

VASHON YOUTH AND FAMILY SERVICES

Grant Application

for

Substance Use Disorder Program Supportive Materials

Submitted to Granny's Attic

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February 29, 2020



Organizational Information

Date of application: February 29, 2020

Applicant Organization: Vashon Youth and Family Services (VYFS)
20110 Vashon HWY SW
Vashon, WA 98070

<https://vyfs.org/>

Title of Project: VYFS Substance Use Disorder Program Supportive Materials

Proposal Information**1. Project Narrative****-Background**

Drug and alcohol addiction is an illness characterized by intense and sometimes uncontrollable cravings, along with drug seeking and drug use that persists even in the face of devastating personal consequences. The path to drug/alcohol addiction often begins with simple experimentation, but over time one's ability to choose to not to take drugs or drink can become compromised, and seeking and consuming the drugs/alcohol becomes compulsive. This behavior comes from the effects of prolonged drug use on brain functioning. Addiction is a brain disease that affects multiple brain circuits, including those involved in reward and motivation, learning and memory, and inhibitory control behavior.

Substance use is a problem on Vashon, and Islanders are known to start experimenting with substance use at a young age. The County data show that excessive drinking is a prevalent issue for Islanders, on par with the rest of the county and state (King County City Health Profile, Vashon Island, 2016).

The substance use disorder (SUD) program at VYFS is a confidential, supportive program that addresses addiction from a holistic perspective. The program is headed by Tom Walsten, a state-certified SUD professional with over ten years of experience in chemical dependency counseling. Mr. Walsten and the other counselors at VYFS know that everyone is different. Some clients respond to individual counseling better than being in a group counseling setting. We offer both. We work with each of our clients to find the most effective drug or alcohol treatment for them. We also offer on-island drug screening services.

The VYFS SUD program served 29 Islanders in 2019. We currently have 13 clients actively participating in the program, ranging in age from 16 to 66, and an additional 7 clients with pending program intakes. Islanders involved in the courts for a variety of reasons (driving under the influence of drugs or alcohol, child custody cases, domestic violence cases, etc.) are referred for SUD assessments and counseling. We are now receiving SUD clients through referrals by attorneys and King and Pierce County Courts, and Vashon High School is referring at-risk students to VYFS for assessments and/or testing, so we expect the program will continue to attract new clients through the rest of the year.

-Request and Mission Alignment

VYFS restarted its SUD program in 2018 based on the need shown by our counseling clients. This request to Granny's Attic is for \$2,897.05 to purchase updated SUD program curricula and materials that will

support our clients in their recovery work. This request aligns with the mission of Granny's Attic to support the health-related charitable and educational needs of the community because it will provide effective educational and supportive counseling to Islanders who are taking steps to recover from substance use addiction.

To better serve our SUD clients, we would like to replace our current, outdated, *Matrix* SUD curriculum with an evidence-based addiction treatment program, *Living in Balance*¹. The *Living in Balance* curriculum uses a research-based treatment approach that is client-centered and appropriate for all substances of abuse. The complete *Living in Balance* curriculum consists of three separate but related programs: (1) Core Program, (2) Recovery Management, and (3) Co-occurring Disorders.

Given the increasing prevalence of marijuana use on Vashon, we would also like to purchase the marijuana use management program, *Marijuana Brief Intervention*². This program uses a full Screening, Brief Intervention, and Referral to Treatment (SBIRT) model to help a person assess their marijuana use, educate them on the consequences, and help them manage or end their marijuana use.

Together, these curricula will cost \$1,996.52. Only one copy of each is needed since the materials can be reprinted as needed.

Interactive Journaling® Workbooks

Interactive Journaling® is an evidence-based practice that uses structured, experiential writing to motivate and guide people on their path toward their goals for positive change. There are several workbooks in the MEE (Motivational-Educational-Experiential) Journal System³ we feel would be beneficial for our SUD clients. The topics of these workbooks are summarized below.

1. "Getting Started" - Participants learn proven strategies to make lasting behavior change and write a statement of personal commitment.
2. "Substance Using Behaviors" - Participants gain a clear understanding of the effects alcohol and other drugs have on their bodies, minds and lives.
3. "Feelings" - Explores the role emotions play in addictive behavior problems.
4. "Anger" - Participants identify their experiences with anger and the role it has played in their past, and develop an anger plan to help avoid difficult situations.
5. "Prescription Drugs" - Participants learn about the most commonly abused prescription drugs and their effects.
6. "Methamphetamine" - Participants learn meth's impacts on the central nervous system, brain, and body, evaluate methamphetamine's role in their lives, and consider changes they want to make regarding their use.
7. "Marijuana" - Explores the physical and social consequences of marijuana use.
8. "A 12-Step Guide to Relapse Prevention" - Participants develop a relapse prevention plan to support their sobriety.
9. "Recovery Maintenance" - Participants explore risk factors for relapse and a range of strategies to employ during times of risk.

¹ Additional information about the *Living in Balance* curriculum is available here:

<https://www.hazelden.org/web/public/livinginbalance.page>

² Additional information about the *Marijuana Brief Intervention* curriculum is available here:

<https://www.hazelden.org/store/item/442137>

³ Additional detail on these workbooks is available here: <https://www.changecompanies.net/products/series/?id=2>

10. "Preparing for Change" - Helps participants look closely at their current situation and consider changes they want to make. Participants learn about ways people change and strategies they use; think about the future they want, obstacles they may face, and resources that can help them make changes.

Because these work books will be most effective if they are given to a client for their personal writing, they are not considered reusable. Our funding request includes the cost for purchasing 30–34 copies of these books. Not all of these work books will be appropriate for each client; the requested number of workbooks would cover current group and individual counseling clients, plus enough for 2 new clients per month for a year. The estimated total cost for purchasing this quantity of workbooks is \$797.36.

Alcoholics Anonymous "Big Book"

Lastly, our funding request includes the cost of purchasing 10 copies of the Alcoholics Anonymous "Big Book", the basic text for Alcoholics Anonymous. These books would be primarily for shared reference use during group counseling sessions. Ten copies of this book will cost \$103.17.

2. Project Goals and Objectives:

The overall goal of VYFS's SUD program is to help our clients achieve and maintain sobriety — the ultimate goal of any drug/alcohol treatment program is total abstinence. Secondary goals are to reduce client harm (e.g., a client with a severe Opioid use disorder now treats their anxiety with THC only); and to help clients with legal or custody issues fulfill court requirements.

VYFS's goal for obtaining these requested materials is to offer a modern program curriculum and supportive materials to Islanders in our SUD program that will help them in their work to achieve and maintain sobriety.

3. Project Timetable:

VYFS's SUD program is ongoing. The "Living in Balance" and "Marijuana Brief Intervention" curricula, and the Alcoholics Anonymous "Big Books" are reusable and could be used in our SUD program for several years to come.

The workbooks requested will be provided to up to 37 SUD counseling clients, which we anticipate will be the number of Islanders actively participating in our SUD program over the next 12 months.

4. Project Request Budget:

The total annual budget for VYFS's SUD program is \$48,388 this year. Our total for this request for supportive materials is \$2,897.05. The costs for our requested materials are detailed in the attached budget sheet.

4. Project Request Budget

Item	Unit Price	Quantity	Cost	
<u>Substance Use Disorder Counseling Curricula^a</u>				
Living In Balance - Complete Set	\$1,395.00	1	\$1,395.00	
Marijuana Brief Intervention Collection	\$425.00	1	\$425.00	
			<u>\$1,820.00</u>	Subtotal
			\$156.52	8.6% Sales Tax
			\$20.00	Shipping (estimated)
Subtotal, Substance Use Disorder Counseling Curricula			\$1,996.52	
<u>Interactive Journaling Workbooks^b</u>				
Getting Started	\$2.70	37	\$99.90	
Substance Using Behaviors	\$2.70	37	\$99.90	
Preparing for Change	\$3.00	37	\$111.00	
Feelings	\$2.70	30	\$81.00	
Anger	\$2.70	30	\$81.00	
Prescription Drugs	\$0.90	30	\$27.00	
Methamphetamine	\$0.90	30	\$27.00	
Marijuana	\$0.90	30	\$27.00	
A 12-Step Guide to Relapse Prevention	\$2.70	30	\$81.00	
Recovery Maintenance	\$2.70	30	\$81.00	
			<u>\$715.80</u>	Subtotal
			\$61.56	8.6% Sales Tax
			\$20.00	Shipping (estimated)
Subtotal, Interactive Journaling Workbooks			\$797.36	
<u>Alcoholics Anonymous "Big Book"^c</u>				
Alcoholics Anonymous "Big Book"	\$9.50	10	\$95.00	Subtotal
			\$8.17	8.6% Sales Tax
			\$0	Shipping (free)
Subtotal, Alcoholics Anonymous "Big Book"			\$103.17	
			TOTAL REQUEST:	\$2,897.05

Notes

^a Only one copy of each curriculum is needed since the materials can be reprinted for multiple sessions.

^b The quantities shown are based on the fact that the workbooks are not reusable from client to client, and not each work book is appropriate for each client. The requested number of workbooks would cover the needs for our current group and individual counseling clients, plus 2 new clients per month for a year.

^c These books would be primarily for shared reference use during group counseling sessions.