

## **Substance Use Recovery and Empowerment (SURE)**

*The Substance Use Recovery and Empowerment (SURE) program's philosophy is to provide the highest quality of substance abuse treatment. SURE provides ASAM 2.1 (intensive outpatient) and ASAM 1.0 (outpatient) levels of care to individuals 18 years or older. SURE offers individual and group therapy, assessments, and medication management to address Substance Use Disorder, process addictions, and Co-Occurring Disorders. Individuals can be referred by community entities or self-referred. The SURE Program accepts the following funding; Medicaid and self-pay (rates are based on a sliding fee scale). The duration of treatment is based on clinical indication and medical necessity. The estimated length of treatment for ASAM 2.1 level of care is 14 to 16 weeks. The estimated length of treatment for ASAM 1.0 level of care is 8 to 12 weeks.*

### **Purpose**

SURE's multi-disciplinary treatment team believes that recovery requires physical, psychological, and spiritual rehabilitation to restore individuals to a meaningful and productive life. SURE provides individuals with support and assistance in developing a recovery management plan for substance use, process addictions, and co-occurring disorders.

### **Mission**

The mission of SURE is to provide high-quality treatment for substance use and co-occurring disorders as well as support and assist in developing a recovery management plan.

### **Goal**

The goal of the SURE Program is to assist individuals with achieving long-term recovery while living a fulfilling and productive life.

### **Focus**

SURE utilizes a multi-dimensional counseling approach to assist clients with maintaining in the community while maximizing biopsychosocial functioning and enhancing self-efficacy. Treatment is provided during individual and group sessions as indicated in one's treatment plan. Education is provided through lectures, workshops, seminars, and the media to broaden the knowledge of those served. The focus of treatment consists of the following: Gaining insight into personal issues and solving problems; Development of specific skills; Interpersonal processes that work on relationships, communication, etc.; Support (AA, NA, SMART Recovery, etc.); Psychoeducation; Substance Use Education and Prevention; Relapse Prevention; Coping skills; Process Groups; Self-Care; Future Planning; Life Skills; Identification of Triggers; Motivational Interviewing; Family Therapy; Spiritual Growth; Didactic; Dual-diagnosis; Health Education.

**Personnel**

The SURE Program is staffed by one Licensed Clinical Alcohol and Drug Counselor (LCADC) Director and one Licensed Social Work Co-Occurring Counselor.

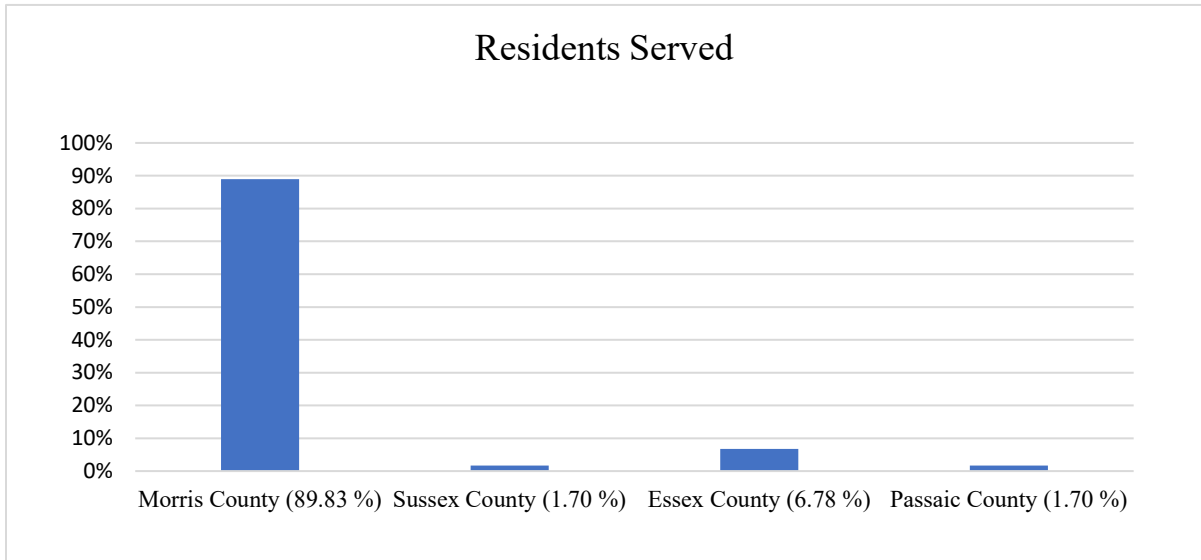
**Service Provision**

The SURE Program scheduled 85 substance abuse intake assessments and admitted 59 consumers into the SURE program during the fiscal year. Of 59 consumers, 10 were admitted into ASAM 2.1 level of care and 49 were admitted into ASAM 1.0 level of care.

SURE consumers are insured through Medicaid (78%), Medicare (5%), Private Insurance (14%), and RCI-FFS (3%).

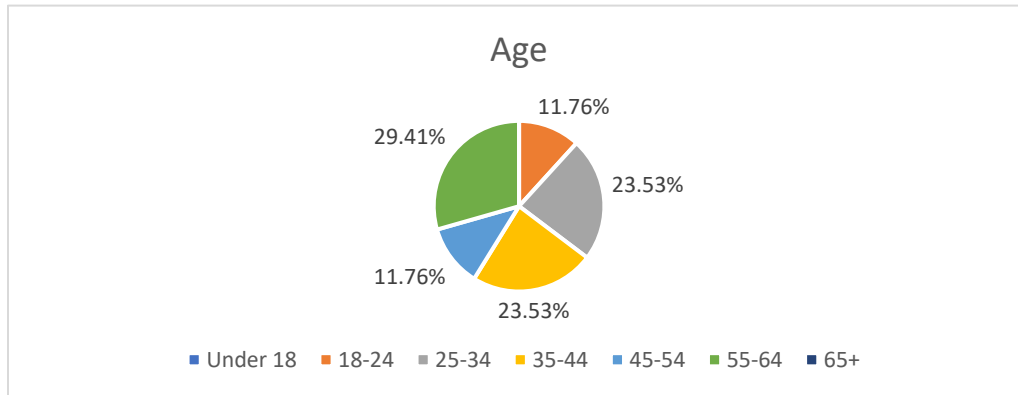
**Demographics**

The SURE Program provided services to residents of Morris County, Sussex County, Essex County, and Passaic County.



### Age

The SURE Program served consumers ages 18 to 64 years old.



### Gender

The SURE Program served 41% Female, 53% Male, 6% Gender Non-Conforming.

### Ethnicity

The SURE Program served 53% White or Caucasian, 12% Black or African American, 16% Prefer not to say, and 19% other (Multiracial).

### Referral

The SURE Program Director, on a monthly basis, informs and educates the community on the SURE Program's services to obtain referrals. Of the 59 admitted SURE consumers, 25% were internal referrals and 75% were external referrals.

### Training

The SURE staff completed the following continuing education trainings through Relias Learning to gain knowledge and skills to better assist consumers who are accepted into the SURE Program; Working More Effectively with the LGBTQ+ Community, Benzodiazepines: Uses, Misuses, and Alternative Treatment Models, Assessing and Treating Methamphetamine Use Disorder, Managing Challenging Situations in Structured Group Therapy, NJ Gender Equity Notice - Equal Pay Act, Natural Disasters and Workplace Emergencies: An Overview, Ethics and Corporate Compliance, Homelessness and Substance Use, Supporting Adults in the Grieving Process, Maintaining Professional Boundaries, Dialectical Behavioral Therapy: An Introduction, Evidence-Based Practices in Family Psychoeducation, Screening and Assessing for Substance Use Disorders in Older Adults, Fetal Alcohol Spectrum Disorders, Wellness and Recovery, Mindfulness, Meditation, and Spirituality in Recovery, Using the Stages of Change Model in Treatment of Substance Use Disorders, Harm Reduction in Substance Use, Marijuana and

Cannabinoids: Effects and Potential Medicinal Uses, Strategies for Preventing and De-escalating Hostile Situations, and Introduction to Co-Occurring Disorders.

**Systems Advocacy Activities**

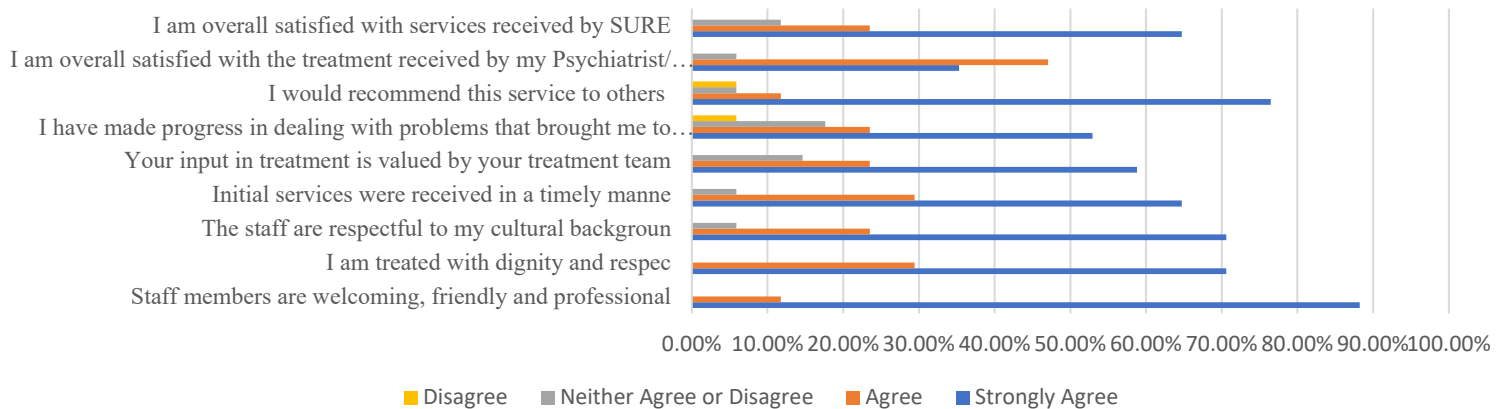
SURE participated on the following committees, boards, and task forces, during the past year:

- *Morris County Recovery Court Team Meeting* - This monthly meeting is organized by the Morris County Recovery Court Team, i.e., Recovery Court Judge, Prosecutors, Public Defenders, Probation Officers, Substance Abuse Evaluators, and Treatment Providers. The purpose of these meetings is to review cases and ensure all participants are getting the appropriate care and management while being on Recovery Court.
- *Recovery Recognition Breakfast* - This monthly meeting is organized by CARES-Prevention is Key. The purpose of these meetings is a morning of education, support, and celebration. Each session, the community providers gather to discuss community needs, share updates and recent events, and recognize CARES-Prevention is Key volunteer of the month.

**Consumer Satisfaction Survey**

In May 2022, SURE consumers were given the opportunity to participate in a Consumer Satisfaction Survey. The confidential survey included a total of nine questions formatted in a five-point Likert scale, demographic collection, and optional comment area. The survey was prepared in both English and Spanish and offered in a paper format as well as a web-based link (SurveyMonkey). In total, there were 17 surveys submitted, giving a 100% response rate, with an overall satisfaction score of 91%.

**SURE Consumer Satisfaction Survey**



**Highlights**

- SURE Program partnered with ATLAS (Addiction Treatment Locator, Assessment, and Standards Platform) to be listed as a provider for substance abuse treatment within Morris

County, NJ. Mental Health Association of Essex and Morris was added to the ATLAS database in July 2022.

- SURE Program signed an Affiliation Agreement with Intoxicated Drivers Resource Center in July 2022.
- SURE Program received a Full Status License in August 2022.
- SURE Program conducted the first outpatient group in August 2022.
- SURE Program applied for the 2023 Community-Based Funding Grant, which was awarded in November 2022.
- SURE Director hosted a Substance Use Disorder Psychoeducational Group for IFSS-Essex and Sussex on November 15, 2022.
- SURE Program co-hosted a Naloxone training with Hope One on January 23, 2023.
- SURE Program applied to the Substance Use Disorder (SUD) Fee-For-Service (FFS) Initiatives Network for State Fiscal Year (SFY) 2023 and was approved for Recovery Court, State Parole Board, New Jersey State Initiatives, and Interim Services in March 2023.
- SURE Program conducted the first intensive outpatient group in March 2023.
- SURE Director presented on alcohol awareness during the Project iECHO series, which was held on April 25, 2023.