

ARTS

Addiction Research & Treatment Services

ANNUAL REVIEW



2019 - 2020

Improving Lives Through Prevention, Education and Treatment



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Letter from ARTS' Executive Director

This spring our lives were forever changed by COVID-19. The pandemic has had profound social, economic, and health impacts globally. As we continue to navigate this new normal, we want you to know that the health and safety of our clients, staff, and community is paramount and we continue to do everything we can to reduce the risk of exposure and spread of the virus. Working together, we will have the greatest chance of reducing the number of people affected, thereby reducing the chance that our healthcare system will be overwhelmed and unable to care for those who become ill. We are grateful for our community partners who have provided emergency COVID relief funds to help with program operations, as well as to purchase personal protective equipment during this difficult time.



In response to public health orders and guidance, ARTS implemented the following changes:

- The ARTS Opioid Treatment Programs continued to remain open for patients on Medication Assisted Therapy and all sites are conducting intakes. Our outpatient clinics (Parkside Clinic, Potomac Street Center, Westside Center for Change, Specialized Outpatient Services, and Outpatient Therapeutic Community (OTC)) have transitioned to providing telehealth services when possible.
- Our adolescent program, Synergy Outpatient Services, transitioned to telehealth services and continues to accept referrals.
- Psychiatric services transitioned to telehealth visits.
- We suspended all visitation and non-essential off-site activities at our residential programs (Peer I and Haven/Haven Mom's House), effective March 13, 2020. This included all family day events and on-site family therapy visits. While we understand the hardship that this places on families who wish to see their loved ones, the safety of our clients and programs are of utmost importance. We will continue to allow and very much support phone contacts when feasible.
- To ensure we are keeping families safe, Baby Haven Childcare Center was temporarily closed from March 17th and reopened on June 1st, 2020.
- Our residential and outpatient treatment programs continue to encourage social distancing, as much as possible.
- All of our programs increased their cleaning protocols.
- We continue to ensure that anyone who is experiencing fever, cough, or respiratory difficulties be evaluated by a medical provider.
- We acquired additional personal protective equipment (i.e., masks, gloves, and gowns) and cleaning supplies to further protect clients and staff.

We are a committed and strong ARTS community and we will continue to support one another during this global health crisis. We are essential to the communities we care for as we provide support and critical behavioral healthcare services to those who need it most.

Sincerely,

A handwritten signature in cursive script that reads "Kristen Dixon". The ink is dark and the signature is fluid and legible.

Kristen Dixon
Executive Director
Addiction Research and Treatment Services (ARTS)
University of Colorado School of Medicine

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 baby 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 also provides childcare services to children in the community with integrated services so that Haven clients and community families can interact and engage in family partnership activities.

The Haven served a total of 64 clients in FY 19-20; 5 of whom were pregnant and 4 were reunited with their children in treatment. There was a reduction in the number of clients served this year due to the COVID pandemic. Admissions into the program were suspended from March through May 2020 to ensure client and staff safety.

ACCOMPLISHMENTS THIS PAST YEAR

- The Haven continued to receive funding from the State Opioid Response (SOR) grant to implement the Incredible Years (IY) curriculum, an evidence-based parenting education program for mother's with infants and toddlers.
- Anschutz Foundation supported treatment scholarships to help subsidize the cost of treatment for Haven clients.
- Haven received funds from Signal Behavioral Health Network to produce a polished two-minute video that will run on a loop several times a day in two prison settings: La Vista and Denver Women's Corrections Facility (DWCF). This video is intended to engage and educate women with a history of substance use and/or a co-occurring mental health disorder in prisons about the services the Haven offers and the effectiveness of the program in improving their lives.
- The Haven started a new partnership with EPIC Resource Center to support, train and coach their staff on Motivational Interviewing (MI), which is essential to meeting the new Community Correction Guidelines and aligning their practices with trauma-informed care.
- The Haven Mother' House started a partnership with University of Denver's (DU) Professional Psychology graduate student program to serve as a new early childhood mental health internship site. One intern, under Haven clinical supervision, co-facilitates the IY weekly group and assists with mother-child bonding, establishing parenting routines, and educating moms about child development. Anschutz Foundation, Women's Foundation of Colorado, Signal Behavioral Health Network, and the Colorado Division of Criminal Justice provided COVID relief funds for the Haven programs.
- The Haven programs developed a partnership and met regularly with Denver Department of Public Health and Environment (DDPHE). DDPHE provided ongoing consultation and assistance regarding testing and following CDC guidelines in order to keep everyone safe.

BABY HAVEN

The Baby Haven Childcare Center continues to provide high quality childcare and education for infants of mother's who reside in the Haven Mother's House program as well as community families with toddlers and preschoolers. The Baby Haven provides Colorado Shines Level 5 childcare, early childhood education, child assessment and connection to early intervention services for Haven families. It ranks in the top 10% of childcare providers in the state and top 3% of providers in Denver. We are grateful to our community partners/donors as well as the Anschutz Family Foundation, LARRK Foundation, the Rose Community Foundation, and Mile High United Way for their continued support of the Baby Haven.

ACCOMPLISHMENTS THIS PAST YEAR

- The Baby Haven served 48 children this year and was temporarily closed from March to May 31, 2020 to keep children and families safe.
- Buell Foundation and Caring 4 Denver Foundation awarded the Baby Haven emergency COVID grant funding to support program operations.
- The Baby Haven continued as an Early Head Start site in partnership with Early Childhood Ventures. With this partnership, Baby Haven families now have access to a range of new services like parenting resources; social services; and health screenings, referrals, and follow-up support.
- The Baby Haven hosted a celebration for the opening of the new playground that was supported by a capital campaign led by Friends of the Haven and generous donations from Buell Foundation, Qualistar, City Wide Roofing and individual donors. The Baby Haven used the funding to incorporate additional quality elements such as shade, safer natural elements, dramatic play, loose parts, building materials, movement opportunities, discovery play, as well as enhanced safety as part of this capital project.

ADULT OUTPATIENT

The ARTS Adult Outpatient program has provided substance use disorder treatment services to individuals living in the Denver Metro area since 1971. Adult Outpatient offers an array of evidence-based practices designed to motivate individuals with substance use disorders to initiate positive steps toward recovery. Services offered in the four outpatient clinics are grounded in integrated treatment of co-occurring disorders. The comprehensive network of services ranges from medication-assisted treatment (MAT) for opioid and alcohol use disorder to specialized treatment services for individuals involved in the criminal justice system, HIV positive individuals, and women.

The Adult Outpatient Program served 1,486 patients in FY 2019-2020, and of patients served, 56% were male and 44% were female.

ACCOMPLISHMENTS THIS PAST YEAR

- ARTS Adult Outpatient Program (AOP) received a UPL grant to increase access to MAT services and enhance services to meet high behavioral health care needs among adult patients with Medicaid with significant substance use disorders. Funding will support the hiring of three Care Managers to coordinate patients' MAT services with providers treating their physical health care needs and increase family therapy services, trauma-informed services, and psychiatric time for up to 1,000 Medicaid patients annually.
- Dr. Tyler Coyle, faculty and medical provider within the Adult Outpatient Program, received SAMHSA funding to collaborate with other University faculty to develop and implement a comprehensive interprofessional clinical opioid use disorder (ICLOUD) curriculum for NP, PA, and MD students at the University of Colorado Anschutz Medical Campus that requires 8 hours of DATA 2000 waiver training as a component of the core curriculum for each program. ICLOUD will also increase provision of medications for opioid use disorder (MOUD) in a variety of settings by a variety of practitioners through increased clinical elective offerings and interprofessional content that focuses on OUD treatment across the campus (and all of Colorado).
- Adult Outpatient Program received renewal funds from Colorado Senate Bill 202 to expand MAT services. SB202 funds support its Office-Based Opioid Treatment (OBOT) clinics at the Westside Center for Change, Specialized Outpatient Services and Potomac Street Center clinics.
Adult Outpatient received renewal funds to support its collaboration with UHealth Emergency Room (ER) and other local ERs (Swedish and Lutheran) to provide referrals to ARTS AOP clinics. In addition, this funding supports Methadone induction in the hospital's surgical unit by Dr. Daniel Bebo and post-discharge transitional services to ARTS AOP for inpatients.
- Adult Outpatient also received renewal funds from Colorado Senate Bill 202 to provide on-site substance use disorder services to individuals involved with Problem Solving Courts, Drug Courts, Veteran's Court and Wellness Court in Arapahoe, Adams, and Jefferson counties.
- Adult Outpatient received SOR funds to increase access and reduce financial barriers for individuals in need of MAT services. SOR funds also supported peer recovery support services and implementation of CRAFT (Community Reinforcement and Family Training) groups, an evidence-based model designed to help families who have a loved one struggling with a substance use disorder.
- ARTS Adult Outpatient received funding from Signal Behavioral Health Network to produce a video that will run on a loop several times a day in two prison settings: La Vista and Denver Women's Corrections Facility (DWCF). This video depicts ARTS AOP MAT program for individuals with a history of injectable drug use and criminal involvement.
- Adult Outpatient continued as the main substance use treatment site for Ryan White Part A clients to living with HIV/AIDS.
- Adult Outpatient continued its partnership with the City and County of Denver, Denver police department and District of Attorney's office as the sole MAT treatment provider in Denver to implement the LEAD/SUN grant.
- Adult Outpatient continued its partnership with Kaiser Permanente and the Veterans Affairs Medical Center as the sole MAT provider for their patients with an Opioid Use Disorder (OUD).
- Adult Outpatient continues to serve as an active participant in Colorado's Hub and Spoke model, which is part of the Medication Assisted Treatment – Prescription Drug and Opioid Addiction (MAT-PDOA) grant from SAMHSA and managed by the Office of Behavioral Health. The goal of this grant is to improve and expand access to MAT treatment services and develop a network of care for more effective treatment and access to services.
- Signal Behavioral Health Network provided funding to purchase personal protective equipment and telehealth equipment for the Adult Outpatient programs, and funding was also made available to utilize a professional cleaning service to properly disinfect the clinics on a regular basis.
- Community First Foundation JeffCo Hope Fund provided COVID funding to support Westside Center for Change located in Jefferson County.

PEER I

For over 40 years, Peer I has been serving adult males referred from the criminal justice system, and over this period the organization has achieved and sustained a national reputation for the effectiveness of these services. These services are grounded in promising and evidence-based practices. Peer I operates residential facilities on the Fort Logan campus and provides intensive residential treatment. Peer I addresses substance use disorders, criminal behavior, co-occurring mental health disorders, and the multiple other areas of life functioning that are affected by addiction.

The Peer I program served 156 patients in FY 2019-2020. There was a significant reduction in the number of clients served this year due to the COVID pandemic. Admissions into the program were suspended from March through May 2020 and the program reduced their capacity to 64 beds to allow for proper social distancing and availability of isolation rooms in the case of an outbreak within the facility.

ACCOMPLISHMENTS THIS PAST YEAR

- Peer I started a new partnership with EPIC Resource Center to support, train and coach their staff on Motivational Interviewing (MI), which is essential to meeting the new Community Correction Guidelines and aligning their practices with trauma-informed care.
- During this past year, Peer I has increased its efforts to focus on primary and behavioral health care integration.
- Ken Gaipa, long-time Peer I Director, retired in September. Ken was extremely dedicated to the Peer I program and the men it served. There is no doubt he assisted in saving countless lives. He will be truly missed!
- Irene Arguelles, former Director of ARTS' Synergy Adolescent Services was hired to fill the Peer I Director position. Irene comes with over 20 years' experience in the field of addiction and will be a great asset to the Peer I program.
- Continued work with Denver Community Corrections to train all staff in Motivational Interviewing and worked to incorporate trauma informed care into the treatment program.
- Utilized Addiction Fellows to provide psychiatric assessments and on-going medication management for those individuals diagnosed with a co-occurring mental health disorder.
- Served as a practice site for interns to help provide experiential learning opportunities for students who want to work in the criminal justice or social services fields.
- Clients gave back to the community by volunteering at Denver Human Services, assisted local churches and other organizations with projects, and assisted with Coats for Colorado.
- Peer I received COVID relief funding from the Division of Criminal Justice to support program sustainability.

OUTPATIENT THERAPEUTIC COMMUNITY (OTC)

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 primary goal of OTC is to foster and support positive reintegration into the community. Services 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 through its gender-specific houses, Gratitude House and the Light House.

The Outpatient Therapeutic Community served 151 individuals, 76% were male and 24% were female. Transitional housing was provided to 55 men and 21 women. Gratitude House served fewer men this year due to reducing the number of beds available to ensure proper social distancing due to COVID.

ACCOMPLISHMENTS THIS PAST YEAR

- OTC received renewal grant funding from Colorado Health Foundation to offer case management services, such as vocational, education, housing support, financial services, etc. to its clients. This grant supported the hire of 2 Case Managers to offer these important services.
- OTC hosted two graduations to celebrate individuals who successfully completed the program and maintained abstinence, employment, and overall stability and success. Twenty-two (22) individuals graduated in December 2019 and fifteen (15) in June 2020. The graduation in June was done virtually via Zoom.
- OTC received new Senate Bill 202 funding to help provide housing support for OTC individuals in recovery.

SYNERGY ADOLESCENT SERVICES

Synergy is the adolescent component of Addiction Research and Treatment Services. Synergy has provided substance use disorder treatment to adolescents since 1978. Synergy serves adolescents with substance use, conduct, and other co-occurring psychiatric disorders. Synergy is grounded in promising and evidence-based practices; all services emphasize developmentally appropriate, empirically supported treatments. Synergy Outpatient Services offers traditional outpatient services and evidence-based practices provided in the home and/or community.

Synergy served 121 adolescents during FY 2019-2020, of which 70% were male and 30% were female.

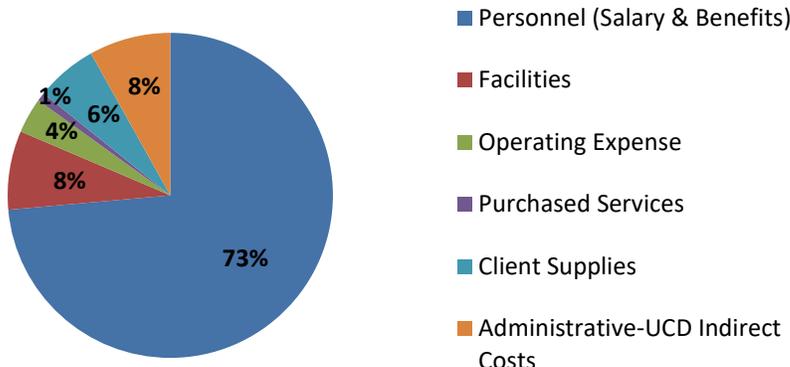
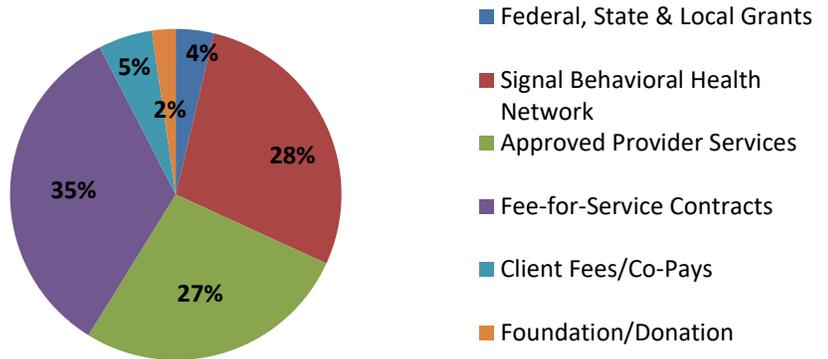
ACCOMPLISHMENTS THIS PAST YEAR

- ARTS Synergy Program received a UPL grant to expand access to Multisystemic Therapy (MST) with the Substance Use Adaptation (SA) to at-risk youth. MST-SA is an intensive home-based, evidence-based program that is continuously monitored for fidelity of implementation. Synergy clinical teams strive to work with the adolescent and his or her family, school, community and peers to achieve positive behavioral change. Funding will be used to hire additional Master's Level MST-SA therapists, retain existing therapists, increase psychiatric time, and expand outreach to schools, medical offices to increase referrals to the program.
- Synergy has continued to receive funding through Signal Behavioral Health Network to enhance the intensity of services for adolescents who are at very high risk of out-of-home placement.
- Utilized Addiction Fellows to provide psychiatric assessments and on-going medication management for those adolescents diagnosed with a co-occurring mental health disorder.
- Continued to collaborate and provide substance use services at the Family Resource Pavilion (FRP). FRP is a collaborative effort between nine entities in Douglas and Arapahoe counties dedicated to providing comprehensive services in a single location to families in need. Unfortunately, Synergy's FRP office was temporarily closed due to COVID for in-person sessions.
- Synergy received SOR funds to offer CRAFT (Community Reinforcement and Family Training) groups, an evidence-based model designed to help families who have a loved one struggling with a substance use disorder.
- Synergy has continued to receive Forfeiture Funds to serve adolescents with substance use disorders in the 17th Judicial District who do not have other sources of funding for treatment.

ARTS FY 2019 - 2020 FINANCIALS

Annual Budget:

Source of Revenue



Expenditures

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 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

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Addiction Research and Treatment services (ARTS) and the University of Colorado do not discriminate on the basis of race, color, national origin, sex, age, disability, creed, religion, sexual orientation, or veteran status in admission and access to, and treatment and employment in, its educational programs and activities.