

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 offers ASAM 2.1 (intensive outpatient) and ASAM 1.0 (outpatient) levels of care to individuals 18 years or older. SURE provides 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, Medicare, 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 in achieving long-term recovery while living a fulfilling and productive life.

Focus: SURE utilizes a multi-dimensional counseling approach to assist clients with maintaining community involvement while maximizing biopsychosocial functioning and enhancing self-efficacy. Treatment is provided during individual and group sessions as indicated in each person'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, one Licensed Social Work Co-Occurring Counselor, and graduate-level interns.

Service Provision: The SURE Program scheduled 65 substance abuse intake assessments and admitted 42 consumers into the SURE program during the fiscal year. Of the 42 consumers, 18 were admitted into ASAM 2.1 level of care and 24 were admitted into ASAM 1.0 level of care.

SURE consumers are insured through Medicaid (70%), Medicare (3%), Private Insurance (13%), and RCI-FFS (3%). SURE also has funding through Morris County that covers individuals that

who are uninsured to increase access to treatment. Throughout the fiscal year, 7% of individuals served were able to access this funding and participate in SURE services.

Demographics: The SURE Program can provide services to individuals residing in Morris, Sussex, Essex and Passaic Counties. During FY2024, SURE provided services to residents of Morris County (70%), Essex County (22%), and Passaic County (7%).

Age: The SURE Program served consumers ages 19 to 74 years old.

Gender: The SURE Program served 19% Female, 79% Male, 2% of individuals that did not want to identify their gender.

Ethnicity: The SURE Program served 79% White or Caucasian, 17% Black or African American, and 3% prefer not to say.

Referral: The SURE Program Director continues to collaborate with the community to ensure individuals in need are aware of and have access to substance use and co-occurring services. Of the 42 admitted SURE consumers, 20% were internal referrals and 80% were external referrals.

Training: The SURE staff completed the following trainings through Relias Learning to gain knowledge and skills to better assist consumers who are accepted into the SURE Program: Assessing Racial Trauma in Behavioral Health; Application of HIPPA in Behavioral Health; Best Practices for Documenting the Treatment Planning Process; Care and Case Management; CDC Tuberculosis Fact Sheet; Community-Based Interventions to Reduce Suicide Risk; CPR & First Aid; Cultural Competence; Ethics and Corporate Compliance; Fire Safety; Infection Control; Introduction to Co-Occurring Disorders; Maintaining Professional Boundaries; Natural Disasters and Workplace Emergencies, an Overview; Personal Safety for Social Service Professionals; Preventing and De-escalating Crisis Situations; Preventing, Identifying, and Responding to Abuse and Neglect; Psychopharmacology; Recognizing and Responding to a Person in Crisis; Strategies for Behavioral Health Professionals to Manage Chronic Stress; Strategies for Treating and Preventing Chronic Relapse; Supporting Client Rights for Paraprofessionals in Behavioral Health; Trauma Informed Care.

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 2024, 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). There was a 100% response rate with an overall satisfaction score of 100%. Below are some of the responses to the question “How has SURE improved your life?”

- “The SURE program has kept me sober and helped me change my outlook on several things in my life.”
- “It has kept me sober.”
- “I have improved my decision making.”

Highlights:

- SURE Program continued their Affiliation Agreement with Intoxicated Drivers Resource Center in Morris County.
- SURE Program continued their contract with the Substance Use Disorder (SUD) Fee-For-Service (FFS) Initiatives Network for State Fiscal Year (SFY) 2024.
- SURE Director attended the New Jersey Prevention Network annual conference which was held in Atlantic City during May of 2024.
- SURE program hosted its first graduate level intern in May of 2024.