

Building a Collaborative Community to Tackle Youth Substance Abuse

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Success Story

"When you're small, you can do no wrong, because you know nothing else but good.

When I grew up and the world revealed itself to me with open arms, down the road I went of alcohol, up the ladder of cocaine, the sleepless nights of meth, and across the dirty bridge of needles. But that was not enough. Money, sex, drugs, and cars were no longer fun. No adrenaline, no high, just numb. But I could never get away from the hurt, loneliness, being ashamed, and feeling used up. The world didn't make me sober, not help me in anyway. I made the choice; I made the choice to be who I am right now, drug free standing here today.

On September 11th of this year I will be clean and sober for one year. Believe me, it took a good two years of me trying to get sober before I was actually put into Drug Court. But thanks to Drug Court and the Drug Court team, it just gave me that extra push saying "stay clean". And because of all of you, I'll now be on my way to starting a new life for myself. I will then continue The C.A.S.T., work for my grandfather at the dental office, and actually go to school and finish it, so I can start my career at NAU, and absolutely maintaining a clean and sober lifestyle. But most of all I now have a best friend that was there at the beginning and will be there until the end. I love you Mom."

By Louisa H.

Workshop Overview

History of Pima County Youth Substance Abuse Council (C. Rankin)

Mission, Purpose, Collaboration, & Services (G. Whitehead)

Success Stories:

Drug Court (J. Langford)

Youth Participation/Community Events (E. Lopez)

Future Directions and Recommendations (S. Arnold)

Questions (All)

Valuable Concepts for Collaboration

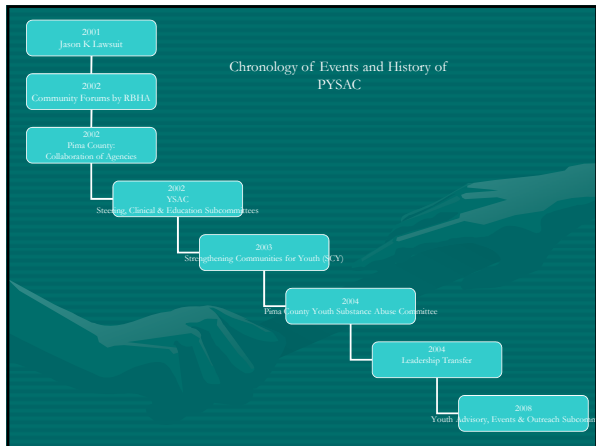
- TRUST . . .
 - the **Community**'s resources and willingness to support youth.
- CLARITY . . .
 - that **Youth Well-being** is the central motivation of committee participants
- STRENGTH . . .
 - in **Numbers!!!!**

History & Need

"A people without history is like the wind on buffalo grass"
-Lakota saying

History

- **Formed in response to *Jason K* lawsuit**
 - Early meetings occurred through DBHS Children's Substance Abuse Workgroup's direction (2001)
- **RBHAs conduct Community Forums**
 - identify needs and solutions related to youth substance abuse
 - In Tucson, Community Forum held January 28, 2002
- **Collaboration of agencies**
 - Dispersed state agency provider lists / RBHA provider lists
 - Share resources, establish a baseline for increasing capacity
 - Identifying gaps in services



BAD NEWS



- High rates of adolescent substance use in Pima County
- Substance use is often connected to:
 - Family problems;
 - Academic deficits & poor school relationships;
 - Non-supportive peer groups; and
 - Untreated mental health problems
- Substance abuse has long-term negative consequences on individuals, families, and the community

When asked if their school grounds were drug-free:

11% of principals *said they were not*

35% of teachers *said they were not*

But **66%** of the students ***SAID THEY WERE NOT***

Results of a 6 year study by the National Center on Addiction and Substance abuse (CASA, 2000)


Mission, Purpose, Collaboration, & Services

"The most common way people give up their power is by thinking they don't have any"
-Alice Walker

Mission

Youth Substance Abuse Committee

To act as a catalyst for community action to reduce adolescent substance use and improve current services in Pima County



Purpose of the Youth Substance Abuse Committee

- **Inform** our community about resources for adolescents and their families in Pima County
- **Advocate** for the use of research-supported methods for substance abuse education, treatment, and after-care
- **Coordinate** with private and public entities, community- wide

Help is only a phone call away

AHCCCS/KidsCare Eligible

Non-AHCCCS/KidsCare Eligible (sliding fee/other insurance)

La Frontera Center: 884-9920

Arizona Children's Association: 622-7611

Pantano Behavioral Health: 623-9833

CODAC Behavioral Health: 318-3266

Providence Corporation: 748-7108

Pima Prevention Partnership: 791-2711

Primary and Secondary Educational Systems

Housing Assistance – City of Tucson Community Services: 791-4171

Pima County Juvenile Court, Drug Court: 740-2918

Crisis Services – Call 911 or Southern Arizona Mental Health Corporation: 622-6000

On the Right Track . . .

- Local help is available and affordable
- Youths that get help, get better
- Full continuum of care is present
- Multiple sites and multiple service providers that work together
- All providers align their services with the Arizona Vision



Types of Services Offered by Collaborative

- Education
- Individual counseling
- Group counseling
- Family or Multi-Family Counseling
- Relapse prevention
- Intensive Outpatient support
- Gender-specific treatment
- Sober fun activities
- Sexual Health Education
- Administration of Public Behavioral Health Services for Youth
- Residential/Inpatient care
- Mental health treatment (Co-occurring disorder treatment)
- Child and Family Teams
- Aftercare services
- Case Management
- Life Skills Training/ Reintegration
- Teen Parenting Support
- Peer to Peer Drug Education
- Juvenile Court Collaborative Partner

The Pima County Youth Substance Abuse Committee is a partnership between the following entities:

- Arizona's Children Association*
- C.A.S.T. - Clean And Sober Theater*
- City of Tucson - Community Services*
- CODAC Behavioral Health*
- Compass Healthcare*
- Community Partnership of Southern Arizona*
- La Frontera Center*
- Metropolitan Education Commission*
- Pima County Superintendent's Office*
- Pima County Juvenile Court*
- Pima County Public Defender's Office*
- Pantano Behavioral Health*
- Pima Prevention Partnership*
- Providence Service Corporation*
- University of Arizona -SIROW*

Success Stories

The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

-Helen Keller

Pima County Juvenile Drug Court

Drug Court Contact Information:

- 2225 E. Ajo Way
Tucson, AZ 85713
 - Sal Calabrese, Drug Court Coordinator
- 740-2918
- www.pjcc.co.pima.az.us

Primary Goals

- To prevent further drug/alcohol use
- To reduce recidivism into Juvenile Court
- To create productive citizens

Advantages of Drug Court

- Youth charges may be dismissed or reduced
- Treatment and education provided as a way to achieve the primary goals

Approach

Pima County Juvenile Drug Court personnel utilize a multidisciplinary approach that collaborates with treatment providers, educators, and child welfare systems as a method to serve all Drug Court youth

COLLABORATIVE RE-BIRTH OF DRUG COURT: Timeline

- **FEBRUARY 2002:**
 - Pima County Juvenile Drug Court closed due to lack of funding after three years of operation
- **MARCH 2002:**
 - Inception of Community Collaborative. One of the first goals was to begin planning to re-build and provide Drug Court services
- **JUNE 2005:**
 - The collaborative approach to Drug Court services began.

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Youth Voice

• Youth Advisory Council on Substance Abuse

- Founded 2005
- Recruitment
 - Schools
 - Teen recreation centers
 - Libraries
 - Agencies
- Bimonthly meetings
- Advise in event planning process
- Attend and moderate events
- Give feedback on events



Accomplishments

- Juvenile drug court services
- Development of brochure, stationary, and other organizational materials
- APEX (times 2) -- Youth Support and Recovery Event
- HBO Town Hall – Community Forum
- Outreach at 4th Avenue Street Fair
- Fantastic A+ Instructional Resources 2006-2008 (FA+IR)
- State-wide conference “Dare to be Different.”

Future Directions & Recommendations

“The past is a source of knowledge, and the future is a source of hope.”
-Stephen Ambrose

Future Directions: strategies for sustainability

- Development of Outreach Committee
 - Who we are
 - Subcommittee of PYSAC
 - Our purpose
 - Assist PYSAC in meeting mission through expansion and collaboration efforts
 - How we plan to fulfill our purpose
 - Research youth resources in Pima County
 - Create partnerships with other youth serving organizations
 - Provide education where needed
 - Collaborate on events county wide that are centered on youth

Future Directions: using what we know

- Findings from Pima County Substance Use Treatment Services Assessment and Recommendations August 2007
 - Treatment in Pima County
 - 54 agencies in PC identified as providing treatment services
 - 104 different treatment programs and 137 types of treatment services within 54 programs
 - 19 services for youth
 - 1 residential
 - 4 inpatient
 - 7 outpatient
 - 7 intensive outpatient

– Pima County Tucson Commission on Addiction 2007

Future Directions: finding the gaps

- What we Hear:
 - Lack of (from PC Commission on Addiction 2007)
 - “tx programs for youth”
 - “services to youth and information to schools and families”
 - “programs for youth age 18-25”
 - “communication between many treatment facilities”
 - “services for youth whose families do not have health care”
 - Suggestions (from PC Commission on Addiction 2007)
 - “better aftercare services
 - “active collaboration between programs”
 - “improve knowledge database for community to know available services”
 - What we hear as providers:
 - “need more prevention and education in community”
 - “need youth to take active role in prevention and treatment efforts”
 - “need to make services accessible to youth and families”

Future Directions: finding ways to fill the gaps

- PYSAC Outreach Committee First Steps
 - Survey of attendees at Educator's Fair
 - Developing youth resource list
 - Creating flier that introduces PYSAC
 - Sending flier to you resource list inviting them to become part of PYSAC
 - Assess survey of Educators at FAIR and create outreach/education program to take to schools
- What we hope to achieve
 - Improved communication between agencies
 - Expand networking
 - Collaboration on county wide projects
 - Share information
 - Improved access to services
 - Educate the educator—take workshop to schools for teachers and counselors
 - Educate the public through forums and connecting with community service organizations both in and outside behavioral health
 - Create accessible data base of information and resources for youth and family
 - Create Youth Network
 - Identifying youth groups
 - Assisting them with their activism

“The most common way people give up their power is by thinking they don’t have any”
-Alice Walker

What Can Communities Do?

- Distribute information
- Provide referrals to youths and their families
- Help reduce stigma to getting help
 - Talk to youth honestly about substance use
 - Recognize how it is helping them and how it is, or will, hurt them
- Support youths and families getting help and believe that they can get better
- Technology (on-line resources, event webcasts)
- Resources

Questions?

Presenter Contact Information

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