Arizona Substance Abuse Partnership
Thursday, September 3, 2020
State Capitol Executive Tower

CROSSROADS, INC.
Crossroads Role In
Prevention, Treatment
& Recovery
Changing lives. One person at a time.

MISSION STATEMENT
To provide high quality, affordable, comprehensive programs and services that promote recovery from alcoholism and drug addiction, personal growth, accountability, self-sufficiency, and healing.

CROSSROADS, INC.
SERVING OVER 2,500 MEN AND WOMEN ANNUALLY
Since 1960, Crossroads has been providing high quality, successful and affordable state licensed substance abuse treatment services for individuals suffering with substance use disorder. Crossroads offers cost-effective, peer-guided programs that work. Our campuses provide a safe, healthy and highly structured environment for those committed to achieving sobriety and self-sufficiency. Our programs promote recovery, family reunification, and successful reintegration.
IN THE UNITED STATES

"THE CDC REPORTED 70,980 OVERDOSE DEATHS IN 2019, MORE THAN THE PREVIOUS RECORD OF 70,699 DEATHS SET IN 2017. EXPERTS FEAR THE NUMBERS COULD BE EVEN WORSE NEXT YEAR, EXACERBATED BY THE CORONAVIRUS PANDEMIC."

- Shelby Lin Erdman, CNN.COM 2020

The longer the engagement in treatment, the better the outcomes.

- Staying longer
  Some residents stay up to 6 months combined residential, IOP and OP.
- Sustain recovery gains
  They get a chance to sustain recovery gains even if they have no where to go.
- Mutually beneficial
  Newcomer clients have a living, breathing example showing recovery is possible.
- Makes an impact
  Most effective engagement strategy to combat ambivalence in the first days.

OUR PROGRAMS

RIGHT-TRACK RESIDENTIAL TREATMENT
- 12-Step based model
- 30, 60, and 90 day programs
- 408 beds across 7 facilities for men and women

OUTPATIENT & AFTECARE SERVICES
- Partial Outpatient Program
- Aftercare Program
- Aftercare Mentorship Program

INTEGRATED CARE
- Primary care, mental health, OB/GYN, ancillary specialty care, social care, community care, and chronic care management services.

2019 REPORTED DRUG OF CHOICE AT INTAKE

- Alcohol
- Cannabis
- Cocaine dependence, uncomplicated
- Hallucinogen dependence, uncomplicated
- Opioids
- Other Stimulants - methamphetamines
- Sedative, hypnotic or anxiolytic dependence, uncomplicated
We provide the counseling, but the room and board is free as long as they are working the program.

All the pretrial clients are medium to high risk re-offenders. They tend to complete the program and do so well, re-integrating into the community.

Pre-Trial Outpatient vs Standard Outpatient discharging

- Reintegration & Sustaining Recovery
  - CROSSROADS PRETRIAL OUTPATIENT PROGRAM (CPOP)
    - Halfway house placement
    - Relapse prevention
    - Ongoing reintegration
    - Sentence preparation
  - CROSSROADS AFTERCARE PROGRAM (CAP)
    - Relapse prevention
    - Skill building & job assistance
    - Building community support
    - Ongoing and consultative support sessions
  - CROSSROADS AFTERCARE MENTORSHIP PROGRAM (CAMP)
    - Discharged residential clients who are residing in Crossroads community living
    - CAMP is intended for clients who have a desire to develop mentorship skills.
**2019 PROGRAM COMPLETION**

CURRENTLY AROUND 50% FOR RESIDENTIAL

- Voluntary Discharge
- Program Completed
- Involuntary Discharge

**E.R. VISITS BEFORE & AFTER DISCHARGE: 2018-2020**

A panel of 4000 clients concluded:

- **Before care**: ER visits averaged at 14 visits per client.
- **After care**: ER visits averaged at only 1.5 visits per client.

**TOP 3 REASONS FOR E.R. VISITS BEFORE AND AFTER TREATMENT AT CROSSROADS**

- Suicidal ideations
- Other long term (current) drug therapy
- Altered mental status

- Septis
- Nausea, vomiting
- Other long term (current) drug therapy

**CROSSROADS STRATEGIES FOR PREVENTION**

- **Parent/Family Education Classes**
  Training staff to provide parent and family education classes focusing on substance abuse prevention and skills for coping with addiction issues within the family.

- **Prevention Partnering**
  Reaching out to our youth community prevention partner programs such as notMYkid® and the D.A.R.E. program, to learn more about how we might collaborate prevention efforts in the community.

- **Prevention Coalition**
  Developing a coalition in Central Phoenix that will bring different community actors together to drive policy change that will impact substance abuse prevention.
Graham County Substance Abuse Coalition

Overview of Coalition

The first coalition meeting was held in 2003 as a cross system substance abuse coalition with the primary focus being methamphetamine. During a meeting in 2005 prescription drug misuse/abuse was identified as a merging problem in Graham County. The first prescription drug takeback was held at Mt. Graham Regional Medical Center.
Coalition Mission Statement

“A substance abuse prevention community coalition that provides resources, support and education to the community through prevention and intervention to reduce substance abuse with a primary focus on reducing youth substance use”

Geographic Area Targeted by Coalition

Spanning 4,641 miles, Graham County is a rural community that is remotely located in Southeast Arizona and contains a portion of the San Carlos Apache Indian reservation. Bordering New Mexico to the east, it is a fairly mountainous region with high desert terrain and mineral-rich soil. With a population of 37,147, Graham County is the 2nd least populated county in the state. Like most rural areas of Arizona, our county is comprised of fairly small and isolated towns with predominately working-class families, and can best be describing as a mining and farming community known for the four C’s: copper, cotton, climate and cattle.

Community Demographics

Our three largest racial and ethnic groups are White (52.3%), Hispanic (30.4%) and American Indian (13.6%).

Like many other reservations, the San Carlos reservation, and in particular, the two towns of Bylas and Peridot, face extreme economic and social disadvantages, with 30.3% and 38.9% of residents living in poverty and over 75% of residents currently unemployed. These bleak conditions have incredible impact on our tribal youth, with youth in these geographic areas reporting significantly higher rates of substance use, correlating consequences and contributing risk factors than their non-tribal counterparts throughout the rest of the county.
Community Education

Annual Substance Awareness Conference

6th Grade Project

Educational Messages
Back to School Resource Fair

Community Awareness Events

Annual “Dump the Drugs” Day

Overdose Awareness
What’s Next…
• Reentry Project
• Gila Valley Coalition

Future…
The House of Hope Prevention and Resource Center will begin construction on September 10, 2020 and is scheduled to be completed on February 12, 2021.

Thank you!
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