

**Priority:** Basic Needs  
**Program Offer Type:** Existing Operating  
**Related Programs:**

**Lead Agency:** County Human Services  
**Program Contact:** John Pearson

**Program Characteristics:**

**Executive Summary**

Youth Alcohol & Drug outpatient treatment is an effective level of care that is commonly utilized, accessible and relatively inexpensive. Youth outpatient treatment provides a different mixture of services than adult outpatient, with more emphasis on family involvement and developmental issues, but maintains the continuum of individual, group, and family counseling; medication management if necessary; and relapse prevention.

**Program Description**

Youth outpatient services (101 treatment slots) are delivered throughout the County through a network of contracted providers. Intake, assessment, counseling (group, individual and a strong family component), relapse prevention, and referral to aftercare self-help groups are all part of the youth outpatient treatment continuum. Services are family-centered and culturally competent. Most of the providers in the network are progressing well toward Evidence Based Practices, as required by State mandate. Most are using some form of Motivational Treatment or Motivational Interviewing as a basis for their treatment model. Youth typically attend treatment two to four times per week for several months. Most adolescent substance use is characterized by bingeing and opportunistic use. Also, young people have more trouble than adults projecting the consequences of their drinking and/or drug use. Youth treatment is designed to encompass age, gender, ethnicity, cultural background, family structure, developmental stage, peer influence, readiness for change, and education requirements. There are different developmental needs for younger adolescents than older adolescents and treatment is delivered appropriately for different age groups. Family members are involved in youth treatment because family history may play a role in the origins of the problems that lead to addiction for the youth.

**Program Justification**

With the right help, young people can overcome their addictions and lead healthier lives. Effective treatment for adolescents can improve not only their own lives, but the lives of their friends and loved ones. According to federal data, the average age when youth first try alcohol is 11 years for boys and 13 years for girls. Several large-scale school surveys suggest that 4% to 20% of teenagers have either a current or past diagnosis of alcohol abuse or dependence. This program directly addresses basic needs / behavioral health (addictions) needs of young citizens who are at extremely high risk for continued addictions, physical health, and criminality problems. A recent federal study showed that substance abuse treatment for adolescents significantly reduces substance use and criminal activity and prevents future substance use related problems as the young person transitions into adulthood. This program fits into the School Age Policy Framework by addressing behavioral health needs of youth, providing information on and referral to other necessary social services, and helping to support and strengthen families by including family therapy.

**Performance Measures**

Measure Type	Primary Measure	Previous Year Actual (FY04-05)	Current Year Purchased (FY05-06)	Current Year Estimate (FY05-06)	Next Year Offer (FY06-07)
Output	Number of youth served in outpatient treatment	142	225	250	300
Outcome	Percent of youth successfully completing treatment	35%	50%	50%	50%

**Performance Measure - Description**

Number of youth served has increased markedly following county intervention with youth treatment providers and youth referral agencies and organizations. This year's interventions will focus on treatment retention, to increase successful completions. Definition for successful treatment completion: the client completes at least two thirds of their treatment plan goals, and demonstrates 30 days of abstinence. Statewide, the average completion rate is about 45%.

## Legal/Contractual Obligation

Because Multnomah County accepts the State Mental Health Grant; we are obligated to spend funds in accordance with regulations regarding State Service Elements, specifically AD-66 outpatient substance abuse treatment services.

## Revenue/Expense Detail

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
<b>Program Expenses</b>	2006	2006	2007	2007
Contracts	\$126,489	\$380,644	\$120,037	\$380,644
Subtotal: Direct Exps:	<b>\$126,489</b>	<b>\$380,644</b>	<b>\$120,037</b>	<b>\$380,644</b>
Administration	\$0	\$0	\$4,711	\$12,919
Program Support	\$0	\$0	\$13,636	\$18,807
Subtotal: Other Exps:	<b>\$0</b>	<b>\$0</b>	<b>\$18,347</b>	<b>\$31,726</b>
Total GF/non-GF:	<b>\$126,489</b>	<b>\$380,644</b>	<b>\$138,384</b>	<b>\$412,370</b>
Program Total:	<b>\$507,133</b>		<b>\$550,754</b>	
Program FTE	0.00	0.00	0.00	0.00
<b>Program Revenues</b>				
Intergovernmental	\$0	\$380,644	\$0	\$380,644
Program Revenue for Admin	\$0	\$0	\$0	\$31,726
<b>Total Revenue:</b>	<b>\$0</b>	<b>\$380,644</b>	<b>\$0</b>	<b>\$412,370</b>

## Explanation of Revenues

This program is funded with a mix of State Mental Health Grant funds and County General Funds.

## Significant Program Changes

**Last year this program was:** #25085, Youth Alcohol and Drug Outpatient Services  
Not significantly different from this offer.