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THE THURSTON/MASON COUNTIES CHEMICAL DEPENDENCY ASSESSMENT REPORT 2004

Concept

- ◆ Based upon Washington State guidelines for assessment and substance abuse service planning

Content Preparation

- ◆ Data prepared by Department Epidemiology, Assessment & Planning staff ~ Rebecca Mares and Mary Ann O'Garro. Maps created by Rebecca Mares
- ◆ Written and edited by Erik Landaas, Mary Ann O'Garro, Donna Bosworth, Cynthia Santiago, and Tina Gehrig

Outside Reviewers

- ◆ A special thank you goes to Advisory Board members Jason Kilmer and Dale Putnam for reviewing and providing excellent comments on the initial draft. And to Gary Enns, RSN Operations Specialist for his review and valued input. We all appreciate your assistance in helping write a better, more thorough document.

Objective

- ◆ To provide an overview of Substance Abuse in Mason and Thurston Counties using data and associated research, as a means to support the development of plans and strategies that impact Substance Use, Abuse and Addiction.

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CHEMICAL DEPENDENCY PROGRAM OVERVIEW

MISSION

The mission of the Chemical Dependency Program of the Thurston County Public Health and Social Services Department is to operate in a manner that administers efficient and effective use of allocated resources and revenues. This is accomplished through coordination, planning, development, implementation, and monitoring of the publicly funded chemical dependency treatment and prevention system.

OVERVIEW (THURSTON/MASON COUNTY SERVICES)

The Thurston County Public Health and Social Services Department, Chemical Dependency Program administers and coordinates services for individuals who are chemically dependent. The program contracts with community agencies to provide services that address substance use, abuse, and addiction. Related services provided through the program include:

- ◆ Drug/Alcohol outpatient treatment
- ◆ ADATSA Assessments and Outpatient Treatment
- ◆ Opiate/Methadone Treatment
- ◆ Acute Detoxification
- ◆ Involuntary commitment
- ◆ (24-hour telephone) Crisis intervention, Information and Referral
- ◆ Community education
- ◆ Child care for parents in treatment
- ◆ Prevention

Services are available to low income and indigent clients, which includes persons with no income or who receive state assistance for care and support services. Payment for services may include use of a sliding fee scale which matches household income with federal poverty guidelines to determine cost.

Services are developed to assist individual attainment of the highest level of independent functioning possible. Constraints for optimum service development include legal, policy, and fiscal limitations as well as constraints of time, knowledge, and provider availability. An array of accessible, affordable and appropriate services are promoted. Staffing and administrative organization are developed in such a manner as to best carry out the responsibilities of the Department. Service and system development is done in a public process through the Thurston/Mason Chemical Dependency Advisory Board.

OVERSIGHT AND ACCOUNTABILITY

Thurston and Mason Counties each have an elected three member Board of County Commissioners (BOCC). BOCC members represent particular geographic districts within their county and are elected for four-year terms. The Mason County BOCC has delegated the majority of its administrative authority regarding chemical dependency treatment and prevention services funded through the Washington State Division of Alcohol and Substance Abuse to the Thurston County BOCC.

The Thurston/Mason Chemical Dependency Advisory Board is a citizen board advisory to Thurston and Mason Counties, through the Thurston County Commissioners. The advisory board exists as a result of Washington State law RCW 70.96 and 70.96A Section 300 Alcoholism Act, and related state regulations.

The Thurston/Mason Chemical Dependency Advisory Board has responsibilities for reviewing needs assessment plans and general monitoring. These responsibilities include advising the Thurston County BOCC concerning services in Thurston and Mason Counties and for the recommendations of agencies to provide these services.

RESPONSIBILITIES

The Chemical Dependency Program assumes responsibilities for services by:

- ◆ Maintaining citizen advisory board involvement in service planning, program funding and contractor selection
 - ◆ Assuring efficient management and appropriate and affordable services provided by community agencies
 - ◆ Maintaining working relationships with State and County agencies across systems
 - ◆ Researching, developing, and planning social services to maximize service delivery to best meet the needs of the identified client population within available resources
 - ◆ Analyzing and monitoring chemical dependency subcontractors to assure contract objectives are met and being improved
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ORGANIZATIONAL STRUCTURE

The Thurston County Public Health and Social Services Department is organized into three major divisions: Environmental Health, Personal Health, and Social Services. Programmatic planning, budget, contract development, monitoring, and evaluation activities are carried out by each division at the program level. Within the Department, the Chemical Dependency Program carries out management, coordination and monitoring activities for chemical dependency treatment and prevention services in Thurston and Mason Counties.

Administrative Support Services carries out the Department's responsibilities for fiscal management. For the Chemical Dependency Program, it is responsible for billing the State, payment to subcontractors, monitoring and reporting subcontractor and program expenditures and revenues against the biennial budget.

SERVICE DELIVERY

The Thurston/Mason Chemical Dependency Program contracts with local service agencies to provide designated chemical dependency prevention and treatment services in Thurston and Mason Counties. Funds provided through contracts do not represent the total services local agencies provide, rather funds enhance overall substance abuse related service delivery. The Chemical Dependency Program contracts for specific services to be provided which meet Federal, State, and local requirements and guidelines.

MORE INFORMATION

For more information about the Chemical Dependency Program or for related questions, please contact Donna Bosworth by phone at 360-786-5585 ext. 17234# or by email at bosword@co.thurston.wa.us

REPORT BACKGROUND

PURPOSE

This report derives its purpose from guidelines which are defined by the Washington State Department of Social and Health Services, Division of Alcohol & Substance Abuse, County Alcohol/Drug Coordinators and Washington State law.

The Chemical Dependency Treatment and Support Services Planning Guidelines call for a Needs and Risk Assessment that incorporates a review of 1) Community Risk related to Substance Use, 2) Needs of Special Populations, 3) Issues affecting Substance Abuse Treatment, 4) Status of Chemical Dependency Service Levels, and 5) Criminal Justice System issues related to Substance Abuse or Addiction.

REPORT FOCUS

This report was created to provide data to support biennial plan development and to assist Chemical Dependency Program staff and Chemical Dependency Advisory Board members in the assessment process. A broad range of data was reviewed by Chemical Dependency staff over the course of January-June 2004. A selected series of findings from data reviewed have been included in this report. The findings presented here are meant to inform the decision making process that will be undertaken to develop services and service delivery strategies for the 2005-2007 biennium and beyond.

REPORT CONTENT

A wide range of data and material could be included in a substance abuse related assessment. For this particular report the content of interest was narrowed down to two major data areas. These two areas are: A) The Population of Mason and Thurston Counties and B) Substance Use and Abuse in Mason and Thurston Counties.

- ◆ Data reviewed regarding the Population of Mason and Thurston Counties are intended to provide an up-to-date description of a chosen set of demographic and other related data indicators.
- ◆ Data reviewed regarding Substance Use in each county are intended to provide an up-to-date description of a chosen set of alcohol, tobacco and other drug related data indicators.
- ◆ Both the Population and Substance Use sections of this report are intended to provide a broad perspective view of community status/standing and provide insight into service related issues for consideration during the planning process.

Additional data on a set of specific special topic areas was also reviewed. This third report section includes a summary review of data regarding the community environment and specific characteristics of the Mason and Thurston County populations.

DATA DEPTH

Determinations about what data to present in this report were based on expected need for specificity or detail. Some sections of the report may contain several pages of related data and others simply a few paragraphs. A large volume of data was reviewed by Chemical Dependency Program staff to assure informed decision making. Findings presented here are considered essential, but not inclusive of all data that may be used during the planning process.

REPORT CONTACT AND ACCESS

To obtain additional copies of this report, please use the following contact information. If an alternative format is needed to help organizations or individuals obtain access to this report, please contact us.

Report Contact Information
Thurston County Public Health & Social Services Department Chemical Dependency Program Tina Gehrig, Senior Office Assistant Mail: 412 Lilly Rd NE, Olympia, WA 98506 Phone: 360-786-5585 ext. 17205# TDD: 360-754-2933 Email: gehrigt@co.thurston.wa.us

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DATA QUESTIONS

Questions or comments about the data or information presented in this report, should be directed to the Epidemiology, Assessment and Planning Section of the Thurston County Public Health & Social Services Department.

If you believe you have found a technical or non-technical error, please contact us. Organizations and individuals interested in more detailed data or other types of data are encouraged to contact Mary Ann O'Garro at 360-786-5581 ext. 17038# or ogarrom@co.thurston.wa.us

ORIENTATION TO TOPIC

OVERVIEW OF CHEMICAL DEPENDENCY

Use of alcohol, tobacco and other drugs has complicated, but well studied effects upon individuals, families, communities, and society. Though there is much to learn, we know that there is a need for a commonly shared vision surrounding the abuse of substances.

Addressing the "Substance Use and Abuse" of an area's population involves the promotion of healthier environments, behaviors, attitudes, and choices that prevent, delay or reduce the harm resulting from the problematic use of tobacco, alcohol, prescription drugs, over-the-counter drugs, and illegal drugs. This report strives to provide data that support a broad perspective into the community status of chemical use and related contributing factors.

Substance abuse is a severe and complex public health problem. Drug and alcohol abuse accounts for approximately 80% of incarcerated individuals in Washington State. Approximately 79% of youth entering juvenile detention facilities have substance abuse problems. More inmates in Washington State Department of Corrections are convicted of drug offenses than any other crime. ⁽¹⁾

There are service gaps in alcohol and drug treatment services in Thurston County as well as statewide. There are substance abusers that over-utilize public services such as hospital emergency rooms, drug detoxification centers, crisis mental health services, local jails and safety net health clinics.

Washington taxpayers pay more than \$2 billion each year in medical and criminal justice costs and lost productivity due to untreated substance abuse. Without ongoing specialized care to treat their illnesses, substance abusers frequently rely on emergency medical services, which are costly to provide. ⁽¹⁾

Due to the growing need for alcohol and drug treatment services and shrinking public funds for services, local communities need to address this emerging dilemma. This needs assessment will assist the Chemical Dependency Program and the Advisory Board better understand the needs of the community in relation to substance abuse in Thurston and Mason Counties.

The challenge we all face in the field of chemical dependency treatment and prevention is working within fiscal constraints that limit service delivery.

⁽¹⁾ *Tobacco, Alcohol, and Other Drug Abuse Trends in Washington State Report, 2003*

USE, MISUSE, AND ABUSE

- ◆ Stopping or delaying the "first use" of chemicals, specifically alcohol, tobacco, and other drugs, is a priority of work done in the chemical dependency/substance abuse field. This is also known as primary prevention.
- ◆ If substance use has begun, intervening early in this stage of "misuse" is an additional priority of substance related work. This is also known as secondary prevention.
- ◆ Once dependence or addiction has been determined, providing treatment is the final intervention method available in the substance abuse field. This is also known as tertiary prevention.

DEFINITIONS

- ◆ Alcoholism/Drug Addiction: A primary chronic disease with genetic, psychosocial and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by impaired control over drinking or use of drugs, preoccupation with alcohol and other drugs, use despite adverse consequences, and distortion in thinking, most notably denial. Each of these symptoms may be continuous or periodic.
- ◆ Chemical Dependency: A person's alcoholism or drug addiction or both.
- ◆ Substance Abuse: A recurring pattern of alcohol or other drug use that substantially impairs a person's functioning in one or more important life areas, such as familial, vocational, psychological, physical or social.

Based on the Washington Administrative Code (WAC).

MORE INFORMATION

For more information about Substance Abuse Prevention or Treatment, please contact Erik Landaas at 360-786-5585 ext. 16955#, landaee@co.thurston.wa.us or Cynthia Santiago at 360-786-5585 ext. 17210#, santiac@co.thurston.wa.us

DATA SOURCES AND OPTIONS

DATA SOURCES

Numerous research articles were reviewed to provide context for the data in this report. Many data sources were also used to prepare this document. Though the data used are referenced in the Citation sections of the report, the majority was accessed through the following organizations:

1) U.S. Census Bureau

The data responsibilities of the U.S. Census Bureau are broad, however the primary purpose for this federal agency's existence is to conduct the U.S. Census. The Census is a national event that is carried out every 10 years. It is required by the U.S. Constitution and has occurred since 1790. The majority of population related data presented in this report (Part A and Part C) comes directly from the 2000 Census and 1990 Census. To view data available from the U.S. Census Bureau directly, visit their website at <http://www.census.gov>

2) Washington State Office of Financial Management

The Office of Financial Management (OFM) provides population estimates for all years other than Census years. Non-census year population figures (e.g. 1991-1999 and 2001-2004) are developed by OFM and are released annually. A portion of population related data presented in Part A and C of this report comes from OFM estimates or publications. To view data available from the Office of Financial Management directly, visit their website at <http://www.ofm.wa.gov>

3) Washington State Department of Health

The Department of Health (DOH) has the primary responsibility of collecting numerous sources of data that relate to the health and well-being of area residents. Data collected by DOH include births, deaths, hospitalizations, and youth behaviors. The majority of substance use related data presented in Part B of this report comes from DOH. Youth data presented in Part B were primarily derived from the state Healthy Youth Survey. Due to the quality and method used to gather survey data in 2002, findings for 8th grade students were determined to be the most useful for highlighting issues among youth. To view data available from the Department of Health directly, visit their website at <http://www.doh.wa.gov>

OTHER KEY PUBLICATION OPTIONS

Other substance use related data were available, but not included in this report. The intent of this report was to assemble and summarize a specific set of data to support Chemical Dependency Program planning efforts. Several publications are available with descriptions of county level substance use related data. Including:

- ◆ "Risk and Protection Profile for Substance Abuse Prevention Report". Washington State Department of Social and Health Services, Research & Data Analysis Division. <http://www1.dshs.wa.gov/rda/research/risk.shtm>
- ◆ "County Profile of Substance Use and Need for Treatment Services in Thurston County". Washington State Department of Social and Health Services, Research & Data Analysis Division. <http://www1.dshs.wa.gov/rda/research/4/32/default.shtm>

GENERAL NOTE ABOUT DATA AND THIS REPORT

Data in tables and graphs found in this report may not add up to total or 100%. For example, due to rounding of numbers during calculation a 100% sum may not occur or missing records/information may impact the calculation of figures. To inquire about the data, please use the contact information located on page 6 of this report.