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# ⌘ VADAP VIEWS ⌘

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The Virginia Association of Drug and Alcohol Programs

Winter, 2007

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## President's Message by Michael Fragala

Where have all the Treatment Beds gone? Greeting's to you all. As I sit and type this, it is almost Christmas, that magical time of the year. I look back over a year filled with hope and anticipation and also filled with much frustration. As the President of your Association, I attempt to look after the field as a whole. I am sad to report that after several years of gain, it seems we have taken a giant leap backwards. I am not quite sure how this happened, but I knew I needed to say something about it. The stigma that surrounds the disease of addiction is on the rise. While I embrace the concept of co-occurring disorders, I fail to understand why addiction takes a back seat. It is like the old adage, what came first, the chicken or the egg. While many of these folks need specialized mental health treatment, the field as a whole is turning out far less counselors skilled in addiction treatment. With the push on mental health and the blending of modalities, we are losing something in the process. Addiction treatment facilities, mostly residential treatment centers are downsizing and in many cases closing. Others are being bought up by large corporations eager to turn these centers into profitable money makers. In my own case, Serenity House has recently closed its Primary Program that once served the local Community Service boards and the local communities. Another large Residential Program, Hegira House in Roanoke is closing its doors in May 2007. Others have already closed. Where will the people that need these services go? All of our admissions at Serenity now come through the Department of Corrections, which leads me to my next ruse. Addiction treatment is fast becoming a legal issue and in many cases is treated as a moral dilemma. Sorry of this sounds depressing to you, but I have to tell you the truth. At a recent meeting of SAAS (State Association of Addiction Services) in Washington, I was comforted to know Virginia is not alone. This trend is happening all over this great land of ours. Workforce development is making some headway trying to recruit and retain new counselors trained in Addiction Services. When I look at the leaders in this field, I often wonder who will step in to fill these shoes in the near future as many of them reach retirement age. If this is ok with you, then so be it. If it excites you into taking action, we have seats

available at VADAP Board meetings for you to fill. We have a lot of work to be done. We have come a long way, helping to initialize the first Summer Institute and being a solid backer of the CSAO.

As a member of SAAS, we are letting our collective voice be heard at the National level like never before. I am asking you to get involved, if you are not already. We are all busy; we live in a very busy world. Take a minute and ask yourself if this field is important enough to you to make a difference in addition to the fine work you do day to day. Ask your supervisors to send you to the VADAP Board meetings. We need your expertise, your experience, and your passion. It is difficult at best to make time for outside commitments, but VADAP has served the treatment community, both private and public faithfully for some 30 years. If you are a Director reading this, send someone from your staff to the Board. We do this with volunteers who are stretched to the limit with time constraints and personal commitments. I applaud those of you reading this that serve with us, and I thank you for the opportunity I have to serve. These can be exciting times, if we all get involved. Join SAARA, come to VADAP, be involved in VAADAC, but for the sake of the addiction treatment field, get involved. In making these decisions I always ask myself one question; if I needed these services where would I go to get them? The answer is dwindling. Thanks for taking the time to read this and to be involved in whatever way you can. The countless addicts that are coming your way thank you and future generations will thank you also. For me there is no greater joy than seeing firsthand, a hopeless addict recovering and getting their life together. May that joy always be available to all whom need it! Wishing you and yours the Peace AND Joy that are this seasons.

Mike Fragala  
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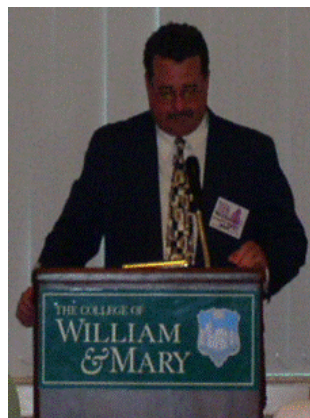
## **SAARA Advocacy Workshops Draw Good Participation and Positive Response**

Following last year's well received regional training workshops on the Stigma of Addictions, SAARA followed up this year with ***Advocacy for People with Substance Use Disorders***, and VADAP's educational providership supported the SACAVA credits. Sandy Kanehl and Mark Blackwell presented the workshops in Norfolk, Hampton-Newport News, Richmond, Northern Virginia and Charlottesville. An "extra" workshop was presented in Chesapeake. The training underscored why we need to advocate for our consumers and our profession, and each locality prioritized its top advocacy issues. Not surprisingly, every group of participants said our first priority continues to be educating everyone about addiction, and we need to keep doing it everywhere. Advocacy activities for professionals, consumers and all friends of recovery are included. Especially popular is SAARA's web-based legislative advocacy tool that is quick and easy to use – check it out at SAARA's website ([www.saara.org](http://www.saara.org)) if you haven't already! The workshop also incorporates William White's material on the heroic journey of recovery that is drawn from hero mythology, suggesting an encouraging and positive framework for our recovery stories. And finally, some "nuts and bolts" tips and storytelling practice are offered via an excellent video from FAVOR (Faces and Voices of Recovery). Many local SAARA affiliates are acquiring this video for their consumers – it can be ordered from FAVOR's website or you can contact Mark for more information. Evaluations of this workshop have been consistently positive. If you or your group is interested in sponsoring a workshop, contact Mark ([director@saara.org](mailto:director@saara.org)) or Sandy ([sandykanehl@hotmail.com](mailto:sandykanehl@hotmail.com)).

## **SAARA Executive Director Mark Blackwell Receives Ginger Acey Award**

For his outstanding leadership and statewide advocacy in furtherance of our field, Mark Blackwell, Executive Director of SAARA of Virginia, Inc., received this year's Ginger Acey Award at the VSIAS. We appreciate Mark's efforts on behalf of us all, and we stand in support of SAARA!

Submitted by Sandy Kanehl, M.Ed., CSAC, VADAP Secretary



Mark Blackwell,  
Executive Director of  
SAARA of Virginia, Inc.

## **Western Region Update**

Submitted by Sandy Kanehl

Central Virginia CSB's Child & Family Services Department just entered its third and final year of a SMAHSA grant in October. The grant allows the delivery of MET/CBT/FSN (Motivational Enhancement Therapy/Cognitive Behavioral Therapy/Family Support Network) and MST (Multisystemic Therapy) to adolescents and their families in Bedford and Campbell counties. As we are entering the last year, our focus is increasingly on sustainability efforts. Our grant outcomes have demonstrated an increase in abstinence for our adolescents at 3 and 6 month follow up from the date of their assessment. For more information on this project, please contact Jennifer Smith, LPC at [Jennifer.smith@cvcsb.org](mailto:Jennifer.smith@cvcsb.org).

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## Legislative Report December 2006

Office of the Attorney General (OIG) recently released the Review of Community Services Board Substance Abuse Report that captured services provided to consumers in August 2006. This report can be found at <http://www.oig.virginia.gov/documents/SS-SAOP129-06.pdf>. The report identifies drug and alcohol abuse and addiction as “among the Commonwealth’s most serious and complex public health problems, with far reaching consequences for families, employers, social service systems, and the criminal justice system.

Among the findings of the report:

The range, variety, and capacity of substance abuse services are not adequate to meet the needs of consumers in a majority of Virginia communities.

It takes an average of 25.4 days after their first call for persons to enter active treatment at Virginia’s CSB’s substance abuse outpatient programs.

The Department of Mental Health, Mental Retardation and Substance Abuse Services’ (DMHMRSAS) Office of Substance Abuse Services (OSAS) has plans to conduct an epidemiological study that will evaluate and recommend what service continuum should be available to consumers on a community, regional, and statewide basis. This report is to be completed in June.

We hope that the OIG Report followed by OSAS’s recommendations will help build a strong case for additional funding in the 2008-2009 biennial budget. Please visit the Substance Abuse and Addiction Recovery Alliance (SAARA) of Virginia website, [www.saara.org](http://www.saara.org), and register on the Legislative Action Center so that you can participate in advocating for additional resources.

The 2006 Governor’s Substance Abuse Council Annual Report was released in October. It can be found at <http://www.dmhmrssas.virginia.gov/SASC/documents/AnnualReport2006-10-1-06.pdf>. The 2006 Report focuses on three issues:

- Underage drinking;
- Expansion of Medicaid coverage for treatment of substance use disorders; and
- Revision to the *Code* requirements related to collection of outcome data by state agencies that provide treatment for substance use disorders

The Report identifies the mounting cost relative to the consequences of not providing treatment. One national report found that Virginia spent \$261.18 per capita to remedy the cost of substance abuse, or 11.5 percent of its budget in 1998. The cost include health, social services, criminal justice, education, mental health and services for the developmentally disabled. However, during that same period, the Commonwealth spent only \$4.20 per capital to support treatment, prevention or research related to substance use disorder. Virginia ranked 33<sup>rd</sup> of 47 states surveyed. Furthermore, significant studies indicate that at least \$1 of every \$5 spent by Medicaid on hospital care is attributable to untreated substance use or dependence.

This report is one more sufficient source of mounting evidence to support the need to augment overall services and system capacity for consumers with substance use disorder.

The 2007 General Assembly convenes in Jamestown on January 10, 2007. This session is the second year of the 2006-2007 Biennial Budget, commonly known as the short session. During the short session, it is generally assumed that any budget amendments that pass are those that legislators perceive as emergencies. Last year was designated as the year that the Legislature would address the “Transportation” issue. The General Assembly was unable to reach a consensus on how to fund transportation last year, so it is highly likely that it will be a priority in this session.

The Virginia Association of Community Services Boards (VACSB) has worked closely with their own Substance Abuse Council and SAARA to develop a legislative agenda for the 2007 session. Among the initiatives are:

- \$42 million in additional funds to provide services for consumers with co-occurring mental illness and substance use disorder

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- \$24 million in additional funds to provide services for consumers with substance use disorder
- \$2.4 million in additional funds to be used by Community Services Boards to increase capacity to reduce underage drinking using evidence-based prevention models.
- Enhance and expand appropriations to reimburse for all substance abuse treatment for all Medicaid beneficiaries.

In addition SAARA of Virginia and the Consortium of Substance Addiction Organizations (CSAO) is seeking to have a joint study resolution to assess the actual cost of substance abuse and addiction to the Commonwealth. This includes the cost of the consequences of not providing treatment. Visit [www.saara.org](http://www.saara.org) and register on the Legislative Action Center so that you can be active in advocating for resources for consumers with substance use disorder.



## Hampton-Newport News Community Services New Ambulatory Detoxification Program

-submitted by Stephanie Savage

Hampton-Newport News Community Services will be opening a new Ambulatory Detoxification Program. The program will be operated by Kathleen Campbell, RN with medical oversight by Roopam Sood-Khandpur, MD, the CSB's Psychiatrist-Addictionologist and will offer outpatient medication assisted detoxification from alcohol, opiates and sedative hypnotics.

The treatment program will last 5-10 days and consists of a screening, complete intake and diagnostic assessment, medication induction, medical monitoring of withdrawal symptoms, stabilization, and tapering. After the induction phase, clients will be offered daily group therapy sessions and will be transitioned into outpatient therapy groups. For further information, contact Stephanie Savage, Clinical Services Administrator, at 757-827-8430, ext. 123.



*Join Pathways Treatment Center in advertising in the VADAP Newsletter.*

### ADVERTISING RATES

<i>Page Size</i>	<i>Member</i>	<i>Non-Member</i>
Full Page (7 ½" W x 7 ¾" D)	\$ 75.00	\$100.00
1/2 Page (7 ½" W x 4 ¾" D)	\$ 40.00	\$ 50.00
1/4 Page (3 ½" W x 4 ½" D)	\$ 22.50	\$ 25.00
1/8 Page (3 ½" W x 2 ½" D)	\$ 10.00	\$ 12.50

Send ads to Cathy Reiner by the VADAP Newsletter deadline date (12/23/06, 03/01/07, 05/29/07, 08/29/07, and 12/01/07) [cjreiner89@mindspring.com](mailto:cjreiner89@mindspring.com)



**2007 Membership Application**

Name of Agency \_\_\_\_\_

Name of Program \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip-Code \_\_\_\_\_

VADAP Contact \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email Address \_\_\_\_\_

Web Address \_\_\_\_\_

Program Director \_\_\_\_\_

- Type of Membership     Regular (\$150)     Small (<5 staff) (\$75)     New Member  
                                  Check Enclosed     Purchase Order     Renewing Member

Make all checks payable to:                    **VADAP**  
   **P. O. Box 25014**  
   **Richmond, VA 23260-5014**

Please return this form with your check or purchase order. You will receive a certificate and a copy of this as your invoice, with your VADAP Membership Number upon receipt.

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Thank you for becoming a VADAP member!

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## 2006 VADAP Member Programs *Renew Today*

(Updated 12/28/06)

Alliance for the Prevention and Treatment of Nicotine Addiction (APTNA) *Renewed 2007*

ASSIST – South Hampton Roads/CDC, Inc. *Renewed 2007*

Bethany Hall, Inc. *Renewed 2007*

Blue Ridge Behavioral Healthcare Prevention Assessment & Counseling

Central Virginia Community Services Board

Chesapeake Community Services Board

City of Virginia Beach Dept. of Human Services Division of MHSAS

Danville-Pittsylvania CS *Renewed 2007*

Fairfax-Falls Church CSB/ADS

Gemeinschaft Home Inc.

Hampton-Newport News CSB/Hampton Roads Clinic *Renewed 2007*

Hanover County Community Services Board

Harrison House of Virginia

Henrico Area Mental Health, SAS *Renewed 2007*

Living Free Health Services

Middle Peninsula-Northern Neck Community Service Board

New River Valley Community Services *Renewed 2007*

Norfolk Community Services Board *Renewed 2007*

Pathways Treatment Center, Centra Health, Inc.

Planning District One BHS/Frontier Health

Rappahannock-Rapidan CSB

Richmond Behavioral Health Authority, SAS

Riverside Behavioral Health Center

Rubicon, Inc.

Serenity House SARP

Southside CSB *Renewed 2007*

Substance Abuse and Addiction Recovery Alliance of Virginia, Inc. (SAARA)

Snowden at Fredericksburg

Vanguard Services Unlimited

Virginia DMHMRSAS/OSAS

Virginia Hospital Center, Addiction Treatment Program *Renewed 2007*

Williamsburg Place & The William J. Farley Center *Renewed 2007*

Winchester Medical Center, Valley Health System

**For more information on these programs, visit the VADAP website at:**

<http://www.vadap.org>

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## **2007 Virginia Summer Institute for Addiction Studies**

By Jack Mallery

The Faculty for the 2007 Virginia Summer Institute for Addiction Studies has been busy developing this year's event. The Summer Institute will be in Williamsburg again and will run from July 16 thru July 20, 2007.

The cost for the VSIAS has not been determined yet, but, if there is an increase, it will not likely be more than \$50 for the week. Over 1000 individuals attended the 2006 VSIAS, so don't be left out of this exciting event by waiting too long to register.

The theme for this year's Institute will be "The Art and Science of Prevention and Recovery."

There will continue to be financial assistance available for participants this year. The faculty of the Summer Institute will likely again provide money to each of its three contracting Organizations (VADAP, VAADAC, SACAVA) so that additional members can attend. VADAP has focused their share of these funds to assist those VADAP members who work in the private sector and are not eligible to receive funds targeted for CSB staff. DMHMRSAS will provide funds for staff from each CSB to attend. As of this moment, the Department of Criminal Justice Services will not be providing funding for its employees to attend. Details as to the specifics on each of these funding sources for "pre-pays" will be announced. Starting this year, the term "pre-pays" will be used instead of "scholarship recipients."

The Summer Institute will again recruit working scholarship recipients. These individuals will provide such duties as introducing speakers, handing out and collecting evaluations, coordinating workshops for the speakers, etc. These recipients will be expected to work the entire five days of the Institute and will receive free tuition and a free room for the week at The College of William and Mary.

The 2007 Virginia Summer Institute for Addiction Studies will be a grand event and experience for all. We on the faculty look forward to seeing you there.

## **VSIAS 2007: The Art and Science of Prevention and Recovery**

By Laurie Rokutani

VSIAS celebrates its 5<sup>th</sup> anniversary in 2007, as Jamestown commemorates 400 years! Save the dates: July 16-20 in Williamsburg . . . and plan to join in all of the many celebrations. Featured speakers for 2007 include David Mee-Lee, Peter Bell, C. C. Nuckols, Delbert Boone and Mike Johnson, Isabel Burke, Trish Merrill, Bill Hale (back by popular demand), Janice Gabe, Mike Nerney, Marc Fishman, and many more to come. Watch the website [www.vsi.org](http://www.vsi.org) for the latest developments.

Tracks this year will focus on adolescents, women, treatment, prevention, criminal justice, skills-building, and Motivational Interviewing. Working scholarships will be available this year, as well as scholarships from SACAVA, VADAP, and VAADAC. Also, if you would like to nominate someone for the "Visionary Leadership Award" see the website for information.

Social activities are under consideration; it looks like one of the evenings will focus on jazz and the other on "Caliente Nights."

Watch your mailbox for the "Early Bird" in January and the full brochure in April. Remember, save July 16-20!

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- ◆ Detoxification
- ◆ Hotel-model residential option
- ◆ Day and evening IOP
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**Centra Health**  
*Mental Health Services*  
www.centrahealth.com

**VADAP 2007 Budget**

| <b><u>Accounts</u></b>             | <b><u>Income</u></b> | <b><u>Expenses</u></b> | <b><u>Balances</u></b> |
|------------------------------------|----------------------|------------------------|------------------------|
| 2007 Conference Income             | 10,000               |                        |                        |
| 2007 Membership                    | 4,200                |                        |                        |
| <u>Dividends</u>                   | <u>100</u>           |                        |                        |
| <b>Total Income</b>                | <b>\$14,300</b>      |                        |                        |
| Accounting Services                |                      | 500                    |                        |
| Administrative Assistant           |                      | 3,000                  |                        |
| Advocacy                           |                      | 7,000                  |                        |
| Board Expenses                     |                      | 2,500                  |                        |
| CSAO Marketing                     |                      | 3,000                  |                        |
| Donations                          |                      | 1,000                  |                        |
| Insurance                          |                      | 1,300                  |                        |
| Newsletter                         |                      | 2,000                  |                        |
| Other Expenses                     |                      | 100                    |                        |
| Postage                            |                      | 150                    |                        |
| Promotional Expenses               |                      | 1,000                  |                        |
| Printing                           |                      | 250                    |                        |
| <u>Regional Training Expenses</u>  |                      | <u>2,000</u>           |                        |
| <b>Total Expenses</b>              |                      | <b>\$23,800</b>        |                        |
| <b>Net Income (Loss)</b>           |                      |                        | <b>-\$9,500</b>        |
| <b><u>Projected 06 Balance</u></b> |                      |                        | <b><u>\$13,300</u></b> |
| <b>End of Period Balance</b>       |                      |                        | <b>\$3,800</b>         |

\* does not include \$10,000 in Workforce Development account

**Virginia Association of Drug  
and Alcohol Programs  
P.O. Box 25014  
Richmond, VA 23260**

**VADAP**

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