



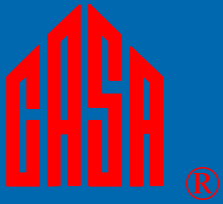
**The National Center[®] on
Addiction and Substance Abuse
at Columbia University**

2010



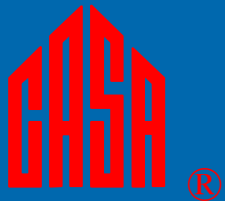
The National Center on Addiction and Substance Abuse (CASA) at Columbia University

The only national organization that brings together under one roof *all* the professional disciplines needed to study and combat abuse of *all* substances - alcohol, nicotine, illegal drugs, prescription drugs, performance enhancing drugs - in *all* sectors of society.



CASA Missions

- Inform people of the economic and social costs of substance abuse
- Assess what works in prevention and treatment and law enforcement
- Encourage people to take responsibility to reduce substance abuse and addiction
- Provide those on front lines with tools they need to succeed
- Remove stigma and replace shame and despair with hope



CASA Activities

- Demonstration programs at 211 sites in 81 cities & counties, and 31 states, plus Washington, DC and 2 Native American reservations
- 15 CASA Conferences
- 67 CASA reports and white papers; 3 manuals; 163 published articles/book chapters in professional and peer reviewed publications; 12 articles pending publication
- 362 scientific and professional conference presentations



CASASTARTSM

CASASTARTSM - (Striving Together to Achieve Rewarding Tomorrows)

combines teachers, police, social service and health-care workers under one umbrella to provide comprehensive services to 8-13 year-old high-risk children and their families.



CASASTARTSM Program Dissemination

- **123 Sites as of March 2010**
- **50 Cities and Counties**
- **20 States**
- **1 Native American/Tribal Reservation**



Core Values For Helping High Risk Youth

Treat children as children, not problems to be solved

Relationships are key to success

All youth can be helped to achieve to the best of their abilities



CASASTARTSM

Targets High Risk Youth 8 – 13 Years of Age

- School Risk Factors
- Family Risk Factors
- Personal Risk Factors
- Environmental Factors



CASASTARTSM

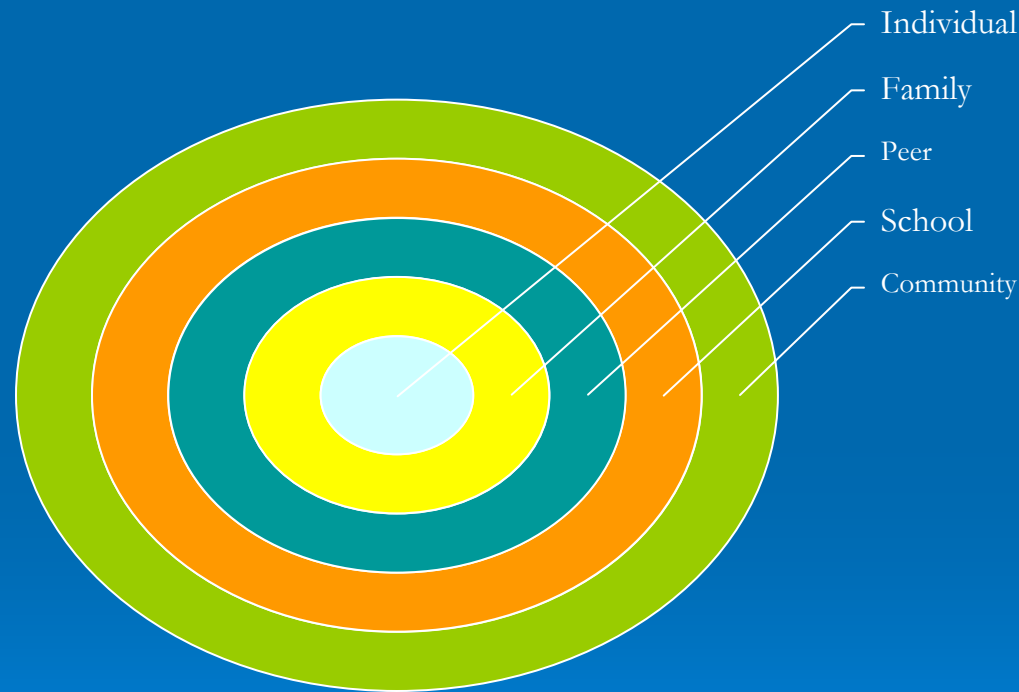
Aims to Improve the Lives of High-Risk Youth

- Reduce juvenile delinquency and violence
- Increase participant attachment to school
- Improve grades
- Reduce substance use and abuse
- Strengthen families
- Make communities safer



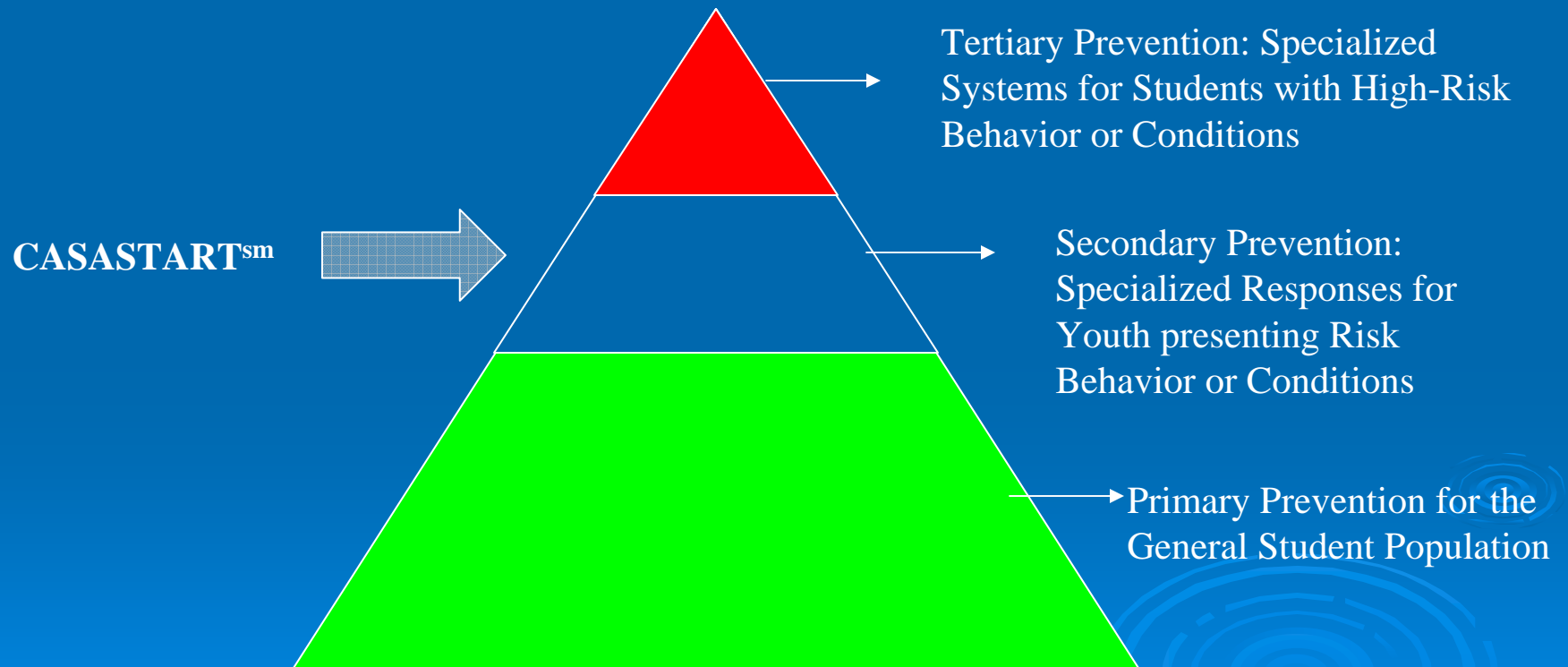
Risk and Protective Factors

Focuses on the relationship between risk and protective factors in a young person's life





Who CASASTARTSM Serves





CASASTARTSM Phase I 1992-1995





Urban Institute Evaluation

Performed in 5 cities: Austin, Bridgeport, Memphis, Seattle, and Savannah, 1992-1994

Urban Institute Findings CASASTARTSM Youth Were:

- **More likely to be promoted to next grade.**
- **More likely to have relationships with positive peers.**
- **Less likely to respond to negative peer pressure.**



Urban Institute Findings (*cont'd*)

- **CASASTARTSM youth were approximately 20 percent less likely to use drugs in the past 30 days compared to youth in the control group.**
- **CASASTARTSM youth were approximately 60 percent less likely to sell drugs.**
- **CASASTARTSM youth were approximately 20 percent less likely to commit violent acts.**



An Evidence Based Program

Exemplary and Model Program

- Office of Juvenile Justice & Delinquency Prevention (ODJJP)
- U.S. Department of Education (ED)
- Substance Abuse and Mental Health Services Administration (SAMSHA)
- National Dropout Prevention Center
- Office of the U.S. Surgeon General and Centers for Disease Control and Prevention (CDC)

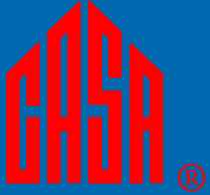
Promising Program

- Blueprints Project at the University of Colorado



CASASTARTSM HELPS SCHOOLS SUCCEED

A “Tipping Point” is reached when 7% of a school’s student population is involved in the program. Scores on standardized tests go up, and disciplinary incidents go down for the entire school.



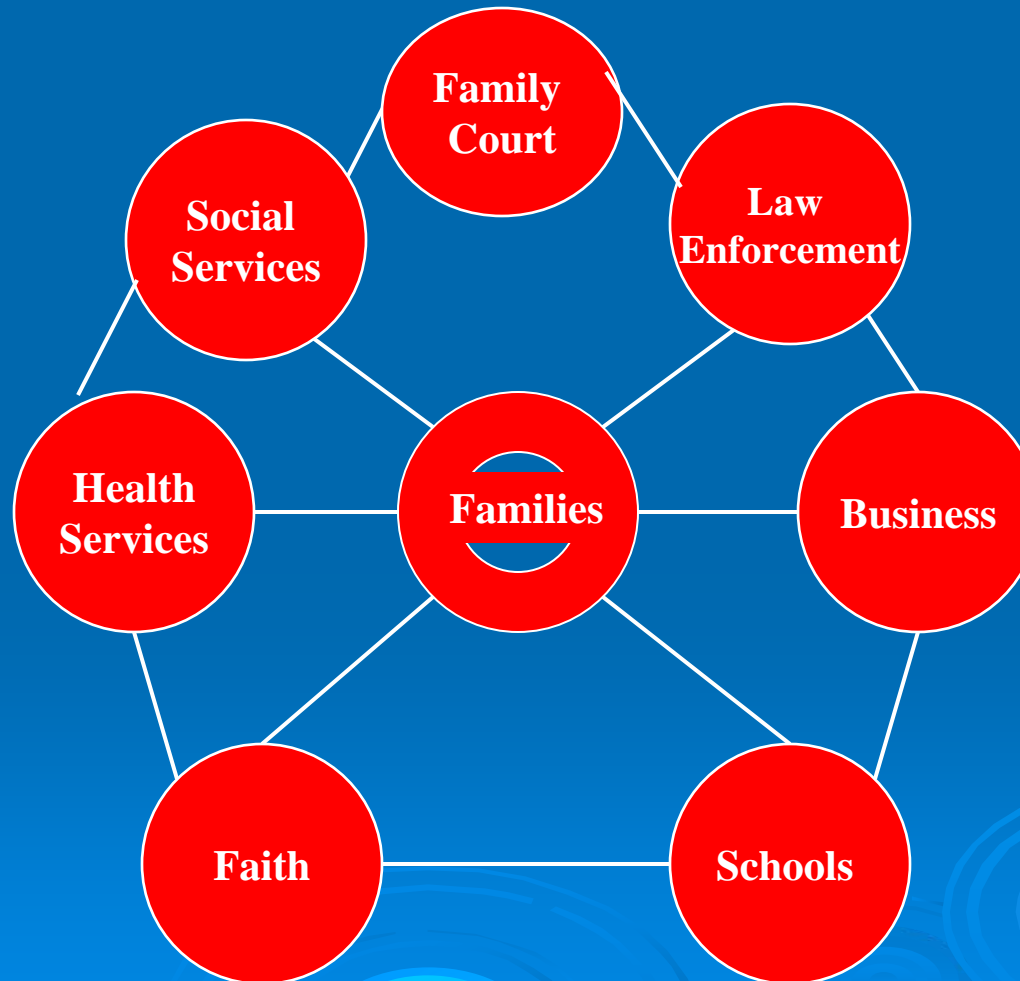
CASASTARTSM Mantra

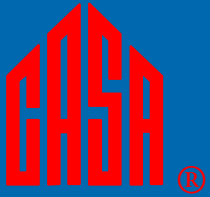
- Community Based
- School Centered
- All The Youth Get All The Services
- Partners Attend CASASTARTSM Meetings Regularly



Developing Process of Communication

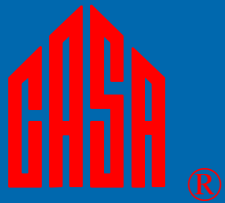
Connecting the Dots: An Integrated Support System





CASASTARTSM - 8 Strategies

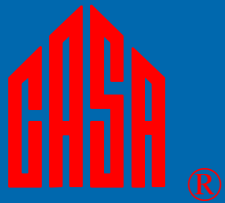
- Intensive Case Management/Social Support
- Family Support
- Incentives
- Mentoring
- Afterschool and Summer Programming
- Educational Support
- Community Policing
- Juvenile Justice linkages



CASASTARTSM

Creating Partnerships

A Common Vision
A Common Mission
A Common Language



CASASTARTSM

Key Partners

Social Service Organization
School
Law Enforcement



CASASTARTSM 3 Meetings

Case Conferences

Youth Focus - **Case manager, key personnel in the school, and law enforcement meet twice a month to problem solve around issues that arise with youth participants.**

Administrative Meetings

Program Focus - **CASASTARTSM Program Manager meets with Principal and Police Lt. To discuss challenges and successes at the school level.**

Advisory Council Meetings

Policy Focus - **Key decision-makers in the community attend this meeting. They are charged with addresses broader community issues related to youth substance abuse, delinquency and other trends affecting youth as well as developing policies and securing funding to support the program.**



CASASTARTSM Partners

Key School Responsibilities

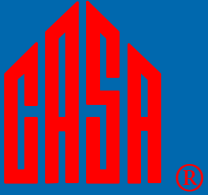
- Provide office and meeting space
- Refer students eligible for CASASTARTSM
- Participate in 3 key meetings of CASASTARTSM
- Share information regarding youth grades, attendance, conduct
- Work with partners to create a sustainability plan



CASASTARTSM Partners

Key Lead Agency Responsibilities

- Act as lead agency – hire, manage, and train staff to implement program
- assemble partners
- nurture formal and informal communication among partners
- facilitate communication and collaboration between partners, coordinate 3 key meetings
- Maintain client records & data
- Work with partners to create a sustainability plan



CASASTARTSM Partners

Key Law Enforcement Responsibilities

- Teach prevention or “street law” classes to participants
- Make positive connections with youth in the program
- Create and/or enhance community policing strategies
- Share information regarding youth and crime in neighborhood
- Establish safe corridors to and from school
- Lead out-of-school activities
- Refer eligible youth to the program
- Accompany case managers on home visits when appropriate
- Attend 3 key meetings
- Work with partners to create a sustainability plan



A Successful CASASTARTSM Site

Common Characteristics

- **Defined geographic boundary**
- **Strong lead agency**
- **Interagency agreements**
- **School-based services**
- **Community policing strategies**
- **Commitment to positive youth development**
- **Coordinated services through a series of meetings**



A Successful CASASTARTSM Site

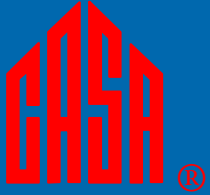
Common Characteristics, cont'd

- **Youth can participate for two years**
- **Intensive case management approach**
- **Youth have at least four risk factors**
- **Sites receive training and technical assistance from CASA**
- **Systems approach**

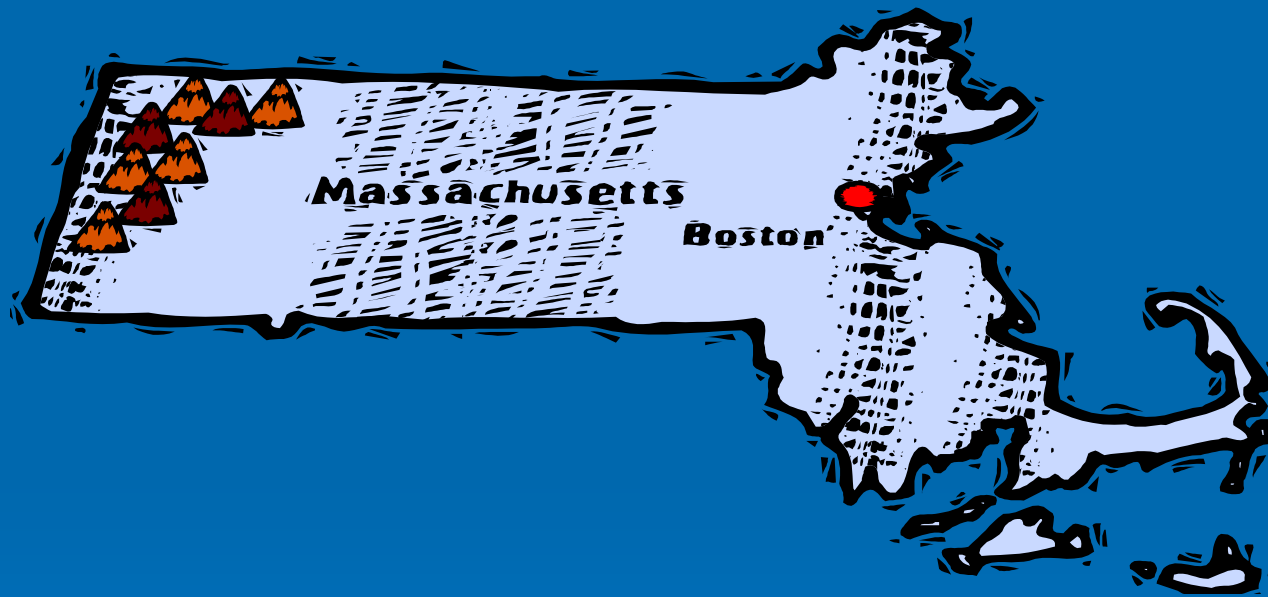


CASA's Role In Supporting Programs

- Identify target neighborhoods and lead agencies
- Train in core program areas
- Establish CASASTARTSM site meetings
- Manage the CASASTARTSM Website
- Conduct case record reviews
- Troubleshoot problems and suggest corrections
- Develop funding strategies to sustain programs
- Program accreditation
- Convene national and regional learning exchanges



What is unique to the DYS CASASTARTSM





CASASTARTSM Adaptation Massachusetts Department Of Youth Services

What is unique to the DYS CASASTARTSM

Models of Care

•Residential

Assessment: Prevention and treatment curriculum will **NOT** be provided in the assessment units.

•Community

Youth leaving residential on the **treatment** track will be sent to a provider in the community (who provides substance abuse treatment for our youth) for a substance abuse assessment and recommendation of treatment.

Substance Abuse Services

•Committed youth in need of substance abuse treatment — based on assessment, history and committing offense — receive services that address the clients' physical and/or psychological dependence on substances.

•Prevention Track

Committed youth not in need of substance abuse treatment receive educational classes on substance use/abuse issues, individual education, and other educational modalities as deemed necessary to enhance the clients' knowledge of substance-related issues.



DYS CASASTARTSM Team

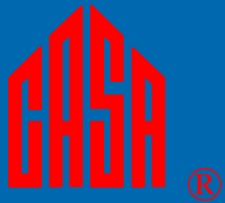




DYS CASASTARTSM

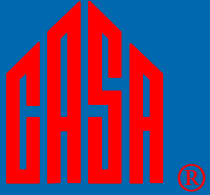
Core Services





Pro-social Services





CASASTARTSM In Kentucky

The Kentucky Department of Juvenile Justice has adopted CASASTARTSM as a prevention program for youth at high risk of involvement in the juvenile justice system in Livingston County



CASASTARTSM In Connecticut

The Connecticut Department of Children and Families has selected CASASTARTSM its primary prevention strategy for young people at risk of becoming involved in the juvenile justice system

- **Aligned with the recently enacted Raise the Age law**
- **Program to begin in July 2010**
- **Initially to be implemented in five cities**



CASASTARTSM Sustainability

The competitive environment has changed

- **more accountability**
- **sole-source funding is difficult**
- **grant money and contributions are getting harder to come by**
- **increased demand for a smaller pool of resources**
- **avoidance of duplicating existing, comparable services**
- **increase collaboration**
- **systems focus**



CASASTARTSM Sustainability

Funders and CASASTARTSM

- **Evidence Based Model**
- **Market demand from a large client base**
- **Partnerships are Key**
- **Appeal to volunteers**
- **Measurable and reportable program results**
- **Focus on prevention**
- **Low client resistance to program services intended to promote the self-sufficiency or self-rehabilitation of client base**



CASASTARTSM 3 Sustainability

CASASTARTSM Sustainability

Average Cost for
A Participating Child and Family is
\$3,000 –3,500 Per Year

Compare to the Average Cost of a year
in a Correctional Facility, i.e.
Connecticut at \$269,000

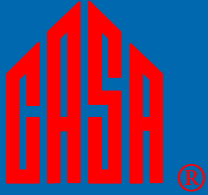


CASASTARTSM 3 Sustainability

Annual operating expenses are directed mainly by prevailing wages and the number of staff you hire.

Program budgets have been as low as \$75,000 and as high as \$200,000.

However, program costs also should reflect the number of students you serve.



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