

# Combating Addiction in Vermont Families



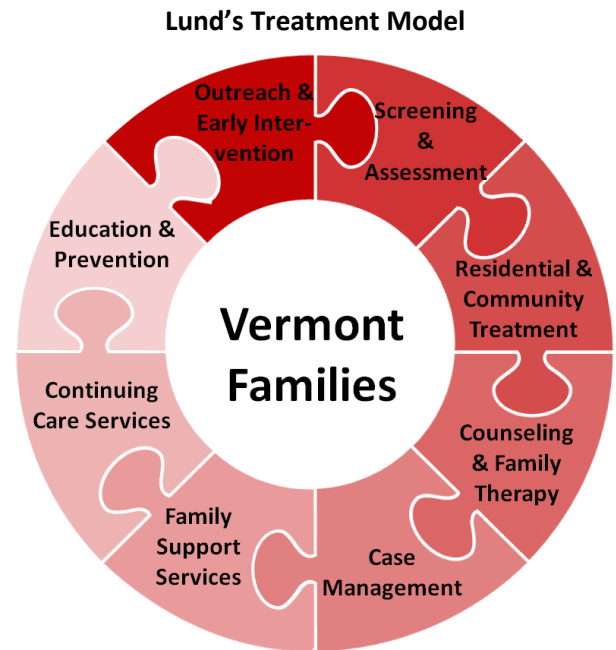
## Addiction threatens the well-being of Vermont families

Parental substance abuse is a serious threat to the safety and well-being of the family system. The most vulnerable are the children. Children impacted by parental substance abuse are more likely to experience maltreatment and lack the essential care necessary for their well-being. **Families affected by parental substance abuse need early identification and timely access to effective treatment to optimize recovery and avoid family disruption.**

## Effective Family Treatment

Lund offers a **continuum of gender-responsive, family-centered treatment services to parents struggling with addiction.** Lund is the only residential treatment program in Vermont where a mother can receive comprehensive treatment without being separated from her young children, a prohibitive concern for many women as they seek help for substance abuse disorders. If a woman is fearful of being separated from her children or being penalized for seeking treatment for a problem that impacts her children, she is far less likely to pursue treatment at all. Lund's approach to treatment recognizes the unique and complicated issues that women face as mothers living with addiction.

**Addiction is a disease that profoundly affects the entire family system;** it cannot be treated effectively without using a family-centered approach. Lund recognizes the critical importance of concurrently treating women for substance abuse while also developing employment and life skills, providing parenting supports and access to educational services. Lund individualizes treatment in response to the needs of the individual as well as the family. Furthermore, pregnant or parenting women can often face difficulty in receiving coordinated treatment from multiple service providers. I think it should say Lund's treatment programming addresses this difficulty by providing coordinated, comprehensive service at one site and **strong collaborative agreements with other community providers when appropriate.**



- *Screening & Assessment* to determine if there is a substance abuse problem, the nature of the person's substance abuse and recommend appropriate treatment using evidence-based tools. Lund is unique in our screening and assessment approach in that we collaborate with client's past and current providers and in the use of urine screening and analysis. Lund has co-located screening staff in DCF Burlington and St. Albans District Office working with Intake Units increasing early identification of parental substance abuse and retention of parents in substance abuse treatment.
- *Individual & Group Counseling* services at Lund maximize the use of inter-agency and community collaboration. Our counseling services are also gender specific. Individualized treatment plans treatment plans include individual and group counseling sessions. Counseling services utilize evidence-based, solution focused techniques in order to support parents in developing recovery skills.
- *Case Management* provides outreach, screening, case coordination, and assist parents in addressing barriers to treatment engagement. Case Managers provide services to parents in the community and the residential treatment program throughout the continuum of treatment and recovery. Case Manager's support parents in areas such as accessing resources for basic needs and financial assistance, securing childcare, establishing housing, securing reliable transportation, job counseling and training, legal assistance, developing life skills.

## Target Population

- Lund's Residential Treatment Program delivers substance abuse treatment and prevention services to an extremely at-risk population of pregnant or parenting young women and their children. The program serves women from ages 12 to 28, and their children from 0-5. Most of the young women served by the program also have co-occurring mental health issues. The mothers served through our Residential Treatment Program are referred to Lund from all counties in Vermont.
- Our Community Treatment Program serves mothers and fathers as well as their families. These families are largely from Chittenden County.
- 100% of the families served by Lund's Substance Abuse Treatment Program have incomes below \$15,000 a year, and most receiving services from other Lund programs.
- Most of our families are headed by single mothers who are providing the primary relationship for their child. Successful treatment to the mother is vital to ensure positive current and future outcomes for the children.

## Treatment Results FY13

Residential Treatment	Outpatient Treatment	Birth outcomes
<ul style="list-style-type: none"> <li>• 24 bed license</li> <li>• <b>62 mothers</b> engaged in SA Treatment</li> <li>• Their <b>74 children</b> received comprehensive treatment</li> </ul>	<ul style="list-style-type: none"> <li>• <b>114 parents</b> engaged in SA Treatment</li> <li>• <b>24 children</b> received comprehensive treatment</li> </ul>	<ul style="list-style-type: none"> <li>• <b>100% of babies</b> born at Lund were <b>free of illicit substances</b></li> <li>• <b>94% of babies</b> born at Lund were of <b>normal gestation period and birth weight</b></li> </ul>

## Investing in Outcomes for Healthy Families

In order to effectively address the epidemic that is threatening the well-being of Vermont families, it is important to build on the strengths of our current system and invest in the following ways:

- Ensure a **multigenerational treatment approach** key in breaking cycles of addiction and poverty.
- Provide effective **outreach and early intervention**. An effective screening and assessment process requires strong collaboration and a holistic perspective. There is not a "one size fits all" approach to assessments that will meet the needs of all people.
- Implement **continuing care plans** that recognize treatment for addiction must be flexible and responsive to the nature of the disease, which is chronic and relapses should be expected and planned for.
- Address **systematic barriers to treatment**. Ensure that families are not caught in the middle of conflicting mandates and demands from State Agencies and community providers.
- Offer **seamless transition of services** for families throughout the continuum of care.