

Program Evaluation Quick Facts

**"Difficult roads
often lead to
beautiful
destinations."**


**Report for
2015-16**





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Dear Friends,

I am proud to share this compilation of program highlights with you. Since its humble **beginnings in 1968** as a burnt out labor camp that welcomed men struggling with addiction in exchange for free labor, we have grown into a vibrant organization that offers **comprehensive education, prevention, treatment and recovery services to individuals and families throughout Monterey and San Benito County.**



Anna Foglia, CEO

This highlight summary gives you a detailed look into each of our five evidence-based and award-winning programs. For close to 50 years now, Sun Street Centers has been preventing alcohol and drug addiction by offering these life-saving services to individuals and families regardless of income level.

This year, we have **served** more individuals than ever before in Sun Street Centers' history – **a total of 11,356** through our five programs. As we strive to bring the best services possible to our clients, I am pleased to share with you that Sun Street Centers has received another **3-year CARF accreditation**, an international accreditation standard that is given out to human service providers for exceptional service quality. Sun Street Centers received special accolades for the outstanding and innovative programs that we offer to our clients and their families, as well as the high-quality, effective, and critical residential and outpatient services and sober living programs we offer in Monterey and San Benito County.

Too often, we expect people struggling with substance use disorders to self-diagnose and seek treatment. And although we have made great strides in helping more individuals in Monterey County access care, far too many still lack **appropriate, evidence-based treatment**. Working together, let us ensure that everyone with a substance use disorder can embark on the **road to recovery**, and together, let us begin to turn the tide of this nationwide epidemic.

the road to recovery

In Health,



Agency Quick Facts

42 
Non-Profits

24 
Local Government

32 
School Districts

15 
For Profit Businesses

7 
Consortiums

Our Collaborations

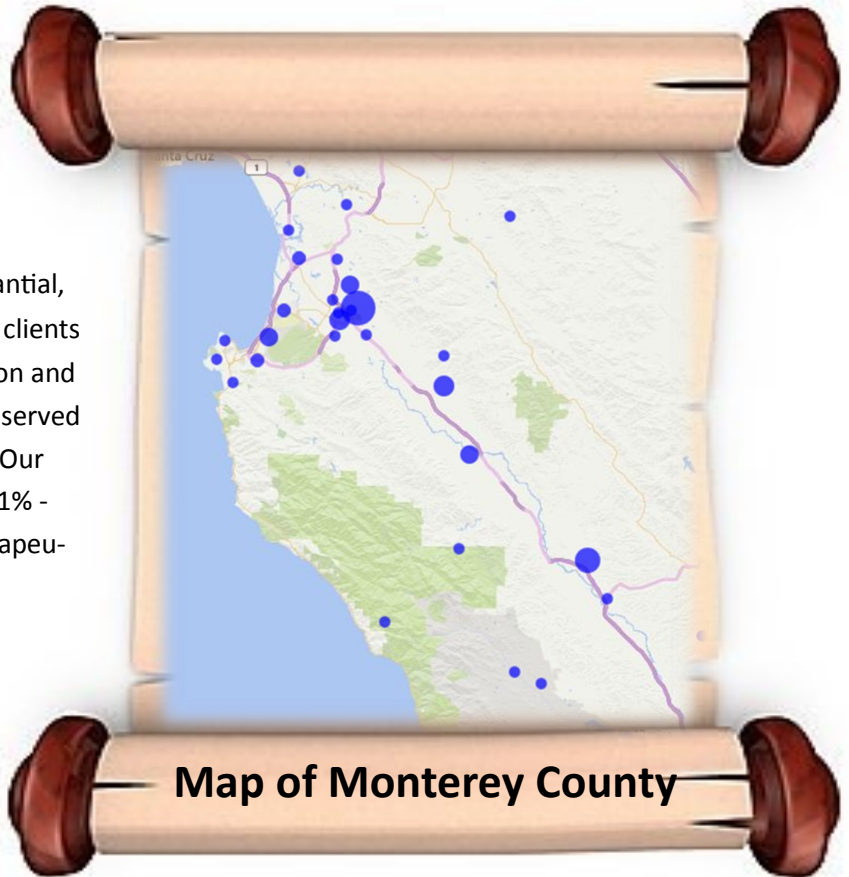
A large part of our program success is based on our long-standing collaborations with other organizations, agencies and individuals in the community to offer the continuum of care our clients need through complementary and wrap-around services. Last year, Sun Street Centers partnered with a total of over 140 different organizations, including 42 local non-profit organizations, 24 local government entities, 32 school districts, 15 businesses, 7 Consortiums, 5 federal and state government entities, 3 housing consortiums, 3 universities/colleges, 3 health service institutions, 3 state-wide associations, 1 faith-based organization and 1 bank.



Our Clients

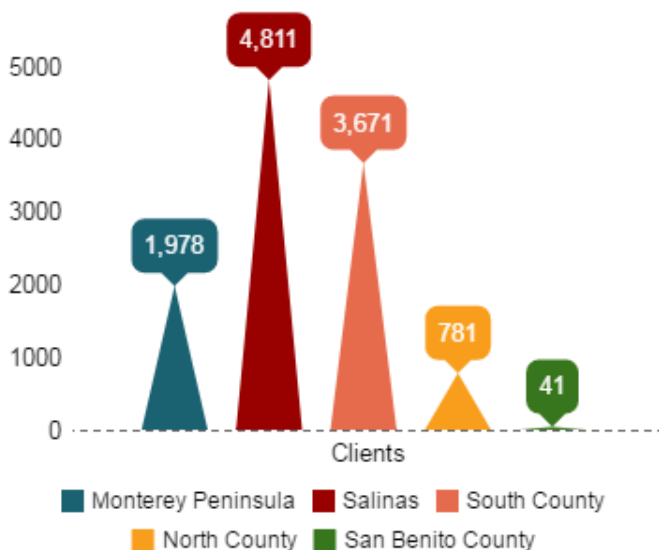


The number of clients served last year was substantial, totaling **11,356**. Nearly all of Sun Street Centers' clients were served through two Departments: Prevention and DUI (95%). This year, the Prevention department served the most clients of any single department (70%). Our three recovery programs are intentionally small (1% - 2%) in order to maximize the impact of their therapeutic environments.



Sun Street Centers serves clients all across Monterey County and beyond. The map is an illustration of all how expansive Sun Street Centers' service reach is. With permanent locations in Salinas, Soledad, Marina, Seaside and Hollister, Sun Street Centers also offers classes and trainings in Prunedale, Greenfield, King City, Carmel, Pacific Grove, and several other locations. The multitude of service locations makes it easy for our clients to receive services regardless of whether they possess transportation or not.

Client Residency by Region



Award-winning Services

At Sun Street Centers, we strive to bring to you the best services tailored to fit your needs. To do so, our services are regularly evaluated by the Commission on the Accreditation of Rehabilitation Services (CARF) - an independent, non-profit accreditor of health and human services.

We are committed to the highest level of transparency and publically share the impact of our work through annual reports and highlight summaries. Because of this transparency, we are a Gold level participant with Guidestar—the world's largest information source on nonprofit organizations.

Driving Under the Influence (DUI) Program

This program is licensed by the State of California Department of Health Care Services (DHCS), Substance Use Disorder Compliance Division, Driving Under the Influence Unit to provide quality education and counseling to help the participant understand his/her relationship with alcohol and drugs, and the inherent risk of driving while under the influence. First and multiple offender services available.



Men's Residential Treatment Program

This state-licensed recovery program provides a supportive environment for men seeking a life free from the devastating effects of drug and alcohol addiction. Certified counselors and recovery participants incorporate the principles of Social Model recovery, which utilize a peer-oriented, mutual help system that views the participant as a student, not a patient.



Outpatient Counseling Program

Our outpatient counselors work a lot with the Matrix Program, which is a comprehensive, evidenced-based, individualized program with more than twenty years of research and development by the matrix Institute of Addictions, an affiliate of the UCLA Integrated Substance Abuse Programs. Matrix is a structured treatment experience designed to give substance abusers the knowledge, structure, and support to allow them to achieve abstinence from drugs and alcohol and initiate a long-term program of recovery.



Prevention Program



Dedicated to building healthy and safe communities, the Prevention Centers provide a variety of services to community members and their families, in order to build awareness and promote action toward resolving community health problems relating to drug and alcohol abuse.

Family Recovery Program—Pueblo del Mar

Pueblo del Mar provides a safe, affordable, transitional housing program for homeless women with children, men with children, and families with children. Residents organize themselves in a Social Model-driven council that assists families in developing a sense of pride and community.



DUI Program



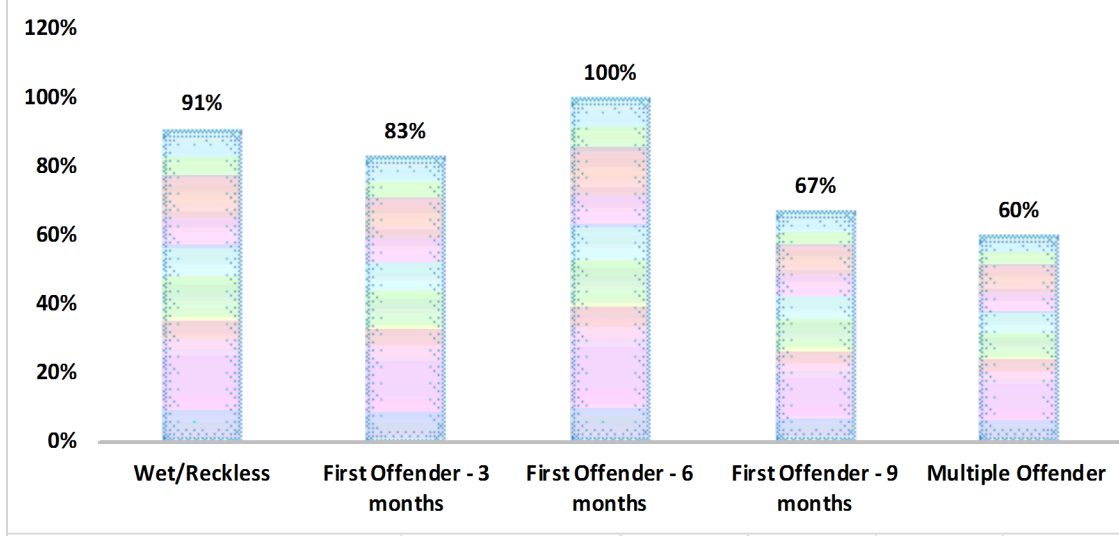
Thanks to its high standards, the Sun Street Centers DUI Program is considered a model for DUI programs all across California. According to client surveys, a high percentage of clients report gaining, useful, relevant information in the program. This year, 76% of all clients completed their mandated DUI program successfully. The highest completion rate (100%) was recorded among First Offenders completing a 6-month program, followed by individuals who were completing a Wet/Reckless program (91%). The lowest completion rate (60%) was recorded among individuals who were completing a multiple offender program.



Our Average DUI Client

Clients attending the DUI program come from all walks of life and live all over the County. **Our demographic client data mirrors census data for Monterey County.** Last year, the average client was a Hispanic male between 25 and 45 who works in the ag industry and had received a first offense 3-month DUI for driving under the influence of alcohol

% SUCCESSFUL OF 2,772 CLIENTS SERVED



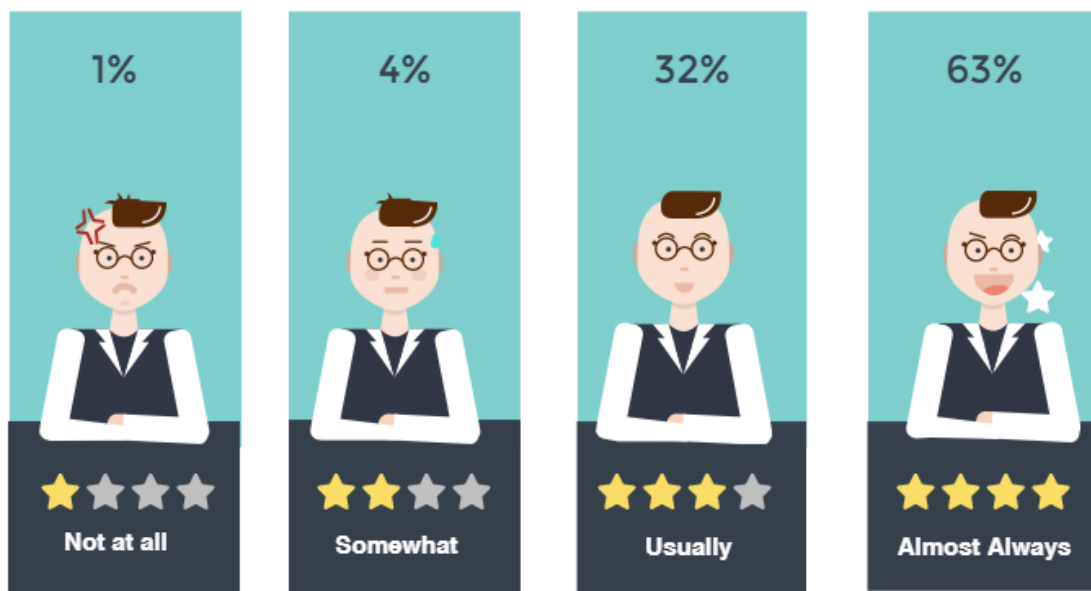
Sun Street Centers' DUI Program is impacting lives in Monterey County.

Here is how:



The illustration (above) shows the process for a client moving through the DUI program.

Did the content of the DUI classes seem relevant to your situation?

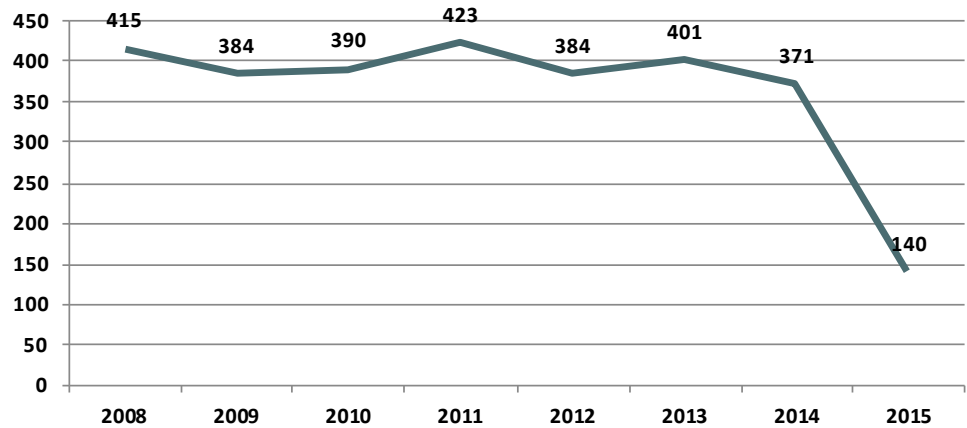


As the above illustration shows, clients are very satisfied with the DUI education classes. 63% of all DUI clients say that the content of the DUI classes almost always seemed relevant to them and their personal situation.

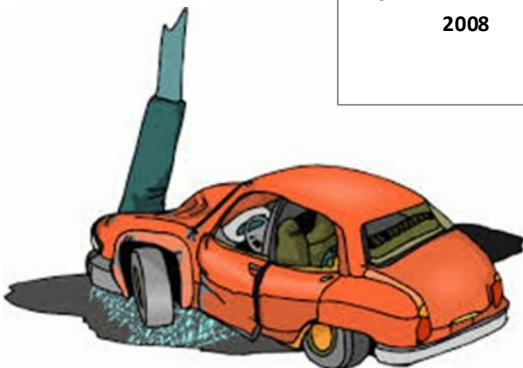
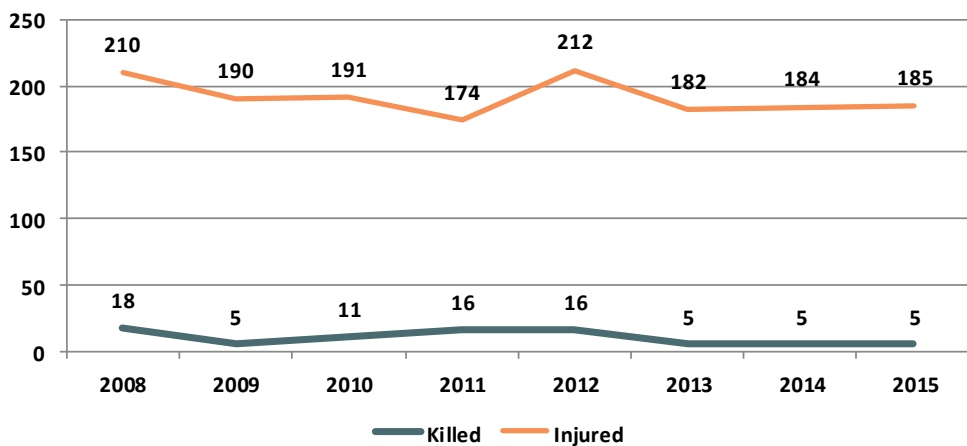
The Impact on the County

Data from the California Highway Patrol regarding vehicle collisions that involve DUIs in Monterey County show that, over the last eight years, an average of 364 drug and alcohol-related collisions occurred per year. As the graph shows, we have been experiencing a downward trend in drug and alcohol-related collisions since 2013 with a very sharp decline of 231 collisions or 62% from 2014 to 2015. The number of injured or killed victims, however has remained the same. On average, 191 individuals are being injured each year in drug and alcohol-related collisions in Monterey County and an average of 10 die in these crashes.

Monterey County Collisions that involved Drugs or Alcohol

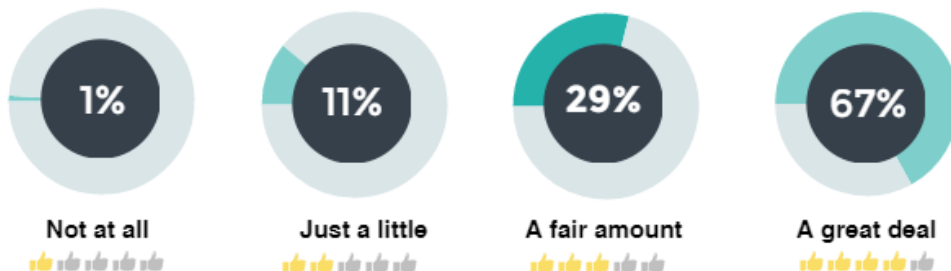


Victims Claimed by Driving Under the Influence in Monterey County



The Impact on Individuals

How much did your process counseling group help you learn about yourself?



As the above illustration shows, 96% of participants reported that the group counseling and education sessions helped them a great deal or a fair amount.

A Client's Goodbye Letter to his Addiction

Dear Alcohol,

..... I was losing everything to you, Alcohol. I gave you my prospects, my education, my pride, my dignity, almost all aspects of my human relationships, my friends who were too disgusted or embarrassed by my addiction to continue to see me, my friends who killed themselves over you, my inability to leave the house for anything other than you, not to mention the thousands of dollars dwindled away....

.... Goodbye, my love. I still struggle to believe I really shall be free of you forever, but if I find myself on my deathbed, without you next to me, I'll die free from an old toxic love of whom I no longer need be afraid. Because, by then, I shan't fear you. I'll have conquered you, and all the obstacles you laid out before me. I'll have reclaimed all things you took from me that mattered, and I'll have led a life worth looking back on.

With love, for better or for worse.

Travis - A recovering Alcoholic

Family Recovery Program at Pueblo del Mar

OUR CLIENTS



Last year, our average client was a Hispanic single mother between 25-45 with 2 or more children between the ages of 0-4.

The only program of its kind in California, the Family Recovery Program at Pueblo del Mar offers comprehensive wrap-around services for families in early recovery from drug or alcohol through targeted case management, relapse prevention classes, individual and group counseling, as well as weekly AA/NA meetings and job development. Families that have been torn apart by the devastating effects of addiction are reunited and parents are given the skills to become productive members of society by going back to school or getting a job and receiving parenting classes.



Did you know?

Last year, our parents at Pueblo provided a total of 3,016 hours of co-operative daycare for each other, so that other parents could go to school, look for a job or attend a recovery activity.



Our Partners

It is thanks to our numerous and highly dedicated partner agencies that we are able to provide award-winning wrap-around services to the families living at Sun Street Centers' Family Recovery Program at Pueblo del Mar. Last year, our partner agencies provided close to **1,500 hours** of free service to our residents.

ALANON/AA/NA/ALATEEN, Door to Hope and Sun Street Centers provided over **350 hours** of recovery services.



The **nursing program at CSUMB** provided a total of **16 hours** of nursing services to the residents.



The Department of Social Services provided over **60 hours** of case management and employment support.



Goodwill Employment Services provided the program with **640 hours** of administrative support.



Calvary Church, Comunidad Cristiana provided **200 hours** with a variety of services including childcare, general support and gifts to new families and children for Christmas.



The Parenting Connection, MC Leaps & Bounds, MCOE Headstart, MCSTART and CPS provided a total of **144 hours** of educational services and parenting support.

We also received **over 60 hours** from **individual community volunteers**, the **Marina Police Department** and the **women's empowerment conference 'Expanding Horizons'**.

Program Impact

Improvement in Mental Health

Our client surveys show that 88% of the residents at Pueblo del Mar do have a positive attitude about their life and have either been able to overcome some of their obstacles or are actively working on a solution for them.

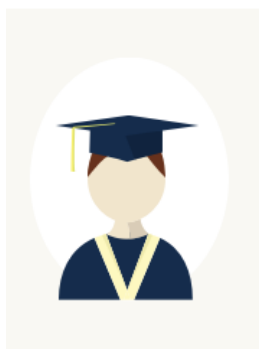
Which best describes your mental health status?



Improvement in Self-Sufficiency

Self-Sufficiency

As part of their program goals, program participants are encouraged to either go back to school or find a job and to find permanent housing upon program exit. Last year, 24% of the program graduates had found permanent housing, 49% had found a part-time or full-time job and 17% were going to school to further their education.



16 are going to school



23 found a permanent home



47 got a job

Men's Residential Treatment Program



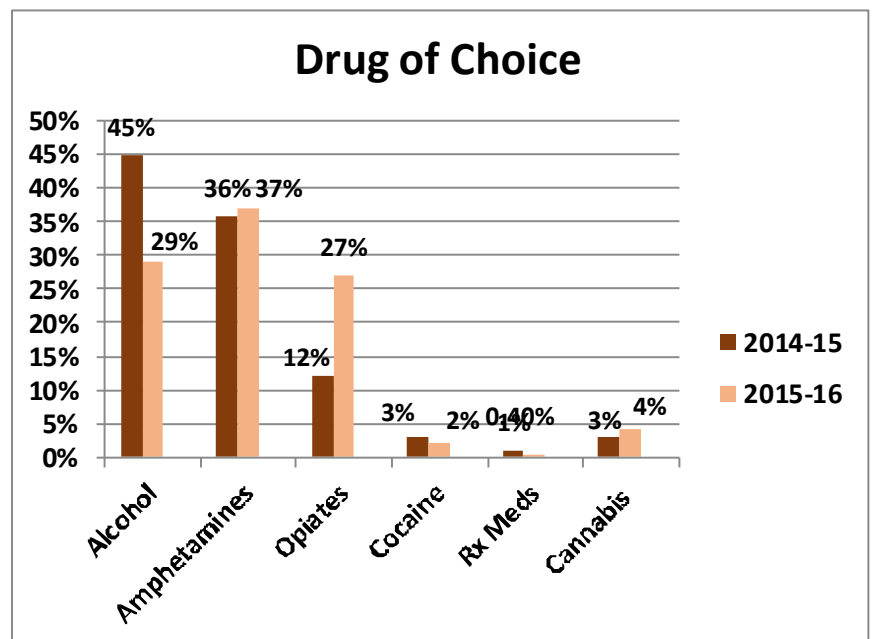
Our Average Client

- 25-45 year old Hispanic male
- living in Salinas
- addicted to Amphetamines

Our **CARF-accredited, state-licensed** recovery program provides individualized and evidence-based services to men from all walks of life. In a supportive environment, men are able to stay for up to five months to learn the tools necessary for long-term recovery. Certified counselors and recovery participants incorporate principles of **Social Model recovery**, which utilizes a peer-orientated, mutual help system that views the participant as a student, not a patient. Residents attend 12-Step meetings, get a sponsor, and take personal responsibility for their own recovery. Participants attend a variety of activities including community events and volunteer activities. 'Giving back' to the community is an important aspect of the recovery process.

This year, indicators for residents' growth and well-being were attained at a high level and alumni who completed the survey report healthy and productive lives. Measures of program efficiency, including accessibility, occupancy levels, fee payments and in-kind support from outside agencies continued to improve this year and met desired target rates.

Each year, Sun Street Centers tracks the drug of choice for each individuals served in the Men's Residential Program. As the graph to the right illustrates, we saw some dramatic changes from FY 2014-15 to FY 2015-16. Traditionally, alcohol is the most popular drug of choice but in FY 2015-16 it was topped by amphetamines. Known as the drug that provides the 'highest high', it can take up to several years for long-term users for the side effects of the drug to completely wear off. While alcohol is still the second most popular drug of choice, it is closely followed by opiates (heroin, etc) - a testament to the national prescription drug epidemic since people unable to refill their prescriptions will often turn to heroin as a cheaper alternative that is easier to access.



The Program in Numbers

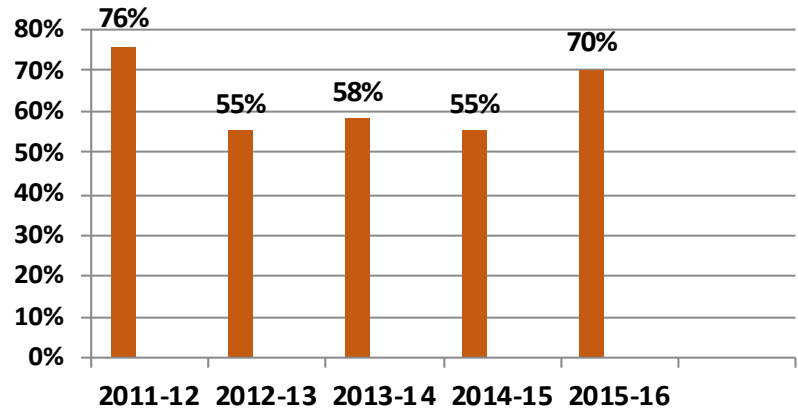


Our Average Completion Rate is 62%

- That's significantly higher than the national average of 38%*

*National Research on client completion rates for men in residential programs lasting longer than 30 days shows a successful completion rate of 38%, on average ("The TEDS Report: Treatment Outcomes Among Clients Discharged from Residential Substance Abuse Treatment: 2009", (SAMHSA), 2009.

Completion Rates by Year



As the data shows, our social model-based treatment program has significantly higher than average completion rates than the national average. What makes this program so unique, and so successful, is its foundation in the idea that it is not just the addict that needs to adopt different behaviors to find recovery, but that they also need to change their environment and the company they keep in order to have lasting success in their recovery. At Sun Street Centers, we teach clients the tools necessary to make life-long recovery a reality.

FY 2015-16

2,747 hours volunteered



Community Volunteering

While in treatment, all clients are encouraged to give back to the community by participating in the many volunteering opportunities Sun Street Centers offers. Our volunteers assist other non-profits and make sure their events are a success by providing an extra hand. Some of the organizations our men volunteer for include: **Meals on Wheels, AT&T Pebble Beach Pro Am, The Foodbank, The offset Project, Dorothy's Place and Salinas Chinatown**, to name a few.



Program Impact

Mental Health Improvement



95% of all clients in the program report having a positive attitude and are working on their issues.

Family Relationships



90% of all clients in the program report having good or very good relationships with their families.

95%

of residents would recommend the program to a friend or family member



95%

of residents feel the services they received were helpful for them and their sobriety



Outpatient Counseling Services



Sun Street Centers Outpatient Counseling Services offer a variety of individual and group therapy styles for individuals and families. While most of our counseling services are focused on assisting individuals with substance abuse problems, our services also include other forms of counseling such as family or couples counseling. Our therapists will choose from a variety of evidence-based practices and

Clients are self-referred or referred by the Courts

Clients are assessed and choose their program intensity

Clients participate in the program and meet personal goals

Upon completion, clients are re-assessed for additional needs

A client's process through our Outpatient Counseling Program

The Average Outpatient Counseling Client

Clients attending the Outpatient Counseling program come from all walks of life and live all over the County. Our demographic client data mirrors census data for Monterey County. Confidential counseling is available for individuals experiencing substance abuse and other issues.



Program Impact

How much did your process counseling group help you learn about yourself?



High Quality Services

at a location near you

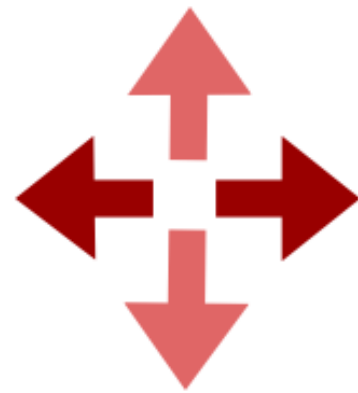


Mary R. Munstermann, MA, MFT

Our counseling program is headed by Sun Street Centers' Clinical Director, Mary Munstermann. Mary is a licensed Marriage and Family Therapist and a certified Addiction Specialist. She has over 30 years of experience helping people struggling from addiction, as well as other behavioral issues.

We are expanding!

Due to the rising demand for our services, Sun Street Centers has decided to start offering counseling services on the Monterey Peninsula as well as in Salinas. We have already started providing counseling groups in Marina, and, over the course of the next six months, hope to start providing counseling services for youth at our Seaside location. Stay tuned!



Did you know?

80% of clients who receive counseling at Sun Street Centers' Outpatient counseling program share the information they gained with family and friends. That means more people are learning about how to stay clean and sober and how to spot the signs of addiction.



County-wide Prevention Efforts



The Average Prevention Client

Last year, the average client in our Prevention Program was a youth between 10 and 17 years old and was from a family with incomes below the national poverty line. Gender was almost evenly distributed with girls/women having a slight majority.

Life Skills
Training and
Gateway
Drug
Presentation

STEPS - Safe
Teens
Empower-
ment
Program

PARTS
Coalition -
grassroots
efforts

PCS- Parents
Creating
Solutions

In One
Instant
Distracted
Driving
Awareness

The illustrations highlight some of the main strategies Sun Street Centers Prevention staff use to affect population-level change.

Anti-Bullying
and Drugs

Youth Focus
Groups

Marijuana
Townhall
Meeting

Why'd You
Stop Me?
Community
Safety
Training

Media
Campaigns

Our Program

Pervasive, consistent messages to young people about drugs and alcohol can prevent substance abuse. Effective prevention and population-level change require that the same messages about alcohol, drugs, and tobacco be delivered by multiple messengers--schools, parents, peers, and the community--repeatedly throughout childhood and adolescence. That's why Sun Street Centers' Prevention Program provides ongoing, evidence-based trainings, workshops and presentations to schools, parents, youth and community members about existing drugs, usage trends, and opportunities for community members to take targeted action to stop it.



Highlights from Prevention Peninsula

Life Skills Training for Parents:



This class has been wonderful! It has taught me a lot on how to handle difficult situations with my children and how to stay calm while finding a solution. I'd recommend this class to any parent!

- Maya

This class has made me think a lot about the choices I have made and the choices I plan to make in the future. Thanks to this program, I actually speak more openly to my kids now instead of immediately yelling at them.

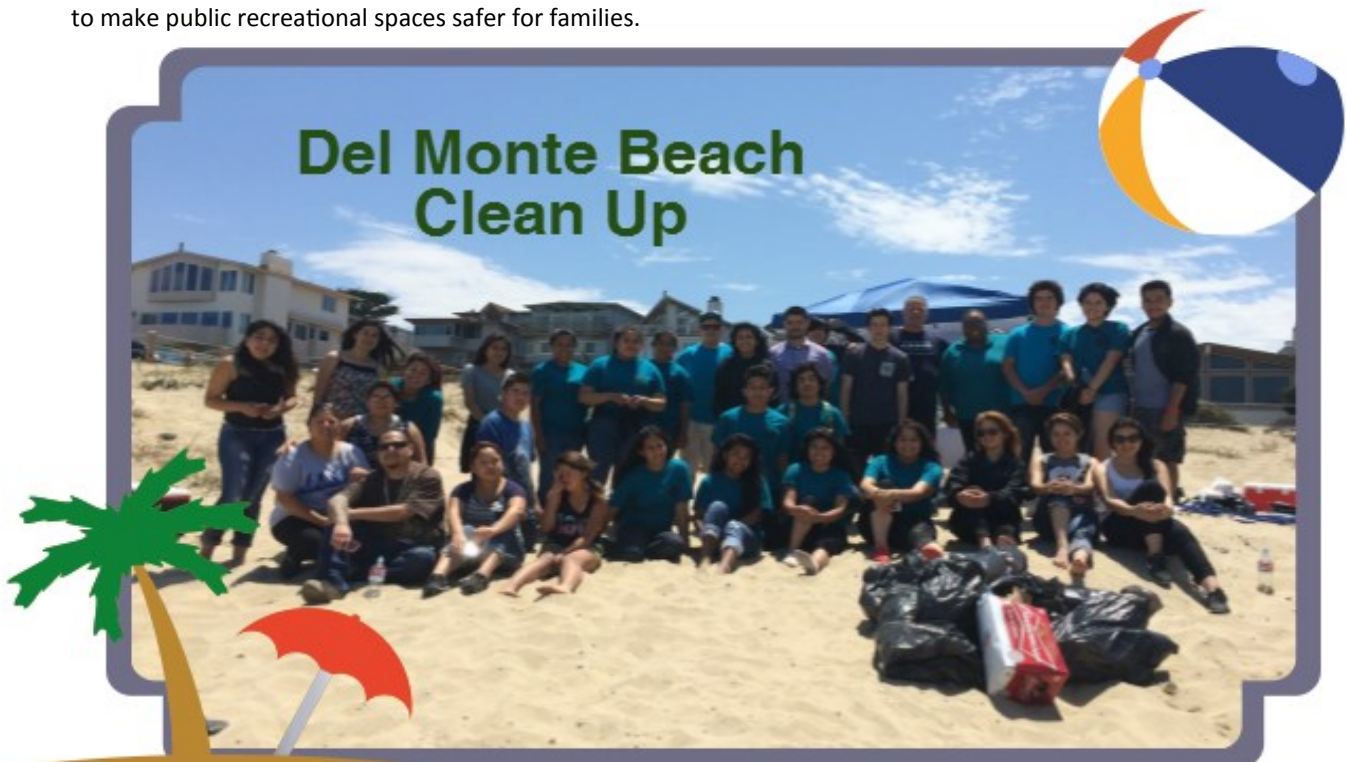
- Jorge



Youth-led Radio PSA:

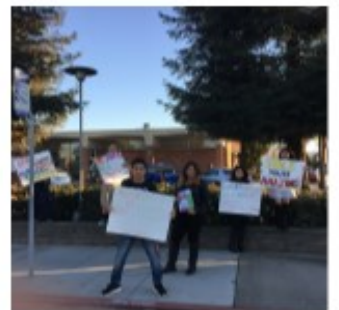
STEPS students created a radio PSA to warn their peers of the dangers of the drug FLAKKA. The clip was recorded for KCDU 101.7 and was played before and during spring break.

STEPS students also participated in an annual beach clean up at Del Monte Beach in Monterey in an effort to make public recreational spaces safer for families.



Highlights from Salinas Prevention

Known for its fun and varied youth activities, the Salinas Prevention Department was able to recruit a total of **24 STEPS students** last year who worked on national awareness campaigns (Great American Smoke-Out, Pink Shirt Day, Alcohol-Awareness, and National Prescription Take-Back, just to name a few). Thanks to Sun Street's Peer Mentoring approach, many youth stay on and become paid prevention staff upon graduation.



We are proud to announce that 2017 marks the 25th year that our **PARTS Coalition** has been in existence. A grass-roots effort that was first started by Salinas community members who were opposing the building of another alcohol outlet in Salinas, the coalition boasts members of local law enforcement, non-profits, media, schools and businesses and has served as role model for two "sister" coalitions in Soledad and Seaside.

Townhall Meeting

The Salinas Prevention Department held a **Town hall Meeting** educating students, parents and community members on the latest drug trends among youth and the dangers of youth substance abuse.



Highlights from South County Prevention



Each year, Sun Street Centers Prevention teams collaborate with local law enforcement and health agencies for the biannual **Prescription Take-Back Event**. For five consecutive years now, the South County Prevention Department has broken the countywide record collecting over **90lbs of old and unused medications** from local community members.



6,002 hours of Community Education

The In-One-Instant Presentation was really impactful. It made me think twice about getting into a car with someone who drinks.



Carla, Senior at
King City High School



**90% of parents who took the
Life Skills Training rated
it as extremely useful**

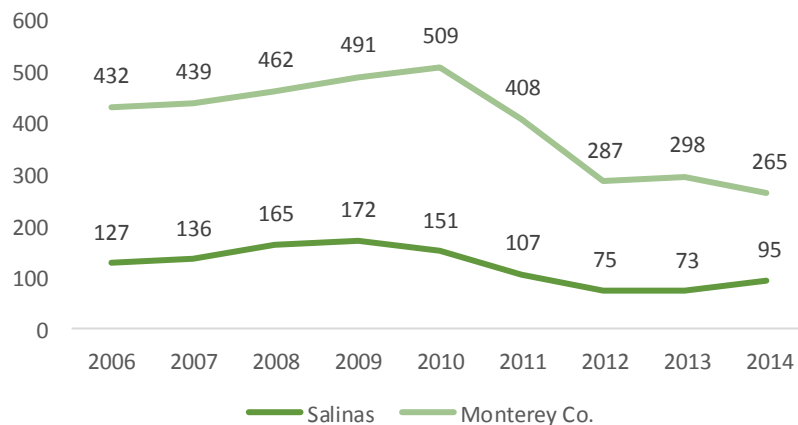
Our Impact

Data collected by the California Department of Justice on juvenile AOD arrests from 2006 through 2014 show a significant decrease (-25%) in Salinas youth arrests and a similar drop in countywide rates (-39%). The top juvenile AOD offenses over the nine years all were use/possession of marijuana, being drunk, and violating liquor laws. All rates decreased significantly over the nine year period. Offenses for possession of marijuana decreased by 42% from 146 offenses in 2006 to 84 offenses in 2014. Youth offenses for being drunk in public decreased by an impressive 68% from 84 in 2006 to 27 in 2014. Youth offenses related to liquor laws also decreased by 51% over this nine year period from 75 in 2006 to 37 in 2014.

Juvenile AOD Arrests for Monterey County



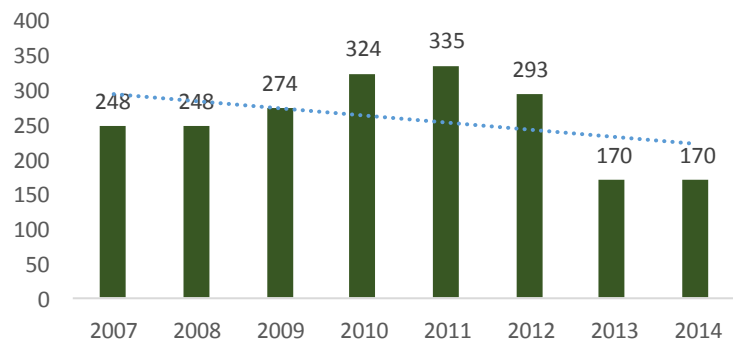
Juvenile AOD Arrests



Our Impact

Data collected by the California Department of Public Health on Alcohol and Drug related emergency room visits and in-patient hospitalizations for youth (age 0-17) show a dramatic reduction since 2011. The data collected include all cases with a diagnosed alcohol or drug condition, whether diagnosed as principal or secondary reason for the hospital visit. As the graphs show, not only have drug and alcohol related visits to the emergency room for youth decreased but in-patient hospitalizations decreased by 92% since 2011, a testament to the impact of Sun Street Centers prevention work with youth.

AOD - related Emergency Visits for Youth in Monterey County



AOD - related youth inpatient hospitalizations in Monterey County

