From Our CEO

The Facts about Opioid Addiction

We are in the midst of a serious public health crisis: addiction to opioids, especially among young men and women. In the past 15 years, the number of deaths from prescription opioid use has quadrupled in the United States, killing about 16,000 in 2013 alone. That same year nearly two million people either abused or were addicted to opioids.

According to U.S. News and World Report, heroin use among 18-25 year olds increased 109% from 2002-2004 to 2011-2013. Not surprisingly, admissions to local treatment programs for opioid addiction in that age group have also risen.

Addiction to prescription opioid painkillers such as Vicodin and OxyContin is the biggest risk factor for heroin addiction. After a steep rise in opioid prescriptions this past decade, medical providers are now adopting safer prescribing practices, and by July 1, 2016 pharmacies and other dispensers of opioids must participate in California’s CURES 2.0 (Controlled Substance Utilization Review and Evaluation System), a statewide prescription database which will allow doctors, pharmacists and law enforcement to identify individuals with multiple prescriptions in an effort to reduce drug abuse and sales.

If you think addiction can’t happen to your child, think again. We have treated kids from virtually every local high school and college for opioid dependence. According to the Centers for Disease Control and Prevention (CDC), almost half the people who abuse prescription opioids first get them from a friend or relative.

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From Our CEO

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Many turn to heroin as a cheaper, more readily available alternative.

If you know a young person in need of treatment, please contact Community Human Services. Our outpatient, residential and medication-assisted drug treatment programs in Salinas, Seaside and Monterey may be able to help. Treatment works!

Robin McCrae, MA
Chief Executive Officer

www.facebook.com/chservicesmonterey
www.twitter.com/chsafeplace

Homeless Youth Shelter Opens in Monterey

With El Niño expected to hit California hard this winter, Community Human Services opened a warming shelter for runaway and homeless youth in Monterey in January 2016. The co-ed shelter can house up to 12 youth between the ages of 18 and 24 when the weather forecast predicts temperatures of 45 degrees or colder or rain is expected. An Overnight Monitor ensures the safety of the youth and security of the facility. Space is available on a first come, first served basis. The shelter has been a great success! To date, it has provided more than 102 beds nights for homeless youth.

City staff helped us secure a temporary use permit in just a few days. The Monterey City Council has also been supportive of this program and recently approved a $62,500 Community Development Block Grant for facility renovations, such as replacing old doors with safety doors, remodeling the kitchen, and installing a shower. We plan to operate the shelter 365 days a year once operating funding is secured. As always, we will rely on the support of our local community, businesses, foundations and governments to make the permanent shelter a success. Please contact Program Officer Shirley Millico at (831) 373-4421 if you are interested in supporting the shelter.

The Staff of Safe Place
Off Main Clinic Expands and Enhances Services

The expansion of Medi-Cal has made more people eligible for Drug Medi-Cal and created greater demand for methadone services, so CHS has increased its treatment capacity 20%, from 185 to 225 treatment slots, and now provides special perinatal services to its pregnant and parenting clients. Pregnant and parenting patients receive more frequent drug testing, more counseling and transportation assistance. For information about methadone treatment and Off Main Clinic, contact Senior Program Officer Bruce Loisel at (831) 424-4828.

Outpatient Drug Treatment Now Offered in Spanish

In April of 2015 Community Human Services opened two new outpatient drug treatment centers in Monterey and Salinas. Treatment is individualized and includes assessment, treatment planning, medical oversight, individual, group and family counseling, addiction and recovery education, relapse prevention, drug testing and discharge planning. Program graduates receive one year of free aftercare.

The ultimate goal of the outpatient programs is to help clients overcome their addiction and give them the tools for lasting recovery. Medi-Cal, private pay and some insurance plans are accepted. For more information about the Outpatient Treatment Centers, please contact Senior Program Officer Marta Sullivan at (831) 899-2436.

CHS recently welcomed a new Program Manager to oversee its family programs. Shawn Stone is a graduate of Sonoma State University and holds a Bachelor’s degree in psychology. He has experience as a counselor and outpatient program coordinator for Monarch Cove Treatment Center for eating disorders in Pacific Grove and was a top singles tennis player at Carmel High School.

Bruce Laidlaw, Bilingual Addictions Counselor

CHS has hired Bruce Laidlaw to provide outpatient drug treatment services in Spanish. Bruce is an experienced substance abuse counselor who has worked in both outpatient and residential settings at Ka Hale A Ke Ola Resource Center in Maui, Genesis House in Seaside and The Camp Recovery Center in Scotts Valley. Bruce was born and raised in South America and recently moved back to the United States from Ecuador.
# Finances

**FY 2014/2015**

## Revenue
<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Government Grants/Contracts</td>
<td>$3,343,502</td>
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<tr>
<td>Program Service Revenue</td>
<td>$410,423</td>
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<tr>
<td>Joint Powers Authority Contributions</td>
<td>$124,075</td>
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<tr>
<td>United Way</td>
<td>$25,000</td>
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<tr>
<td>Private Grants/Donations</td>
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<tr>
<td>Other Income</td>
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<tr>
<td><strong>Total Revenue</strong></td>
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## Expenses
<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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</thead>
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<td>Program Services</td>
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<tr>
<td>Management</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$4,305,555</strong></td>
</tr>
</tbody>
</table>

**Net Income/Loss**  
-$33,049

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**Top Donors FY 2014/2015**

- **Platinum Circle**
  - Lowell & Wilda Northrup
  - Konny Murray
  - Peter Neumier
  - Elliott Robinson

- **Top Businesses, Foundations & Trusts**
  - The California Wellness Foundation
  - The United Way of Monterey County
  - Community Foundation for Monterey County
  - Harden Foundation
  - Monterey Peninsula Foundation
  - Monterey Peninsula Volunteer Services
  - First United Methodist Church
  - The Nancy Buck Ransom Foundation
  - Kiwanis Club of Monterey
  - Yellow Brick Road Benefit Shop
  - Rotary Club of Monterey
  - Carmel Women’s Club
  - In-N-Out Burger Foundation
  - Safeway Foundation
  - Pebble Beach Company Foundation
  - Pacific Coast Church
  - UpJohn California Fund
  - The Robert & Florence Slinger Fund