

The ATR Highlight

Summer 2013



John R. Kasich, Governor
Tracy Plouck, Director

Access to Recovery (ATR) is a four-year, \$13 million discretionary grant program administered by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and funded by the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment.

ATR provides electronic vouchers for alcohol and other drug treatment and/or recovery support services to eligible adult and adolescent participants who have had criminal justice system involvement within the past five years, and who reside in Cuyahoga, Jackson, Lorain, Mahoning, Stark or Summit counties.

The goals of the ATR program are to expand access to services, increase the number of service providers in the targeted areas and to produce positive, quantifiable recovery outcomes.

For more information, call 1-800-788-7254 or visit <http://tinyurl.com/5toh9xm>.

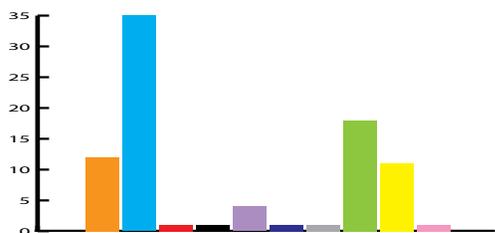
ATR III Ramps up Adolescent Enrollment

As Ohio's Access to Recovery III program progresses through its third year, the number of adolescents receiving services has been steadily increasing. As of early June, ATR had opened vouchers for 47 adolescent clients in four of the five participating counties.

The 12-18 year age group, a target population added since ATR II, historically has been difficult to engage in treatment. However, by partnering with the counties' juvenile court systems and heavily promoting services at schools, neighborhood recreational centers and job fairs, the program is gaining statewide attention and will likely exceed its service goals.

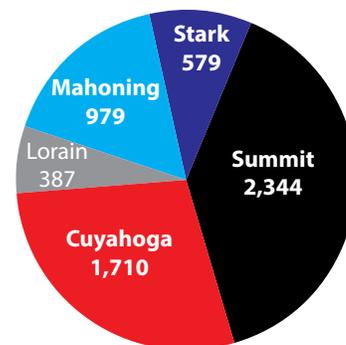
Of the \$4.5 million ATR III has spent to date, a little over \$37,000 has been used for adolescent services. During the next 18 months of the grant cycle, ATR staff expects to serve 100 more young people, especially in the areas of family counseling and employment skills training.

Adolescent Services

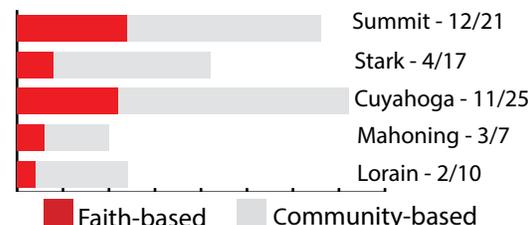


- Substance abuse education - 12
- Employment skills training - 35
- Daily Living Skills - 1
- Individual counseling - 1
- Intensive outpatient bundled - 4
- Relapse prevention - 1
- Group counseling - 1
- Family engagement - 18
- HIV/AIDS Education - 11
- Other aftercare services - 1

ATR Clients by County



Faith-based vs. Community-based Providers



Adult Services

90-Day Residential	114
Self-Help & Support Groups	2
Substance Abuse Education	398
Employment Skills Training	732
Daily Living Skills (Individual)	259
Individual Counseling	1,319
Spiritual Support (Individual)	128
Intensive Outpatient Bundled	2,466
Transportation	3,029
Supportive Drug-Free Housing	1,723
Recovery Support (Individual)	154
Other Aftercare Services	243
HIV/AIDS Education & Counseling	24
Family Counseling	110
Group Counseling	1,320
Relapse Prevention	593
Assessment	402
Peer Coaching or Mentoring	241
Family Engagement	47

Provider Highlight: Cleveland Treatment Center

The Cleveland Treatment Center (CTC) has been serving ATR's adolescent clients since 2011 with substance abuse education, peer mentoring, HIV/AIDS/STD education and employment skills training in the areas of graphic design, video production, theater production and business and creative writing. And as of this year, CTC has also been named a benefit coordination site, responsible for triaging and referring new ATR clients to other facilities.

When asked about the biggest challenges CTC faces serving adjudicated youth, CTC Human Resources Director Sue Templar said, "the main obstacles relate to probationary requirements to participate in the program, clients conducting themselves inappropriately in a work place environment, and anti-social behaviors towards authority personnel."

"Additional challenges include monitoring and testing youth with documented substance abuse and youth who were drug tested on-site at the request of the probation officers. Care coordination poses an additional challenge as well, due to some youth having a number of social service agencies involved in their coordination of care, such as the Department of Children and Family Services, Tapestry, Cuyahoga County Foster Care and Criminal Justice system," noted Templar.

Templar recalls S.H., a high school student referred to CTC by the juvenile court earlier this year as an example of a recent ATR success story. While in the program, S.H. expressed the interest in gaining employment. Through CTC's "Let it Ride" program, he created a resume, honed his interviewing skills and shortly after, landed a job at Wendy's.

Shortly after beginning ATR, S.H.'s relationship with his family greatly improved. "I don't know what y'all did but we now talk nightly about everything and I'm grateful," S.H.'s father said. S.H. also reports that he would like to enroll in Cleveland State's State Tested Nursing Assistant program fulltime after he graduates from high school.

J.B.'s story strikes a similar chord to Templar's. J.B. came to CTC as a social introvert with very low self esteem and confidence, as reported by her social worker. However, during the course of her treatment, J.B. came out of her shell and found her voice in creative writing. Several officers and social workers who participated in her treatment were reported to have teared up due to the openness and vulnerability shown in the poetry she wrote about the many obstacles she has faced in her life. At the program's end she recorded a public service announcement for WRUW-Case Western Reserve University.

Templar says she is excited that so many area youth are finding the support and resources they need through ATR, which she describes as "the critical element" that makes success possible.

The Benefits of Exercise in Recovery

Experts in the medical fields have long touted the benefits of physical exercise, crediting it with everything from elevated mood through the release of endorphins, to increased life expectancy and reductions in the incidence of diseases such as diabetes, stroke, cancer and arthritis.

Now scientists at National Institute on Drug Abuse and other health-related organizations are adding addiction to the ever-growing list of diseases that improve when physical activity is added to the treatment plan.

Physical exercise works so well as a complement to traditional addiction treatment in sustaining recovery because of the role it plays in reducing stress, staving off boredom, building discipline, channeling negative emotions, filling idle time and boosting self confidence through goal setting.

An ATR provider putting this theory into practice is Summit County's Packard Institute. Offering such services as reflexology, tai chi, acupuncture, Pilates, equine therapy and "adventure therapy," in addition to the traditional treatment modalities. The Packard Institute began participating with ATR in 2010.

CEO Raynard Packard believes all good treatment and recovery planning should be client-directed. "The challenge," he says "is to get a young person invested in the *culture* of recovery."

"You can always tell where the groups are going on at the institute - just follow the laughter," Packard said as he recalled one of his fondest ATR memories.

"We had hiked a particularly brutal section of trail all day and well into the night, in punishing heat and with full packs, and were doing ceremony at fireside. As the hike unfolds, each youth is awarded an Appalachian Trail name. I asked one young client what he felt his trail name should be.

"He replied, meekly, 'Well, they call me Putz around the house.' And in as officious sounding voice as I could muster I proclaimed, 'No! From this day forward you shall be known as N-Dog, Conquerer of the Appalachian Trail.' The kids cheered wildly."

Sources: <http://www.livestrong.com/article/241477-exercise-addiction-recovery/>
<http://blog.crchealth.com/2012/03/19/five-benefits-of-exercise-in-addiction-recovery/>
http://www.drugs-addiction.com/featured_addiction/exercise-plays-important-role-in-addiction-recovery.php



Pictures of the Packard Institute's kayaking and hiking trips.