

## **PROGRAM DESIGN**

### **Horizons Program**

#### **A program of Community Care Independence Plus**

#### **MISSION**

The mission of this program is to help consumers of the Regional Center to avoid harmful addictions, get treatment for existing harmful addictions, and maintain their clean and sober status, so that they may live healthy and fulfilling lives free of substance abuse and other harmful addictions.

#### **DEFINITION OF ADDICTION**

"An addiction is an uncontrollable compulsion to repeat a behavior regardless of its negative consequences. Many drugs or behaviors can precipitate a pattern of conditions recognized as addiction, which includes a craving for more of the drug or behavior, increased physiological tolerance to exposure, and withdrawal symptoms in the absence of the stimulus." Even behavioral addictions have a physiological component. For instance, gambling addicts have been shown to produce large numbers of endorphins, brain chemicals connected with pleasure, during the time they are gambling.

Behavior addictions which have been observed in the population we serve include gambling addictions and addictions to sex and/or pornography, to the extent that these activities control and greatly damage the individual's lives.

#### **PURPOSE**

As part of the Community Care Independence Plus Program, the Horizons Program will provide and/or coordinate intervention and treatment for Redwood Coast Regional Center consumers with harmful addictions. To this end, the program will provide direct individual and small group supportive counseling to consumers, including providing support groups as needed. The program coordinator will also work with professionals in the field of developmental disabilities to help them identify harmful addictions in consumers, and with providers of addiction treatment services to help them adapt their program to the needs of persons with developmental disabilities.

#### **EXPECTED CONSUMER OUTCOMES**

The success of this program is expected to result in the lowered levels of substance abuse and other addictions among Regional Center consumers, reduce harmful effects of substance abuse/addictions (Harm Reduction Model), and increased participation in healthy, clean and sober community activities. The Horizons Program is a "Harm Reduction" program that seeks to reduce the harmful effects of substance abuse and other addictions on the consumer, and this to increase the consumer's quality of life. One measure of the program's success is the reduction of consequences of harmful addictions e.g. less involvement in criminal justice system, less anger, less violence, less harmful effects on family, less job and housing losses, less hospitalizations and visits to the emergency room. Another measure of success is the increased consumer participation in healthy, clean and sober activities in their individual endeavors and in the community.

**CONSUMER POPULATION**  
This program will serve regional center consumers of any age who suffer from harmful addictions or need support to maintain their sobriety after overcoming harmful addictions. To enter the program,

consumers need to be willing to work on these problems, either spontaneously or because of interventions. They need not be clean and sober at the time of entry into the program.

The Horizons Program is a "Harm Reduction" program that seeks to reduce the harmful effects of substance abuse on the consumer, and this to increase the consumer's quality of life. Consumers suffer the following harmful effects of their substance abuse:

- . Loss of employment. Loss of housing
- . Emersion the criminal justice system including incarceration. Relationship problems. Social isolation
- . Increased loss of self-esteem
- . Credit and financial problems
- . Entrance and emersion in substance abuse culture
- . Entrance to other addictions such as gambling and sexual addiction

It is the goal of the Horizons Program to reduce the harmful effects of substance abuse and other addictions in one or more of these areas.

When families of consumers have harmful addictions which are impacting the lives of consumers, the Horizons Program Coordinator may decide to deliver services to those families. Families may be served based upon the wrap-around concept of service delivery to include information-referral to other providers, or coordination with Regional Center Service Coordinators.

### **PROGRAM LOCATION**

Horizons Program services will be offered in inland Mendocino County, primarily the Ukiah area, with outreach to Willits. Some group work and individual counseling will take place in the facilities of Community Care Management Corporation, where Horizons Program is housed. Consultations and other work will also take place in consumer homes and in other community locations such as classrooms and recreational facilities.

### **PROGRAM ACTIVITIES**

The Recreation Specialist (RS) will use multiple approaches in addressing the problem of substance abuse and other harmful addictions by Regional Center consumers.

The RS will provide information, consultation, supportive individual and group counseling, and referral services for consumers and their families, including referral for families who have harmful addictions which impact the lives of the consumers.

The heart of the program will be individual service plans, for prevention, treatment, and relapse prevention. This will include individual counseling with the RS, and family counseling as requested by the consumer. Consumers will be referred to such programs in the community where appropriate; their participation will be facilitated by the RS, who will attend with them where feasible, and assist in adapting materials to their

needs. Where necessary, groups will be run specifically for consumers; consumers may participate in these special groups as well as in generic groups and services. In addition to treatment and

prevention groups, consumers will be helped to meet their needs in ways that do not involve alcohol and other drugs. This may include assertiveness training; help with meeting needs for social life and recreation.

To help consumers participate in services run by other treatment agencies, the RS will consult with those agencies, helping them to find suitable materials and strategies for including consumers in their groups.

The RS will assist in the occasional provision of training for professionals in providing interventions for consumers.

The RS will facilitate weekly recovery group, and deliver weekly individual supportive counseling sessions with program participants. The goal of group and individual counseling will be to:

- . Help the consumer to understand the recovery process.
- . Motivate the consumer to enter recovery and stay on the recovery path
- . Teach the consumer relapse prevention techniques, and make a relapse prevention plan
- . Provide prevention and substance abuse education
- . Enhance the consumer's self-esteem, and build community among consumers. . Improve the consumer's communication skills.

Assist consumers to transition from old drug using friends, and learn new skills to meet new healthy friends. A modified Twelve Step Recovery Model forms the foundation for group process and individual counseling.

The Horizons Program promotes building self-esteem and a healthy, independent lifestyle by providing access to the following activities based upon the clients interests and goals:

- . Exercise and Health Club participation (regular exercise is an important part of the recovery process)
- . Nutrition and health education
- . Native American Drumming Circle
- . Woodshop
- . Music Group
- . Computer Lab
- . Art Group
- . Meditation, relaxation, and yoga class
- . Occasional camping trips, picnics, and fishing outings
- . Other activities as needed

The RS and Program Coordinator assist and support consumers when they become involved in the criminal justice system due to substance abuse and other harmful addictions, probation, or family court issues. The RS visits and supports consumer when they are incarcerated. The RS works with Judges, District Attorneys, and Defense Lawyers to support the client. The RS consults with Drug Court and Alcohol and Other Drug Programs (AODP) to coordinate to provide support to consumers when they need to access the mental health system.

### **PROGRAM HOURS**

The Horizons Program normally operates between 8:00 a.m. and 5:00 p.m. Monday through Friday. Occasionally, Horizons Program staff will make themselves available in the evenings or weekend to facilitate a special outing or activity such as People First meetings or camping trips.

### **STAFFING**

The Horizons Program is staffed by the following:

Program Coordinator, Art Davidson, who has a Bachelor of Science in Criminal Justice with a double minor in Sociology and Psychology - University of Texas. MA in Psychology with an Emphasis in Organizational Development - Sonoma State (thesis pending). Mr. Davidson has worked with adolescents, adults, families and groups for over twenty years with a focus on addiction, mental health, and sexual abuse issues. Past Northern County Regional Director for Community Support Network a dual diagnosis mental health agency serving Sonoma County.

Recreation Specialist/Program Assistant

Secretarial services are provided 25 hours per week. Billing and services outside of the 25 hours are provided by the secretary of Independence Plus.

Program assistance and supervision is provided by Community Care Independence Plus Director, Cynthia McMath, Ed.M.

### **ENTRANCE PROCEDURE**

Redwood Coast Regional Center Service Coordinators make referrals of consumers to the Horizons Program. Consumers, or professionals from other agencies, who wish to make referrals will be directed to the Redwood Coast Regional Center. A Purchase of Service form must be sent to the Horizons Program Coordinator by the regional Center Service Coordinator before assessment can be initiated, or the consumer served by the Horizons Program. Upon receipt of the POS, the Substance Abuse Specialist or Program Coordinator will complete a screening/intake interview to assess the consumer's level of identification with a substance. Patterns of substance abuse, addiction, attempts at recovery, mental health issues, health issues, family history, employment, housing needs, socialization needs, consumer interests, strengths or weaknesses will all be assessed. Family, friends, teachers, professionals, and others may be interviewed for collateral information and data confirmation during the assessment.

The consumer will participate in the development of a treatment plan which will facilitate the Individual Service Plan (ISP) development. This plan will become the basis of an individual contract of expectations and goals for the consumer that the consumer has designed and agrees to.

Consumers do not have to be clean and sober to enter the program. They may be required to be clean and sober in program activities so as not to trigger relapse among other participants.

### **PROGRAM EXIT PROCEDURES**

Horizons Program is a voluntary program. Consumers may end their participation in the Horizons Program at any time, although every effort will be made to persuade those in need of treatment to stay in the program.

A consumer may be dropped by the program when they have shown, through repeated avoidance of activities that they are not willing to work with the program. Consumers who have been dropped from the program may return to the program when demonstrating a willingness to work on their harmful addictions and participate in program activities. Consumers who are a clear danger to other program participants and staff may be dropped from the program, and/or referred to other services such as Mental Health.

One of the key advantages of the Horizons Program to consumers is that it is not time limited. The program is modified in content and time to accommodate the consumer disabilities. Individuals who have completed treatment may remain in the program for as long as they wish, receiving individual counseling and support groups, and will be encouraged to do so.

Regional Center Service Coordinators are expected to give 30 days advance notice before terminating a consumer's pass. Horizons Program will give 30 days advance notice to Regional Center before terminating a consumer from program, except when the consumer is an imminent danger to others.

### **REPORTING AND REVIEW**

A six month report will be prepared for each consumer, and forwarded to the Regional Center. Horizons Program staff will participate in consumer IFP meetings as requested.

### **RECORDS**

Consumer charts will be maintained that document intake records and assessments, IFP and ISP records, progress notes, and six month reports. These charts will be kept in locked files at the program site.