



Addiction Recovery Services

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FY10 Annual Report

VISION: Health and Wellness is Fully Integrated into the Life of Each Oklahoman

MISSION: Gateway to Prevention and Recovery is dedicated to provide community based behavioral health services that assist individuals and families with their emotional, mental, physical, and spiritual well-being.

OUR PHILOSOPHY: Gateway understands how devastating and progressive addiction and mental health disorders are to an individual, a family and ultimately the community as a whole. When left untreated, these illnesses have the potential to adversely affect every area of our lives.

Gateway is committed to provide services that will not only enrich and enhance lives but will save lives, reduce barriers to healthy choices, and provide education and support for everyone in our community.

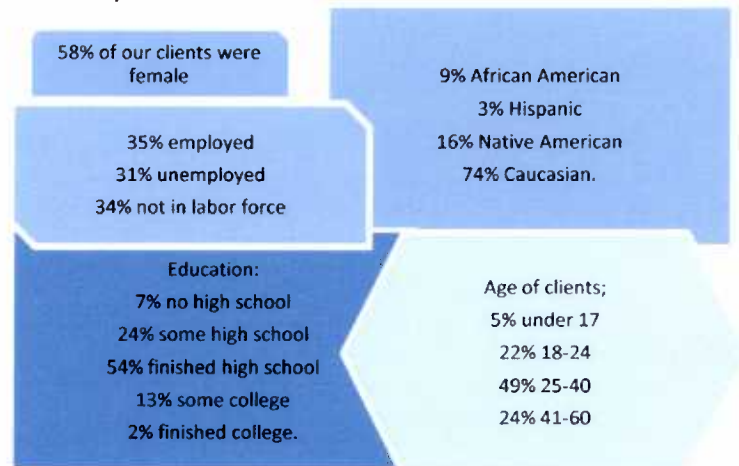
We believe every life matters. It is our desire that through our services people expect hope.

Target Population: Our target population includes individuals, families, and communities in central Oklahoma that are affected by addiction and behavioral health problems. Gateway's service decisions are based solely on need for care. Gateway has been a not-for-profit corporation since 1984. Gateway has counseling offices in Pottawatomie and Lincoln counties and is also providing services in two Oklahoma correctional centers. The Area Prevention Resource Center serves Pottawatomie, Seminole, Lincoln and Okfuskee counties. Tobacco prevention and cessation services are also offered in MacIntosh and Hughes counties.

Clinical Services

Over 1,600 clients received 45,162 hours of clinical services in FY10. All clients in Shawnee and Chandler at time of assessment are screened for gambling, co-occurring disorders, and trauma. As a NIATx founding member Gateway has continued to serve our community without a waiting list - we provide services upon request. Gateway is a provider for Safe Haven families and Pottawatomie & Lincoln County drug courts and other court referred services such as Community Sentencing.

The trend for many years is that alcohol has been the first drug of choice of clients followed by marijuana and then methamphetamine. 2010 was no different; however, this trend was different in Mabel Bassett Correctional Center where methamphetamine replaced alcohol as first drug of choice followed by alcohol and then marijuana. OK Access to Recovery grant services through OK Department of Mental Health & Substance Abuse Services added much needed help to our clients for housing, food, and transportation.



"Helping people and communities to help themselves."



Substance abusing pregnant females and women with children were a targeted group for the 16th year. This year 61% of all discharged clients had an improved level of functioning.

Specific programs for clients include adults of all ages, adolescent, families, and services for the children of clients and additional groups for trauma victims. Prison based services were provided in Mabel Bassett Correctional Center in McLoud and in John H. Lilley Correctional Center in Boley. The satellite office in Chandler was downsized late in the year due to budget shortfalls.

Prevention Services

Recognizing that prevention is the key to reducing the number of persons involved in activities and practices that may be harmful to themselves or others, Gateway offers prevention programs through the Area Prevention Resource Center (APRC). The APRC covers prevention work on various substances in the four counties of Region 14: Pottawatomie, Lincoln, Seminole and Okfuskee counties. It operates under the principle that prevention must be a community-wide collaborative effort to produce long term change. The Prevention section of Gateway administers contracts from the Tobacco Settlement Endowment Trust (TSET) which offers services around tobacco use prevention and intervention (cessation classes) in Pottawatomie, Okfuskee, Hughes and McIntosh Counties.

Knowing that the only true change in norms and environment of the community comes from the citizens of that community, the APRC and TSET staff members attend and lend technical assistance to the following community coalitions:

- ✓ Shawnee Asset Building Alliance (SABA), a coalition addressing substance abuse and the associated problems
- ✓ Shawnee Youth Coalition

- ✓ Success By Six
- ✓ Joint Coalition of Pott. County
- ✓ Lincoln County Coalition
- ✓ Okfuskee County Partnership Board
- ✓ Pottawatomie Alliance Toward Community Health (PATCH)
- ✓ Prague Turning Point Coalition
- ✓ Tri-County Coalition
- ✓ Seminole Citizen Group

When these coalitions have projects that the members want carried out, prevention staff members help them any way they can. This year we helped with the Prague Summer Camp, Prague Parent University, the Prague coalition fundraiser, the Summer Sports and Arts Camp RA is Not Okay lessons, Pioneer Days in Okemah, the Pott. County Youth Speak Out and Town Hall Meetings in Shawnee, Seminole, Okemah and Prague.



Shawnee Asset Building Alliance, with APRC staff helping them, contributed a 6-8 foot pink elephant (See picture above) made from papier mache' to the media campaign that Shawnee Youth Coalition (SYC) started in the spring. The Pink Elephant Campaign was created by the SYC members to call attention to the "elephant in the living room" in Shawnee, which is underage drinking. The SYC members wanted to start a buzz about underage drinking that would encourage adults to start talking about the problem. Yard signs were developed and placed all over town with a pink elephant, the words "Who's Next?" and the SYC website on

them. In addition to this, SYC members also designed a T-shirt with a pink elephant on it that asked the question "Who's Next?" These T-shirts were worn by the members in order to start the conversation around underage drinking with their own peers. This campaign will continue into the next school year and will include the large pink elephant being moved from location to location throughout Shawnee.

The prevention staff members working under the Tobacco Settlement Endowment Trust grants were instrumental in helping both St. Gregory's University and Oklahoma Baptist University to set policies that would make their campuses tobacco free 24 hours a day, seven days a week. They also helped the Absentee Shawnee Tribe to begin to create a tobacco free campus by declaring all health centers on their campus tobacco free. Pott County TSET staff members also helped the Town of Wanette pass a clean indoor air ordinance and a youth access to tobacco ordinance in that town. The TSET staff members who work in the Okfuskee/Hughes/McIntosh area (Tri-County TSET) helped Holdenville and Boley pass the clean indoor air ordinance and the youth access to tobacco ordinance. Eufaula passed the clean indoor air only. They also assisted the Moss and Paden schools in adopting the 24/7 tobacco free campus policy and added Paden and Checotah to their long list of schools with SWAT (Students Working Against Tobacco) Teams.

The Region 14 APRC has continued to take prevention services into schools in our region. We deliver science-based prevention curricula and substance use (tobacco and alcohol) informational programs to regional schools in Lincoln, Pottawatomie and Seminole counties. In the spring of 2010, the Life Skills curriculum was delivered to 55 second-graders in McCloud and approximately 300 third, fourth and fifth-graders in Prague. Tobacco classes were delivered to 131 fourth-graders and 31 eighth graders in McCloud and alcohol classes were delivered to those same eighth graders. During

the summer Sports and Arts Camp, tobacco classes were delivered to 14 fourth and fifth graders combined. These students were from Jefferson and Horace Mann Elementary schools in Shawnee. During the fall of 2010, tobacco classes were delivered to 47 fourth and fifth graders at Pleasant Grove School in Shawnee and 124 fourth graders at McCloud. Tobacco and alcohol classes were delivered to 60 seventh and eighth graders at Prague.

The Area Prevention Resource Center (APRC) offers a clearinghouse of materials utilized by the community. These materials include brochures, audiovisuals, statistics, research, and curricula. Area Prevention Resource Centers in Oklahoma form a state wide coordinating and collaborating network. This network defines its prevention strategies as:

- INFORMATION provides knowledge and awareness of available prevention and treatment programs and services.

The APRC, on an annual basis, gives information through presentations to the education students at OBU, Project Safe staff, Leadership Shawnee, the Lions Club, Kiwanis Club and the Gordon Cooper Technology Center's TI students as well as the leadership collaborative from Seminole County.

- EDUCATION provides skill building through the use of structured learning processes.

The APRC and TSET both work in this area with the APRC providing direct services to various schools on a regular basis (see above) and TSET offering cessation classes to the community.

- COMMUNITY-BASED SERVICES provides ongoing networking activities and completion of projects by collaborating

and combining resources found in the community.

Our coalition meetings meet this requirement.

- **ALTERNATIVE ACTIVITIES** strategy provides participation in activities that exclude alcohol and other drugs.

The APRC works less in this area than others because many others in the community provide this service. The Sports and Arts Camp for underserved kids, planned and implemented by the Shawnee Youth Coalition, falls under this strategy.

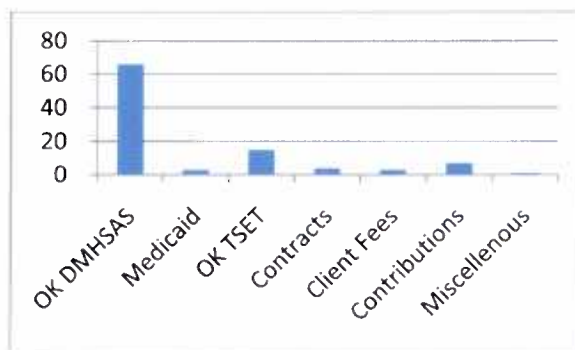
- **ENVIRONMENTAL** strategy encompasses activities that establish or change written and unwritten community standards, codes, and attitudes.

The SABA campaign to change the norms around underage drinking falls under this strategy. Also TSET's work to pass local ordinances that affect adult attitudes toward tobacco and the APRC's work to pass ordinances such as the Social Host Ordinance falls under this category. So far, Shawnee, Tecumseh and Prague have all passed this ordinance. The APRC staff is active in the OK Prevention Policy Alliance which meets in order to pass legislation at the state level. The TSET staff works diligently year-round to convince county schools to pass the policy that would not allow use of tobacco on their campuses 24 hours a day, 7 days a week. So far, Shawnee and Tecumseh Schools and Shawnee Pleasant Grove have all passed this policy.

Reviews, audits, contracts, board, and staff

All of the programs received positive reviews and program audits in fiscal year ending June, 2010. Gateway's three-year certification from OK DMHSAS expires September, 2010 at which time application will be renewed. A favorable financial year-end audit was received from Finley & Cook, CPA. Gateway provides services for OK Department of Mental Health & Substance Abuse Services, OK Health Care Authority, OK Department of Human Services, Pottawatomie and Lincoln Counties Drug Courts, OK Department of Corrections, Shawnee Public Schools, United Way, and Tobacco Settlement Endowment Trust. Other sources of income are fees for specialized workshops, training, and employee assistance programs. Clients receiving services are charged fees based on ability to pay and are not refused services if they are unable to pay. Close to 100% of the clinical client FY10 fees were adjusted because of family income and size. Community support is received from individuals, local companies, and civic organizations.

The funding for FY10 was primarily from government sources as evidenced from the attached chart.



The professional staff of Gateway is the key to providing quality services. All staff who deliver the clinical services are Licensed counselors or in the process of being certified or licensed. These include LPC, LMFT, and LADC. Effective FY11 certified counselors will be limited in their

scope of practice so there were several counselors who elected to end their employment before the end of FY10 to either go into other professions or go back to school. Prevention staff are Certified Prevention Specialists or in the process of becoming certified. All staff have been specially trained in addiction through their education and supervised experience and continue to further their knowledge and skills through ongoing training to stay current on trends. Gateway is given recognition for its professional contribution and dedication to improving the quality of addiction treatment.

Administrative staff include:

Executive Director Sarah E. (Sallie) McLaughlin CPS
Assistant Director/COO Karina Forrest LADC
Executive Assistant/Finance Officer Rita McDowell
Office Manager Connie Childress
Records Managers Lacy Clemmons, Jolene Vaughan-Smith, Donna White

Clinical staff include:

Clinical Director Cindy Satterfield LADC/LPC/NGCC
Ben Allred LADC, Al Carter LADC, Ginger Clark, BHRS
Dennis Lewelling LADC, Craig Lewis PPRS/BHRS
Tracie Muse LADC, Jacqueline Myles BHRS/CADC
Bob Proehl CADC, Joel Rutledge LADC/LPC
Kellie Steele LADC, Linda Swearingen LADC
Steve White CADC

Several members of the staff serve on national, state, and local committees. Gateway is a founding member of the Network for the Improvement of Addiction Treatment (NIATx).

Gateway received international accreditation through CARF –the clinical sites in Shawnee and Chandler are accredited Integrated Services Programs: Outpatient Treatment for Adults and Children and adolescents. The prevention site was accredited for Prevention for Children and Adolescents. A quote from the CARF survey: “Gateway to Prevention and Recovery has developed a prevention program that is unique, engaging, and well respected throughout the region. The inclusion and support offered to

local youth is paying major dividends for the community and the persons served. Teachers, community leaders, and persons served all speak highly of the program. This program and the overall service delivery system of the organization are the reasons that persons served say that Gateway to Prevention & Recovery is the “heart of the recovery movement in this area.”

Prevention Staff include:

Director of Prevention & Training Jan Tipton CPS,
Amy Dunn, Patsy Ford, Holly Gordon
Jon Greenwood CPS, Tara McKinney, Lisa Smith
Samantha Smith, Lisa Watson

A dedicated board of volunteers incorporated the agency as a not-for-profit organization in 1984. This was about six months after a town meeting sponsored by *The Chemical People* regarding teen use of alcohol and other drugs was attended by approximately 300 people. They opened a small office which was supported by the Shawnee community and it was manned by volunteers until the first professional staff took office January, 1985. Twenty-five years later there are still volunteers serving as officers and members of the board and continue to model dedication for the agency with their own gifts of talent, time, and money.

In FY 10, these volunteers were:

President Will Rosebure
Vice-President John Howard
Secretary Linda Sperry
Treasurer Rebecca Cragin
Ron Faulk, Mac Fields, Sam Garlow
Donna Heins, Donna Houston
Connie Little, Kanwal Obhrai, M.D.
Bob Shaffer, Rocky Wade, Tony Watts

They want to ensure that Gateway will be here to serve the local community for the next twenty-five years providing quality evidence based prevention and out-patient services.