

D&A News

A PUBLICATION OF THE LANCASTER COUNTY DRUG AND ALCOHOL COMMISSION

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A CALL FOR HELP

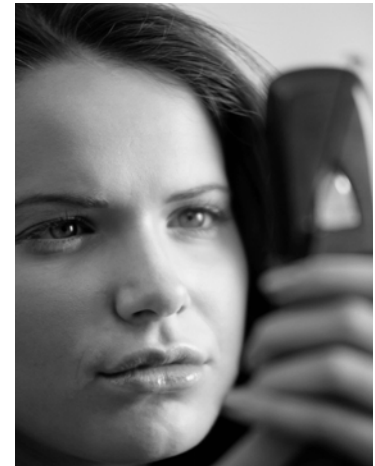
It's 8:30 on a Wednesday morning and Becky Sayeg, D&A Commission Case Manager, arrives at her desk to start the day. She has a list of things to check into for the Drug Court participants from the previous day, messages on her voice mail, a pile of faxes in her in-box, and a meeting to attend in an hour. Just as she gets busy, she receives a phone call. The woman is crying because her 28 year old son has taken her car without permission. The young man suffers from drug and alcohol addiction and is driving on a suspended license. The mother wants someone to come and take him away to a rehab before he ends up killing someone.

Calls like this are not uncommon at the Drug and Alcohol Commission. "Even if you are not able to help them, just listening to people and helping point them in the right direction can go a long way," says Becky. In this case, she faces the challenge of explaining to a worried mother that treatment is voluntary and that no one can force her son into treatment before he is willing to go. She recommends calling the police and refers the mother to Al-anon and other support resources that will help her deal with her family situation.

Unfortunately, a further obstacle may exist in getting help for this young man. In this case, it was not necessary for Becky to explain to the mother that even if her son were ready for treatment, there is a good

chance that no funding would be available for him to attend rehab. Due to the Drug and Alcohol Commission's shrinking budget, clients who do not have Medical Assistance, or at least a good chance of getting it, will not receive funding for 28 day rehab, long term rehab or half-way house placement. Fortunately, at this time, clients who meet certain criteria can still get funding for outpatient and detoxification services, but it's possible that even these services may cease to be funded by the D&A Commission if funding streams continue to shrink.

"The treatment funding from the state has been decreased by over 20% in the past seven years," says Rick Kastner, Executive Director. "Even when a client is ready and willing to enter a recovery based treatment program, we often do not have the money to give them a full course of treatment. It would be like going to the hospital emergency room with chest pains, and the doc only having enough resources to give you an aspirin and



sending you home. The outcome is usually a disaster."

According to Becky, "The people that seem to be impacted the most are the working poor and those on unemployment. People that fall into those two categories rely on our funding the most."

By diligently working in cooperation with the inpatient providers and County Assistance office, the Drug and Alcohol Commission's Case Managers have been able to help many clients get Medical Assistance and this has provided them with more opportunities for treatment and assistance with their recovery.

"I don't know what we would do without the cooperation of our treatment providers and the case workers at the County Assistance Office," Becky reflects. "Everyone has pulled together and I believe we are doing the best we can to get help for as many people as possible. Times are tough but we are still trying to make it work."

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FROM THE EXECUTIVE DIRECTOR



Recently, the Lancaster-based drug and alcohol treatment providers got together in our D&A Commission office to discuss the state of our treatment budget. After many years of small cuts, we now have 20% less treatment dollars than we had seven years ago. And when you add inflation to the formula, we probably have 40% less funding in the past decade.

It is time for the providers to assist in determining where we place our limited dollars. Since many of them rely on D&A Commission funding to serve the working poor and low income, the decisions we make in the next few months are going to change the way we do business in Lancaster. In a county with more than half a million people, and with the working poor and low income numbers increasing in this poor economy, the two million dollars of treatment funding we receive from the state and federal governments do not go very far. And the prediction is more cuts ahead in our state funding allocations.

We are cutting and saving like crazy. Our office cut three positions, which is 23% of our workforce. We will not receive any pay increases in 2010, and our spending is closely monitored. The treatment services that we provide will also be cut. Our placements into residential rehab programs have been cut by 45%, along with several other modalities of treatment. We do not give people a full course of treatment anymore, just a helping hand in outpatient or intensive outpatient services. At times it feels like we're giving a person an aspirin when they come to us in full cardiac arrest.

Since the beer tax in Pennsylvania has not been changed in over 50 years, and we have one of the lowest beer taxes in the nation, I believe it is time for PA to increase this "user fee" and provide adequate prevention and treatment funding for all citizens who find themselves trapped in alcohol and other drug addictions. If a person does not drink beer, then they will not pay a penny for this user fee or tax. If you ever need treatment for alcoholism, then some of the beer tax that you paid over time will be used to provide a helping hand in recovery. And you'll get a full course of treatment.

D&A NEWS

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SPFSIG Brings Enhanced Services for Parents and Children

Lancaster County is one of 18 Pennsylvania counties receiving funding through the Strategic Prevention Framework State Incentive Grant (SPF SIG). The SPF SIG funding is made possible through a cooperative agreement with SAMHSA's Center for Substance Abuse Prevention (CSAP) and the Pennsylvania Department of Health.

Several programs that were implemented or enhanced by the grant include: Strengthening Families, Family Matters, Big Brothers Big Sisters, Skills for Life, and Communities Mobilizing for Change on Alcohol (CMCA). The following are a few highlights from the first year of the grant:

- According to the evaluation results for the Strengthening Families program, 88.2% of parents reported they were more able to follow through with consequences with their children, a 47% increase. In the same program, 94.1 % of parents report they are able to solve problems with their children as when they come up at home, a 41.2 % improvement. Additionally, 82.2% of parents report they are better able to talk with their children about peer pressure, a 41.2 % improvement.
- At the Elizabethtown Area Middle School, 25 additional students will be served by the Big Brothers Big Sisters Program.
- Training for CMCA was held in April 2009. It was attended by 20 community volunteers. Additional training was held for police officers and several projects are planned for the upcoming school year to increase parents' awareness of underage drinking issues.

Programs in the Elizabethtown area are presented through a partnership effort that includes Elizabethtown Communities That Care, COBYS Family Services, Big Brothers Big Sisters of Lancaster County, Compass Mark, and the DUI Council of Lancaster County.

LOOKING FOR MORE INFORMATION ON PREVENTING UNDERAGE DRINKING IN LANCASTER COUNTY? VISIT THE COMPASS MARK WEBSITE AT WWW.COMPASSMARK.ORG.

Fetal Alcohol Spectrum Disorders (FASD) Awareness Week Kick-Off

Over 100 people attended an event designed to raise awareness about alcohol-related birth defects in Lancaster on September 8, 2009. Lancaster was selected by the Pennsylvania Dept. of Health to host Pennsylvania's kick-off for FASD Awareness Week events. Gaudenzia's Vantage House, 208 E. King St., Lancaster, PA, hosted the event. It included tours of Vantage, Elsie Shenk Outpatient center, and The Bair-O'Malley House apartments; a welcome address by Senator Lloyd Smucker, and several speakers, including: Dr. Daniel Weber, Obstetrics and Gynecology, LGH; Dr. Jeffrey Martin, Family and Community Medicine, LGH; Ms. Janice Kopelman, Deputy Secretary of Health, Health Promotion and Disease Prevention; Steve Seitchik, Director of BDAP's Division of Treatment; and Gaudenzia's Paula Kiernan and Mike Harle. Kathy Jo Stence, BDAP Program Analyst and the coordinator of Pennsylvania's FASD Awareness week activities, read a proclamation from Governor Ed Rendell.



There was also information from various local service agencies on addictions treatment and prevention, women's health, and services for addicted persons and their families. Displaying agencies included: Alcoholics Anonymous/Al-Anon, COBYS Family Services, Compass Mark, PA Department of Health, Family Nurse Partnership, Gaudenzia, Healthy Beginnings, Lancaster County MH/MR—Early Intervention, Lancaster General Hospital, PCPA, Pennsylvania Counseling Services, S. June Smith Center, and SACA.

FASD is a 100% preventable birth defect that is a result of a woman drinking alcohol during pregnancy. It is estimated that 1 in 100 live births are impacted by an FASD and the spectrum of disorders and effects are often misdiagnosed as ADHD, autism, behavioral or learning disabilities, etc., or may be undiagnosed altogether. The range of the effects of FASD can occur from moderate to severe.

The Lancaster County Drug and Alcohol Commission provides preferential treatment services to pregnant women. Contact us at (717) 299-8023 to learn about treatment options for individuals who may have a drinking problem.

CHOC: Reaching Out to Lancaster County's Homeless

Thanks to the Interagency Council for the Homeless, chronically homeless people in Lancaster County have a much needed resource. The Community Homeless Outreach Center (CHOC) is a daytime drop-in center that provides a safe haven for chronically homeless individuals. At CHOC, they can rest, shower, launder clothing, and receive help from local human service agencies. By meeting basic hygiene needs and connecting clients with existing service providers, CHOC helps chronically homeless people start along a path toward permanent housing and stable lives.

The Community Homeless Outreach Center is a real community partnership. It makes good use of existing resources in a world where funding is becoming increasingly scarce. CHOC is administered under the non-profit status of Tabor Community Services and operates in space provided by the Water Street Ministries. It is not affiliated with any specific religion or denomination, but receives support from many faith-based sources, as well as foundations, businesses, and private individuals. CHOC receives no direct government funding. Government and private non-profit human service agencies send representatives to CHOC to offer their services to CHOC's clients, which have numbered as high as 120 per day. CHOC has only one paid, full-time staff member, the director, Adrian Rodriguez. A part-time staff member and volunteers assist with daily operations.

Whom does CHOC serve?

The population that CHOC serves are the unsheltered homeless, who are not connected to any short or long term program and living on the street.

What services are available at CHOC?

CHOC provides a place to keep warm in the winter and cool in the summer, coffee, snacks, showers, laundry, phone service, mailing address and relationships. CHOC has been able to be the center point for individuals to receive their social security benefits retroactive and ongoing, permanent housing, short term and long term treatment, in others words life changing opportunities, with no string attached.

Why is it so important for Lancaster County to have a daytime outreach center? What needs are addressed that overnight centers can't fulfill?

Although overnight centers give people a place to sleep, they are not able to shelter them during the day. This can be especially important when it is very hot or very cold outside, or when a homeless person has health problems or disabilities. There are also many homeless people that could be receiving some kind of assistance that would help them pay for shelter and basic needs, like Social Security, disability or veteran's benefits, but they have no address for the check to be sent to. CHOC serves as a mailing address so that these people can begin receiving assistance.

What agencies does CHOC partner with to provide these services?

The Center partners first of all with Tabor Community Service. They provide staff support and the use of their 501c3 nonprofit status. CHOC also partners with Water Street Ministries. They lease their chapel space and shower and laundry facility so that those services can be provided to the CHOC clients. Collaborative partners that provide direct services to the clients are: Community Services Group (CSG) for mental/health mental retardation and early intervention services; Tabor's STILL program and TLC with transitional housing and permanent

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Who are the Homeless?

In Lancaster County, on any given day, about 600 people are homeless. Most of these are people in transition. They have found themselves temporarily without a home, due to an emergency or a personal or financial setback.

But about 10% are chronically homeless. These are people who have no place to go and no possibilities on the horizon. Many of them are addicted to alcohol or other drugs, or have serious mental health problems. Some are eligible for veteran's benefits or Social Security, but they have no address to which their check can be sent. Others are able to work, but have no proper clothing and nowhere to take a shower to prepare for a job interview. Most could benefit from the assistance of local human service agencies, but don't know where to turn or where to begin.

These are the people CHOC endeavors to serve.

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placement; the Lodge Inc, with permanent housing for the mental health and drug and alcohol population; Southeast Lancaster Health Service @ Brightside with support for medical insurance and sustaining medications for those with no health insurance; Lancaster County Drug and Alcohol Commission; Lancaster County Veterans Affairs and Lebanon VA Medical Center, both with placement for Veterans; and Mid Penn Legal and other attorneys, who assist clients with getting social security benefits.

What is the relationship between alcoholism/drug addiction and homelessness?

One out of every two clients are experiencing some type of mental illness and many have some type of substance abuse issues that they are dealing with. Many are in need of intervention and treatment, but don't know where to turn or who to call.

Can CHOC's impact on the problem of homelessness in Lancaster County be measured?

CHOC has helped a lot of people. The numbers speak for themselves. As of March 2009, CHOC has supplied 4,000 showers and 14,000 phone calls. In its first six months of operation alone, CHOC reports that 63% of its clients were connected to drug and alcohol treatment; 68% to mental health services; 83% to medical attention for physical health needs; and 25% to Veterans services. About 35% found employment.

How can concerned citizens help?

Like most non-profits in these difficult economic times, CHOC is working hard to generate sufficient contributions to serve a growing need for its services. Tax-deductible contributions can be sent to Community Homeless Outreach Center, c/o Tabor Community Services, PO Box 1676, Lancaster, PA 17608-1676. Visit them on the web at www.taborcommunityservices.org.



The Stone Soup Legend

There exists a tale, handed down from times long ago, of two travelers. Hungry and tired from a long day's journey, they come to a small, impoverished, village, where they decide to rest by the side of the road. One of the travelers builds a small fire, upon which he places a large pot, while the other, having drawn water from the town well, fills the pot and places into the vessel a simple stone. As the two men sit by the fire, bringing their "stone soup" to a boil, the local villagers become inquisitive of the curious antics of these strangers. Eventually, several townsfolk decide to investigate the matter and approach the two travelers to engage them in conversation.

Shortly thereafter, there is heard the sound of merriment, as the visitors, who turn out to be quite friendly, share their tales of the lands and people they have met throughout their journey with the local villagers.

Finally, a young boy asks the travelers "But why are you boiling a stone?"

One of the travelers replies, "So we may eat stone soup."

"It must be terribly bland!" says an old woman. "But I have a cabbage, which will add some flavor!"

"And I, some carrots, which will add color!" says another villager.

"Some potatoes!" offers another until shortly, by the contribution of a little by many, a hearty stew was made, upon which the entire village and the weary travelers dined... and while doing so, shared their tales, talents, and camaraderie throughout the night.

The very next day, the travelers (who by now could be called "strangers" no more), continued their journey, leaving the little town and its people behind. But the villagers never forgot them, and the lesson they had learned. In fact, during the hardest of times, in such a time as this tale, that little village thrived, because the townsfolk never forgot how to make "stone soup".

**Change of Address?
Receiving multiple copies of our
newsletter?**

**Help us update our mailing list by calling
(717) 299-8023. Please have your mailing
label ready so that we may better assist
you. Or email your change to
Istarr@co.lancaster.pa.us**

Support Groups for Persons Recovering from Substance Abuse and Addiction

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES . . .

In 1935, a lonely traveling salesman in Akron, Ohio was trying hard to stay out of the hotel barroom. He found a local church directory posted on the wall and made a call, looking for someone supportive to talk to. He was connected with a local physician, who also was an alcoholic, trying to stay sober. Together, the two men launched what the world would come to know as Alcoholics Anonymous. Based on principles of the Oxford movement, AA members support one another in growing spiritually and staying sober one day at a time, by following Twelve Steps. (See accompanying fact sheet on page 7).

Alcoholics Anonymous IS:

- A voluntary support group of men and women who want to stop drinking. Meetings are facilitated by the members themselves.
- Made up of nearly 2 million members in over 100,000 groups. About half of these reside in the United States and the other half in countries all over the world.
- Anonymous. Members generally do not reveal their membership in the group and keep what is said at meetings private. Some AA meetings are “open,” which means any interested person can attend. Others are “closed” and are attended only by members.

- Free of charge to attendees. Voluntary collections are sometimes taken to pay for coffee and basic meeting costs, but no one is required to pay anything.
- Meeting someplace, somewhere, all the time. There are AA chapters that meet in small towns and rural areas all over the US, and large cities and metropolitan areas usually have meetings in multiple locations, seven days a week.

Alcoholics Anonymous IS NOT:

- Group counseling. Members simply share their experiences and support one another. There are no therapists running the group.
- Affiliated with any specific church or religion. Belief in a higher power outside oneself is required, but church or religious membership is not.
- An advocacy group. AA does not support or oppose any political or social causes. The organization takes no official stance on any issue. They adopt a position of “cooperation, but not affiliation” with other groups that seek to help those who struggle with alcoholism and addiction.

Alcoholics Anonymous meets in communities all over Lancaster County seven days per week. To find a group near you, call (717) 394-3238. On the web, visit www.lancasteraa.org.

Are There Alternatives to the “Twelve Step” Approach?

Although AA and its twelve step approach are by far the best known of the addiction support groups, there are those who seek other answers for their substance abuse problems. The following are some of the better known “non-twelve step” groups.

Self Management and Recovery Training (SMART)

SMART provides assistance to individuals seeking abstinence from addictive behaviors, including alcoholism, drug addiction, and gambling addiction. Substance dependency is viewed as a dysfunctional habit, rather than a disease. SMART uses principles of Motivational Enhancement Therapy and Cognitive Behavioral Therapy. Developed in the early 1990’s, SMART can be an alternative or supplement to AA and other 12 step groups. About 450 groups meet weekly worldwide and the organization also sponsors 16 online support groups. SMART’s website can be viewed at www.smartrecovery.org.

Women for Sobriety

Women for Sobriety was founded in 1976 by Jeane Kirkpatrick as an alternative to AA, especially designed to meet the needs of women. The group is not anti-AA, however, and about one third of their members have dual membership in both organizations. Women for Sobriety emphasizes empowerment rather than helplessness and affirming and encouraging members to improve their self-image and worldview. Similar to Cognitive Behavioral Therapy, it operates under the premise that faulty or negative thinking causes destructive behavior. As a counterpart to AA’s twelve steps, Women for Sobriety has thirteen affirmations. Meetings are run by moderators and focus on positives, not on sharing past negative experiences. To learn more about WFS, visit www.womenforsobriety.org.

Celebrate Recovery

Developed in 1991 by Pastors John Baker and Rick Warren (author of *The Purpose Driven Life*), at Saddleback Church in Lake Forrest, CA, this is an eight step Christian-based program. Its foundations are in the Beatitudes from Jesus’ Sermon on the Mount. The program emphasizes personal responsibility and spiritual commitment. Celebrate Recovery is now used in over 3500 churches in the US, Canada, Australia, and other countries, and there are currently six active Celebrate Recovery groups in Lancaster County. Visit their website at www.celebraterecovery.org.

Lancaster County Drug and Alcohol Commission

150 N. Queen St.

Lancaster, PA 17603

(717) 299-8023

Fact Sheet: The Twelve Steps of Alcoholics Anonymous

The heart of AA's program of personal recovery is the Twelve Steps. Bill W. and Dr. Bob, the founders of AA, discovered that their best support and hope was in fellowship—simply encouraging each other to stay sober one day at a time. This method has since been used by those whose lives are affected by drugs, gambling, eating disorders, and other serious problems as well. The Twelve Step plan they developed has helped millions of people on their path to recovery.

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Seeking help? Contact one of these Twelve Step groups in Lancaster County:

 **Alcoholics Anonymous (717) 394-3238**

 **Al-Anon/Alateen (for family members of alcoholics) (800) 671-5994**

 **Narcotics Anonymous (717) 393-4546**

Or visit Compassmark at www.compassmark.org for more information.

LANCASTER COUNTY
DRUG AND ALCOHOL COMMISSION
150 N. QUEEN ST.
LANCASTER, PA 17603

UPCOMING MEETINGS AND EVENTS

LOOKING FOR OUR OFFICE?

Although parts of our building are under construction, we are open for business. We are located at 150 N. Queen St., Lancaster, on the fourth floor.

For the most updated and comprehensive list of local D&A trainings and events, please visit www.compassmark.org.

Don't forget to check out the interactive calendar! It helps you search for the workshops and events that interest you!

Treatment Service Provider Meetings

Meetings will be held February 22, April 19, June 28, August 30, and October 25, 2010. The April and August meetings are for Lancaster-based providers ONLY. Meetings are generally held at 3:00 PM at 150 N. Queen St. Call (717) 299-8023 to confirm details.

For more information about events, contact the D&A Commission at (717) 299-8023.

The D&A Commission will be closed for the following County holidays:

October 12, November 11, 26, and 27; and December 25, 2009; January 1, 18; and February 15, 2010.

Single County Authority (SCA) Meetings

Meetings will be held November 23, 2009; and January 25, March 22, April 26, May 24, July 26, September 27, and November 22, 2010. Meetings are generally held at 6:00 PM at 150 N. Queen St., Lancaster. To confirm meeting times and locations, call (717) 299-8023.

For emergency and weather-related closings and delays of Lancaster County offices, please tune in to local radio stations or watch WGAL-TV8. Emergency closings are also announced on the Lancaster County website at www.co.lancaster.pa.us.