



THE FLORIDA LEARNING SYSTEM

February 2008

Volume 11 / Issue 5

National Partners

Substance Abuse & Mental Health Services Administration



Center for Substance Abuse Treatment



Robert Wood Johnson Foundation



Florida Partners

Department of Children & Families, Substance Abuse Program Office

Stephenie Colston, Executive Sponsor

Sheila Barbee, AR/STAR-SI Project Director

Chris Weller, AR Program Analyst

Ximena Johnson, STAR-SI Administrative Assistant

Jeff Balsler, STAR Process Improvement Coordinator



Florida Alcohol & Drug Abuse Association

Mark Fontaine, Executive Director

Polly Ryan, Project Coordinator
Melissa Silhan, Consultant



MENTORING

Peers Helping Each Other Through Organizational Process Improvements

Mentoring is not a new or unique concept. When asked, most professionals regardless of what kind of work they do, can easily identify a person who helped them through their early years in the working world. But mentoring is now being used as a very integral part of the Strengthening Treatment Access and Retention – State Implementation (STAR-SI) project.

Chrissy DeWerff, Manager/Change Leader, Continuous Quality Improvement at Southwest Florida Addiction Services, Inc. (SWFAS), is one of the senior mentors in the Florida STAR-SI project. Chrissy explains that in 2005, SWFAS was part of *Path to Recovery*, a Robert Wood Johnson program and precursor to the current STAR-SI project. She and SWFAS Executive Director, Kevin Lewis joined *Path to Recovery* in January, 2005; she, in the role of Change Leader and Kevin, as Executive Sponsor. “Kevin likes to say he ‘drank the process improvement Kool-Aid’”, says Chrissy. When that grant ended in June 2006 Chrissy and Kevin Lewis, as well as fellow *Path to Recovery* veterans from the Center for Drug Free Living in Orlando, assisted the State in pre-planning for the STAR-SI grant.

The State was awarded the STAR-SI grant in November 2006 and STAR-SI Project Director, Sheila Barbee recruited Chrissy and Kevin to mentor providers joining STAR-SI. “We didn’t have any formal training”, explains Chrissy, “they thought as long as we had walked the walk we had something to offer. To prepare we tried to think about what we wish we had known before we started process improvements using rapid-change cycles. We wanted to help others avoid the bumps we had experienced.”

Chrissy describes her role as mentor as helping to:

- Clarify change team roles;
- Lessen the fear of the unknown;
- Share the benefits of experience; and
- Help teams if they get “stuck”.



Chrissy DeWerff

Since beginning this process, Chrissy’s permanent job title has changed to include Change Leader. “I guess I drank the process improvement Kool-Aid too”, says Chrissy. Both Chrissy and Kevin Lewis continue to volunteer their time to mentor new teams entering STAR-SI. They will also be participating in the training for new mentors which will take place in March.

Mark Your Calendars

This year the NIATx Summit will be combined with the annual SAAS conference - June 22-25 in Orlando.

For more info: <https://www.niatx.net/Content/ContentPage.aspx?NID=339>

Mission: This newsletter is designed to share information, findings, resources and lessons learned from two state-wide partnership practice improvement initiatives.



Strengthening Treatment Access and Retention - State Implementation (STAR-SI)

The Sky's the Limit

February 2008

Volume 11 / Issue 5

Partners Year One

- ★ Drug Abuse Comprehensive Coordinating Office (DACCO)
Tampa
- ★ Lakeview Center, Inc.
Pensacola
- ★ Manatee Glens Corporation
Bradenton
- ★ Meridian Behavioral Healthcare
Gainesville
- ★ Stewart-Marchman Center
Daytona Beach

Year Two

- ★ A.C.T.S.
Tampa
- ★ Family Resource Center
Miami
- ★ Gateway Community Services
Jacksonville
- ★ Harbor Behavioral Health Care
New Port Richey
- ★ Jackson North
Miami
- ★ LifeStream Behavioral Center
Leesburg
- ★ The Village
Miami

Peer Mentors

- ★ Center for Drug-Free Living
Angie Maldonado
Dr. Helen Benn
- ★ Southwest Florida Addiction Services
Kevin Lewis
Chrissy DeWerff

NIATx Coach

- ★ *Dr. Pauley Johnson*

Networks

- ★ Central Florida Behavioral
- ★ Northeast Florida Addictions Network, Inc.
- ★ South Florida Provider Coalition

In The News

STAR-SI Project Celebrates Half-Way Mark

The second annual national meeting of Strengthening Treatment Access and Retention - State Implementation (STAR-SI) took place in Bethesda Maryland, February 13-15. Fifteen Florida STAR-SI representatives attended including representatives from each of the seven year-two provider sites, managing entities, peer mentors and state program office staff.

Frances Cotter, Quality Improvement Team Leader with the Center for Substance Abuse Treatment opened the session and congratulated all 10 STAR-SI states for making it to the half-way mark in this three-year grant cycle. She reminded the audience that “peer networking, at every level, is essential to the success of this program”. **Todd Molfenter, Deputy Director of NIATx** then spoke to the group on the progress that has been made during the last 18 months. He reminded the group that the project goals in the beginning were to:

- ◆ Spread evidence-based organizational change techniques;
- ◆ Develop payer-provider partnerships to unite the system; and
- ◆ Bring performance management to addiction treatment.

Dr. Molfenter unveiled our national STAR-SI project goals for the future as:

1. High performance organizations;
2. Partnering to improve systems; and
3. Accountability and “proving value”.

Later in the three-day meeting, sessions were held on *Performance Management, Creating a Business Case, Access and Retention, Spread, and Creating Your 30-Second “Elevator Speech”* to share with policy makers and other treatment providers about the success of the NIATx principles in action.

SAMHSA Director Speaks at STAR-SI Meeting

Those in attendance at the Second Annual STAR-SI National Meeting in Bethesda, Maryland, February 13-15, had the pleasure of hearing an inspirational address Wednesday morning by **Dr. H. Westley Clark, Director of the Substance Abuse and Mental Health Services Administration (SAMHSA)**. Dr. Clark spoke highly of the effectiveness of the NIATx model and the business case results of the STAR-SI project. He reported that since the beginning of STAR-SI across the country, 1,500 new admissions have resulted without new funding resulting in \$4,000,000 in additional care.

Dr. Clark also discussed how the STAR-SI project fits into a **Recovery Oriented System of Care** approach which SAMHSA has adopted. He described this approach as a support person centered, self-directed approach to care that builds on the personal responsibility, strengths, and resilience of individuals, families and communities to achieve health, wellness and recovery from alcohol and other drug addictions. He charged the group to continue the process improvements toward better access and retention because there are thousands of Americans who know they need treatment but have yet to receive help.

Mission: This newsletter is designed to share information, findings, resources and lessons learned from two state-wide partnership practice improvement initiatives.



Advancing Recovery... Leading the Way

February 2008

Volume II / Issue 5

*Purpose:
To develop and implement
administrative and
clinical system
improvements at provider
and state levels to
facilitate the successful
utilization of selected
categories of evidence-
based practices for
addiction treatment.*

Partners

- ⇒ **Operation PAR**
Nancy Hamilton, CEO
Kay Doughty, V.P. of
Family and Community
Services
- ⇒ **River Region Human
Services**
Derya Williams, CEO
Minerva Bryant VP,
Clinical Operations
- ⇒ **Spectrum Programs/
Miami Behavioral
Health Center**
Bruce Hayden, CEO
Rhonda Bohs, V.P. of
Research Development

Coaches

- ⇒ **State Coach**
Colette Croze
Private Consultant
- ⇒ **Provider Coach**
Michael Boyle
President/CEO Fayette
Companies

IN THE NEWS

Alkermes Team Visits Florida AR Site

On Monday, January 28, 2008, River Region Human Services in Jacksonville was privileged to host a meeting of the Florida Advancing Recovery Project with Dr. David Gastfriend and a group of professionals from the Alkermes Team. Dr. Gastfriend and the Alkermes Team were available to discuss “what’s going on with Vivitrol treatment” with the group and provide technical assistance.

Derya Williams; CEO at River Region expressed her appreciation for the opportunity and welcomed Dr. Gastfriend and his team, Sheila Barbee and the other members of the Advancing Recovery Project and other guests to the River Region Training Center.

After a presentation of data collected from other private and public Medication-Assisted Treatment programs nation-wide, the River Region change team presented an overview of project involvement. With information shared from the other Florida Advancing Recovery Partners, Operation PAR in Tampa and Spectrum in Miami, River Region counseling staff shared their experiences with clients in Medication-Assisted Treatment using Vivitrol.

The information and the presentation facilitated discussion about several critical issues:

- ◆ Are clients more accepting of the disease model with Vivitrol?
- ◆ ASAM placement criteria and the client’s ongoing participation in the protocol;
- ◆ Identifying ongoing barriers to treatment (i.e., cost);
- ◆ The implementation and need for a specific Vivitrol group for participating clients; and
- ◆ Utilizing audio interviews in treatment with clients to reinforce the progress they have made as a result of the Vivitrol project.



Dr. David Gastfriend

All of the participants agreed that the meeting had been very beneficial for gaining insight and understanding about the implementation of Vivitrol in the area of Medication-Assisted Treatment. Dr. Gastfriend and the Alkermes Team were very excited to be able to provide technical assistance to other programs.

Evidence-Based Practice BRITE Webinar

On January 17, 2008, the Florida Alcohol and Drug Abuse Association in partnership with the Substance Abuse Program Office hosted a webinar on Brief Interventions and Brief Treatments. Focusing on older adults, the presenters reviewed concrete, practical, research-based intervention and treatment approaches, as well as resources that can be used by practitioners in a variety of settings. Starting with the premise that all adults age 60 and above should be screened for alcohol and prescription drug misuse, **Kristen Lawton Barry, PhD**, Research Associate at the Department of Psychiatry, Addiction Research Center, recommended the use of a workbook such as the *Florida BRITE Project Health Promotion Workbook* (<http://BRITE.fmhi.usf.edu>) which is structured to identify future goals, summarize health habits, educate and explore alcohol use and medication misuse. **Lawrence Schonfeld, PhD**, Professor and Chair of the Department of Aging Mental Health at the Louis de la Parte Florida Mental Health Institute reviewed the *Substance Abuse Relapse Prevention for Older Adults: A Group Treatment Approach* (<http://ncadi.samhsa.gov>). Based on the cognitive behavioral model of relapse prevention, the manual contains a substance abuse profile for the elderly, scripting for 16 sessions, and follow-up and aftercare strategies.

To review the webinar, go to http://www.fadaa.org/services/resources_center/PD/WebEX/index.asp

Mission: This newsletter is designed to share information, findings, resources and lessons learned from two state-wide partnership practice improvement initiatives.