

# Annual Report - 2012

## **A Message from Our President/CEO**

Another year has gone by or as some might say, “Another trip around the sun.” New Directions continues to provide a broad array of behavioral health services to those who have needed our help. Behavioral health care still faces many challenges in an environment that shows ever dwindling financial resources.

It is no surprise to anyone that the healthcare environment is in a continual state of flux as various governmental agencies and third party payers strive to contain costs and medical and behavioral health providers such as New Directions strive to provide the highest quality services for fewer and fewer dollars. Each fiscal year brings with it new obstacles and challenges. We are most grateful to those governmental institutions, financial entities and other charitable giving foundations that have provided financial support to our mission.

As we continue to go forward in this ever-changing care environment, let us keep in mind that it is the natural goodness of people that really matters in helping others, who are less fortunate, overcome obstacles to a healthy and happy life.

Sincerely,

Christopher J. Leary  
President/CEO

## **Mission**

It is the mission of New Directions to uphold the personal integrity of each individual who seeks our prevention and treatment services and to provide these services in a timely, caring, respectful, and professional manner.

## **Funding Resources for New Directions**

- Department of Mental Health and Addiction Services
- Court Support Services Division
- Department of Corrections
- Town of Enfield
- Town of Suffield
- Town of East Windsor
- Town of Windsor Locks
- Town of Ellington Youth Services
- Town of Granby School System
- United Way of the Capitol Area

## **Finance**

### FY 2011 - 2012 Sources of Support

Department of Mental Health and Addiction Services	373,914
Municipalities	95,752
Court Support Services	284,034
Department of Corrections	75,000
United Way of the Capitol Area	11,592
Net Program Service Fees	522,133
Interest	4,849
Other Income	832
Other Public Support (Rockville Bank Foundation)	2,500
Total Revenue	1,370,606

Administrative and General for FY 2011 - 2012 represented 12% of operational expenses.

## **Outpatient Services**

A total of 1253 clients were served in the outpatient department at New Directions over the 2011 - 2012 Fiscal Year. The types of services received included evaluations, screens, individual counseling, couples counseling, family counseling, and group counseling.

All of our treatment groups and programs are focused on specific issues and designed to maximize the potential for recovery from substance abuse disorders.

**Women's Anger Management** – This group addresses issues related to anger, stress and depression among women. Women's unique needs are identified and they are introduced to effective ways to manage anger and stress through assertiveness and balanced living.

**Men's Anger Management Group** – This program addresses issues that men face and how to handle anger and stress in a manner that will be productive and help them appreciate their feelings and worth as males.

**Parenting Group** – The parenting program begins with the idea that those who attend this group do love their children. The purpose of this group process is to identify and address the unresolved issues many parents have in order to understand their children and their roles as parents in context of a family system. Parents are also educated on effective ways to handle issues with children on an age-appropriate level. Such issues as the effects of drugs and alcohol in the home, as well as family violence and other concerns that can damage the parent/child relationship are addressed.

**Substance Abuse Treatment Group** – Based on the Harm Reduction Model, this group is ideal for clients who have just begun to realize they have a problem with drugs/alcohol, or who have had negative results in their lives due to substance abuse. Education on the physical, mental, and emotional aspects of addiction, and group discussion, give clients the opportunity to address their problems at an early level of substance abuse.

**Intensive Outpatient** - This level of treatment is designed to address the needs of clients who are in the mid-stage of substance dependency. Clients attend this program four days per week, for three hours. Intensive Outpatient Treatment includes topics such as substance abuse in the family, physical, mental, emotional, and spiritual effects of addiction, relapse prevention, and introduction to 12-step, self-help support programs.

**Day/Evening Treatment** - Our highest level of treatment for those who are substance dependent, have recently returned from inpatient treatment, or who will need to enter inpatient treatment should the client find that he/she is unable to remain drug/alcohol free while in the program. Clients attend this program four days per week, four hours per treatment day. Emphasis is on self-help, relapse prevention, issues surrounding drug/alcohol use, alcohol and the family, physical, emotional, mental, and spiritual effects of addiction, and issues in sobriety.

**Individual Counseling** – There are times when a client who has suffered severe trauma, finds it difficult to discuss the trauma issues within the group setting. Such clients are offered individual counseling until such time as they can be effectively treated in the group therapy process.

**Relapse Prevention Group** – This program was designed to address issues and concerns that may result in relapse for the client. Warning signs of relapse and relapse triggers such as people, places and things that could result in relapse are central to this group process.

**Adolescent Treatment Group** - A counselor from New Directions spends two days per week in local school systems. The purpose of this program is for students to be able to meet on an anonymous basis with this substance abuse professional to discuss substance abuse issues for self, family members, or friends. A youth group meets once per week for students wanting to attend a more formally structured setting and individual and family counseling is offered at New Directions.

### **Prevention Services**

Our partnership with the Town of Windsor Locks and the Windsor Locks Wellness Coalition to implement a positive community initiative focused on decreasing underage drinking and decreasing the misuse of prescription medication has laid the foundation for effective prevention strategies in that community. Various sectors of the community are participating in this initiative including business, police, town government, faith community, schools, parents and youth. A social marketing campaign was developed at the grass roots level and is being promoted within the town. **“You Are the Key”** to reduce underage drinking: **Lock it Up! Talk It Up!** Set the Rules is the key message. All town DPW vehicles, some business vehicles including the local sanitation contractor – Paine’s continue to display signage promoting this campaign. More information regarding the Windsor Locks partnership for the prevention of underage drinking and misuse of prescribed medications can be found on the New Directions website.

### **Pretrial Intervention Programs**

Pre-trial Alcohol Education Program (PAEP)  
Pre-trial Drug Education Program Services (PDEP)

The Pre-trial Alcohol Education Program consists of both a ten-week and fifteen-week psycho-educational program for first time Driving Under the Influence (DUI) offenders. Referrals come from the Bail Commission sector of the Court Support Services Division (CSSD) of the Connecticut Court System or self referral for individuals arrested in another State. Participants can also be referred for further treatment. A more in-depth description of these services can be viewed on the New Directions website.