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Clermont Recovery Center, Inc. is a not-for-profit drug and alcohol prevention and treatment agency funded in part by the Clermont County Mental Health and Recovery Board.

## Picture Us—Tobacco Free!

Clermont Recovery Center, Inc. (CRC) received a Community Investment Grant from the American Cancer Society's Relay for Life fund. The grant funded a project in which children received disposable cameras to photograph images that depict reasons to remain tobacco-free.

**“Children learn best when they have hands-on involvement with an issue.”**

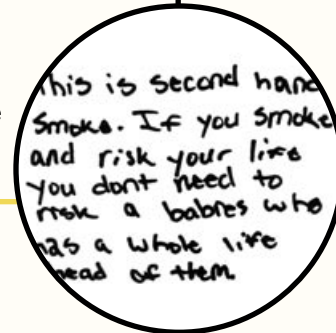
The purpose of the grant was to discourage tobacco use among the youth and families involved in the Club HERO (Helping Everyone Reach Out) after-school prevention programs sponsored by CRC. Children wrote descriptive journals about the photographs they took. An evening exhibit took place at each program location at which parents, families, and the community viewed the children's work. Cessation information was also available for those community members who use tobacco.

“Children learn best when they have hands-on involvement with an issue,” said Jenny Weaver, Prevention Coordinator. “This activity let them take a look at their own environment, through the lens of a camera, and describe reasons not to get involved with tobacco use. I think they learned a great deal and spread that information to the community.”

The project occurred over four weeks in March. The exhibits took place the week of National “Kick Butts Day!”—April 11-15, 2005.



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## New Program—Helping Parents Help Themselves

Parents who need help with their addictions are the target population for a new program at the Clermont Recovery Center.

**“We are eight weeks into the program and so far there is a low drop-out rate for these clients,” Gomez said.**

The purpose of the Children's Protective Services Referred Substance Abuse Treatment Group is to treat the specific needs of parents involved with CPS who have substance abuse problems and other disorders that may be barriers to having custody of their children.

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## News in Brief

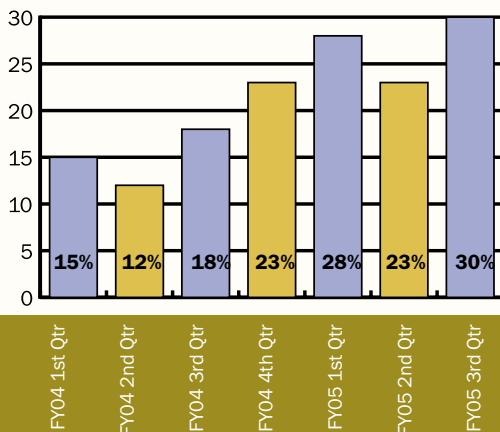
- **CRC was recognized for “best practices” by Mental Health Corporations of America, Inc. (MHCA) “for achieving a high level of staff satisfaction by providing an exemplary workplace environment” in 2004. This was the second year in a row that the agency was recognized in this manner.**

- **ODADAS Director Gary Tester visited the Clermont County Mental Health and Recovery Board March 2 to discuss the Multi-Dimensional Family Therapy program (MDFT). Director Tester presented a “Certificate of Appreciation” to CRC signed by Governor Taft and the Director recognizing “30 years of dedicated community service.”**

- **As of February 24 there were 146 adults waiting for treatment—68 for assessment and 78 for treatment. This is nine more than one month ago. This represents an approximate three week wait for most services.**

- **Information relative to POSITIVE Urine Screen is presented to illustrate “drug use trends.” Cocaine use is clearly a concern for the agency treatment system. FY05 mid year results show an increase in cocaine positives. (See graph below.)**

**% Positive for Cocaine Use**



## New Program Aids Batterers

CRC is making strides to help a traditionally tough group to treat—men with substance abuse and domestic violence problems. The new Men’s SA/DV Treatment Group was created to educate this group about addiction and domestic violence issues and confront attitudes and excuses.

This intense program is intended to help the client verbalize an understanding about his own problematic behavior and to have a plan in place to support abstinence from mood altering substances.

Jill Gomez, vice-president of CRC, said this group of clients presents a challenge. “This is a very resistant population to treatment. Traditional methods haven’t worked,” she said. “We’re trying to get them to see that alcohol and domestic violence is related. We’re not going to let them use alcohol as an excuse.”

Clients must attend 12 three-hour group sessions held on Monday evenings beginning at 6 p.m. They also must attend at least four individual sessions. The client’s therapist will confront attitudes and excuses that typically address the central causes of abusiveness, including entitlement, coercive control, disrespect, superiority, selfishness or victim-blaming.

Results in this first class have been promising, Gomez said. “We are ready to graduate our first group and more than half will graduate,” she said. “That is a high success rate.”



### *New Program—Helping Parents Help Themselves Continued*

“Relative to other groups served we didn’t have a high graduation rate from CPS referrals. This program is a way we hope to improve our services to them,” said Jill Gomez, vice president of CRC.

Two-hour group sessions are held Wednesday evenings from 6-8 p.m. All clients are required to attend this 12-week group, as well as individual sessions. Attendance at a community self-help group is required.

“We are eight weeks into the program and so far there is a low drop-out rate for these clients,” Gomez said.

The program uses the Stages of Change model, which helps both clinicians and clients to gauge their readiness to change their behavior. This is established with assessment and in-group questionnaires.

“Many of these clients don’t see their behavior as a problem,” Gomez said. “They wonder why they are in our program. By establishing their Stage of Change, the appropriate planning can go into their treatment.”

The group sessions provide an integrated focus on both parenting and addiction. “About half of the curriculum deals with parenting and how their addiction affects their parenting skills,” she said. Coping skills and stress management are also part of the class.

This program serves men and women, CPS referrals, and some non-CPS referred clients that may need some parenting help, Gomez said.

# Families Speak Out



As part of the agency's ongoing efforts to continually improve the quality of services, clients are asked to take home a survey for a family member to complete. This is a voluntary activity; CRC counselors have worked hard to encourage clients to have the surveys completed and returned. Here's what family members are saying about CRC's services.

**Is there anything you believe the agency could have done differently to better help your family member?**

**"I do admire the ideas behind the classes; there has been an extreme change in attitude for the family member. I am glad CRC does not focus on just the problem but helps the client get to the reasons for the problem."**

*"No my brother seemed very satisfied with the services he received."*

*"I think your spirit of cooperation is wonderful."*

**"No, I felt that the program and counselor has given this family informative information to better make positive decisions in our life."**

**Do you have any other suggestions or comments?**

*"He spoke very highly of his counselor and said he would recommend her services to others willing to get help."*

*"CRC has been very helpful to [our family member] and us."*

*"It has been a pleasure having [her] in our home."*

**"[She] was awesome. She really related to us... She was so nice and very helpful!"**

*"I believe CRC might add extra incentive for the client if testing were done randomly after the successful completion of the classes, perhaps over a 6-12 month period afterwards, with one on one consultation to just go back over things, reassess, evaluate, etc..."*



**"As mother of the client, I thank you all from the bottom of my heart for your caring and expertise."**

*"Keep up the good work."*

*"Great facility, very good staff."*

**"[She] was very good and helpful to our family. I hope she has as much success with other families."**

*"[He] has been very helpful to my family and I believe he can make a positive impact in other peoples lives, he did ours. Thanks from a concerned parent."*

## Center Seeks Ohio Department of Mental Health Certification

Troubled clients come to CRC dealing with chemical dependency and other co-occurring disorders. To better serve these clients, the Center has applied for Ohio Department of Mental Health (ODMH) certification, said Steven M. Goldsberry, president and CEO of the Center.

**"We are already serving dually diagnosed clients and it just makes sense that we get certified from the Ohio Department of Mental Health."**

CRC is currently certified by the Ohio Department of Alcohol and Drug Addiction Services to help clients with chemical dependencies. Frequently, there are other issues that require attention in the treatment of substance abuse.

"We are already serving dually diagnosed clients and it just makes sense that we get certified from the Ohio Department of Mental Health," said Steven M. Goldsberry, president and CEO of the Center. "We can increase and expand the population we serve."

During the approximate six month certification process, the Center's policies and procedures are reviewed and certifiers may make a site visit. They will focus on the quality improvement process and the addition of new services. The following programs were included in the application for certification:

- Behavioral Health Counseling and Therapy
- Mental Health Assessment
- Pharmacologic Management
- Partial Hospitalization
- Community Psychiatric Supportive Treatment
- Consultation
- Prevention

## CRC in Nationwide Study

Clermont Recovery Center is participating with 100 other agencies around the country in a nationwide project sponsored by Texas Christian University.

The university received a grant to evaluate client satisfaction issues and program costs at outpatient, drug-free community-based treatment providers. To participate, CRC made a three-year commitment to the study.

Each year CRC will be called upon to participate in different data gathering projects. "This first year, CRC completed a program description," said Jill Gomez, vice president of CRC. In the remaining years, staff and clients will be surveyed. Finally, the center's fiscal officer will complete an Excel-based workbook that tracks the cost of treatment.

The university's goals are to develop field instruments to gauge organizational functioning, to project finances and to plan and create training protocols.

CRC is one of several agencies in Ohio participating in the study.

# Taming The Paper Tiger

When you help more than 1,500 clients toward wellness a year, how do you handle all the court documents, releases and progress notes they generate?

With difficulty, said Steven M. Goldsberry, president and CEO of CRC. That's why CRC has embarked on a plan to file all client information electronically.

"We will implode one day," Goldsberry said of all the paper that passes through the center. "Clients' charts are thick and tough to manage. Updating our system will simplify things for staff."

"Handling client charts is serious business, said," Jill Gomez, vice president of CRC. Staff must have a chart in front of them before they have contact with any outside organization to check that a release of information is present. At present, staff must go to medical records or a therapist's office to retrieve it which can be inefficient. An electronic client record will give the staff immediate access to information.

Gomez said this is a long-term project and the Center is working with a consultant to complete the process.

