2014-2015

Summary Report of Prevention and Recovery Services
The Council on Substance Abuse-NCADD (COSA-NCADD) was founded in 1973 to address alcohol and substance abuse. Since then, thousands of youth and adults have received services through at least one of our various prevention and recovery programs.

Although we are a small organization, we pride ourselves on finding new opportunities that support our mission and address community needs. In 2008, the organization received prevention funding to implement an HIV/AIDS & substance abuse education program, called Turning Point. This program targeted African-American women at-risk for HIV infection. Through a partnership with various faith-based organizations and churches, COSA-NCADD was able to implement HIV/AIDS education curriculum in eleven churches.

Two years later, COSA-NCADD received funding to implement a peer-to-peer recovery support services program. The CREST Project targeted African Americans and persons with HIV/AIDS on the West Side of Montgomery. Historically, these populations had little or no access to recovery groups and services in their communities. During the project’s funded years, COSA-NCADD helped over 600 individuals obtain and/or maintain their recovery.

Today, the organization continues to provide HIV/AIDS and substance abuse prevention education and recovery support services in addition to other connected programs and services. Beginning in October, we will be able to impact more lives when the agency expands its reach into six additional counties (Elmore, Autauga, Lowndes, Dallas, Perry and Wilcox).

This publication is a snapshot of the work we do and a celebration of the lives of individuals who have changed for the better because of the dedicated staff and volunteers who care. By the time you finish reading this report, I hope you are moved to support our mission by making a donation via mail or at cosancadd.org, so we can continue impacting lives.

Regards,
Shereda Finch
Shereda Finch, M.Ed., MPA
Executive Director
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Who We Are

The Council on Substance Abuse - NCADD (COSA-NCADD) is a private non-profit organization founded in 1973 to promote the understanding that alcoholism and other drug dependence are preventable and treatable diseases. COSA-NCADD is the state affiliate of the National Council on Alcoholism and Drug Dependency (NCADD) and a member of the Community Anti-Drug Coalition of America (CADCA). Additionally, the organization is certified by the Alabama Department of Mental Health.

Mission

The mission of COSA-NCADD is to reduce the incidence and prevalence of the disease of alcoholism, other drug addiction diseases, and related problems.
Our Team

**Board of Directors**
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Annie Rivers  
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Belinda Thomas  
Hunter Todd  
William Tolliver
What We Do

Advocacy

COSA-NCADD provides leadership in public policy concerned with alcohol and other drug related issues. Activities of the legislature, state, and local agencies are closely monitored by COSA-NCADD to ensure comprehensive resources are available in prevention and recovery.

Education & Training Institute

The primary goal of COSA-NCADD’s Education and Training Institute (ETI) is to offer education and training opportunities on alcohol and substance abuse and various other related behavioral health topics, professional development skills to community agencies and individuals who work with youth and adults to increase the knowledge and awareness among those who work with youth and adults.

Previous training topics have included Substance Abuse 101, Prevention 101, Cultural Competency and Suicide Prevention.

COSA-NCADD is currently an approved CEU provider through the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) and the Alabama State Board of Social Work Examiners.
HIV/AIDS Education

Through COSA-NCADD’s “Knowing is Sexy” campaign and other prevention education programs, efforts are being made to reduce the incidence of HIV/AIDS, encourage individuals to get tested and decrease the stigma associated with the disease.

Information on the “Knowing is Sexy” campaign can be found at the following social media sites:

Tumblr: knowingissexy.com  Facebook: facebook.com/knowingissexy
Twitter: twitter.com/knowingissexy  Instagram: instagram.com/knowingissexy

Students with Achievement Goals (SWAG)

The SWAG (Student with Achievement Goals) after-school program targets 4th and 5th graders and is designed to improve student’s self-esteem, educate them on the dangers of alcohol, tobacco and other drugs, and provide them with the skills needed to become a healthy adult.

Substance Abuse Prevention Education

COSA-NCADD Substance Abuse Prevention Education programs are designed to inform youth and adults about the risks of alcohol and drug use and misuse through multi-sessions. Using an evidence-based curriculum, a number of topics are covered in the program including:

Topics Include:

- Physiological Effects of Substance Abuse
- Addiction and the Brain
- Genetic Influences
- Decision Making and Goal Setting
- Role of Denial
- Relationship Awareness
- Anger Management
- Stress Management
- Alternatives to Substance Abuse
- Underage Drinking
- Binge Drinking
Teen Direct

Teen Direct is a service designed to assist teenage callers in need of referrals and community resources on topics such as alcohol and substance abuse, bullying, teen pregnancy, and other issues of concern.

The Teen Direct line is available at 866-262-TALK (8255) Monday through Friday from 3:00pm until 7:00pm.

Additionally, Teen Direct is accessible through Facebook, Twitter, Instagram and Youtube: @TEENDIRECTMGM.

Youth Advisory Board

Through COSA-NCADD’s YAB program, teens are provided leadership training to educate their peers on the dangers of alcohol, drugs and tobacco. Members also participate in activities to increase their exposure to civic life such as attending City Council meetings, going on exposure trips, and conducting presentations in the community.
Recovery Support Program Services

COSA-NCADD’s Recovery Support Program Services serves people who have a history of alcohol and/or substance abuse problems and who are in, or seeking recovery, along with their family members and significant others.

Using an evidence-based peer-to-peer recovery support model, COSA-NCADD’s program addresses four major dimensions that strengthen a life of recovery:

**Health:** Overcome or manage one’s disease(s) or symptoms – and make informed, healthy choices that support physical and emotional well-being;

**Home:** Have a stable and safe place to live;

**Purpose:** Participate in meaningful daily activities, such as a job, school, volunteer opportunities, family caretaking, or creative endeavors, and have the independence, income, and resources to participate in society; and

**Community:** Enjoy relationships and social networks that provide support, friendship, love, and hope.

Examples of services provided include:
- Recovery meetings
- Social/recreation activities
- Recovery coaching and mentoring
- Goal planning
- Referrals to community resources for employment, housing, food, education, etc.
- Employment, education, housing and food assistance

Community Recovery Education Support Track (CREST)

In 2010 COSA-NCADD received a four-year federal grant to implement the Community Recovery Education Support Track Program (CREST). The program targeted African Americans and persons with HIV/AIDS who resided on the West side of Montgomery. Historically, these populations had little or no access to recovery support services in their communities. Using an evidenced-base peer-to-peer recovery support model, the goals of CREST were to establish a peer led system for recovery support services (including services for family members), increase life satisfaction and decrease the rate of relapse among participants.

Despite the end of grant funding, COSA-NCADD has continued to provide recovery support services in the community with the help of dedicated volunteers. In March 2015, a final report was completed to show how successful the program was in accomplishing its goals.

The CREST Program served over 600 individuals between October 2010 and February 2015. The following pages show areas of data collected. CREST used several evaluation instruments to measure the success of the program among participants including the Ferrans & Powers Quality of Life index (QLI) and the federally mandated GPRA system. The QLI is designed to measure quality of life in terms of satisfaction with life overall in four domains: health and functioning; psychological/spiritual; social and economic; and family. The results of the QLI survey are based on 193 participants who completed the questionnaire at both intake and follow-up.
Community Recovery Education Support Track (CREST), Continued

At the time of intake, 61% of the survey items (20 out of 33) rated in the 80%-100% satisfaction range and increased to 75% (25 out of 33) at the time of follow-up. Trends in the QLI survey indicate the CREST program had a positive impact on the lives of participants. The latest QLI results among those who took the survey at in-take and follow-up show increased satisfaction ratings for 29 of the 33 items on the survey.

Quality of Life Index | Satisfaction Level
Data represents participants who have completed both an intake and follow-up QLI survey. The percentages indicate the percent of CREST program participants who are satisfied with each of the Quality of Life Indexes.

KEY:
- Intake
- Follow-up

Your Health
- Intake: 77%
- Follow-up: 89%

Your Health Care
- Intake: 81%
- Follow-up: 86%

Amount of Pain that You Have
- Intake: 59%
- Follow-up: 67%

The Amount of Energy You Have for Everyday Activities
- Intake: 80%
- Follow-up: 84%

Your Ability to Take Care of Yourself Without Help
- Intake: 87%
- Follow-up: 85%

The Amount of Control You Have Over Your Life
- Intake: 80%
- Follow-up: 84%

Your Chances of Living as Long as You Would Like
- Intake: 88%
- Follow-up: 91%

Your Family’s Health
- Intake: 84%
- Follow-up: 88%

Health of Your Children
- Intake: 89%
- Follow-up: 83%
Not Having a Job
(if Unemployed, Retired, or Disabled)

Your Education

How Well You Can Take Care of Your Financial Needs

The Things You Do for Fun

Your Chances For a Happy Future

Your Peace of Mind

Your Faith in God

Your Achievement of Personal Goals

Your Happiness in General

Your Life in General

Your Personal Appearance

Yourself in General
During the CREST project’s funded years, COSA-NCADD helped over 600 individuals obtain and/or maintain their recovery.
“When you get clean, life shows up... After I realized that, I definitely started living!” - Annie Rivers
Why Recovery Matters

**Todd Hunter**
Todd Hunter, age 69, became involved with COSA-NCADD after struggling with substance abuse. Todd lived in a mission house for a while and would sit in on the COSA-NCADD meetings there.

“After my wife passed, I got on drugs heavily, mainly crack cocaine,” explains Todd. “After a couple of years I finally hit rock bottom. I was homeless and living at the mission. One night I came back too late and I was locked out of the mission for the night. I had no place to go and nowhere to turn to, and at that moment I surrendered to God and asked Him for help. He did! I got into the Word and it made my faith strong. Now I tell people turn to God, He’s there! I tell them sometimes you have to hit rock bottom and have nowhere to go, but up. At the mission some people feel like life is passing them by, and I want to encourage them. I often tell them to take it to the altar and stop worrying about it.”

Eventually, Todd was asked to do peer-to-peer training in the Lighthouse Housing program. He enjoys helping people and seeing people overcome their problems at COSA-NCADD.

**Bradley Jones**
Bradley Jones, age 55, became involved in COSA-NCADD after a court order made it mandatory for him to join. Bradley now willingly participates by attending alumni meetings and the breakfast club.

“Meditation starts your day off right, and because of the court system I was introduced to programs that brought that into my life,” says Bradley. “My father almost died from an illness and that was an eye opener for me. I didn't want my dad to die not being proud of me so I immediately wanted to make a change.”

**Eugene Patterson**
Eugene Patterson, age 66, became involved with COSA-NCADD after being arrested and getting ordered to attend recovery meetings at COSA-NCADD.

Eugene now willingly attends Recovery Alumni meetings—in fact he says these meetings not only keep him sane, it gives him inspiration to listen to other people and how they cope with life’s challenges.

“COSA feels like the family I never had,” says Eugene. “I've been done with my COSA requirement for 4 years now and I still go today. I see a lot of people struggling but I'm there to help and motivate them. I tell them you have to want it [sobriety] in order to actually do it and be successful”.

**Annie Rivers**
Annie Rivers, age 59, has been a recovering addict for 16 years. Annie's involvement in COSA-NCADD includes speaking to members in Recovery Support Services and helping with Village for Preschoolers. Annie teaches preschoolers about emotions and how they affect decision making. Annie enjoys engaging with the members at COSA-NCADD and watching them blossom from being afraid to enjoying life. “When you get clean, life shows up. Even through the loss of family members, I didn't have to relapse. After I realized that, I definitely started living!”