

TURNINGS

ONTARIO COUNTY DEPARTMENT OF SUBSTANCE ABUSE SERVICES

Annual Report 2005

Improving Outcomes ~ Reducing Costs

Special methods of interest:

- **BCT**
Behavioral Couples Therapy
- **MDFT**
Multidimensional Family Therapy
- **DBT**
Dialectical Behavioral Therapy

From the Director

TURNINGS uses up to date prevention and treatment methods that research has shown will improve client outcomes. Successful client outcomes create savings for taxpayers from reduced needs for social, health and criminal justice services. Good outcomes provide additional savings for individuals and society from reduction in accidents, decrease in days missed at school or work, and increased ability to become a more productive contributing member of our community.

Implementing methods that improve client outcomes is TURNINGS' contribution to the health and economy of Ontario County. As you will read in this report, in 2005, several of the latest strategies proven to be effective for substance abuse were added to our programming.

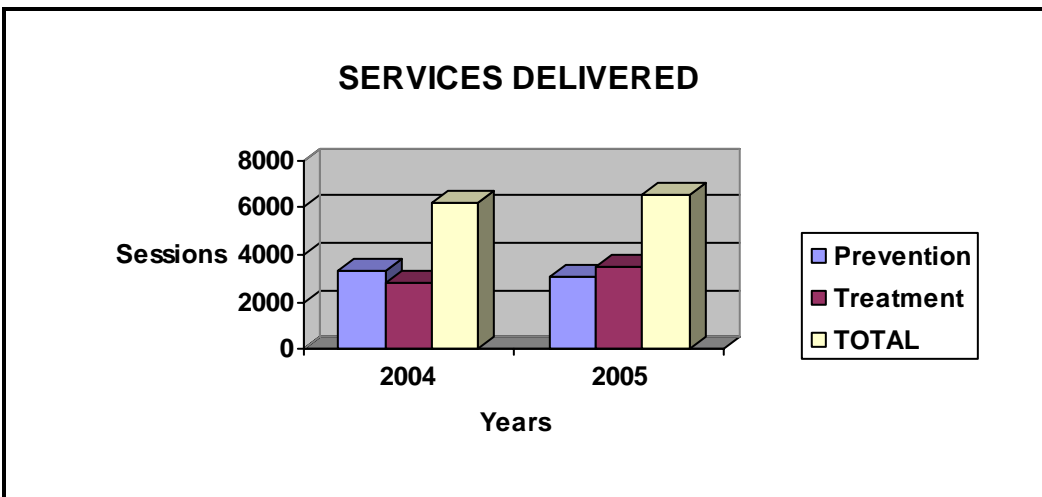


Improved Outcomes reduces the local burden of alcohol and drugs

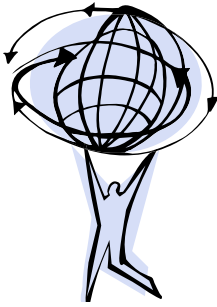
Requests for Drug and Alcohol evaluations by year

2005	595
2004	474
2003	445
2002	530
2001	477
2000	358
1999	330
1998	250

Productivity ~ Maintaining high levels



Behavioral Couples Therapy ~ An Evidence-Based Practice



**Enhancing
treatment
from a family
systems
perspective**

Behavioral Couples Therapy (BCT) Grant awarded from the NYS Office of Alcoholism and Substance Abuse Services

• “Reviews of clinical trials have concluded that, in comparison to interventions that focus exclusively on the substance-abusing client, both alcoholism and drug abuse treatments that involve family result in higher levels of abstinence” stated William Fals-Stewart, Ph.D., .BCT developer and lead researcher whose work has been funded by the National Institute of Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism. BCT has proven to be successful among diverse economic and ethnic populations generally the goals are to:

- eliminate abusive drinking and drug abuse
- engage the family’s support for the client’s efforts to change
- restructure couple and family interaction patterns in ways conducive to long-term, stable abstinence.

The day after Dr. Fals-Stewart trained Turnings staff the first couple was enrolled to participate in 6-12 sessions over a 6 month period. During this start up phase 10% of Turnings treatment population have engaged in Behavioral Couples Therapy. Development of BCT will continue at Turnings in 2006

Treatment Services Grant to address HIV, Hepatitis B and C

**F.F.
THOMPSON
COMMUNITY
HEALTH
GRANT**

Turnings uninsured clients usually do not have a primary care physician. The required health screening at Turnings is often the first time in years clients have seen a physician. Through face-to-face interviews, our physician collected data regarding our clients risk of HIV/AIDS, Hepatitis C Virus Disease and Hepatitis B Virus Disease. Approximately 38% of our client population was identified as “at significant risk for these health issues.” Turnings sought and received support in the form of a grant from the F.F. Thompson Foundation to provide additional medical services for this identified high-risk population.

Referral agreements with Ontario County Public Health, Rushville Health Center as well as Planned Parenthood provide services for identified clients. Clients receive at no cost HIV testing, initial physician screening, blood testing for Hepatitis B and C, immunization and follow up physician visits.

DBT Training ~ Turnings and Mental Health Team Up

Persons with Borderline Personality Disorder have great difficulty regulating their emotions and, as a result, live crisis ridden lives. Dialectical Behavioral Therapy– DBT maintains that this is a result of the severe experiences they have had and their personal biological makeup. DBT is a method for teaching skills that will assist persons with their sudden, intense surges of emotion.

While the treatment of either Borderline Personality Disorder or Substance Use Disorder separately is difficult, the overlap of these two conditions is even more complicated and is associated with poorer treatment outcomes than for people with either disorder alone. Research has shown that DBT can be adapted for integrated treatment of these two disorders. Late in 2004 Ontario County Substance Abuse Services and Mental Health Services sent a joint team of counselors to a year long intensive DBT training program. **The goal is to improve treatment outcomes through integrated DBT group services for clients of both agencies, co-lead by substance abuse and mental health counselors.**



Award Winning Alcohol Outreach, Education and Screening

TURNINGS/FLCC top ten in country with close to 400 persons screened~

Collaboration by Turnings staff and Faculty of Finger Lakes Community College (FLCC) made the National Alcohol Screening Day event on FLCC Campus a valuable success. The majority of students were screened as part of their class time in health education. The World Health Organization’s “AUDIT” screening tool was used to measure students’ frequency and quantity of alcohol consumption, behaviors and consequences of alcohol use. A score of 8-18 indicates that the participant may already be experiencing (or is at risk for) health consequences as a result of drinking. A score of 19-40 indicates possible alcohol dependence. All participants were given a copy of the scoring instrument, instructions and contact information for further information. If participants visited the screening table during the day, they were given individualized feedback and referrals if appropriate.

Kudos to : TURNINGS staff Barbara Bayley and Anne Lahr and FLCC Director of Student Health Services.



Applying Proven tools for community Prevention ~

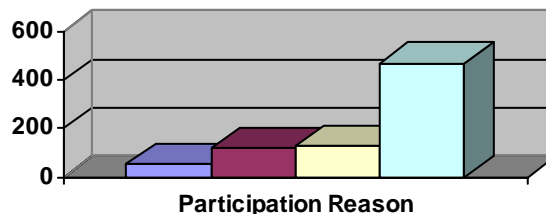
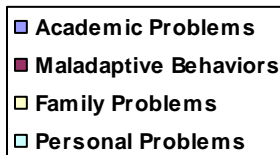
Using the World Health Organization’s “AUDIT”

Prevention Groups ~ Building skills with youth

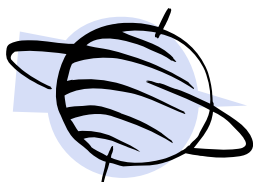
Specific risk factors increase a child’s likelihood to abuse alcohol, smoke cigarettes or use illicit substances. Youth substance use spikes between 12 to 17 years old. Turnings services target youth 12 and under working to develop skills that can prevent or delay first use. *Personal problems* represent risk factors such as alienation and rebelliousness, friends who engage in the problem behavior and favorable attitudes toward the problem behavior. *Family Problems* are risk factors such as family conflict, family management problems, family history of the problem behavior, and favorable parental attitudes and involvement in the problem behavior. *Maladaptive behaviors* include early and persistent antisocial behavior. *Academic/work problems* are reflected in lack of commitment to school and academic failure beginning in late elementary school.

A Third grader reports ~

“I hardly ever get in fights. We learn a lot about bullies and how to fix problems without violence or drugs.”



Outcomes ~ Multidimensional Family Treatment (MDFT)



Drug use -a system of influences:

- Family
- School/work
- Peers
- Community

To prevent or treat drug abuse the targeted outcomes of MDFT include reducing the impact of negative factors as well as promoting protective factors in as many areas of a youth’s life as possible. MDFT looks at the various influences related to the risk or use of drugs by youth; family, school, work, peers or the community.

Each prevention or treatment client participating in MDFT takes a pre test to determine where they fall on a scale of 1 to 5. At the end of services the post test is given to determine the degree of change and area of change.

In 2005 participants in MDFT services demonstrated reductions in drug use, reductions in school discipline issues, increases in school performance, behavioral control at home and improved communication with family members.

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TURNINGS

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*Comfort
in the midst of change*

TURNINGS ONTARIO COUNTY

WE'RE ON THE WEB!

The Mission of TURNINGS is to promote health, with a primary concern for substance abuse. We will collaborate with individuals, families and communities within Ontario County to identify their distinct needs and to develop the highest quality and most effective opportunities for achieving a state of health and well-being.

Substance Abuse Counseling:

Drug/Alcohol Evaluations
Individual Counseling
Group counseling
Family Counseling
Couples Counseling

Substance Abuse Education:

Relapse Prevention
Underage Drinking Intervention Services
Social Competencies/ Life Skills Groups
Age Appropriate Information
Family Management Skills Training

TURNINGS ~ Your Team of Outstanding Professionals

"I enjoyed meeting with my counselor she helped me find a talent I didn't know I had." 18 year old Male

"Thank you and all who helped me. You will always be with me!!" 48 year old female



*We can see
your strengths!*

"Your whole staff was wonderful to me and I thank you all!" 49 year old male

Client
Comments
2005

Administrative Staff

June E. Fisher
L.M.S.W., C.A.S.A.C..
Director

Judy Buckner,
Office Specialist II

Jennifer Lyons,
Office Specialist I

Tracey Abbott,
Office Specialist I

Counseling Staff

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L.C.S.W.-R., C.A.S.A.C.
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