

Alcohol & Drug Council

2009 Annual Report

Alcohol & Drug Council

201 East Green Street, Suite 500

Ithaca, NY 14850

(607) 274-6288

www.alcoholdrugcouncil.org

Who are we?

The Alcohol & Drug Council is a private not for profit organization which serves individuals and families. We provide alcohol and drug abuse prevention and treatment services. In prevention, we work with high school and middle school students in five school districts. Our focus is the prevention of underage drinking and drug use. Our clinical programs serve people who are facing alcohol or drug abuse problems. We strive to provide treatment options that are relevant to individual needs. With customized service in mind, we stay informed about new therapies in the field and ensure that our staff receive the necessary training to provide effective prevention and treatment services.

Mission

Our Mission is to assist and support each individual on the path to a satisfying and successful life.



Board of Directors

President -----Jo Ann Clune

Vice-President-----Allan VanDeMark

Treasurer-----Anne Ryan

Secretary-----Skip Hewitt

Martin Kurth

Christine Manning

Mary Rogan-Leonardo

Dr. Linda Radomski

Testimonials

At one time my life was just one big problem after another. It took me a long time to realize that at least some or all of these problems I caused myself.

In the past I really caused myself unnecessary grief making the slightest problem huger than what it was. I used to think about everyone first and me last. I wasn't hurting anyone but myself.

I tend to hold onto things including ideas. I'm reluctant to give up ideas like who I am. Giving up some old ideas is essential to growing. I have learned to LET GO of the static image of who I think I am.

I HAVE LET GO OF MY PAST.

I HAVE COME TO REALIZE THAT I AM THE ONE AND ONLY.

A PERSON IN PROGRESS.

For me growth began when I stopped blaming everyone else. I have become the owner, not the blamer.

I'm not going to let irresponsible or unreasonable criticism cause me unhappiness. I tell myself I'm not going to let anything bother me and won't care about anyone's negativity as long as I know what is best for ME.

I am always and forever learning, changing, and growing. The only important reality is who I used to be, but above all I know who I am and who I'm supposed to be.

I am fully equipped to do whatever it is that I'm supposed to do with my life.

"I am the master of my fate,

I am the captain of my soul"

-from 'Invictus' by William Ernest Henley

I HAVE TAKEN FULL RESPONSIBILITY FOR MY LIFE.

I ACCEPT THAT I AM AN ALCOHOLIC & ADDICT.

I SURRENDER MYSELF OVER TO GOD.

I ASK GOD ON A DAILY BASIS TO GIVE ME THE ABILITY TO ACCEPT AND CHANGE.

-Tawnya

Message from our Executive Director

In the current economic climate there is much discussion about cost saving measures. Donors consider carefully where to invest money for the greatest impact. Historically, periods of economic downturns have been accompanied by significant increases in the demand for alcohol and drug services. This is certainly consistent with what we have seen in this community over the past three years.

As health care costs escalate to the breaking point in our economy, there is no more important time than now to invest in alcohol and substance abuse treatment. The estimated economic costs of alcohol abuse alone are \$184.6 billion. Contributing to these costs are crime, threats to public safety, increased ER visits, lost productivity in the work place, and criminal justice costs. Ensuring access to community based alcohol and drug treatment is an integral part of reducing this financial burden. Every dollar spent on alcohol and drug treatment saves seven dollars in criminal justice costs. When savings related to health care are included, that number increases to \$12.00 saved for every \$1.00 spent. Employees treated for substance abuse have reduced absenteeism, reduced tardiness, suffer fewer job injuries, and make fewer mistakes on the job.

2010 will mark the 45th year that the Alcohol & Drug Council of Tompkins Co., Inc. has invested in serving individuals and families in Tompkins and surrounding counties.

The effort to increase public awareness about the disease and facilitate access to treatment is a constant one. After over a decade of negotiation, the New York State Legislature passed Timothy's Law in 2006 with the purpose of eliminating higher co-pays, deductibles and limits on services that made care for substance abuse and mental illness harder to get and less affordable than for other illnesses such as diabetes (estimated economic costs \$98 billion), cancer (\$96 billion) and heart disease (\$183 billion). This parity legislation passed only after reimbursement for alcohol and substance abuse treatment was dropped from the bill. This reflects the stigma that addiction is viewed as a moral issue rather than the legitimate health problem it is. The Council remains committed to treating and advocating for individuals in recovery as we enter the next decade. We hope that you will continue to support us in fulfilling our mission.

-Kathleen Blair
Executive Director

Accomplishments in 2009

Anniversaries are a time to reflect as well as look forward. The Alcohol & Drug Council began with the mission to increase awareness of alcohol and drug problems and to provide information to people regarding available treatment options. We remain committed to this purpose and to the continued fight against the stigma associated with addiction through offering a wide range of treatment groups in the outpatient clinic, and education and prevention events in the community.

Just as we experienced major shifts in the economic climate, there were significant changes in staff at the Council. Staff turnover resulted in the Council being understaffed for the majority of the year, while the number of request for service set new record highs. The remaining staff were able to maintain continuity in treatment programming for our clients, however, the turnover in staff resulted in a longer wait time for initial appointments. Consequently, the procedure for evaluations was modified to expedite access to services. Treatment groups for clients with co-occurring mental health disorders and addictions were expanded to offer morning and afternoon groups twice a week. Staff were trained in the evidence based practice of Motivational Interviewing and these principles were integrated into treatment approaches throughout the outpatient clinic. The Council also requested a technical assistance training from the Office of Alcohol & Substance Abuse Services to keep abreast of regulatory changes in the field. In 2009, the Council served 556 unique clients from Tompkins County and surrounding communities. Of these clients, 77 % discontinued their use of alcohol and/or drugs, 60% maintained or improved their employment and there was a 52% reduction in arrest six months after entering treatment.

The more obvious changes were made to the physical plant of the Council. Aided by minor maintenance money available from OASAS and a generous donation from Tompkins Trust Company, we were able to double the size of the waiting room and better accommodate our growing clientele. The reception staff was provided with an efficient and secure area to check clients in and out. Professional offices and group rooms are now clearly separated, creating a confidential and secure environment for daily business and therapy. In addition, a storage area was renovated to allow for an additional professional office and chart storage.



Financial Report 2009

<u>Revenue</u>	<u>2009</u>	<u>2008</u>
State Aid	\$310,903	\$299,799
County contracts & aid	\$83,555	\$87,695
United Way	\$27,922	\$27,078
Other contributions & grants	\$11,439	\$14,548
Medicaid reimbursements	\$449,463	\$357,370
Medicare reimbursement	0	0
Third party reimbursements	\$96,277	\$136,155
Self-pay	\$81,421	\$92,911
Other revenue	\$69,199	\$60,031
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Total Revenues	<u>\$1,130,179</u>	<u>\$1,075,587</u>
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<u>Expenses</u>	<u>2009</u>	<u>2008</u>
Program services	\$950,700	\$884,227
Management & fundraising	\$164,858	\$152,121
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Total Expenditures	<u>\$1,115,558</u>	<u>\$1,036,348</u>
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Change in Net Assets	<u>\$14,621</u>	<u>\$39,239</u>

Financial Report 2009

<u>Assets</u>	<u>2009</u>	<u>2008</u>
Cash & cash equivalents	\$157, 875	\$144,635
Receivables	\$186,240	\$187, 867
Pre-paid	\$12,980	\$10,546
Equipment	\$9,439	\$8,204
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Total Assets	<u>\$366,534</u>	<u>\$351, 252</u>
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<u>Liabilities & Fund Balance</u>	<u>2009</u>	<u>2008</u>
Accounts payable	\$50,945	\$6,576
Accrued liability	\$9,667	\$31,720
Deferred revenue	\$1,638	\$1,640
Compensated absences	\$7,658	\$7,711
Medicaid payable	\$36,086	\$57,686
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Total liabilities	\$105,994	\$105,333
Net Assets	\$260,540	\$245,919
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Total Liabilities & Net Assets	<u>\$366,534</u>	<u>\$351,252</u>



The Alcohol & Drug Council's efforts to reach out to the community are reflected in our participation in the first Teen Empowerment Forum on May 9th, 2009 at the Clarion Hotel in Ithaca. This compilation of workshops and activities was planned by teens from urban and rural areas of Tompkins County and began with a motivational speech on leadership from keynote speaker Anthony "Tony" Jordan, a former NFL player. The event was attended by 85 area youth. The Council continued to reach out to area colleges by advertising in the student planners for Ithaca College and Cornell University, participating in presentations and monthly meetings with staff from their counseling services, and providing field placement opportunities to Tompkins Cortland Community College. The Council meets weekly with the Tompkins County Mental Health Dual Recovery Treatment Coordinator and other mental health and substance abuse treatment providers in the area, and has offered a joint presentation of services to the local NAMI (National Alliance on Mental Illness) chapter. Lastly, the Council was pleased to award its 2009 Community Service Award to Tim McGuire, founder of the Maguire Family of Dealerships in Ithaca and Trumansburg, New York, for his efforts to help individuals in his workforce access the care they need for alcohol and substance use problems.

The Next Decade

Looking ahead to 2010, the Alcohol & Drug Council of Tompkins Co., Inc. will celebrate 45 years of service in this community. We will carry on the proud tradition of providing quality alcohol and substance abuse treatment, education and prevention services with a particular focus on increasing our outreach to youth, and finding new ways to collaborate with businesses and other service providers in the community. The commitment and dedication of all of our staff make this possible; they know change is not only a challenge, it is the nature of our business and of recovery.

Thank You

We are deeply grateful and appreciative to our friends in the community for their support. The following individuals gave generously to our cause:

Margaret and Barry Adams	Ed and Susan Hooks
Megan Albertsman	James and Barbara Hulbert
Joan Bechhofer	Gary and Josephine Jaynes
Rose Bethe	James John
Dr. John Bezirgianian	Theresa and David Kalb
Donna Boardman	Arthur Kuckes and Martha Wright
H. Hunt Bradley, Jr.	Through the Tompkins
Peter and Elizabeth Brennan	Charitable Gift Fund
E. Wayles Brown	Deborah Levin
Charlotte Bruce	Janet W. Lowe
Jim and Terry Byrnes	Paul MacAvoy
Through the Tompkins	William and Judith Maxwell
Charitable Gift Fund	Joyce H. McAllister
Leland and Mary M. Carmichael	Gail Murphy
Jo Ann and Robert Clune	Marsha Powell
Mary Ann and Tim Colbert	Martha and Steve Robertson
Edward and Caroline Cope	Eric and Margaret Robinson
Hazel Cramer	David Ruppert
Mildred Drosdoff	Anne C. Ryan
Howard Feinstein, MD	Ernest and Beverly Schaufler
Martha Fergar	Deena Schwartz
Gary Frank	Roger and Carole Sibley
Bradley and Juanita Griffin	Pamela and David Solomon
Charles Guttman and Shirley Ladd	Paul Stearns and Sarah Gowin
Jessie Harper	Stuart and Sandra Stein
Joseph P. Hartnett-Hughes	Allen Ward
Skip Hewitt	

In Honor Of:

Helen and Basil Cooil
In Honor of Betty Corrigan
Mary Rogan Leonardo
In Honor of Betty C.
Florence Ricciuti
In Honor of Georgia Howe

In Memory Of:

Judith Lutes
In Memory of Deborah Ramsey
Dr. Linda Radomski
In Memory of Jim Currado

Many Thanks to Our Business Partners:

Borg Warner Morse TEC	Lynkes Technology Services – Tim
Susan Luss – Philanthropy	Kessler
Committee Chair	Temple Beth-El-Rabbi Scott Glass
City Club of Ithaca	Tompkins Trust Company
Ithaca Police Benevolent Association	True Insurance Co.–
	Jerome B. True

Our Staff

Executive Staff

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Education/Prevention Director

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