

## **The Durham Center**

### **Contracted Substance Abuse Services in Durham County**

#### **Prevention:**

**Child/Adolescent Prevention** – Programming, using evidence-based curricula and services, designed to prevent substance abuse among children and adolescents. An LME must designate at least 20% of SAPTBG (Substance Abuse Prevention & Treatment Block Grant) funds for prevention. Durham Center has contract with Partnership for Drug-Free NC/Unlimited Success for services.

**Nurturing Parenting-Families in Recovery Program** - Evidence-based, 12-week curriculum for families involved with the Drug Treatment Courts. A central goal of this program is to nurture parents, thus enhancing parents' ability to nurture their children. The curriculum is built on the principles of relational development consisting of three factors essential for healthy relationships: authenticity, mutuality and empathy. Durham Center has contract with Exchange Club's Family Center for services.

**Community awareness and prevention** – Contract awarded to non-profit agency (Durham TRY) to assist in creating a media campaign and engaging business, social service and creative partners in preventing substance abuse and creating a common understanding of addiction as a treatable disease.

#### **Adolescent Treatment:**

**MAJORS** (Managing Access for Juvenile Offender Resources and Services) - MAJORS is a program for youth under 18 years old who are adjudicated delinquent, undisciplined, or on a diversion contract, under the active supervision of a Juvenile Justice Court Counselor and in need of substance abuse services. The Durham Center and DJJDP have collaborated to improve services to youth involved with juvenile justice. BAART Community HealthCare provides a qualified, highly-skilled professional at the DJJDP office to conduct comprehensive mental health and substance abuse assessments. Based on assessment and in consultation with family, professional will refer youth to most appropriate service. Professional will also track referrals, provide care coordination, and act as liaison between juvenile justice and provider agencies.

**Outpatient Services** – intensive (2-3 times/week) or less intensive (1-2 times/week) services, including individual therapy, group therapy, family therapy, and case management. Duke Child Development and Community Guidance Clinic (intensive-Medicaid).

**CYT (Cannibas Youth Treatment)** – operated by Turning Point Adolescent Center. Best practice therapy models for adolescents primarily using marijuana or using alcohol occasionally. Cannabis Youth Treatment includes several modules that have been studied for their effectiveness: MET/CBT5 (Motivational Enhancement Therapy & Cognitive Behavioral Therapy), MET/CBT5+CBT7, Family Support Network, Adolescent Community Reinforcement

Approach (ACRA), and Multi-dimensional Family Therapy. Because this service is intended for youth who need a low or mid-level of care, the Durham Center contracted provider, Turning Point Adolescent Center, will offer the brief intervention (MET/CBT5) or 12-week interventions (MET/CBT5+CBT7 or Adolescent Community Reinforcement Approach), supplemented by family support and education (Family Support Network).

**Intensive In-Home** – (Triumph) Intensive family preservation intervention intended to stabilize the living arrangement, promote reunification or prevent the utilization of out-of-home therapeutic resources (i.e., psychiatric hospital, therapeutic foster care, residential treatment facility) for the identified youth through the age of 20. Services for children diagnosed primarily with emotional disturbance.

**Multisystemic Therapy** – operated by Youth Villages and ASAP/Easter Seals. MST is an intensive, comprehensive, family focused treatment program designed to serve multi-problem youth in their community. It has been shown to be effective for delinquent youth and youth abusing substances.

**Regional Residential Program** – Residential substance abuse program that is intended to give priority to youth within a specified region of the state, but are encouraged to serve all youth statewide when bed capacity allows. Durham has contracts with Youth Focus in Greensboro and PORT in Greenville.

## **Adult:**

**HIV Set Aside** – HIV testing and counseling of IV drug users who are engaged in substance abuse treatment. Durham Center contracts with CAARE, Inc.

**Substance Abuse Clubhouse** – located at 307 Corporation. Facility adult males and females (18 years of age and older) from Durham County who have demonstrated a desire to stop drinking and using drugs. This program promotes an alcohol and drug free recovery oriented environment of mutual support. Clubhouse is available during the daytime and evening hours to provide a meeting area for participants and community groups such as Narcotics Anonymous, Alcoholics Anonymous, etc.

**WorkFirst/Child Protective Services/Substance Abuse Initiative** – Assessment, referral, and case management/coordination for individuals applying for WorkFirst who indicated a need for substance abuse treatment and families with active Child Protective Services (CPS) cases in which substance abuse was identified as a contributing factor in substantiation of case. Assessment professionals also provide training to CPS and Work First staff.

**Substance Abuse Assessment** – Two experienced and qualified evaluators conduct timely substance abuse assessments at Durham Center Access, Urban Ministries, and Durham County jail. Individuals seeking help for substance abuse may receive an evaluation through the walk-in clinic at Durham Center Access (9:00am-6:00pm, Monday-Friday) or be given the option of coming in for an appointment within 48 hours.

**Outpatient Services** – intensive (2-3 times/week) or less intensive (1-2 times/week) services, including individual therapy, group therapy, family therapy, and case management for individuals with Medicaid. Alternative Care Treatment Systems; CAARE, Inc.; Hope Centre

**Substance Abuse Brief and Intensive Outpatient services** – Services provide individualized and community-based services to adults who have moderate to chronic substance abuse problems. Intensity and frequency of services will depend of consumers' readiness for treatment and life domain needs. This program utilizes best known practices to engage consumers, and their families and natural supports, in an array of services to begin recovery and learn skills for recovery maintenance. Freedom House currently operates the program at Durham Center Access for adults without Medicaid. Evidence-based, gender-specific programming added to program in July 2007.

**Women's Specialized Substance Abuse Program** – Program integrates mother and child treatment and gender-specific services for mothers seeking to regain custody of their children who are diagnosed with substance use disorders. Services offered include assertive outreach and screening, case management, early intervention, and individual, group, and family therapy. Operated by Duke Family Care.

**Opioid Treatment Program** – (BAART Community HealthCare) Medication-assisted treatment, along with individual and group therapy, for adults who are addicted to opiates; treatment has been shown to be a best practice.

**Criminal Justice Resource Center** – Comprehensive substance abuse services including individual counseling, group therapy, court planning, employment and housing assistance, and case management for individuals on probation. Additionally, they provide employment services for individuals with a criminal record.

**Dual Disorder Intensive Outpatient Program** (BAART Community HealthCare) - This treatment program incorporates System of Care and substance abuse best practices by focusing on the tangible needs of individuals who are homeless or at risk of homelessness, particularly housing, income support, and employment, along with the individuals' addiction and psychiatric needs. Program offers an evidence-based, structured and intensive outpatient model, the MATRIX model, in addition to psychiatric support for consumers at Urban Ministries.

**Integrated Dual-Disorder Team** (Easter Seals) – A more intensive model than the Intensive Outpatient Program. IDDT blends mental health and substance abuse treatments by motivating persons with two severe disorders to pursue abstinence and by providing mental health treatments that are modified in light of the consumer's vulnerability to psychoactive substances.

**Substance Abuse Group Living** – 24-hour room and board with individualized therapeutic or rehabilitative programming designed to supplement day treatment services provided in another setting. This service is often provided because the client's removal from his/her regular living arrangement is necessary in order to facilitate treatment. Durham Center contracts with Freedom House and the Recovery Center of Durham for 3-6 month halfway house program and TROSA-

Transitional, Freedom House-Transitional, and Recovery Center of Durham II for 30 day Transitional Living program.

**CASCADES @ Durham** – Part of statewide network of perinatal programs that provides supervised living, and intense treatment, for women with substance abuse disorders who are pregnant and/or have dependent children (up to the age of 11), women reside with children during treatment and typically remain in program for 12 months.

**TROSA** - TROSA is a comprehensive, long-term, residential substance abuse recovery program. Founded in 1994, TROSA is now the largest state-licensed residential therapeutic community in North Carolina.