
**ALCOHOL & DRUG COUNCIL
OF TOMPKINS COUNTY, INC.**

ANNUAL REPORT 2003



*Substance Abuse Prevention, Education & Referral Services
Community Outreach & Planning Services
Chemical Dependency Outpatient Treatment & Referral Services*



Message from the Executive Director

It is with pride and gratitude that I announce that we had a highly successful and productive year. The year 2003 presented challenges and obstacles related to a decrease in funding coupled with an increase in the demand for our services. State aid decreased by 20% forcing us to eliminate two clinical positions. However, despite the decrease in clinical staff, our productivity remained consistent with previous years.

We are fortunate to have many supporters of our mission. There is no doubt in my mind that the compassion and skills of our staff improve the quality of life for many in our community. The dedication and leadership of our Board of Directors help preserve the integrity of the agency and continuation of quality services. The commitment of our donors provide us with the necessary financial and moral support.

Mission

The mission of the Alcohol & Drug Council of Tompkins County, Inc. is twofold. The first is to function as a resource center and educate the community about the health risks of chemical abuse and dependency. The second is to provide accessible, comprehensive outpatient treatment to individuals and families whose lives have been adversely affected by chemical abuse and dependence.

Core Purpose

The core purpose of the Alcohol & Drug Council is to assist the community in dealing with substance abuse from prevention to recovery. We help individuals and families live healthier lives and assist those embarking on recovery to begin a new life.

Alcohol & Drug Council of Tompkins County , Inc.

The Alcohol & Drug Council (ADC) is a not-for-profit community service program serving the residents of Tompkins County and other contiguous counties. We provide substance abuse prevention, education and outpatient treatment services. Additionally, we work collaboratively with community organizations to implement new initiatives and programs.

Board of Directors

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Revenue and Funding Sources

- Client fees in the form of self-pay, third party reimbursements, Medicaid, and Medicare
- The New York State Office of Alcoholism and Substance Abuse Services (OASAS)
- Tompkins County
- United Way of Tompkins County
- Stop DWI
- NYS Drinking Driver Program
- Grants & Contracts
- Private Donations

Education & Prevention Program Highlights

No Limits 2003:

ADC hosted a basketball tournament for middle school students. This fundraising event was designed to provide students with an example of an alternative activity to substance abuse. The theme of the event was “What the mind can conceive and the heart can believe, the body can achieve.”

Ithaca College:

We provide prevention counseling services to students at Ithaca College. A member of our professional staff meets with students who are clearly exhibiting signs of substance abuse and designs an individualized service plan, which may include referral to treatment. For those who are not referred to treatment, we offer prevention counseling session based on the harm reduction model. The goal of the counseling sessions is to increase awareness of the consequences of substance abuse, and to prevent the occurrence of dangerous alcohol and/or drug related incidents.

Peer Education Program:

Our Peer Education Program Coordinator trains high school students from five school districts to become peer educators for middle school students. They present a series of six workshops on topics including: basic drug and alcohol information, peer pressure, decision making, media influence, and life in high school.

Presentations:

ADC staff delivered presentations to a variety of groups, businesses and human service agencies. Some presentations focused on learning to detect substance abuse in others and the resources available in the community. Other presentations addressed concerns related to the “wellness” of staff working in emotionally taxing situations. Finally, businesses requested presentations on the Drug Free Work Place Act.

WHCU Morning Report with Casey Stevens

Every month we visit the morning report to publicize issues and events. As a result of our visits, we receive calls from people looking for help and information.

Sober Talk Column

Each month we write an informational column called “Sober Talk” for the Ithaca Journal. Various people at the agency, as well as guest columnists write on a variety of topics related to substance abuse. As a result of the monthly column, we receive phone calls or e-mail from people seeking additional information. Our most recent column is posted on our website at www.alcoholdrugcouncil.org.

Website

www.alcoholdrugcouncil.org

Our website offers information about our staff and services, and headline news on chemical dependency. Additionally, we have included a directory of services for youth and information for parents.

Clinic Program Highlights

Cornell University:

During 2003, we had a contract with Cornell University whereby we agreed to furnish the services of a full time clinician. The objective was to educate the counseling staff at Cornell’s Gannett Health Center about substance abuse especially among students who are diagnosed with a mental illness. Additionally, the ADC clinician offered individual counseling sessions to all the students assigned to him.

Office of Children and Family Services:

In 2003, ADC received a grant from the New York State Office of Children & Family Services to continue our collaborative effort with The Family Drug Treatment Court.

We deliver clinical services at L. Gossett Center for boys. Our treatment group focuses on presenting boys with the basics of recovery, as well as addressing relapse prevention issues.

We provide clinical services at Lansing Residential Center. The main focus of the group is to help the girls residing at the Center increase their understanding of the recovery process and improve their daily living skills. The goal of our intervention is to provide a plan for successful community reintegration.

Tompkins County Jail:

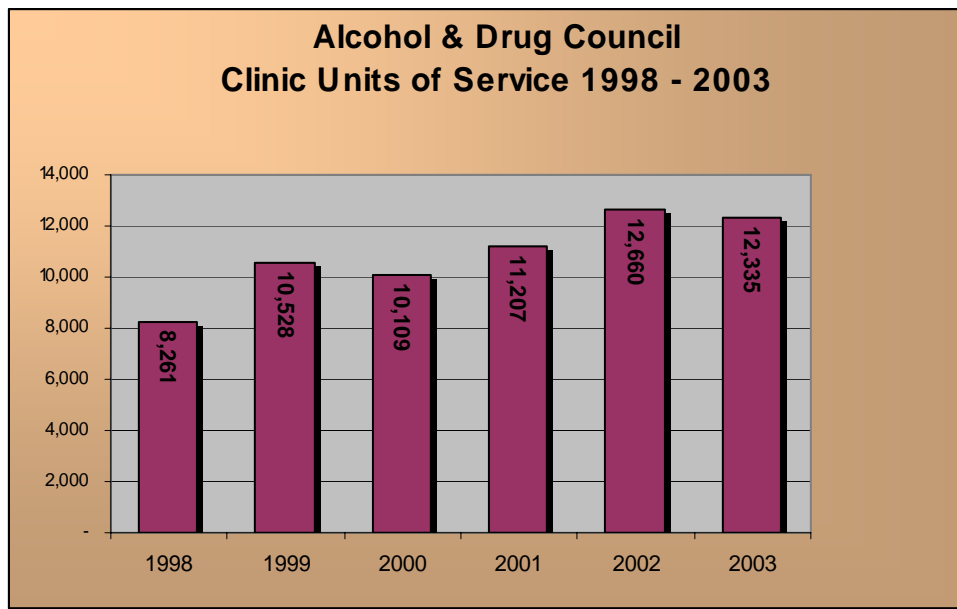
During the fiscal years 2002 and 2003, we provided group counseling sessions three times a week to the inmates at the Tompkins County Jail. We continue to provide evaluations and referral services at the jail. This entails completing an assessment of the substance abuse problem and related issues, as well as processing referrals to inpatient or long term residential treatment facilities.

2003 Financial Report

Reduction in State Aid:

In 2003, we experienced significant erosion in our state aid. In particular, we lost \$65,126 of our state aid money, thus reducing our revenue from the state by 20%. Unfortunately, reductions in state aid will continue on an annual basis. As a result of the \$65,126 reduction in state aid, we eliminated two clinical positions.

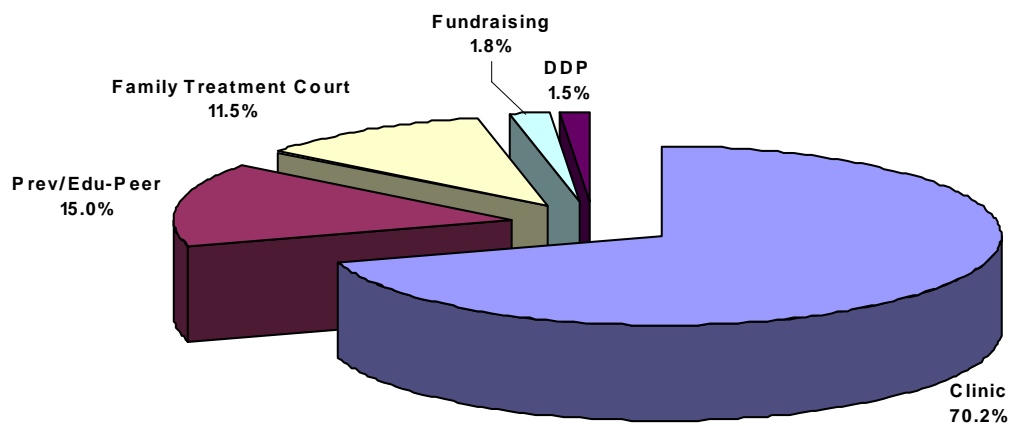
Productivity:



Despite the reduction in human resources, we maintained a high rate of productivity in our clinic. In 2003, we served 770 individuals with 12,335 units of service. A unit of service is a face-to-face contact between a client and a clinician. Units of service are the sum total of both individual and group counseling sessions.

Between 1998 and 2003, our productivity rate has increased by 51%. We are clearly serving more people through our clinic. As stated earlier, the clinic is also providing off-site services to various public and private organizations.

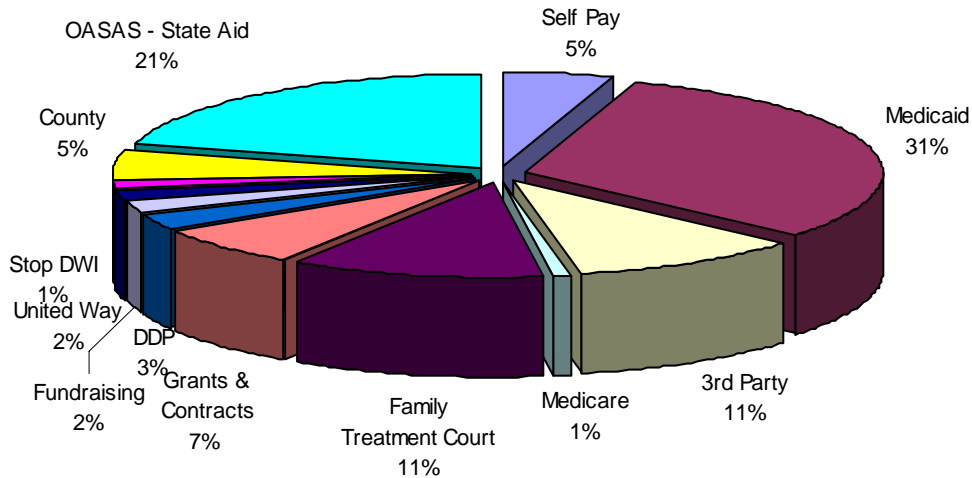
Alcohol & Drug Council 2003 Expenses by Department



2003

Clinic	876,183
Prevention/Education-Peer	187,223
Family Treatment Court	143,699
Fundraising	23,059
DDP	18,817
Total Expenses	1,248,981

Alcohol & Drug Council 2003 Revenue/Funding Sources



2003

Self Pay	64,083
Medicaid	399,422
3rd Party	135,590
Medicare	9,306
Family Treatment Court	143,699
Grants & Contracts	89,625
DDP	33,772
Fundraising	27,915
United Way	23,736
Stop DWI	18,000
County	62,866
OASAS - State Aid	265,162
Total Revenue	1,273,176

2004 Goals

In order to meet our mission and become a primary community resource for the prevention and treatment of substance abuse, we have set the following goals for the fiscal year 2004:

- Operate within the parameters of the 2004 approved budget.
- Ensure compliance with New York State regulations for operating license renewal in 2005.
- Develop strategies to reduce dependence on public funding by moving the agency toward self-sufficiency.
- Examine possibilities of collaborating with other human service agencies and/or private businesses by creating satellite clinics.
- Collaborate with the Tompkins County Mental Health Department to develop an integrated system of services to individuals diagnosed with a mental illness and chemical dependence.
- Collect and analyze data on the risk factors for youth in Tompkins County. Based on the analysis, submit a written report to the Office of Alcoholism and Substance Abuse Services.
- Provide trainings with continuing education credits to staff and members of the community.
- Establish a Speakers Bureau to help raise awareness of the link between chemical dependency and other social and health related problems.





THANK YOU



We are deeply grateful and appreciative of our donors for their financial and moral support. The following individuals gave generously to our cause:

Anonymous, Stacy Ayers, Harry Ash, Edward Abelson Ph.D, Barry & Molly Adams, Martha & Jim Aguiar, Megan Albertsman, Lucia & Douglas Armstrong, Renata & Robert Ballard, Kathleen & Rick Basile, Joan Bechhofer, Rose & Hans Bethe, Drs. Sophia & John Bezirgianian, Borg Warner Morse TEC, Hunt Bradley, Jr., Wayles, Browne, Charlotte Bruce, Jane & Wendell Bryce, Cherrylynn & Ethan Burris, Kathleen Carlisle, Mary & Leland Carmichael, CBORD Group, Ciaschi, Dietershagen, Little, Mickelson & Co. LLP, City Club Of Ithaca, Anita & Larry Clapp, Eva & Mon Cochran, Communique Design and Marketing, Conifer Park-Liberty Management Group, Helen & Basile Cooil, Cornell Fingerlakes Credit Union, Cornell University, Patricia & Philip Cornell, Janet & Jonathan Corson-Rikert, Courtside Racquet and Fitness Club Adam Cox, David and Mary Curtiss, Anne & Joline DiGiacomo, Mildred Drosdoff, Federal Express, James Everts, Rosalin and Dr. Howard Feinstein, MD, Maralyn Fleming, Julia & William Gibson, Dr. James Gillespie, Peter Gould, Greek Peak, GreenStar Cooperative Market, Charles Gutman, Esq, & Shirley Ladd, Sue & Scott Hamilton, Jessie Harper, Harris Beach LLP, Joseph Hartnett-Hughes, Pat Haugen, Sandra Herndon, Luella Holland, Sue & Ed Hooks, Arpi Hovaguimian & Kyle Summerskill, Georgia & Skip Howe Hewitt, Barbara & James Hulbert, Ithaca Cayuga Optical, Ithaca College, Phyllis Janowitz, Jo & Gary Jaynes, Diane Jerdan, James John, Theresa & Dave Kalb, Elizabeth Kassman, Michael Kennedy, Deborah Levin, Rev. & Mrs. W. Jack Lewis, Carolyn Lindquist, Thomas Lipa, Beverly & Roger Livesay, Sally & Randy Lovell, Janet & Jack Lowe, Judith Lutes, Lynkes Computing Services, Mailbox of Ithaca, Inc., Dr. Heather McAdam, MD, Grace McMenamin, Mary Lu & Philip McPheron, Marguerite & Edward Moy, Norma & Henry Munger, Amanda Norton, NYSEG, Hon. Marjorie Z. Olds, Radojka & Vildan Omanovic, Robert Pearce, Martin & Irene Petrovic, Olive & Richard Phelan, Sharon Policello, Florence & Henry Ricciuti, Martha & Steve Robertson, Margaret & Eric Robinson, Margaret & Franklin Robinson, Mary Rogan, Michelle Searles, Hon. Judith Rossiter and Bill Kaupe, Doreen & John Rudan, Saint Catherine of Siena Church, Flora & David Sagan, Elizabeth & John Scarlett, Deena Schwartz, Hon. John Sherman, Carole & Roger Sibley, Pamela & David Solomon, William Sonnenstuhl, Ph.D & Janet Wagner, Sandra & Stuart Stein, Amy Stoll, Lynne & Steve Teeter, Tompkins Trust Company, Gwen & Carlo Troise, Jerome True, Larri & Larry Wallace, Richard Wertman II, Martha & Arthur Wright.