

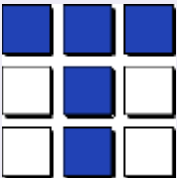
Tarrant Council on Alcoholism & Drug Abuse

*Our Mission: To Reduce Drug and
Alcohol Abuse in Our Community*

*Right: Maria Rojas leads a Sunshine
Club session with a group of children.
The Sunshine Club is a Tarrant Council
program designed to help promote self-
esteem among at-risk children.*



Annual Report 2004



Tarrant Council on Alcoholism & Drug Abuse

www.tarrantcouncil.org

Fort Worth Office	Arlington Office
1701 W. Freeway, Suite 1	401 W. Sanford, Suite 1900
Fort Worth, TX 76102	Arlington, TX 76011
(817) 332-6329	(817) 548-9993
(817) 332-2828 (fax)	(817) 459-1408 (fax)

From the Executive Director

Dear Friends of Tarrant Council,

It has been extremely gratifying to have the honor to be the Executive Director of this exceptional non-profit and experience the synergy and energy of the Board of Directors, staff and volunteers as they display their passion and commitment to the mission of Tarrant Council. Truly, this year has been a year of changes, expanded roles and deepening relationships. I am amazed at how fast these last 12 months have passed and all the work that has been accomplished to strengthen our operational foundations, as well as enhance our capacity to deliver services.

In the area of expanded roles and service enhancement, there have been several notable changes. First, due in part to the Texas Health and Human Services reorganization and the state's desire to create more uniform access/management of treatment, they invited agencies to take a lead role in managing a region's substance abuse inpatient waiting list and to authorize lengths of stay. Tarrant Council applied and, as of September 1, 2004, was designated as this front door to residential treatment for a 12-county area. This is a significant expansion beyond our past role of only serving Tarrant County. In effect, as this year develops, we will take on the role of managing the waiting list and authorizing admission and length of stay for all Texas funded inpatient beds for adults and youth in most of HHS Region III. Secondly, even as our federally funded Substance Abuse and Mental Health Services Administration (SAMHSA) workplace research project winds down, we were notified that our application for a new two-year SAMSHA funding package to focus on substance abuse interventions for youth ages 16-24 in the workplace was approved. Since 78 percent of those who abuse drugs and alcohol are employed, it's very exciting to have the opportunity to continue to try to impact our local workforce's substance abuse risks before workplace safety is impacted or expensive treatment options required. Lastly, we were blessed to get our requested support from the Arlington ISD to expand our 9th grade prevention programs beyond the wonderful support of Capital One funding. Because of this combined funding, it appears that all Arlington 9th graders will be able to participate in substance abuse prevention training that will reduce the risk of poor life choices as these 15-16 year olds embrace the freedom of having driver's licenses and increased access to alcohol.



Other updates and reflections include that, in 2004, we were able to serve 169 schools in Tarrant County with our evidenced-based prevention programs, up from the 144 schools served in 2003. However, one of our long-term elementary programs, Sunshine Club, received a funding reduction from the state of \$206,000 for FY 2005 which caused us to cut four staff positions. We are seeking to find alternative funding for this program that serves high risk/need 5-12 year olds. Last year, we had 17 schools on the waiting list for this program. On another front, our case management staff has grown from 12 to 14 case managers for 2005. Because of our wonderful relationships with MHMR of Tarrant County Addiction Services and Tarrant County, we were able to partner with them to obtain new federal funding to expand local treatment and support services for high-risk substance abusers.

Lastly, our development efforts expanded and enriched our financial strengths and relationships this last year. Our fundraising far exceeded our 2003 mark of \$101,460 as we obtained over \$170,000. This was due to the marvelous efforts of our Board, Advisory Board, the 12 individuals who were multi-year givers and the Premium Sponsorships of AmeriCredit, Bank One and Baylor All Saints for our three special events.

In summary, Tarrant Council is excited as we move into 2005. We know the challenges and problems we face this next year will create opportunities. With the help and passion of our friends and staff, we believe we will maximize these opportunities.

Sincerely,

Eric Niedermayer
Executive Director

Services to the Community

In addition to providing substance abuse education to thousands, the role of Tarrant Council is to act as the gateway through which those who reach out for help with drug and alcohol problems may access services. Most programs and services are offered free of charge.

Sunshine Club

A ten-week support group for children ages 5-12 who are at risk for chemical dependency. The program is designed to help kids feel better about themselves, promote self-esteem and focus on constructive ways to get their needs met.

Ground Zero

An intervention program for adolescents already experimenting with drugs and alcohol and other risky behaviors, such as gang involvement. Services are provided at the Juvenile Detention Center, alternative schools and community locations.

Project ASCENT

A proven, research-based substance abuse prevention education program aimed at all adolescents and offered in middle school classrooms.

Information Presentations

Alcohol, tobacco and other drugs education is provided for adults and youth in the schools, churches, community centers and other organizations, as requested. Staff also attend area health fairs to provide additional information and materials.

Information and Referral

Information is provided to callers about substance abuse issues and problems including how to access needed services.

General Case Management

Licensed chemical dependency counselors provide substance abuse outreach, screening, referral and follow-up serving the general adult and adolescent population.

Intensive Case Management

Licensed Chemical Dependency Counselors provide intensive follow-up for special populations to treatment and other services, including women transitioning from welfare to work, HIV, homeless and IV drug users.

Youth Transition into the Workplace

Through a two-year grant from SAMHSA, Tarrant Council is developing the Youth Pathways for Substance Abuse Prevention program, designed to provide substance abuse prevention/early intervention services targeting young adults ages 16 to 24 who are transitioning into the workplace.

Drug-Free Business North Texas

Tarrant Council can assist businesses in developing a drug-free workplace. We also provide DWI Education, Drug Offender Education, Chemical Abuse and Lifestyle Management (CALM) and Alcohol and Drug Abuse Prevention Training (ADAPT). We also offer low cost Substance Abuse Professional (SAP) assessments and can assist businesses in developing a drug-free workplace.

BOARD OF DIRECTORS

Maritta Loo, Ph.D.
Robin Davis, M.S.
John Shelton
Monica Crider, CPA
Howard Dunlop, Ph.D.
Bruce Frankel
Bryan Frazier
Mary Hayden
Shane Koch, Rh.D.
John Leslie
Samuel Moore, CPA
Greg Phillips, M.D.
Samantha Skiff
Beverly Anne Thompson-Roberts

EXECUTIVE DIRECTOR

Eric R. Niedermayer

ADVISORY COMMITTEE

Leonard Bade	Clifton Morris
Dionne Bagsby	Faye Murphy, Ph.D.
Jim Bradshaw	Daniel L. Penner
John Goff	Jay Sandelin
William M. Henderson, II	Joe Stasney
Kenneth Jones	Cheri Summerall
Shirley Little	Wesley Turner
S. Thomas Mitchell	Commissioner B. Glen Whitley
Fred Monroe	Kelly Young

(as of 2/2005)

Accomplishments

As Tarrant County's front door to substance abuse treatment, Tarrant Council helped more than **100,000 people** who called or visited our agency in fiscal year 2004 because they were experiencing substance abuse problems. Our general case management teams in our Fort Worth and Arlington offices served over **1,277 adults and 425 adolescents**. In addition, our partnership with the Tarrant County Work Advantage Board facilitated our service to approximately 71 clients participating in the Temporary Assistance for Needy Families program.

The Sunshine Club directly touched the lives of **2,313 children** ages 5 through 12 in 63 schools from seven districts. The research-based program is designed to help kids at risk for chemical dependency feel better about themselves, promote self-esteem and focus on constructive ways to get their needs met. Participating children showed an increase in decision making, assertiveness skills, and self-concept.



Project Ascent, a life skills training for middle schoolers, reached **6,991 students** in nine schools from six ISD's. This proven, research-based program provides substance abuse prevention education. Students showed decreased use or intent to use substances and increased knowledge about substances after completing the program. **Ground Zero**, another evidence-based program, served 1,575 students from 33 schools in 10 districts.

The Arlington and HEB **9th grade series**, a three-day drug and alcohol education program, educated **3,255 students** in two independent school districts. Seventy percent of the participants showed a 20 percent or greater increase in knowledge.

Through partnerships and grants with Mental Health Mental Retardation of Tarrant County and the Substance Abuse Mental Health Services Administration, our **intensive case management** team directly assisted more than 300 people and provided over 9,152 hours of face-to-face client support.



Our funding for **Recovery Options for Addictive Disorders**, a three-year research-based program comparing the success of case management with intensive residential treatment versus other treatment without intensive case management, ended on September 30th. There were 130 unduplicated referrals made to clients, and 31 clients who were closed as successful as determined by their completing the goals set in their case plan. We linked clients to 178 various community resources, and 76 percent of clients successfully completed their case service plans and are either abstinent or practicing harm reduction, working and living in a safe environment.

We are currently partnering with Mental Health/Mental Retardation of Tarrant County on a new **HUD Supportive Housing** grant. This two-year grant began on June 1 with a goal to provide treatment for the substance abuser with the case manager advocating for the client to obtain stable living arrangements and become employed, as well as assisting the client in becoming self-sufficient. We will serve up to 48 clients per year.

The field work of the **Small Business Wellness Initiative**, a three-year SAMHSA research grant focused on providing two different wellness intervention programs in workplaces, ended in 2004 after services were provided to 41 different businesses and more than 1,300 employees in the metropolx. Employees receiving the *Team Awareness-Small Business* training were significantly more likely to increase healthy stress unwinding behaviors (e.g., exercise, meditation, socializing) and showed an increased willingness to seek help for stress and depression following training.

Tarrant Council served close to 600 parents through **Parent Connection**, an educational program provided to parents. The six one- to two-hour sessions are designed to help parents become healthy role models and provide them with resources to assist their children in remaining drug free.

Led by Tarrant Council, the **Put It Out tobacco coalition** continued its work to reduce underage tobacco use. This year's poster contest attracted more than 800 student entries, and events were held in connection with Great American Smokeout, National Kick Butts Day and World No Tobacco Day. The coalition was not funded for FY05, but the collaborations between the coalition partners will continue into FY05. Coalition members include the American Cancer Society, Boys and Girls Clubs of Greater Fort Worth, Tarrant County Challenge, City of Fort Worth Public Health Department, Tarrant County Public Health Department, Texas Department of Health and Texas Christian University.

Over 24,400 Tarrant County residents attended an alcohol, tobacco and other drugs educational presentation given by Tarrant Council in a variety of forums, including businesses, Chambers of Commerce, schools, churches and other locations.

Tarrant Council staff continued to reach out into the community, attending **42 health and other fairs** which touched close to 3,500 people. We also provided required drug and alcohol education for more than **1,700 people**. In addition, we provided general presentations about Tarrant Council to more than **6,400 people** at our facility and in the community at various sites.



How You Can Help

Tarrant Council on Alcoholism & Drug Abuse is the primary agency in Tarrant County with a 48-year history of providing awareness, education, case management, assessment, intervention and prevention services to our residents. You can help support Tarrant Council in a variety of ways.

Donations

You can help support our mission to reduce drug and alcohol abuse in our community by making a tax-deductible donation to Tarrant Council. We gladly accept donations of any amount year-round. Regardless of the amount, we will use your gift responsibly.

Special Events

You can also support Tarrant Council through one of our special events. Tee off with your friends at the Tarrant Council Golf Classic in the fall or spend an evening with us in the spring at our annual Stars in Recovery event. Don't forget to join Tarrant Council and our friends for the Annual Council of Friends Luncheon held each fall. Visit our website at www.tarrantcouncil.org or watch our *Council Connections* newsletter for news on these and other exciting events throughout the year.

In-Kind Donations

Tarrant Council has an ongoing need for supplies and other items to help us serve our community. We can use any of the following items on a year-round basis:

- Gift cards-Wal-Mart, Target or American Express gift cards for emergency items for our clients
- Light refreshments-light snacks for peer support groups
- Grocery donations-canned goods, non-perishable food items
- Equipment-desktop computer, notebook computer or laptop, LCD projector and color laser printer
- Services-printing services for brochures and special events
- General Office Supplies-copier paper, pens

Volunteer

By offering a few hours of their time, Tarrant Council volunteers help us achieve even more than we could with staff alone. You can help us by volunteering your time in our office, at special events or by serving on our board. To find out more about volunteer opportunities, contact Kim Hallom, volunteer coordinator, at (817) 332-6329, ext. 317.

Planned Giving

In planning for the future, many people want to include their favorite charities. Charitable remainder trusts, life insurance policies, donations of property and many other plans which offer tax benefits can become a part of your long-term financial plan. Consult your financial advisor or contact us to find out how you can include Tarrant Council in your plan.

Join the Council of Friends

The Council of Friends is one of our major fund-raising efforts that generates more community goodwill and awareness of our mission than any of our other fundraisers. The main purposes of the Council of Friends luncheon are to provide education about the mission and programs of Tarrant Council and to raise funds for the organization. The benefit of increasing our donor base and acquiring multi-year donors is that Tarrant Council can use these donations as unrestricted funds. Our reliance on grants and other funding sources will decrease as our donor base increases, allowing Tarrant Council to increase programs, staff and our outreach to the community. Current members of the Council of Friends are (*as of 1/2005*):

*Al & Kozie Bartow
Linda Beranek
Angela & Dickie Bowden
Jim Bradshaw
Nancy Manning Carter
Lori Douglas
Jim Gallagher
Vanessa Golden
Linda Henderson
Toni Kilpatrick*

*John Leslie
Chris Monroe
Daniel L. Penner
Alex Powell
Samantha Skiff
Henry C. Smyth
Carolyn Stone
John Shelton
Dee & Greg Hayden
Sam & Harriet Moore*

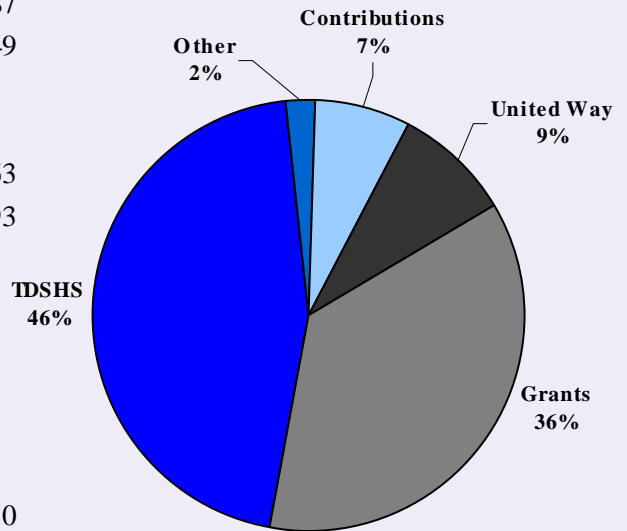
*Eric & Vicki Niedermayer
Tom & Maryanne Mitchell
Fred Monroe
Flora Brewer
Jim G. Rhodes
Sam & Kelly W. Heath
Suzanne M. Kraebel
John Allison*

For more information on how you can help, contact Cynthia Cuellar at (817) 332-6329, ext. 218, or c.cuellar@tarrantcouncil.org.

Financial Report (9/1/03-8/31/04)

Revenues

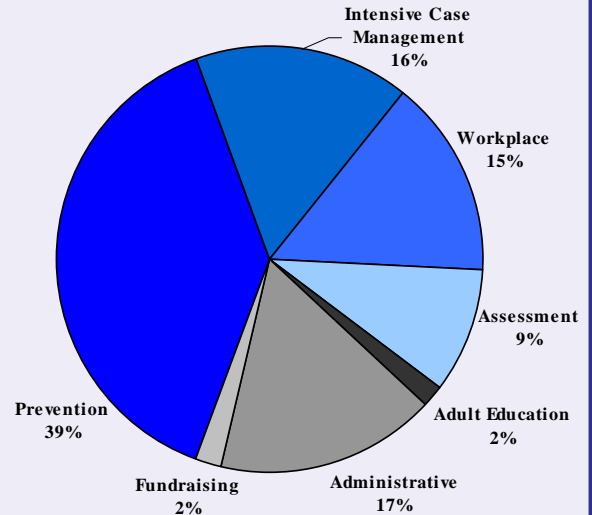
Texas Department of State Health Services	\$1,343,187
Local, State and Federal Grants	\$1,064,249
... Including City of Fort Worth, City of Arlington and Substance Abuse Mental Health Services Administration	
United Way	\$ 261,063
Contributions	\$ 216,293
...Corporations/Foundations, such as Capital One Bank, Amon Carter, UBS, Americredit, Colonial Charities, Walmart, Ryan and Kent Foundations	
...Individuals	
...Special Events	
...Pledges	
Other	\$ 65,750
...Including adult education classes and DOT assessments, interest income, etc.	



Total : \$2,958,493

Expenses

Prevention	\$1,104,473
... Including Sunshine Club, Ground Zero, Project ASCENT and 9th Grade Series	
Assessment	\$ 267,796
... Including Outreach, Screening and Referral and Arlington Office	
Intensive Case Management	\$ 460,496
... Including TANF, HIV Early Intervention and Project Health First	
Adult Education	\$ 44,579
Workplace	\$ 429,653
... Including Drug-Free Business North Texas and Small Business Wellness Initiative	
Administrative	\$ 469,824
Fundraising	\$ 58,378



Total : \$2,835,199

TARRANT COUNCIL PREMIUM SPONSORS



15th Annual Tarrant Council
Golf Classic



16th Annual Stars in Recovery

**Bank One,
Trustee for the George
McQueen Foundation**

2nd Annual Council of
Friends Luncheon