



Anuvia promotes wellness in our community by providing compassionate treatment and prevention services of the highest quality to impact the disease of addiction

Substance Abuse Prevention and Education Services

Anuvia offers a full continuum of prevention services, recognized by the State of North Carolina for excellence. Anuvia's Prevention Department utilizes multiple strategies that act on various domains by reducing risk factors and enhancing protective factors to assist community members, especially young people, in avoiding alcohol, tobacco, and other drug use. Anuvia focuses on both individual and population based approaches to substance abuse prevention using various strategies including information dissemination, prevention education, alternative activities, problem identification and referral, community-based processes, and environmental approaches. Virtually every prevention service provided by Anuvia is offered in both English and Spanish.

As part of the prevention education strategies, Anuvia Prevention Staff are trained to deliver eight science-based, model prevention programs recognized by the National Center for Substance Abuse Prevention and by the State of North Carolina. In addition, Anuvia has developed multiple unique prevention programs, such as Dare To Be You and Keeping It Real that are built on evidence-based principles and customized to suit the needs of the local community. Programs generally consist of lessons that include motivational activities, social skills training, and decision making components that are delivered through group discussions, games, role-playing exercises, videos and worksheets.

During this reporting period substance abuse prevention and education services were delivered by Anuvia staff to 23,668 persons in single and recurring sessions.

Anuvia also participates in a variety of coalitions and community approaches that contribute to the prevention of substance abuse, including the Charlotte Mecklenburg Drug-Free Coalition, the Latin American Council, Safe Communities, the Mecklenburg Underage Drinking Committee, the Mecklenburg County Fetal Alcohol Spectrum Disorders Committee, Charlotte Mecklenburg Schools Advisory Council,

Mecklenburg County Substance Abuse Prevention Advisory Council and the North Carolina Prevention Providers Association. During this fiscal year Anuvia created the South Charlotte Coalition with the goal of addressing substance abuse in three specific high schools with a focus on opiate use and overdoses. Funding for this coalition is being provided by the Mecklenburg County ABC Board and the North Carolina Governor's Crime Commission.

Court Services

The court service programs of Anuvia specialize in serving people convicted of driving while intoxicated (DWI). The NC law defines a blood alcohol level (BAC) of .08 as the legal definition of intoxication for adults and has zero tolerance for people under the age of 21. Everyone convicted of DWI in NC has to have a substance abuse assessment and follow recommendations of the assessment prior to reinstatement of their license.

DWI Tracking: Information is obtained and entered on all reported DWI convictions in Mecklenburg County. Staff receives and relays information on clients transferred out-of-county or out-of-state.

Alcohol Drug Education Traffic School (ADETS) is mandated by NC and includes 16 hours of alcohol and substance abuse education. This program is taught for people assessed as appropriate after a DWI conviction or is also open to others whom Anuvia determines appropriate. It is offered in English and Spanish.

All of the agencies in Mecklenburg County that provide DWI assessments report their outcomes to Anuvia. Our agency maintains a DWI tracking system for all persons convicted of this offense in Mecklenburg County via a Post Judgment Services Center at the Criminal Courts Facility. 1,758 assessments were processed during FY 15-16 including 1,027 people served at the Post Judgment Services Center, DWI Specialists processed 139 transfer cases from other states or to other states and 1,005 certificates of completion in the DWI Tracking System during FY 15-16. We deliver the Alcohol and Drug Education Traffic School (ADETS)

ADETS cont.

for certain persons arrested for DWI. ADETS is 16 hours of education related to alcohol and substance abuse and 251 persons were served in this program. 247 persons were served in the 20 hour Short Term Treatment Options Program.

SUBSTANCE ABUSE ASSESSMENTS

Clinical staff evaluates psychological, social, physiological signs and symptoms of alcohol and other drug use and abuse to determine the client's appropriateness for admission to our programs. If the level or type of care dictated by the assessment is not available at Anuvia the client is referred to a provider that matches the need. Staff conducted 2,754 Comprehensive Clinical Assessments during this reporting period. Additionally 334 Substance Abuse Disorders Diagnostic Schedule (SUDDS) interviews were conducted.

SHORT TERM TREATMENT OPTIONS (STTOP 40)

STTOP 40 is an intervention designed for clients with an "early dependence" diagnosis, where detoxification and/or intensive outpatient or inpatient levels of care are not warranted. This is a group experience that includes both an educational curriculum and group counseling sessions. Breath and urine analyses are utilized and attendance at a minimum of twenty Twelve Step meetings is required. This program meets for a minimum of forty hours over a minimum of sixty days. There are year round, day and evening cycles available, and sessions held in Spanish in the evenings.

Staff delivered STTOP 40 services to 156 clients during this reporting period.

ADULT SUBSTANCE ABUSE INTENSIVE OUTPATIENT TREATMENT PROGRAM (SAIOP)

SAIOP is designed for clients with a more chronic "dependence" diagnosis, whose physical health, family relationships, and/or regular employment have been significantly interrupted by their alcoholism and/or other chemical dependency, but who are assessed as not requiring inpatient level of care. The IOP has both day and evening treatment options and includes a structured educational curriculum, group and individual therapy sessions, breath and urine analysis, and requirement for ongoing attendance at Twelve Step programs. The IOP is an 18-week program consisting of Primary Care Level (meets 3 times per week for 9 weeks) and a Continuing Care Level (meets once per week for 9 weeks). Case management and Relapse Prevention services are available on a limited basis.

Staff delivered SAIOP services to 413 clients during FY 15-16.

ADOLESCENT SUBSTANCE ABUSE INTENSIVE OUTPATIENT TREATMENT PROGRAM (A-SAIOP)

Anuvia made the decision in 2010 to develop and implement an Adolescent Intensive Outpatient Treatment Program (A-SAIOP). Delivery of this service for adolescents' ages 12 through 17 began in December 2011. The overall goal of Anuvia's Adolescent Substance Abuse Intensive Outpatient Program (A-SAIOP) is to facilitate the participant's start in the life-long process of recovery required for the management of the disease of addiction and co-occurring mental disorders. Objectives include: Establishment of abstinence plan; acquisition of knowledge about disease of

addiction and co-occurring disorders; recognition of personal, familial and social impact of the life-long process of recovery required for the management of the disease of addiction and co-occurring mental disorders. Objectives include: Establishment of abstinence plan; acquisition of knowledge about disease of addiction and co-occurring disorders; recognition of personal, familial and social impact of chemical use; initiation of AA/NA and other 12 step program participation; encouragement of support system involvement; engagement with needed community resources. A-SAIOP has structured individual and group addiction activities, education and services that are provided at an outpatient program designed to assist adolescent consumers to begin recovery and learn skills for recovery maintenance and were delivered in a 4,400 square foot facility located at 5855, Suite 104, Executive Center Drive during FY 15-16.

Good communication and being someone your child can talk to is important

Adolescent SAIOP is offered on a schedule conducive for after school attendance. Adolescents attend three sessions per week that are three hours in duration for a minimum of ten weeks. Parents or caregivers are also involved in the program one evening a week for three hours. Individual and family sessions are provided as a component of this service. When adolescents complete this first phase of services they are transitioned into a continuing care component of this program which is one evening a week for three hours. The length of continuing care is customized to the needs of the adolescent.

During FY15-16, 132 assessments (this number is also included in the total number of assessments) were conducted for adolescents and their families. 80 of the adolescents receiving assessments were served in this program.

SUBSTANCE ABUSE COMPREHENSIVE OUTPATIENT TREATMENT PROGRAM (SACOT)

SACOT is a periodic service that is a time-limited, multi-faceted approach treatment service for adults who require structure and support to achieve and sustain recovery. SACOT Program is a service emphasizing reduction in use and abuse of substances and/or continued abstinence, the negative consequences of substance abuse, development of social support network and necessary lifestyle changes, educational skills, vocational skills leading to work activity by reducing substance abuse as a barrier to employment, social and interpersonal skills, improved family functioning, the understanding of addictive disease, and the continued commitment to a recovery and maintenance program.

Staff delivered SACOT services to 125 clients during this reporting period.

PSYCHIATRIC AND MEDICATION MANAGEMENT

People with a co-occurring mental health disorder and substance abuse disorder are at increased risk of relapse because they are not only dealing with the addiction they are also having to deal with extreme mood swings, depression, impulse control problems, or psychiatric hallucinations. If they receive treatment for these conditions, their ability to attend and benefit from counseling are

improved, and there will be fewer program discharges and dropouts. By treating both the mental health and substance abuse needs at the same time, our clients will remain in treatment longer and their outcomes will improve.

Medication Management starts with the client being assessed by an Anuvia Physician or Psychiatric Nurse Practitioner to determine if they have a mental health disorder in addition to their substance abuse disorder. If it determined the client has a co-occurring mental health disorder, appropriate medication(s) will be prescribed to address this .

The Physician, Psychiatric Nurse Practitioner or Registered Nurse will monitor utilization of medications they prescribed for the client to confirm that he or she is complying with a medication regimen. This process also includes monitoring other medications the client may be taking to avoid potentially dangerous drug interactions and other complications. This is especially important for those taking large numbers of medications and people with addictions to address chronic illnesses, multiple diseases, and relapse.

During FY 15-16, Anuvia served 64 clients in the Psychiatric and Medication Management Program in our Outpatient Services and 177 in the Detox and Residential Programs.

I was a lost man with a broken spirit when I arrived at Anuvia. Today, thanks to its wonderful staff, I am blessed with a better life.

DETOXIFICATION AND RESIDENTIAL TREATMENT SERVICES

On August 1, 2015, Mecklenburg County entered into a contract

with Anuvia Prevention and Recovery Center to take over the operations of the Mecklenburg County Substance Abuse Services Center (SASC) located at 429 Billingsley Road. The transfer of service occurred on September 1, 2015.

Under Anuvia, the SASC (now being referred to as the Samuel Billings Center) will continue to provide 24/7/365 services for its detox program, residential program, and chronic care. Last year, the detox program served 3,000 customers, and the residential program served another 400. Approximately 70 County positions have been moved to Anuvia, and those individuals were offered their same job positions.

Mecklenburg County shared this information in a press release on May 15, 2015: "This realignment is designed to take advantage of operational efficiencies and synergies to maximize our level of service to the people of Mecklenburg County. We constantly review our service delivery to ensure the best outcomes for our customers, the best experience for our employees, and ensure that we are good stewards of public funds. We look forward to making this partnership a great success."

Anuvia is very appreciative of this opportunity the continued partnership with Mecklenburg County. Our goal is to create a seamless continuum of care for those in our community suffering from substance abuse disorders along with their families to reduce the impact of this disease and to help them reach their full life potential.

During FY 15-16 Anuvia provide services to 2552 clients in the Detox Center and 615 in the Residential Treatment Program.

ABOUT ANUVIA

Anuvia is a non-profit prevention, treatment and recovery center that has served Charlotte and Mecklenburg County for over 50 years. The main campus is located at 100 Billingsley Road with an adolescent outpatient center located at 5855 Executive Center Drive (Suite 104). The Samuel Billings Center located at 429 Billingsley Road houses our detox and residential programs.

Anuvia has a strong, service-oriented reputation and have highly trained substance abuse prevention specialists and clinical counselors. CARF Accredited since 2002, Anuvia is an approved provider for Cardinal Innovations Healthcare, Medicaid, and most insurance companies.

**the first step,
starts with you.**

SUPPORT GROUP MEETINGS

Anuvia hosts 25 twelve step support group meetings each week that serve over 2,500 people. The facility is also made available to numerous groups with missions related to substance abuse services as well as community groups.

The Anuvia Prevention and Recovery Center is able to provide a tremendous amount of needed services to persons who lack resources because of the generous support of the Mecklenburg County ABC Board, foundations, and other contributors.



Community Wellness through Prevention and Treatment

DONOR SUPPORT

Numerous individuals made philanthropic gifts to Anuvia as well as the Mecklenburg County ABC Board, Sisters of Mercy of North Carolina Foundation, Elevation Church, Hood Hargett, , Physician's Impact Fund, Technocom, Wells Fargo, Mutual of America and Blue Cross Blue Shield.



Anuvia serves Mecklenburg County by providing programs focused on substance-abuse education, prevention, treatment, recovery and requirements for DWIs and drug offenses.

Major funding is provided by the Mecklenburg County ABC Board

For more information call :

Main Office

(704) 376-7447
100 Billingsley Road
Charlotte, NC 28211

Adolescent Center

980)321-5370
5855 Executive Center Drive, Suite 104
Charlotte, NC 28212

Samuel Billings Center

(704)445-6900
429 Billingsley Road
Charlotte, NC 28211

Changes in Assets	FY 2015-16	FY 2014-15
Revenue and Support:		
Program Revenue	11,255,311	6,109,586
Contributions	13,009	41,669
Special Events	42,249	26,225
Other	13,111	12,484
Total Unrestricted Revenue,	11,323,680	6,189,964
Support and Other		
Expenses:		
Program	8,808,422	4,836,608
Management and General	1,554,023	1,073,683
Total Expenses	10,362,445	5,910,291
Increase (Decrease) in Unrestricted Net Assets	1,155,449	443,837
Decrease in Temporarily Restricted Net Assets	(79,214)	112,836
Increase (Decrease) in Net Assets	1,076,235	556,673
Net Assets at Beginning of Year	2,010,242	1,453,569
Net Assets at End of Year	3,086,477	2,010,242

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"Sometimes the smallest step in the right direction ends up being the biggest step of our life. Tiptoe if you must, but take a step."... Naem Callaway

