugs.

Mission: To plan, coordinate and provide a continuum of publicly funded alcohol, tobacco and other drug prevention, intervention, treatment and recovery services that are responsive to the needs of Plumas County's communities

Purpose of the Strategic Planning Process:

- Develop a public health model that embraces an “upstream” approach
- Streamline service delivery, improve efficiencies, and enhance client outcomes while maximizing resources.
- Recognize the preponderance of co-occurring conditions and ensure a collaborative systems approach that maintains focus on client outcomes.
- Move towards a strategic, sustainable and outcome/evidence-based approach.
- Align with federal and state initiatives that deliver a comprehensive and integrated continuum of services.

Guiding Principles

Continuum of Services

- Ensuring a full Continuum of Services/Care, from prevention and early intervention through treatment and recovery, creates environments which reduce the adverse social, health and economic consequences associated with the use and abuse of alcohol, tobacco and other drugs.

Prevention

- Prevention and early intervention saves and changes lives and reduces future demand for treatment services.
- Acknowledges that individual choices regarding use and abuse of alcohol, tobacco and other drugs are shaped by social and cultural norms.
- Effective prevention utilizes universal, selective and indicated approaches to reduce the access to and appeal of alcohol, tobacco and other drugs.

Treatment

- Treatment should be accessible, affordable, driven by client need and guided by high standards of practice utilizing evidence-based approaches.
- Treatment should provide a comprehensive continuum of services through collaborative efforts with justice programs when applicable.
- Treatment is tailored to serve individuals and families with a commitment to every client's success.
- Treatment strategies seek to engage substance abusing individuals in an effort to assist them in moving through the stages of change toward recovery and often improves other health and social related outcomes.

Recovery

- Ancillary services should be made available to all clients to help facilitate continued recovery from active addiction as a means of maintaining sobriety and providing a supportive network of resources.
- Recovery from alcohol, tobacco and other drug use is a lifelong commitment that requires self-management and integration of recovery principles into one's lifestyle.
- A continuum of services recognizes relapse can be an integral part of the disease process and is an opportunity for the provision of additional or alternative supportive services.

Strategic Direction

Based on the findings of the needs assessment, the Plumas County AOD Strategic Planning Committee identified and ranked eleven problem areas to be addressed in order to minimize the problems associated with alcohol, tobacco and other drug use and abuse. The intergenerational breakdown of the family and parental role failure resulting from substance use and abuse ranked as the single most important priority. Furthermore, all of the remaining ten priority areas are inter-related to substance use and abuse issues affecting children and families.

The planning stakeholders recognized that families with young children are a population in greatest need and potentially have the most to gain from a continuum of ATOD services. More importantly, impacts from the familial cycle of addiction most appeared as a root problem that increases costs and taxes limited resources across multiple systems in Plumas County – child welfare and other social services, economy and workforce, education, probation, law enforcement, the courts, jail, the health care system, and the community at large.

Because the need and demand for services far exceeds available resources in the county, key stakeholders recommend a concerted focus on families with young children.

With this in mind, the eleven priorities ranked by the strategic planning stakeholders are addressed within four overarching Strategic Directions:

By providing a full continuum of services with an emphasis on families with children, we believe the results will be more impactful: greater family stability, resilient and healthy children, less crime, improved community viability, and improved health

Strategic Direction #1: Focus on families as a priority population to break the familial cycle of addiction and strengthen families

Goal: Children live in safe, supportive and stable family and community environments.

Goal: Substance abusing parents are targeted for ATOD harm reduction, treatment, recovery and family strengthening services.

Goal: Prioritize treatment services to perinatal women, parents of young children, and adults in the criminal justice system who are custodial parents of children ages xx and younger.

Goal: Youth exiting the juvenile justice system, in the dependency system and emancipated foster youth are targeted for screening, harm reduction and treatment services.

In the course of developing this plan, a number of issues emerged that cannot be addressed without involvement of multiple stakeholders. The entire community feels the impacts of problems associated ATOD and shares the responsibility and addressing these problems with a unity of purpose.

Strategic Direction #2: Systems Improvement to broaden and deepen the involvement of multiple stakeholders on policy, service, and assessment issues

- Goal: Move beyond a historic reliance on county resources available for ATOD prevention and treatment towards a model of multiple public and private community resources.
- Goal: Implement consistent and universal early identification, screening and referral to treatment of alcohol, tobacco and other drug problems in school, health and human service, medical, criminal justice and community settings.
- Goal: Provider capability and interagency integrated services for clients with co-occurring disorders. Treatment for Dually Diagnosed clients is coordinated across systems.
- Goal: Client-focused system of case management, ancillary and aftercare services across multiple systems throughout the assessment, treatment and recovery process.
- Goal: Develop consistent and standardized data collection and access improved technology to increase the ability to collect data, measure outcomes, in the ATOD multi organizational system that supports a continuum of care model to show needs, prevalence, and impact of services.

A clear theme from primary data collection and practitioners in the field was that planning and implementation of programs and services must be grounded in best practices that are community and client centered, evidenced based, gender specific, and ethically and culturally appropriate

Strategic Direction #3: Implement effective, evidence based best practices across the continuum of services which includes multiple sector public and private partners

- Goal: ATOD prevention, treatment, recovery and family support programs and services consistently utilize evidence-based practices.
- Goal: School curricula, programs and strategies incorporate the latest in science and research, are implemented with fidelity, are consistent as youth age and use increases, and assess effectiveness or measurement of impact.
- Goal: Earmark substance abuse treatment services for adolescents and their families.

Several of the ATOD strategic planning focus groups cited specific capacity needs – better access to treatment, adolescent treatment, aftercare, transitional housing, family involvement and integrated mental health and ATOD services.

Strategic Direction #4: Build infrastructure and capacity to set and improve the quality of services within the county infrastructure and across the ATOD continuum of care.

- Goal: Categorical and Discretionary funds are leveraged efficiently and effectively across the system of services and partners so that there is broad access to a range of prevention, treatment and recovery services regardless of funding source.
- Goal: Increase public agency (HHS, Law Enforcement, Courts) capacity to identify, refer, and treat clients with Alcohol and other drug issues, including co-occurring disorders
- Goal: Utilize highly trained and diverse staff and providers to provide quality, client and community centered services.
- Goal: Use data, technology and outcome measures effectively for continuous quality improvement and to insure investments in programs produce measurable change.

Recommended Next Steps

1. Focus first and foremost (next 1-6 months) on developing a treatment model that includes an emphasis on serving sub-populations within the Priority Population of families with young children (i.e. pregnant women; mothers of children born with positive tox screen/FAS; adults in the criminal justice system with children up to age XX, parent of children 0-5 removed from the home; Parents of children up to age XX in CalWORKS
 - a. Pursue recommended de-centralized model of treatment, with private practice providers in all communities contracting on a fee for service basis to provide treatment
 - b. Develop standardized materials, tools, reporting policies and procedures required for all providers
 - c. Provide annual or semi-annual provider training and technical assistance on required tools, materials, strategies, and reporting as well as current best practices.
2. Establish a prioritized and phased in timeline for planning/addressing non-treatment goals and developing strategies across Strategic Directions, to be launched after treatment model is well is underway
 - a. Consider consulting with subject matter experts to recommend and provide technical assistance and review in developing specific strategies across all goals.
 - b. Create agreements and secure resources necessary to implement strategies in 2012-2013

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