

**2016
-
2017**

PROGRAM EVALUATION HIGHLIGHTS

TABLE OF CONTENTS

AGENCY-WIDE DATA	3
DRIVING UNDER THE INFLUENCE (DUI)	4
FAMILY RECOVERY COMMUNITY AT PUEBLO DEL MAR	6
MEN'S RESIDENTIAL TREATMENT PROGRAM	8
OUTPATIENT RECOVERY AND COUNSELING SERVICES	10
SOBER LIVING ENVIRONMENTS	11
COUNTY-WIDE PREVENTION SERVICES	12

Dear Friends and Colleagues,

I am always proud to share highlights of our annual Program Evaluation. Setting goals, reviewing data, and evaluating how far we have come to achieve those goals – that is how services continue to improve. Ultimately, we want to see more long term recovery from alcoholism and addiction, and we want to reduce and prevent the onset of addiction among all ages, but especially our youth. The health of our community is directly related to the expansion of opioid availability, legalization of marijuana, and abuse of alcohol, still the number one abused substance in our nation.

This summary highlights some of our achievements in the past year. Each strategy (program) sets realistic goals based on national averages, and our own past performance, always hoping to achieve the greatest possible outcomes with our finite resources. I am pleased to announce that we have laid the foundation for expansion this year and our capacity will only be increasing in the next three years. This year we opened a pre-diversion program for first time youth offenders of non-violent crimes. The Road to Success program is helping teens stay out of the juvenile justice system and regain a stronger relationship with their families. We became State certified for Drug Medi-Cal in all our substance abuse treatment programs. We expanded into Hollister with two Sober Living Environments – one for women and children, and one for men.

We hope you enjoy reviewing some of our accomplishments, realizing, that the entire community shares in these successes. It is the commitment from donors, grantors, government agencies, and volunteers, that make these successes a reality. If you are reading this – you are a part of this success! You are part of reunited families, healthy living, and safer communities.

Best,



Chief Executive Officer

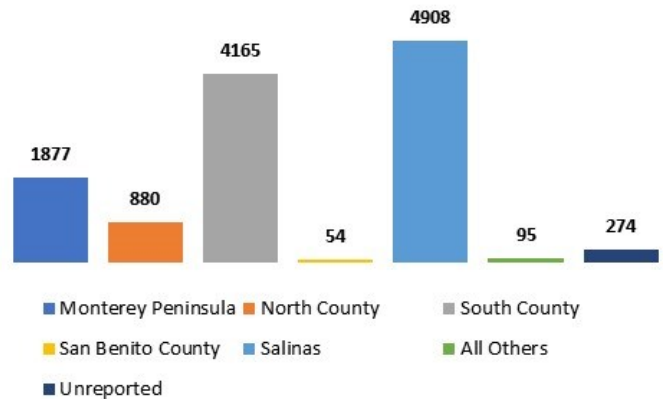
AGENCY WIDE DATA

12,253 Clients served. Nearly all of Sun Street Centers' clients were served through the Prevention department and DUI (**94%**) .

Sun Street Centers serves clients throughout both Monterey and San Benito County. With permanent locations in Salinas, Soledad, Marina, Seaside, and Hollister.



Client Residency by Region



65       
Non-Profits

35    
Local Government

7 
School Districts

20  
For-Profit Businesses

10 
Consortiums

Our Collaborations

Last year Sun Street Centers partnered with a total of over **190** different organizations, including **65** local non-profit organizations, **35** local government entities, **7** school districts, **20** businesses, **10** consortiums, **13** federal and state government entities, **5** housing consortiums, **5** universities/colleges, **14** health service institutions, **7** state-wide associations, **10** faith-based organizations and **1** bank.



DRIVING UNDER THE INFLUENCE (DUI)

Sun Street Centers DUI Program is considered a model for DUI programs all across the state of California.

In this year's State Audit, Sun Street Centers was awarded **one deficiency** for the entire year. A deficiency is when they find a protocol or process out of compliance. (Forty five allowed deficiencies is the norm for Monterey County.)



DUI Counselors meeting quarterly to ensure they are up to date on rules and regulations through Title IX.



DUI Clerical staff in Salinas.

The program's leadership sets high standards for the work to be performed and its impact on the program's clients. Overall, the quality of the educational and group process components of the program is high, and a large percentage of clients report gaining useful, relevant information in the program.

96% of the residents rated the program quality as very good or excellent.

CLIENT PROGRESS

88% of clients shared the information they learned with family and friends.

69% of clients said that the content of the DUI classes almost always seemed relevant.

72% of the clients reported that they learned a great deal about themselves while in the program.

Knowing what you know now, what will you do differently in the future to stay clean and sober?

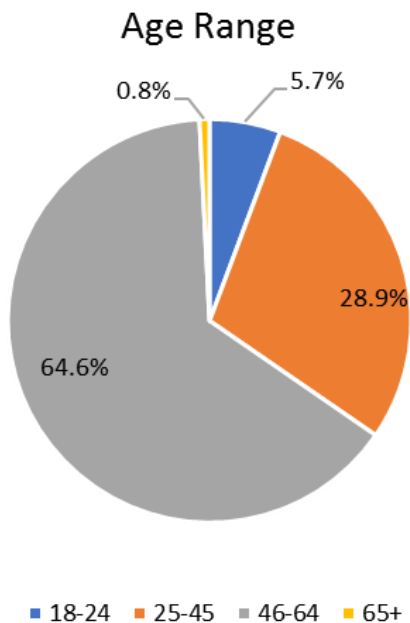
"I believe I have learned a lot from the DUI treatment classes. It has opened my mind up to the dangers of drinking and driving and I will take the knowledge that I have learned from the classes and educate family and friends."

"Make the right choices, don't drive under the influence of alcohol, have a good outlook on life to keep safe and to save lives."

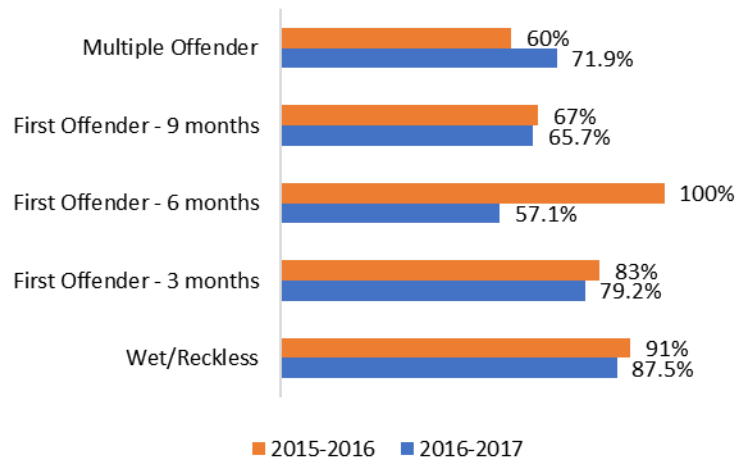
DRIVING UNDER THE INFLUENCE (DUI)

AVERAGE DUI CLIENT

46-64 year old Hispanic or Caucasian male, living in Salinas and had received a first offense 3-month DUI for driving under the influence.



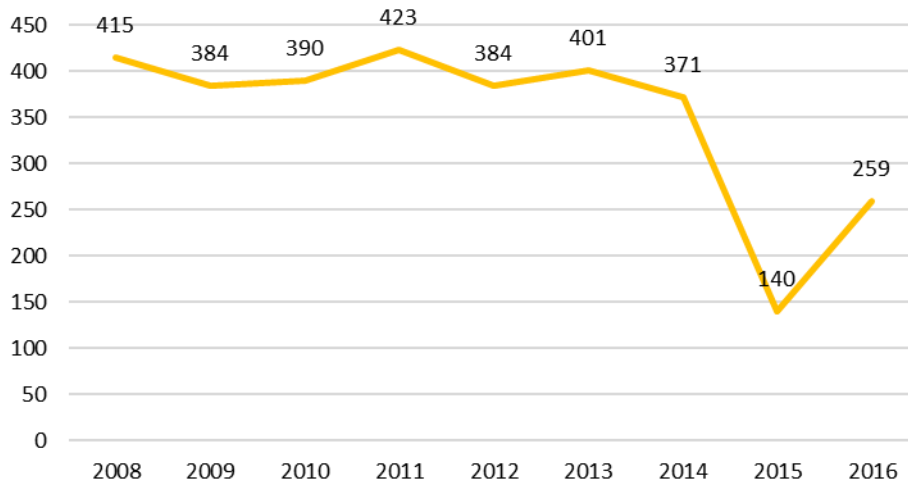
Percentage of Successful Completions



99% of clients served reported they were treated with dignity and respect during their time in the DUI program.

The Impact on the County

Monterey County DUI Related Collisions

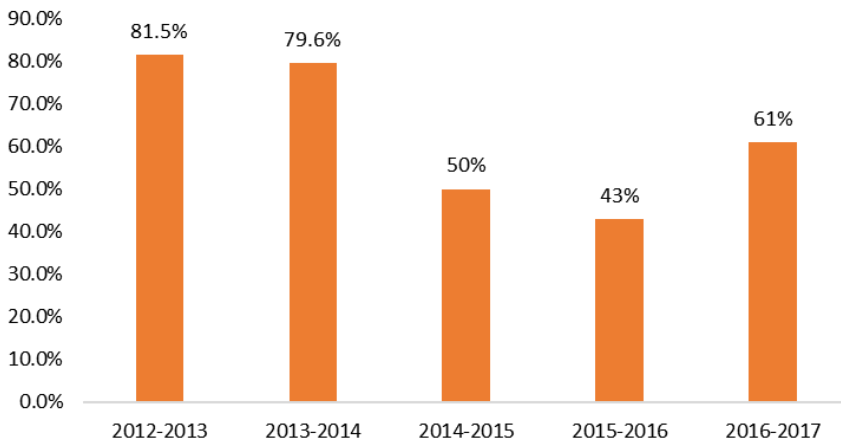


Data from the California Highway Patrol in Monterey County shows that DUI related collisions this last year have almost doubled. **29%** of the collision fatalities this last year were DUI related and **1,109** DUI arrests were made.

PUEBLO DEL MAR

The Family Recovery Program at Pueblo del Mar offers comprehensive wraparound 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.

Completion Rates by Year



88% of the residents rated the program quality as very good or excellent.

91% of the residents reported improvements in their close relationships since entering Pueblo del Mar.

96% of the residents reported they are treated with dignity and respect by the staff at Pueblo del Mar.



208 Clients served

120 Children

(51% of children served are between the ages of 0 and 4 years)

88 Adults

(77% of adults served are between the ages of 25 and 44 years)



PUEBLO DEL MAR

Our partner agencies provided close to **2,100 hours** of service to our residents, a **30%** increase from the prior year.

Goodwill Employment Services provided the program with **1331** hours of administrative support.

AA/NA, ALANON, ALATEEN, and Sun Street Centers provided the program with **515** hours of recovery services.

Parenting Connection, Door to Hope, WIC Healthy Families, Central Coast Kids & Families, Expanding Horizons and Monterey Peninsula College provided the program with **110** hours of educational services and parenting support.

Cal State Monterey Bay (CSUMB) provided **44** hours of service learning.

STARS and Behavioral Health provided **67** hours of therapy services.

Additionally Pueblo del Mar over **26** hours from **individual community volunteers**, the **Marina Police Department** and **Cypress Church**.



The **Clubhouse** on South Main in Salinas supports Pueblo del Mar each Christmas by hosting an Adopt a Child Christmas tree at their store. Thanks to Roxanne and Colleen, the children of Pueblo del Mar have a cheer filled Christmas.



Trainings to reduce acts of violence and build trust between the police and the community.



MEN'S RESIDENTIAL TREATMENT

*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.*

COMMUNITY COLLABORATION AND TEAM SPIRIT

The residential volunteers assist other non-profits and make sure their events are a success by providing an extra hand. Some of the organization our men volunteer for include: **Meals on Wheels, CA Rodeo, City Cleanups, CA Airshow, Big Sur Marathon, Oldtown Salinas and Relay for Life.**



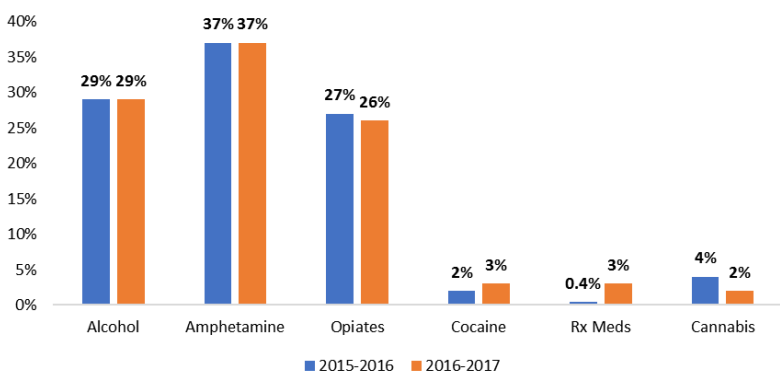
Won **Best Team Spirit** at the Race of Thrones Crapper Derby (L)
Residential volunteers at the Big Sur Marathon (R)



Family Empowerment—We are strong and caring families who overcome life's obstacles by working together.



Drug of Choice



2,862 hours volunteered in the community

488 hours of service provided to residents
by community agencies

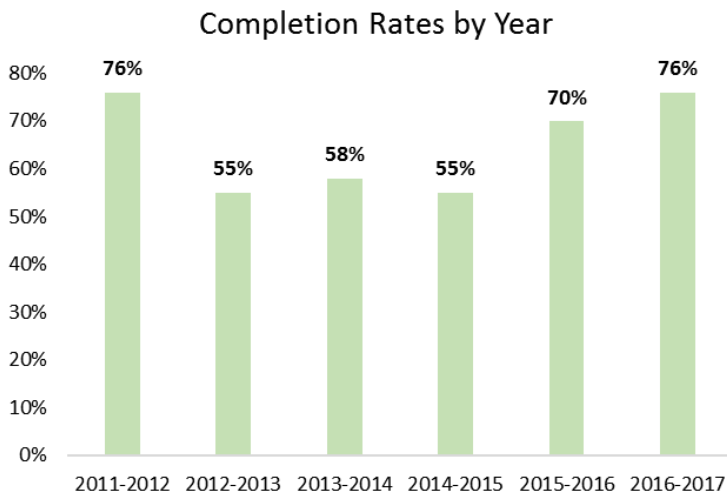
AVERAGE CLIENT

25-45 year old, self referred Hispanic or Caucasian male, living in Salinas, addicted to Amphetamines, Alcohol or Opiates

MEN'S RESIDENTIAL TREATMENT



7 out of **8** of the AOD staff at Men's Residential are certified by the state as a Substance Abuse counselors through the California Association for Alcohol/Drug Educators (**CAADE**) and the California Consortium of Addiction Programs and Professionals (**CCAPP**).



76% of residents successfully completed the Men's Residential program during the last fiscal year. This is double 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. 2005" (SAMHSA), 2009).

Classes at Men's Residential include evidence-based curriculums such as:

Matrix Education Classes: 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 including early recovery skills, relapse prevention, and family education.

Thinking for a Change (T4C): An integrated cognitive behavioral change program that incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem solving skills.

Triple P Parenting: The Triple P – Positive Parenting Program® is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Seeking Safety: Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of clients and easy to implement.

SAMHSA: Anger Management for Substance Abuse and Mental Health Clients; A CBT Approach: Substance use and abuse often coexist with anger and violence. Data from the Substance Abuse and Mental Health Services Administration's National Household Survey on Drug Abuse, for example, indicated that 40 percent of frequent cocaine users reported engaging in some form of violent behavior. Anger and violence often can have a causal role in the initiation of drug and alcohol use and can also be a consequence associated with substance abuse. The anger management treatment design in the curricula, which has been delivered to hundreds of clients since 2003, has been popular with both clinicians and clients.

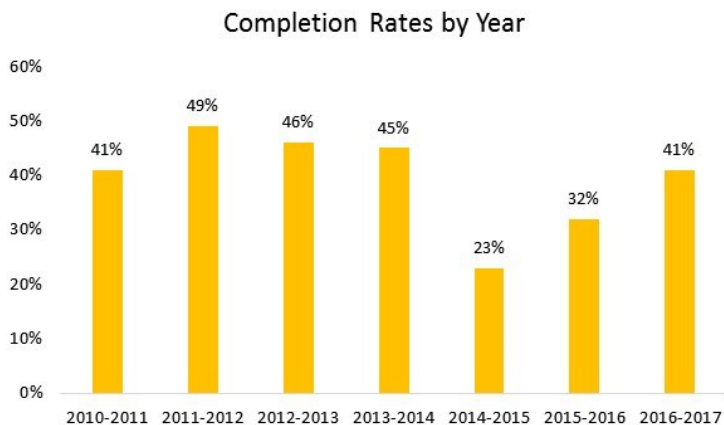
OUTPATIENT RECOVERY SERVICES

Sun Street Centers Outpatient Recovery 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 chose from a variety of evidence-based practices and techniques based on your individual needs.

Outpatient serves adults, youth and families in Salinas, Seaside, Soledad and now Marina.



Outpatient staff at the Salinas office.



Sun Street Centers Outpatient Recovery Services had a **zero waitlist** all year. This means that the Outpatient counselors have been able to schedule assessments with the goal of getting clients into the agency for appointments as soon as possible.

100% of clients who attended the program rated the program quality as very good or excellent.

CLIENT PROGRESS

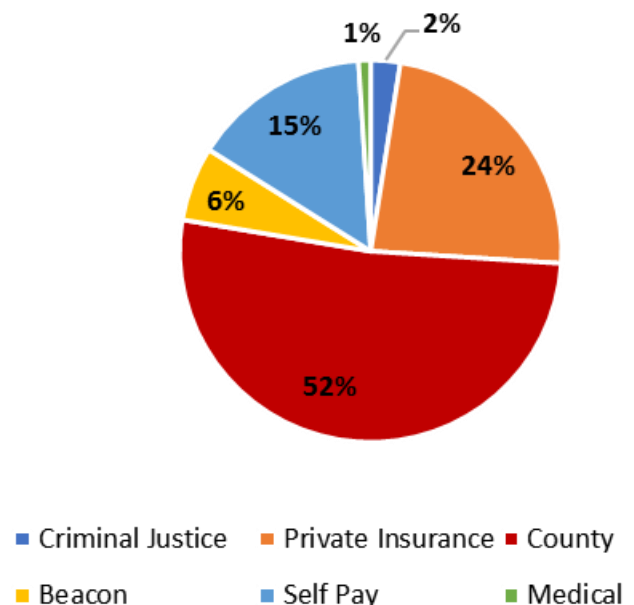
97% of clients reported improvements in their physical health and **100%** of clients reported improvements in their mental health.

Knowing what you know now, what will you do differently in the future to stay clean and sober?

"Keep up on my AA meetings. I can see a change in myself. I am happy with it right now."

"Acknowledge my higher power so I can go further in my recovery."

Funding Source



SOBER LIVING ENVIRONMENTS

Sun Street Centers' Sober Living Environment is committed to insuring a safe, clean, structured recovery environment, and dedicated to providing supportive and affordable sober living. Our program is structured to implement everything our residents have acquired in treatment, through the twelve step recovery process. We provide residents with the best possible opportunity of achieving and maintaining permanent sobriety. Residents agree to a Sober Living Covenant designed to develop character, self-esteem, responsibility, self-reliance, and accountability in order to help in the process of rebuilding a life.



During last year, Sun Street Centers opened two successful sober living environments in San Benito County; one for men and one for women.

HOUSE RULES:

Safety
Sobriety
Cooperation
Peace
Cleanliness

"Sun Street Centers took me in right away, when they opened the little cottage to me. The staff and residents were nice, friendly, and welcoming. The ladies were always very supportive, as we are all working together to move on in our journey of recovery."

- Jennifer, Women's SLE Resident



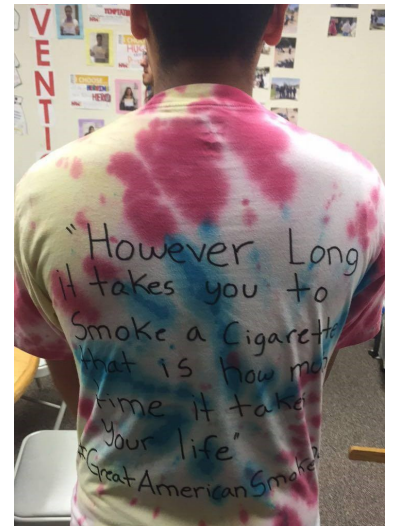
Served **14** clients at the **Men's Hollister SLE** and **22** clients at the **Women's Hollister SLE**, with an **86%** completion rate for both SLE's during FY 2016-2017.

7 & 9 Suns SLE served **24** clients. **96%** of the residents reported positive attitude changes in their life and **93%** reported good close relationships with friends and family.

PREVENTION



Anti-Bullying
**PINK
SHIRT
DAY**



This year, Prevention celebrated the **Preventing Alcohol Related Trauma and Substance Abuse (PARTS)** Coalition's 25th Anniversary. All three coalitions and their supporters gathered for a celebratory luncheon and presented proclamations from their city's representatives. The coalitions were recognized for their innovative and effective programs to help reduce alcohol, drug and tobacco use and being in the forefront of getting Social Hosting laws passed in their cities.



PREVENTION - SALINAS

3,753 Salinas Prevention clients served, which is **41%** of the total clients served for the Prevention Program.

Salinas Prevention recruited a total of **69 STEPS** students who participated in several community activities and awareness campaigns including **National Kick Butts Day, City Council Meetings, Park Cleanups, National Night Out, Pink Shirt Day** and **DUI Checkpoints**.

11 Life Skills Trainings were provided to middle school parents. **100%** of the parents enrolled reported that the class was important to their life and **94%** shared what they learned with friends and family.

The **PARTS Coalition** in Salinas consists of several community members from organizations such as **Youth Ambassadors for Peace, Behavioral Health, Alcoholics Anonymous, Salinas Police Department, Natividad Medical Center, GRID Alternatives** and **local elementary schools**, to name a few. **91%** of the members reported that the Coalition's main purpose is being achieved—Providing proven effective change in the community through education and awareness, advocacy, policy enforcement and environmental policy changes.



STEPS work with the community to keep the parks clean and drug and alcohol free. They participate in several park clean ups by gardening, covering up graffiti and picking up alcohol containers and cigarette butts.



KSBW Action News 8 interviewed STEPS youth and staff to talk about the rise in opiate use. "Students bring their parent's prescription drugs to school and selling to other teenagers."



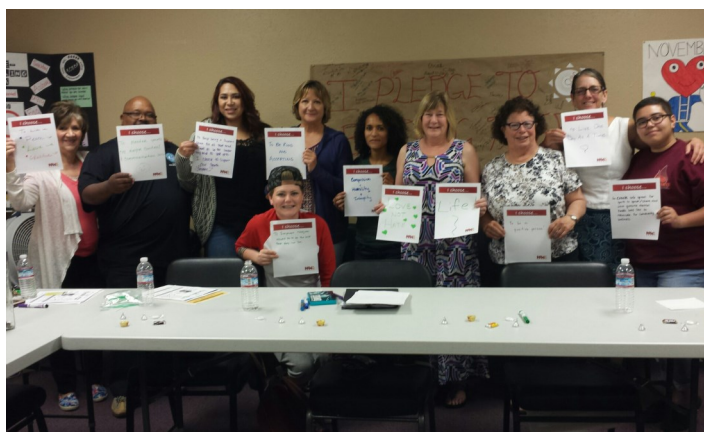
PREVENTION - PENINSULA

1,569 Peninsula Prevention clients served, which is **17%** of the total clients served for the Prevention Program.

Peninsula Prevention conducted **8 Life Skills Trainings** to middle school and high school parents. **100%** of the parents reported that the class was important to their life and **94%** shared what they learned with family and friends.

9 Responsible Beverage Service (RBS) Trainings were conducted to the following organizations: *Monterey County Vintners & Growers Association, Salinas Valley Food and Wine Festival, California Rodeo, Santa Cruz Mountains Winegrowers Association, Knights of Columbus, Salinas Buddhist Temple, Sunset Center, Quail Lodge and Golf Club and Monterey County Hospitality Association.*

96% of the clients served indicated that their knowledge of the topic has increased. **99%** reported the training to be very good or excellent.



PREVENTION - SOUTH COUNTY

3,778 South County Prevention clients served, which is **42%** of the total clients served for the Prevention Program.

South County Prevention recruited a total of **8** STEPS students who participated in several community activities and awareness campaigns including **Prescription Drug Take Backs, City Council Meetings, Anti-Bullying, Beach Clean ups, Healthy Kids Day and Pink Shirt Day.**

7 Life Skills Trainings were provided to both middle school and high school students as well as a total of **9 Gateway Drug Presentations** to youth across South County. **64%** of the students enrolled in **Life Skills Training** completed the program.



240 lbs

of old and unused medications collected from local community members at the biannual Prescription Drug Take Back. *Sun Street Centers collaborates with local law enforcement and health agencies to provide a location to safely dispose of medications.*

The **Road to Success** is a youth diversion program for first time offenders of non-violent crimes. The 3-6 month program seeks to prevent further involvement in the juvenile justice system. Individualized program components include: Life Skills for Parents and community volunteering through the Safe Teens Empowerment Project (STEPS).

During the fiscal year, **38** youth and their families were referred to the pre-diversion program. Of which **27** were admitted into the program and began receiving services.

