

## STATE OF THE PROBLEM

Substance abuse places an enormous burden on Texans as individuals, families, communities and taxpayers. Substance abuse knows no racial, age, socioeconomic, or gender boundaries. The consequences and costs impact our homes, communities and wallets.

Alcohol and drugs are directly connected to poor school performance, high drop-out rates, automobile accidents, family violence, poor mental health, lost job productivity and higher insurance costs.

- The total economic costs of substance misuse and addiction were estimated at close to \$26 billion in 2000, equaling \$1,244 for every man, woman and child in Texas. (Economic Cost of Alcohol and Drug Abuse in Texas, TCADA 2000)
- About 75% of all prisoners are involved with alcohol or drugs. (HHS System Strategic Plan FY 2005-2009)
- The most frequent referral to alternative schools is possession or sale of a controlled substance. (2002 Annual Report, TCADA)
- One-quarter of all emergency room admissions, one-third of all suicides and more than half of all homicides and incidents of domestic violence are alcohol related. (Sobering Facts...NY Newsday, April 24, 2002)
- An average of one person is injured every 2 minutes in this country from alcohol-involved accidents.

**There are Constructive Solutions** - Treatment and Prevention services are efficient and effective.

- Drug treatment reduces drug use by 40 to 60% and significantly decreases criminal activity during and after treatment. (ONDCP website, Treatment effectiveness)
- Nearly one-third of treatment clients achieve abstinence from their first treatment attempt. (Report to Congress on Substance Abuse and Client Protection, April 1999)
- In a federal Center for Substance Abuse Treatment-funded program; 95% of women reported uncomplicated, drug-free births after one year of treatment.
- Lifeskills Training prevention programs produce 60% lower levels of tobacco, alcohol and marijuana use. (Preventing Drug Use Among Children and Adolescents-NIDA 1997)

**Cost Benefit** - Substance abuse services actually save the state money through multiple cost offsets such as reduced truancy, crime, incarceration, court costs, domestic violence, poverty, homelessness, and health care utilization.

- A variety of national studies conservatively place the rate of return for treatment expenditures at approximately 7 to 1.
- *Texas Perspectives*, an economic analysis firm, estimates the return for prevention services in Texas at 5 to 1.
- TDCJ expenditures for the Treatment Alternatives to Incarceration Program (TAIP) returned \$2.86 in reduced recidivism costs for every \$1 invested. (Senate Criminal Justice Interim Committee Report, Criminal Justice Policy Council, March 14, 2002).

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HAYS CALDWELL COUNCIL  
— ON ALCOHOL & DRUG ABUSE —



# IOP

Adult  
Intensive Outpatient  
Treatment Program

Revised 5/2011

## ADULT INTENSIVE OUTPATIENT TREATMENT SERVICES

The Hays Caldwell Council on Alcohol & Drug Abuse provides a six week intensive outpatient treatment program consisting of group and individual counseling sessions.

The program format is an open program providing opportunity for clients to enter at any time.

Group sessions consist of educational and process components utilizing a structured curriculum.

The curriculum will cover topics including:

- \* The disease of alcoholism and addiction
- \* Denial in relationship to alcoholism and addiction
- \* AA and the 12 steps
- \* The recovery process
- \* Stress management
- \* Addictive thinking
- \* Family dynamics including roles and rules
- \* Values
- \* Cultural sensitivity and awareness
- \* Relapse prevention
- \* Health issues related to substance use/abuse including tobacco
- \* HIV/AIDS/STDS/TB and Hepatitis
- \* Anger management
- \* Budgeting and financial management
- \* Having fun in sobriety
- \* Healthy communication and trust skills

Individual sessions will focus on clients' obtainment of goals established during the individualized treatment planning process. Family participation will be an important component within the structure of the program.

## PROGRAM SCHEDULE

### **Week Day Group:**

Monday: 5:30-9:30 p.m.  
Tuesday: 6:00-9:00 p.m.  
Thursday: 6:00-9:00 p.m.

Individual sessions are scheduled during the treatment process.

## FEE SCHEDULE\*

An individual's treatment can be funded in one of four ways:

1. Through the Treatment Alternatives To Incarceration Program (TAIP)
2. Texas Department of State Health Services
3. Self-pay
4. Medicaid

**\* Most services are free of charge, while others are based upon a sliding scale fee structure. No one will be denied services due to an inability to pay. All services are**



## **Mission Statement**

The Council is dedicated to promoting community and family enrichment through substance abuse education, prevention, intervention, and treatment.

## **HISTORY**

The Council has been an integral part of the San Marcos community since its inception in 1984. Originally established to provide prevention and education services, the agency has broadened its focus to include outpatient treatment, counseling, intervention, and treatment referrals.

## **FUNDING**

The Council, a private, non-profit organization, is funded through a variety of sources. The majority of the funding is provided through grants from the Department of State Health Services. Each grant must have 5% matching local funds from groups like the United Way, county and city government, civic groups, corporate grants and fundraising efforts.

## **MEMBERSHIP**

The Council is supported by a group of concerned citizens—our membership. Members assist the Council through their donations of time and talent volunteering as board members, speakers, and group facilitators. The most important function of our membership is being informed advocates for our efforts. The more each of us know, the better we are to create a drug-free community.