

## Achieving For Tomorrow

...a program built on the platform of prevention, rather than cure, because prevention is, and has always been, the cheaper of the two. The US Department of Health and Human Services concludes that every \$1 invested in drug and alcohol treatment saves \$7 tax dollars. Consider the tremendous tax savings that can result when \$1 is invested in prevention and early intervention services like those offered by *Achieving For Tomorrow*.



Daybreak Youth Services is a regional non-profit organization providing treatment services to youth and families troubled by substance use, addiction, and co-occurring psychological or behavioral disorders.



Thank you for your desire to learn more about one of Daybreak's impactful community projects. This short proposal provides an overview of the *Achieving For Tomorrow (AFT)* program. The need, solution, budget, organizational background, supporting data, and program success measures summaries should facilitate a clear understanding of the partnering opportunity outlined within.

Please do not hesitate to contact us with any of your questions. We are delighted to correspond, to speak, or to meet with you.

Today, Spokane suffers from an elevated school dropout rate. One of the core causes of this adverse condition is drug-use among its school children. Drug-use is a significant obstacle to academic success. Educated individuals that meet basic employment requirements, are more likely to have health insurance, and are more likely to use their healthcare to become healthier, productive members of society. It is important to keep as many children as we can in school and graduated.

Daybreak's core competency, for over 30 years, is the treatment and care of children with harmful substance addictions. During my six years of employ at Daybreak, I have met only one child who turned to drugs out of sheer rebellion. The most common cause of addiction for these at-risk children is a *mistake*; an attempt to cope with a traumatic life situation, like: the death of a parent; the breakup of their family; or the need for love and belonging. At-risk children deserve a second chance, and an opportunity to become healthy, contributing members of society, too.

We all have ways of dealing with life-challenges—some ways are good for us, and others, not so good. Children cannot always be expected to discern the difference. Daybreak stands ready to help give children that second chance at life. *Achieving For Tomorrow* is a program that is tested and yields results that can provide a future full of social, economic, and personal success, for its participants.

Thanks you for your consideration!

Sincerely,

A handwritten signature in cursive script that reads "Kathy Kramer".

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## CONTENTS

4	SUMMARY
5	THE NEED
6	THE SOLUTION
7	PROGRAM BUDGET
8	ORGANIZATION BACKGROUND
9	SUPPORTING DATA
10	SUCCESS MEASURES
11	BENEFITS OF OUR PARTNERSHIP

## APPENDIX

12	COMMUNITY SUPPORT
13	CLIENT TESTIMONIES

- *Achieving For Tomorrow* is a specialized prevention, intervention and treatment program, created for Spokane County children, ages 10–13, who show the early signs of harmful substance (tobacco, alcohol and drug) experimentation.
- A Memorandum of Understanding with School District 81 invites Daybreak to offer the preventative outreach services of *Achieving For Tomorrow* at Spokane schools.
- The number of children, ages 10-13, being referred to Daybreak has been rising. Teens admitted to treatment at Daybreak use tobacco at rates 3-5 times the national average, and receive psychiatric care at 4-10 times the national rate.
- Phase One of *Achieving For Tomorrow* began in July, 2010. Daybreak’s accredited counselors created a specialized educational and treatment curriculum for 10 to 13-year-olds, initiated outreach visits to schools, and referred over 60 children to Daybreak for treatment.
- Phase Two can expand the *Achieving For Tomorrow* program and double its participant numbers.
- Growing data from neurological research indicates that the use of tobacco by young adolescents creates a harmful effect on the brain pathways that influences learning, mood, and addiction. Conclusions are that tobacco may be more dangerous than alcohol, or other drugs, in its effects on the developing brains of adolescents.
- The following conclusions in support of *Achieving For Tomorrow* are drawn from research and Daybreak treatment data:
  - Early tobacco use coincides with early use of alcohol and other drugs; and with the early signs of childhood mental illness.
  - Identifying and intervening for the benefit of pre-teens who are smoking is vital and necessary, even if these young people have not yet begun experimental use of alcohol, or other drugs.
  - 40% of children will develop an addiction if they start using harmful substances at age 14, or younger.

Childhood harmful substance use (tobacco, alcohol, drugs) has been well documented over the past 30 years, in national and statewide surveys, to be damaging to cognitive brain development for the processes of comprehension, literacy, and communication. Put simply, drug use clouds cognitive abilities in children; the ability to reason, to express thoughts and ideas, and to develop into contributing members of society.

Children, who begin harmful substance use before the age of 14, have a 40% chance of becoming addicted to harmful substances; those starting after the age of 14, a 20% chance for addiction; and those starting as adults at age 21, a 10% chance for addiction. Focusing on intervention and treatment, for the 10-13 age group, acts to reverse Spokane County's adolescent substance use and school dropout epidemic.

In its first year, *Achieving For Tomorrow* identified and referred 64 children, under the age of 14, to Daybreak's inpatient or outpatient treatment programs. The results quantify to approximately 26 fewer child addicts in Spokane County this year. Individuals who use harmful substances look for ways to procure harmful substances. Often, youth sell to other youth to support their addiction needs. Today, thanks to Phase One of *Achieving For Tomorrow*, there are fewer children, with harmful substance addictions in Spokane County schools, encouraging other children to experiment with tobacco, alcohol and drugs.

*Achieving For Tomorrow* can be a solution for the need to break the cycle of peer-to-peer encouragement of harmful substance use, and the high number of children who become school dropouts in Spokane County.

*Achieving For Tomorrow* specifically targets the elevated school dropout rate in Spokane County by following a course of pre-adolescent substance-use intervention and prevention. A partnership with school officials through a Memorandum Of Understand (MOU) with School District 81, and Spokane County, invites Daybreak to provide complimentary awareness and educational seminars onsite, at schools, for parents who suspect that their children are experimenting with harmful substances. Those children, confirmed to be experimenting, are referred to one of Daybreak's inpatient or outpatient treatment programs.

*Achieving For Tomorrow* intervenes in the lives of children who are making poor life choices by experimenting with harmful substances. The potential life-long consequences of those bad choices are presented to the children and their families through after school and evening seminars. Alternative behavior that can produce positive and successful life-long results is explained and modeled in smaller or individual sessions. Daybreak's accredited counselors are experts in determining the need for more impactful counseling, or a referral to addiction treatment.

*Achieving For Tomorrow* teaches functional interpersonal and coping skills to children and their families, which develops a stronger family unit and support system for the child.

*Achieving For Tomorrow* provides access to a free service that benefits children during the most formative years of their identity, relational and cognitive development.

*Achieving For Tomorrow* reduces the epidemic of childhood drug use, lowers the socio-economic costs associated with addiction for tax payers and families, and gives children a second chance at a productive life.

By taking *Achieving For Tomorrow* into Spokane County schools, Daybreak is able to reach children who likely would never receive any form of addiction, mental health, or behavioral counseling services. This program is based on the platform of prevention, rather than cure, thusly engaging children before they develop a severely harmful substance abuse challenge, and increasing their chances for becoming healthy, productive, and contributing members of society.

PROGRAM BUDGET

Phase Two of *Achieving For Tomorrow* will be administered by four Daybreak counselors. The counselors' workdays will be segmented to include travel and program administration at 8 new schools, selected for Phase Two activity, in 2012.

The *Achieving For Tomorrow* program outreach component is a non-billable service that Daybreak and its community partners provide for Spokane County. Awareness of Daybreak and its treatment solutions for children with harmful substance challenges will be received by thousands of families. Projections call for the billable treatment of approximately 12 patients annually, per school, at Daybreak's outpatient or inpatient treatment facilities.

The six elementary schools that received program services last year during Phase One will continue to receive those services this year. In subsequent years, each phase of *Achieving For Tomorrow* is sustainable, as a line item in Daybreak's operating budget. The revenues used to cover subsequent year program costs are derived from billable, parent-approved inpatient or outpatient treatment.

Phase Two Costs – *Achieving For Tomorrow*

<i>4 Staff Salaries</i>	<i>\$62,000</i>
<i>Continuing Staff Education and Training</i>	<i>\$3,600</i>
<i>Program Materials and Supplies</i>	<i>\$4,000</i>
<i>Travel Costs to Schools</i>	<i>\$4,300</i>
<b><i>Total Phase Two Costs</i></b>	<b><i>\$73,900</i></b>

## *ORGANIZATION BACKGROUND*

Daybreak is a 501(c)3 nonprofit, licensed by the Departments of Health, and Social and Health Services, to treat youth, ages 10-18, whose lives are at risk due to harmful substance use, addiction, and psychological disorders. Daybreak has served Spokane and eastern Washington communities for over 30 years. The staff includes state-licensed Chemical Dependency Professionals, who are experts at providing treatment for at-risk youth.

Daybreak staff maintains a premier skill set in providing structured interventions and treatment to children and teens, with all ranges of substance use challenges, from early experimentation, to serious, life-threatening addiction and co-occurring mental health issues.

Focused treatment methodologies achieve results in shorter time periods of weeks. A strong and effective infrastructure manages data collection, service delivery, financial management, and patient safety, allowing attentive focus on the needs of our adolescent patients.

As a founding member of the national Network for the Improvement of Addiction Treatment (NIATx), we train treatment organizations around the country, and facilitate academic research on addiction, through its membership in the Clinical Trials Network of the National Institute on Drug Abuse.

Daybreak sees more than 1,000 adolescents annually in its Spokane inpatient and outpatient treatment and rehabilitation programs. Outpatient therapy for teens and their families includes after school and evening sessions. Secure residential intensive inpatient treatment is available for adolescents with more serious issues. The residential inpatient facility can accommodate 40 boys and girls, ages 12 through 18.

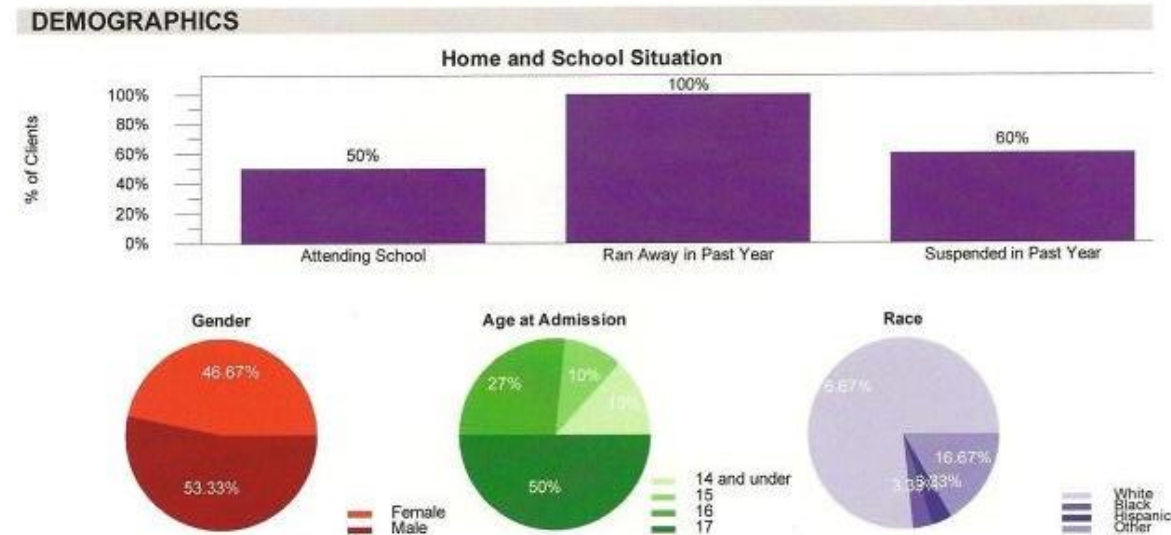
Daybreak also offers: (a) life-skills training, which helps transition older teens into responsible adulthood; (b) an alternative school with a full-time accredited teacher and volunteer tutors; and (c) a new education reengagement and retention program for Inpatient clients with harmful-substance-induced cognitive-process brain damage, that teaches children to relearn how to learn.

Services are offered to persons of all economic conditions, religious affiliations and ethnic backgrounds. A personal approach is taken with each adolescent to achieve the following outcomes: (a) long-term abstinence from harmful substance usage; (b) solid family relationships; (c) personal responsibility for his/her actions; (d) continued accumulation of school credits while in treatment; and (e) an eventual graduation from high school or the GED.

Positive results from Phase One of *Achieving For Tomorrow* and requests by school officials for Daybreak to provide the program at more locations justifies Phase Two, in 2012.

Heavy users of harmful substances typically do not engage in productive and positive activities that benefit society. Their activities are known to create significant social losses. *Achieving for Tomorrow* helps to decrease the likelihood that program participants will engage in harmful substance use later, during their teen and adult years, by engaging children, in a preventative capacity, during the less expensive pre-adolescent period of harmful substance experimentation.

Daybreak’s clinical data show, that 57% of patients began their use of harmful substances at age 13 or younger; 50% of all Daybreak patients are school dropouts.



Daybreak treatment demographics

Addiction is a destructive disease that develops over time. Just as with other chronic diseases, prevention and early intervention are the most effective and least expensive approaches to treatment. By intervening early with high-risk children, Daybreak is able to decrease the likelihood that these children will require long-term and expensive treatment services later in adolescence and into adulthood.

The coping skills taught in *Achieving for Tomorrow* group sessions are part of a model of therapy called Dialectical Behavioral Therapy, which is a best practice in the treatment of youth with behavioral risk factors, including harmful substance use and co-occurring mental health disorders.

## SUCCESS MEASURES

Measures of program outreach activities include a count of the number of school officials trained to identify signs of substance use or mental health issues. Measures of treatment activities include:

- a count of the number of preteens admitted into the program;
- school attendance and grades of program enrollees;
- the drop in use of harmful substances by program participants over the course of their enrollment; and
- abstinence from harmful substances achieved by program graduates.

At the end of each *Achieving for Tomorrow* group session, children will complete a *knowledge celebration* test, to review the learned information, and to measure their retention. Random urinalysis testing can be performed on children at the direction of the parent(s) to determine abstinence from harmful substances.

Daybreak uses an electronic medical records system that can run reports on identified characteristics of the children served. This data is routinely evaluated to measure outcomes and performance.

## BENEFITS OF OUR PARTNERSHIP

If you choose to partner with Daybreak through the *Achieving For Tomorrow* program, you can provide the following benefits to Spokane County:

- a reduction in harmful substance use among children, ages 10-13 (short-term result), and children, ages 14-18 (long-term result);
- a reduction in the school dropout rate;
- a reduction in teenage homelessness;
- a reduction in teenage crime (short-term result), and adult crime (long-term result);
- a reduction in adult substance use, drug-related crime and incarceration levels 5 to 6 years from now;
- an increase in the ready workforce for local businesses; and
- many more...not the least of which are the findings of the U.S. Department of Health and Human Services: "Every \$1 dollar spent on drug and alcohol treatment saves \$7 tax dollars;" and common sense: "Prevention is less expensive than the cure."

A recent report tracked the 10-year cost of social services used by one homeless man living on the streets of Reno, Nevada. The costs to society for his addiction to alcohol averaged \$100,000 per year; one million dollars (Million-Dollar Murray by Malcolm Gladwell, The New Yorker, February 13, 2006).

“Spokane is fortunate to have such a resource like Daybreak that promotes public safety and works to alleviate juvenile-related stress and crime.” -**Mayor Mary Verner**, Spokane, WA

“Daybreak is the region’s leading children’s alcohol and drug dependency treatment facility. Daybreak does very important work in our communities, and partners with Police and Sheriff’s Officers on a regular basis to help keep our teens and streets safe. It is my pleasure to partner with such a worthy organization that has done so much over the past 32 years to help law enforcement lower juvenile crime, drug abuse, and school drop-out rates in the Spokane and northern Idaho regions. The services Daybreak provides to youth and families in our communities are a very valuable asset.” -**Sheriff Ozzie Knezovich**, Spokane County

“My tour of Daybreak was an intense learning experience. I saw first-hand the unfortunate plight of many talented youth. Daybreak’s contribution to helping these kids develop skills and motivation for becoming responsible and successful citizens, employees, and family members earns significant respect from me. Special credit and recognition must be given for the professionalism, philosophy, and commitment of Daybreak’s leadership and staff. Daybreak is making an important difference for the youth and families of our community. Kindly join me in supporting the Daybreak cause.” -**Brian L. Pitcher**, PhD. Chancellor, WSU Spokane

# Testimonies from Daybreak graduates.

“I didn’t want to be at Daybreak. I felt like I was being abandoned. Now I’m thankful for Daybreak. It wasn’t punishment. It was another chance at life...and for a future.”

“I fought them [my parents], and I called them bad words and names. I told them I hated them. If they hadn’t put me in Daybreak, I’d be dead now from an overdose.”

“I went in a brat and came out a lady.”

“I had a choice—go to Daybreak or go to jail. I chose Daybreak, thinking I would just go through the motions, do my time, and when I got out, I’d be free to get high again. Instead I learned so much at Daybreak. It felt like I was being heard for the first time. That meant something to me. I have a future that is better than the problems I’m dealing with today. I am not going to do drugs again. Drugs are my problems. I deserve better.”

“Daybreak didn’t just focus on my drug abuse, but on my family and other problems. They found my cause for doing drugs and worked with me to fix that. I learned how to help myself and keep clean. I am a changed girl.”

“I tell the new kids coming in for treatment that it’s not punishment, it’s a second chance, and they should take it!”