

2007 ANNUAL REPORT ADDICTION RESOURCE COUNCIL, INC.

An Affiliate of the National Council on Alcoholism and Drug Dependence since 1971



*Care and compassion do not eliminate the challenge
of life's rough waters.*

*But like a bridge they make the crossing less perilous.
Let us live our lives giving care; let us serve with compassion.*

FROM THE PRESIDENT

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John Hopkins, President of the Board

This year the Addiction Resource Council celebrates its 36th year as an affiliate of the NCADD. Our first mission at the time we incorporated in 1971 was to “increase public understanding of alcoholism, its nature and treatment; to make this knowledge effectual in solving the problem of alcoholism; and promote the tenet that alcoholics can be helped.” Over the years our knowledge of substance use illnesses, our language, and our methods have all evolved. We recognize that alcohol and other drug abuse and dependence are experienced differently in different people and that people respond differently to applied treatment. We know that alcohol and drug dependence are manifest in the brain.

We can see substance use illnesses using today’s medical imaging technology. We have medications that interact with the brain and mediate the cravings that make recovery such a difficult beginning and the lack of it such a difficult end. Yet in spite of what we know today, there are still significant barriers to attaining our 36-year-old mission and it has to do with that last phrase “and promote the tenet that alcoholics can be helped”.

In spite of all we know today many people remain skeptical about the value of early intervention with substance use illnesses and the success of recovery from alcohol and drug dependence. Much of this skepticism arises out of misunderstanding the symptoms of this disease, but more insipid is the belief that alcohol and drug abuse and dependence are a choice that bad people make reinforcing the stigma that still plagues these illnesses. Moreover, our lack of faith in early intervention and recovery is almost built in to the fabric of our care system. Dr. Willenbring, Director of Treatment and Recovery at NIAAA summed it up nicely when he said “if we diagnosed heart disease the same way we diagnose substance use illnesses we would wait for a heart attack to occur before we started treatment.”

All of us at the Addiction Resource Council encourage our community leaders to step forward and join us in spreading the word that early intervention and treatment reduce both personal and community harm resulting from unidentified substance use illnesses. Let’s not wait for the heart attack. Substance use illnesses have early warning signs and if we have the will we can intervene and prevent the development of chronic alcohol and other drug abuse and dependence.

Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

-Melody Beattie

"Studies have consistently shown that comprehensive drug treatment works. It not only reduces drug use but also curtails criminal behavior and recidivism. Moreover, for drug-abusing offenders, treatment facilitates successful reentry into the community."

—Dr. Nora D. Volkow,
Director of the National Institute on Drug Abuse

ARC ADVISORY COMMITTEE

Kathy Becker

ProHealth Care Behavioral
Medicine Center

Sam Benedict

Wisconsin State Public
Defender Office

Kathleen Books

State of Wisconsin Department
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Aro Behavioral Healthcare

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Waukesha County
District Attorney

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OUR MISSION AND BELIEFS

The Addiction Resource Council, Inc. is committed to serving the residents of Waukesha County by providing alcohol and other drug prevention education, intervention, assessment, referral services and leadership for collaboration among institutions, organizations and community-based agencies.

We believe that:

- All human beings are unique, valuable, worthwhile, and deserving of respect.
- Alcohol and other drug abuse affects everyone and can be prevented and treated.
- Alcohol and other drug abuse services should be easily accessible and available to everyone.
- It is essential that services be individualized to the person's identified needs.
- Alcohol/other drug information and education can assist people in making positive choices.
- There is hope.

2007 FINANCIAL REPORT

2007 Revenue and Expense Statement

(Unaudited Statement)

Revenue

Fundraising and Contributions	\$ 6,178.14
Waukesha County Human Services	89,737.74
Driver Safety Program Revenue	490,128.50
Underage Drinking Assessments	4,700.00
Drug Screen Revenue	5,437.00
Community Program Revenue	37,133.29
United Way Revenue	53,000.00
Other Revenue	<u>34,009.27</u>

Total Revenue 720,323.94

Expense

Salary, Wages and Benefits	\$551,509.96
Client and Employee Transportation	4,676.28
Professional and Service Fees	49,809.52
Office Supplies	10,342.82
Program Supplies	15,132.49
Operational Expense	152,652.29
Miscellaneous Expense	<u>3,132.88</u>

Total Expense 787,256.24

Net Profit (Loss) (66,932.30)

2007 EVENTS AND ACTIVITIES HIGHLIGHT



LIGHT THE WAY FOR SAFE & SOBER DRIVING

In 2007 the Council initiated a new safety campaign, *Light the Way for Safe & Sober Driving*© to raise public awareness of December as **National Drunk and Drugged Driving Prevention (3D) Month** and to serve as a reminder that when celebrating holiday cheer, always remember to designate a safe and sober driver. Waukesha County District Attorney, Brad Schimel, Waukesha County Executive Dan Vrakas, New Berlin Police Chief Joe Rieder, New Berlin Alderman, John Hopkins and our Executive Director, Claudia Roska as well as other local dignitaries joined to hope for a safe and sober season. *Light the Way for Safe & Sober Driving*© candles act, during the month of December, as an important reminder to always designate a safe and sober driver and keep yourself, loved ones, and community safe.

PRIme For Life®

In 2007, the Council implemented the use of PRIme For Life® as the educational curriculum used in our Youth Prevention Programs. The Prime for Life® curriculum is based on extensive biological, psychological and sociological research and is designed as a Lifestyle Risk Reduction model that systematically works toward increasing the incidence of abstinence, establishing a personal perception of risk, self-assessing current behavior and providing tools to identify ways that personal choices have been either jeopardizing or protecting the things youth value most. Finally, it assists in developing a personal plan designed to reduce their risk and protect the things they value.

“This series has really helped; it has made me have more compassion for my son.”

ADDICTION: WHY CAN'T THEY JUST STOP?

This past year, the Council began a new, free community education series designed to explain some of the complexities of addiction and recovery and reduce the stigmatizing view of addicts/alcoholics as either being weak-willed or having some form of sudden awakening and turning their life around. Unfortunately, these extremes obscure the complexity of addiction. The series utilizes videos from the groundbreaking HBO documentary ADDICTION, followed by discussion lead by a trained addiction professional explaining that addiction changes the brain in ways that can make recovery much more difficult than “just stopping” and that recovering from the disease of addiction is an imperfect process that can take some people years to accomplish. The series has been well-received in particular by concerned family members and is offered at various public locations across the county.

“I am going to be persistent in my education on this disease and in my search for help for my husband.”

GET YOUR LOVED ONE SOBER

This program assists family members and concerned others improve the quality of their own lives and make sobriety a more rewarding option for their loved one still involved in alcohol and other drug abuse or dependence. This compassionate and effective approach is based on the scientifically validated **Community Reinforcement and Family Training (CRAFT)** model. The course provides the guidance and tools that family and concerned others need to recognize how they and their loved ones interact as well as how to change those patterns to achieve healthier, happier results.

Get Your Loved One Sober is a six-week facilitated discussion of the book, *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening* by Robert J. Meyers, Ph.D. and Brenda L. Wolfe, Ph.D. Each week requires that participants read two chapters with designated assignments in preparation for the discussions and role playing practices facilitated by Council staff.

“My assessment counselor took time to introduce me to various services that will be extremely helpful to my treatment.”



2007 PROGRAMS AND SERVICES

DRIVER SAFETY PROGRAM

Driver Safety Assessment Services: In Wisconsin, individuals convicted of operating a motor vehicle under the influence of alcohol or other intoxicants are required to complete an assessment. This program serves Waukesha County residents and Spanish-speaking residents of Dodge and Jefferson Counties. In 2007, a total of **2,430** individuals completed a Driver Safety Assessment and of those, **355** individuals attended the Victim Impact Panel.

Of the 2,295 court orders for assessment received, 1,437 (62.6%) clients scheduled their assessments as ordered within the required 72-hour time period. One hundred and eighty-eight clients scheduled after receiving a warning letter resulting in an overall compliance rate of 71% .

As the result of the assessment services received:

- 97.3% felt more confident in the ability to make responsible decisions;
- 93.8% reached a better understanding of their presenting concern;
- 90.6% left the assessment with more knowledge of alcohol/other drug problems;
- 90.7% knew more about community services; and
- 90.5% were able to look more closely at the influence of alcohol and other drug use on their life and community.

INFORMATION AND REFERRAL

Information and referral services maximize the effectiveness of the available alcohol and drug service system by assisting individuals in accessing appropriate care, and, coordinating referrals.

2007 Activities

- Maintain an information clearinghouse on substance use.
 - 154 resource packets were distributed to schools and other targeted groups;
 - 25 website requests for information were received and answered;
 - 9,488 pieces of literature distributed
- Provide informational campaigns to local media on substance use.
 - 306 press releases issued
 - 13 informational print ads reaching 209,798 households
 - Radio campaign for Alcohol Awareness month (April) reaching 9,628 listeners
 - Radio webcast for January, February and March reaching 254,495 households
 - In-school information on 24-hour helpline (calendar, planners) reaching 4,350 students
 - 4 media interviews on prescription drug abuse; 12 newspaper articles
- Provide speakers on substance use-related topics to local community groups and organizations.
 - 20 community information presentations (single presentations not educational series)
- Participate in health promotion in the community.

CRISIS INTERVENTION

Crisis intervention services assess the immediacy of need and assist individuals in crisis to access appropriate care. Services include a 24-hour crisis telephone line, screening for medical detoxification, and on-site assessment.

2007 Activities

- 841 Crisis telephone calls; 250 included screening for medical detoxification
- 11 participants in intervention facilitation
- 9 weekend and holiday assessments in Emergency Detention at the Mental Health Center



HELP is just a phone call away
262-524-7920

2007 PROGRAMS AND SERVICES

OUTREACH

Outreach services identify service needs within specific populations in the community. It involves networking with a variety of service agencies, developing and maintaining service referral networks for special populations (women, Spanish-speaking, dually diagnosed, etc.), and providing community support services for un-served or underserved populations.

Tobacco Use - Smoking Cessation

- 3 Freedom From Smoking© clinics with a total of 89 participants
- Freedom From Smoking© packets were sent to OB/GYN offices in Waukesha County; area businesses; and, Primary Care Physicians contacting 131 workplaces
- 720 total contacts resulted

Residential Services for Victims of Domestic Violence and Homelessness

Assessment and referral services were provided on-site in three separate community based organizations to 16 individuals. Transportation to the Addiction Resource Council was provided for a total of 12 individuals.

Perinatal Substance Use

Perinatal Substance Use services are delivered in a collaborative program between Pregnancy Support Connection and the Addiction Resource Council. This program serves women and their families who are pregnant or parenting and experiencing substance use illnesses or recently entered recovery.

Clients:

- 193 women received alcohol and drug screenings at Pregnancy Support Connection
- 29 women referred for assessment
- 12 assessments conducted
- 30 women received case management services

Community:

- Women's Health Fair in Waukesha
- Women's Health Fair New Berlin

Health Care Professionals:

- 3 training sessions for Pregnancy Support Connection staff
- Continuing Medical Education - Patient Screening curriculum developed for in-office use at OB/GYN practices
- Physician Survey distribution



Barb Lynch and Anne Wondra

Freedom From Smoking©

“From an administration standpoint, bringing the class on-site was easy, in spite of our multiple-shift schedules, and you were great to work with. We are planning to run additional classes starting in March or as soon as your schedule allows.”

Anne Wondra CHRM HR Administrator / Training / Wellness

HUSCO International

COMMUNITY PREVENTION

“I know that it takes a lot of guts to say no to peer pressure, especially if your friends are doing it. But I make sure that I don't make the same mistake twice....I have told my friends that and now they do make better choices because of what I went through and what I have told them.”

A fundamental aspect of our prevention services is community education. Services provided throughout Waukesha County increase alcohol/drug awareness, improve understanding of alcoholism and drug dependence as a disease, and provide a foundation for individual and community decision making surrounding alcohol/drug related social problems.

2007 Activities

- 108 students participated in school-based educational services
- 122 youth participated in services at the Waukesha County Children's Center
- 320 community residents attended educational presentations
- 300 new drivers participated in Alcohol, Drugs and Driving program
- 221 youths attended Stop 'n Think / PRIme for Life©

2007 AGENCY STAFF

Administrative Staff

Claudia Roska, Executive Director
 Carol Hanneman-Garuz, Associate Director
 Denise Cashmore, Budget and Finance Manager
 Ann Daniels, Executive Assistant

Program Support Staff

Sally Burbank, Program Assistant
 Danielle Johnson, Program Assistant
 Liliana Zuniga, Program Assistant

Student Employee Interns

Kathryn Finley, Program Assistant
 David Finley, Program Assistant
 Alexis Garuz, Program Assistant
 Nicholas Marquardt, Information Technology Specialist

Stop and THINK Facilitators

David Bahr, Teacher
 Sarah Meyer, Teacher
 Sarrah Oliver, Teacher
 Henry Hoffman, Teacher

Community Programs Staff

Monica Edlhuber, Outreach Specialist
 Kim Lamster, Outreach Specialist
 Barbara Lynch, Healthy Workplace – Smoking Cessation Facilitator
 Krista Newman, Information and Referral Specialist
 Theresa Ricco, Information and Referral Specialist
 Kathleen Terskan, Information and Referral Specialist

Driver Safety Program

Shana Mahoney, Assessment Specialist
 Bernard Mangers, Assessment Specialist
 James Pearson, Driver Safety Program Manager
 Jean Hattenhauer, Driver Safety and Prevention Specialist



2007 MEMBERS AND CONTRIBUTORS

Individual & Family Contributors and Memberships

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Tom Bullermann	John Hopkins	John Wirkus
Sara Carpenter	Cal Huizenga	Richard Wutt
Ann Daniels	Sue Kaczmarek	Kelly Zeman
Chester Dobrowski	Carol Lombardi	
JoAnne Eiring	Wallace MacBain	
Gerald Flanagan	Patricia Madden	
Diane Garrison, DBA	Bill Rader	
	Joseph Rieder	
	Claudia Roska	

*Thank
You!*

Corporate Members & Contributors

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 Cold Stone Creamery-Rae Ellingson
 Cornerstone Counseling Services
 Global Impact
 Soat-Vergenz VFW Auxiliary 72 - Patricia Hahn
 Suburban Tool & Machine, Inc. - Clark Skelton
 Northwestern Mutual Foundation
 Waukesha County Foundation -Mr. & Mrs. Daniel Finley
 Waukesha State Bank
 Wellpoint

2007 VOLUNTEERS

Lynn Bardele	Daniel Fay	Lacey Jolly	Patricia Madden	Clark Skelton
Sam Benedict	Jessica Gourdoux	James Johnson	Kristen Olsen	John Wirkus
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Kathy Bullermann	Nancy Healy-Haney, Ph.D.	Lynne Ketchum	Dawn Rolling	
Chester Dobrowski	John Hopkins	Amber Klinger	Brad Schimel	
Emily Ewald	Mary Iverson	Carol Lombardi	John Schmitz	
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Return Service Requested



*Services at ARC are provided totally or in part through funding from the Waukesha County
Department of Health & Human Services*



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***Fighting discrimination by reducing the stigma associated with
addiction.***