



ARTS

Addiction Research & Treatment Services

ANNUAL REVIEW

2016 - 2017

Improving Lives Through Prevention, Education and Treatment



Department of Psychiatry

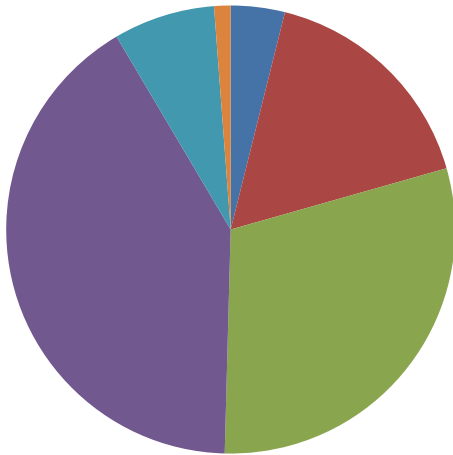
SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**



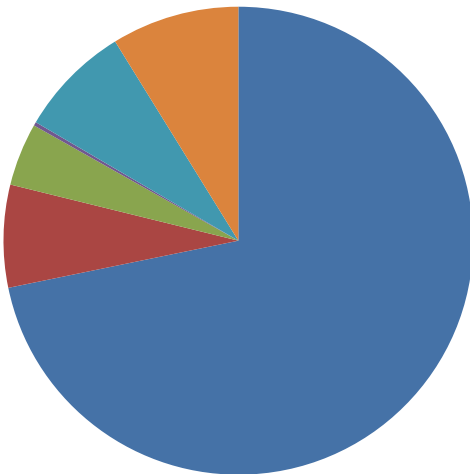
ARTS FY 2016–2017 FINANCIALS

SOURCE OF REVENUE



- Federal, State & Local Grants (3%)
- Signal Behavioral Health Network (17%)
- Approved Provider Services (30%)
- Fee-for-Service Contracts (41%)
- Client Fees/Co-Pays (7%)
- Foundation/Donation (1%)

EXPENDITURES



- Personnel (Salary & Benefits) (72%)
- Facilities (7%)
- Operating Expense (4%)
- Purchased Services (0.3%)
- Client Supplies (8%)
- Administrative-UCD Indirect Costs (9%)

ANNUAL BUDGET: \$17,466,798



OUR PROGRAMS AND SERVICES

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. The goal is to introduce them to a new way life. A broad network of services range from Medication Assisted Treatment to specialized treatment services for individuals who are pregnant, involved with the criminal justice system or living with HIV. The Adult Outpatient Program offers a number of specific evidence-based treatment interventions that are demonstrated to be cost-effective for adults with substance problems. Services are accessible and convenient, located in five clinics across Denver, Aurora and Arvada. All programs are staffed by experienced professionals including certified addictions counselors, licensed social workers, licensed professional counselors, psychiatrists, physicians and nurses.

INDIVIDUALS SERVED

The Adult Outpatient Program served 2,748 patients in FY 2016-2017. Of patients served, 55% were male and 45% were female.

MEDICATION-ASSISTED TREATMENT (MAT)

The Medication-Assisted Treatment (MAT) program provides patients with a variety of behavioral, psychosocial and pharmacological treatments aimed at eliminating or reducing substance use. The program, guided by the latest in scientific evidence concerning effective treatment interventions, specializes in methadone, buprenorphine products (Suboxone), naltrexone and extended-release injectable naltrexone (Vivitrol) treatment for opioid use disorders. Other medications offered for alcohol use disorders include naltrexone, extended-release injectable naltrexone (Vivitrol) and Antabuse. MAT services are offered at Parkside Clinic, Potomac Street Center, and Westside Center for Change.

ACCOMPLISHMENTS THIS PAST YEAR

- ◆ Recipient of Colorado Senate Bill 202 funds to expand scope of substance use disorder treatment and services.
- ◆ Contracted with multiple State of Colorado Judicial Districts.
- ◆ Recipient of Ryan White Care Act funds.
- ◆ Recipient of Substance Abuse and Mental Health Services Administration (SAMHSA) award for Minority AIDS Project.
- ◆ Integration of Women's, HIV and Offender services into specialty programs, providing increased access to care in a centralized location.
- ◆ Collaboration with medical professionals on the unique needs of pregnant women with substance abuse issues.
- ◆ Implementation of Moral Reconciliation Therapy, an evidence-based practice, at Specialized Outpatient Services and Innovative Recovery Clinic.
- ◆ AOP staff member is now certified as a Moral Reconciliation Therapy trainer.
- ◆ Medicaid enrollment activities aimed at assisting patients with Medicaid and Affordable Care Act healthcare enrollment.
- ◆ Opened Office-Based Opioid Treatment clinic for buprenorphine products.
- ◆ Technical assistance provided to multiple agencies for Medication Assisted Treatment.
- ◆ Provided seminars to targeted professionals to deliver education regarding Medication Assisted Treatment for pregnant women.
- ◆ Initiated Colorado's first Hub and Spoke model.
- ◆ Expansion of space and MAT services.



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 mothers 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 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. While in treatment, all clients receive services that not only focus on recovery from substances and maintenance of mental health, but also on social functioning, educational/vocational skills, and positive community and family ties. Participants learn to be accountable to the therapeutic community through a hierarchical model of treatment stages that reflect increased levels of personal and social responsibility. Clients receive evidence-based, on-site structured programming that includes, but is not limited to drug and alcohol treatment groups, individual therapy, trauma informed groups, cognitive behavioral therapy, infant and toddler parenting groups, coping skills, and dialectical behavioral therapy.

INDIVIDUALS SERVED

The Haven served 76 women in FY 2016-2017. Opening in December 2016, the Lighthouse accommodated 15 women during the last half of the fiscal year.

ACCOMPLISHMENTS THIS PAST YEAR

- ◆ With the assistance of a Daniel's Fund Grant, ARTS and the Haven renovated a building located on the Fort Logan campus next to the Haven Mother's House to serve as a transitional living home for women and their children who have completed residential treatment and are continuing with aftercare services. The Lighthouse opened in December 2016 and includes a family playroom for children, a great room with dining and seating areas, an upstairs reading room and meditation room, and decorated bedrooms and group living areas. This new house provides safe, supportive housing and easy access to outpatient treatment groups and afterschool services for children.
- ◆ In September 2016, the Haven programs received training and an organizational assessment through Denver Human Services to assist the Haven in becoming a trauma-informed system of care. Since this training, the Haven has made modifications to treatment practices to assure staff meetings take a trauma informed approach to dealing with client issues, that staff have received training from the mental health team, and modifications to the TC are gender responsive and looked at through a trauma informed lens.
- ◆ In order to give back to the community, Haven clients participated in a number of community events, including but not limited to; assisting in community events for Horizon Fellowship, chairing weekly Narcotic Anonymous (NA) meetings at Denver Cares, annual assistance at Toys for Tots, sorting clothing for Goodwill and other local shelters, feeding the homeless, volunteering at local animal shelters, assisting with community drives to help with Hurricane relief, and participating in donation drives to assist low income children with school supplies and back packs.
- ◆ The Baby Haven childcare center received a level 4 Colorado Shines rating indicating a high level of quality care including adherence to curriculum led services for children. The Baby Haven has remained dedicated to quality improvement and teacher education which continues to be made possible through the generous support of a number of community partners and foundations. In 2017, the Baby Haven began the application to be considered as an Early Head Start Community Partner.

PEER I

Peer I is a 126-bed long-term residential substance abuse treatment program for men located on the Fort Logan campus. The majority of clients are referred from the criminal justice system. Peer I is a Therapeutic Community (TC) that addresses substance use, criminal behavior, co-occurring mental health disorders, and multiple other areas of life functioning that are affected by addiction and the ensuing lifestyle. The primary goal for Peer I is to facilitate individual change and positive growth for each client. This goal is achieved primarily by the community of peers residing and working together to help themselves and each other. Peer I clients assume a major role in managing the TC; serving as positive role models for other more recently admitted clients. Thus, while evidence-based interventions are incorporated into the treatment regimen, in the TC, "the community is method," meaning much of the behavioral change evidenced in this program is achieved through the client community and milieu.

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 OTC program is a minimum of one-year or until a client fulfills any legal obligation. The primary goal of the OTC is to foster and support positive reintegration into the community. Services are gender specific and 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.

INDIVIDUALS SERVED

Peer I served 256 men during FY 2016-2017. Outpatient Therapeutic Community served 229 individuals, 79% were male and 21% female. Peer I also provided transitional housing to 103 men.

ACCOMPLISHMENTS THIS PAST YEAR

- ◆ This year, the Peer I program celebrated its 40 year anniversary serving adult males with chronic histories of substance use disorders and related anti-social behavior.
- ◆ Added beds to the Transitional Housing facility for clients who graduate from residential treatment and are continuing in OTC. This component helps to stabilize clients, especially in regards to financial obligations, prior to securing an independent living arrangement as they gradually transition back to their communities.
- ◆ Continued to utilize Addiction Fellows to provide psychiatric assessments and on-going medication management for those diagnosed with a co-occurring mental health disorder.
- ◆ Increased efforts to focus on primary/behavioral health care integration. Peer I has developed strong associations with Sheridan Health Clinic to help promote the notion of wellness, disease education, and nutrition.
- ◆ With the assistance of the University of Colorado, several staff were trained in Tobacco Cessation using the Trans-Theoretical Model (TTM) Stages of Change.
- ◆ The Peer I Vocational/Educational Department continued to be instrumental in assisting clients with attaining employment and GEDs. Fifty percent of all clients who enter Peer I without a GED, attain one by the time they leave residential care. Many of these individuals have had limited education, numerous interruptions and need remedial education. All clients attain employment prior to leaving the residential program and over 75% attain meaningful employment or career based opportunities in spite of years of incarceration, poor work histories, and multiple felonies.
- ◆ Peer I program developed a new relationship with Jefferson County Justice Services Juvenile Unit, within its community service division, whereby clients assist in mentoring adolescents who are under supervision for behavioral and drug and alcohol related issues.
- ◆ Peer I continued to place emphasis on helping clients develop a sense of community responsibility to make amends for past community transgressions as they contribute to the common good. This year, Peer I staff and client volunteers participated in numerous community projects including: the Denver Annual AIDS Walk; visiting local nursing homes; performing Christmas carols in downtown Denver; distributing food and clothing to homeless individuals; assisting community churches and homeless shelters with small-scale improvement projects; raising funds and sponsoring a child through Save the Children Foundation; providing drug education and awareness programs to local community; high school and college audiences; and volunteering with Coats for Colorado which distributes winter clothing for those in need.

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 emphasizes best practice of integrated treatment for substance and mental health disorders and treatment of the adolescent in the context of the family by offering psychiatric evaluation and family therapy at all levels of care. The Synergy continuum of services includes a Residential Child Care Facility (RCCF)/ Modified Therapeutic Community for adolescent males. The RCCF has a fully accredited Colorado Department of Education facility school offering core curriculum in addition to on-line courses and credit recovery. Outpatient Services include traditional outpatient services and various evidence-based practices provided in the clinic, home and/or community including Adolescent Community Reinforcement Approach (ACRA), Adolescent Continuing Care (ACC) and Multisystemic Therapy (MST).

INDIVIDUALS SERVED

Synergy served 274 adolescents during FY 2016-2017. The RCCF program treated 61 males. Synergy Outpatient served 213 adolescents, of which 74% were male and 26% were female.

ACCOMPLISHMENTS THIS PAST YEAR

- ◆ Synergy completed its fourth and final year of a Justice Assistance Grant (JAG) which allowed Synergy to provide an evidence-based practice for trauma informed care (SITCAP-ART), to clients in Synergy Residential and MST. Three of Synergy's clinicians completed the certified trainer's certification.
- ◆ Synergy RCCF clients participated in ART Garage (local non-profit) art classes, which culminated with an art show where clients sold their art pieces.
- ◆ Synergy's MST Team hosted a trauma training for all ARTS employees.
- ◆ A supervisor was certified by the Institute for Trauma and Loss via JAG grant funding. This training further supported Synergy's grant mission and the goal of the Colorado Department of Human Services (CHDS) to provide trauma-informed care to clients and their families.

TEACHING ACTIVITIES

ARTS faculty members participate in ongoing teaching activities including class presentations at Metropolitan State University of Denver, the University of Denver, and the University of Colorado.

Currently, ARTS faculty members co-lead a weekly training group for University of Colorado medical students in "Psychiatry Small Group Interviews". This training group is lead in conjunction with Akos Mersich MD, PhD. This training is designed to help medical students learn more about various psychiatric illnesses as well as developmental assessment and alliance building skills for patients they may treat in the future. ARTS Faculty members also present to University of Colorado medical students who are involved in the Big Six lecture series focusing specifically on addiction and treatment interventions.

Additionally, the Haven and ARTS Adult Outpatient programs received Signal Grant Funding to provide a seminar titled, "Opioid Use Disorder and Pregnancy." This seminar included participants from UC Health, OBGYN staff, probation officers, medical students, and community organizations. The seminar included a collaborative effort with Dr. Kaylin Klie and Dr. Lesley Brooks, two community physicians. ARTS is committed to continuing to educate providers and community partners on options for treatment for pregnant opioid-using women.

ON-SITE TRAINING PROGRAM

Various ARTS programs serve as a training site for residents, fellows, interns, student workers and medical students. Training at ARTS provides exposure to substance use disorder treatment of adolescent populations, gender-specific/women's treatment, the therapeutic community model and medication-assisted treatment. The following rotate through ARTS' programs:

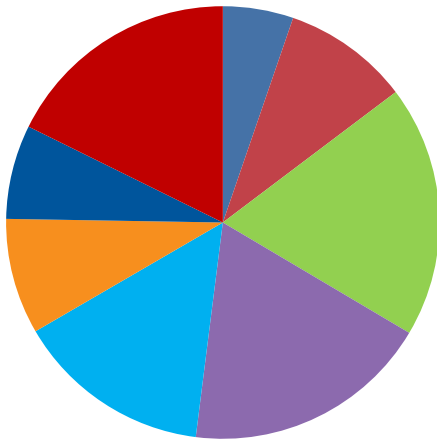
Preventative Medicine Residents
Psychiatry Residents
Pediatric Residents

Addiction Medicine Fellows
Addiction Psychiatry Fellows

Adolescent Medicine Fellows
Psychiatry Post-Doctoral Fellows

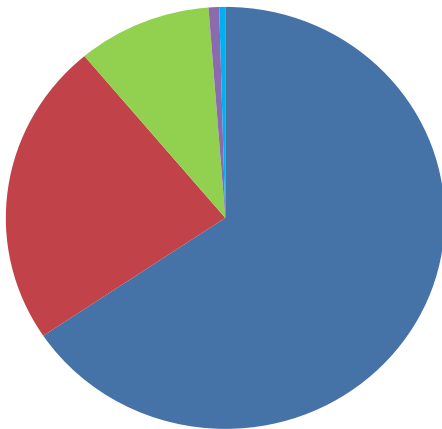
NUMBER OF INDIVIDUALS SERVED: 3,701

ARTS CLIENTS BY AGE



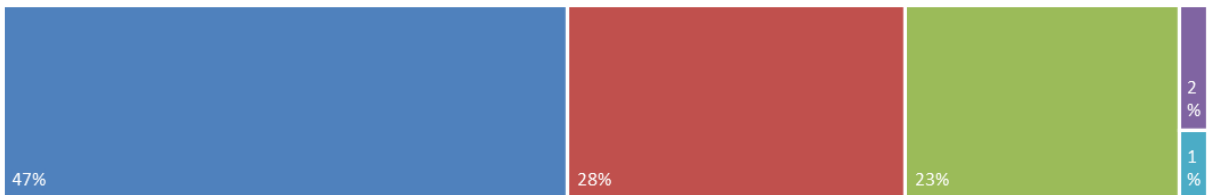
- Adolescent (5%)
- 18-24 (9%)
- 25-29 (19%)
- 30-34 (18%)
- 35-39 (15%)
- 40-44 (9%)
- 45-50 (7%)

ARTS CLIENTS BY ETHNICITY



- 50 and older (18%)
- White (59%)
- Hispanic (21%)
- Black (9%)
- Asian (0.7%)
- Native Hawaiian/Pacific Islander (0.4%)

Modality of Care



- Medication Assisted Treatment
- Residential
- Traditional Outpatient
- Intensive Outpatient
- DUI

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.

CONTACT US:

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Map of Locations

Administrative Offices: 3738 West Princeton Circle, Denver, CO 80236

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