

# MAINE STATE LEGISLATURE

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# OFFICE OF SUBSTANCE ABUSE

2009

## Full Report



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

[www.maineosa.org](http://www.maineosa.org)

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## A message from the Director



Guy Cousins, Director  
Office of Substance Abuse, Maine Department of Health & Human Services

### A message from the Director

During SFY 2009, the Office of Substance Abuse successfully provided prevention, intervention, and treatment services to the citizens of Maine. By promoting the use of evidence-based strategies, performance based contracts, and creative problem solving, the Office of Substance Abuse implemented sustainable and effective programming to address issues of substance use, abuse and dependency in Maine.

Prevention activities focused on providing support, training and funding to schools, prevention agencies, law enforcement, retailers, and other community members to guide the coordination of comprehensive prevention services to the citizens of the Maine. With support from the Office of Substance Abuse, for example, community groups that promote local public health activities in all areas of Maine conducted retail beverage server trainings; educated schools, parents, and businesses about the risks of underage drinking; and provided support in changing school, retailer, and other policies to prevent substance abuse in communities throughout the State of Maine.

The Office of Substance Abuse also introduced the Student Intervention and Re-integration Program (SIRP) to Maine. SIRP is a community or school based youth intervention program that uses an evidence-based curriculum. Adults can refer youth to the program if the youth violate a school substance use policy, violate an underage drinking law, or are determined to be in need of intervention.

The Office of Substance Abuse currently has two dedicated intervention services. The first, the Driver Education Evaluation Program served more than 5,500 people during SFY 2009. Of the operating under the influence offenders that were discharged from treatment, 73% successfully completed treatment and 99% had no further operating under the influence arrests while in treatment.

The second program, the Prescription Monitoring Program (PMP), includes an electronic database that captures detailed information about all prescription transactions that take place in Maine, for possibly addicting drugs. The PMP is a monitoring tool that health care providers and pharmacists can use to guide their prescribing of such medications. The PMP has experienced a steady increase in its usage. The number of reports requested by health care professionals increased to 38,000 in SFY 2009, a 63% increase from 2008.

The Office of Substance Abuse continues to support the use of evidence-based practices among substance abuse treatment providers in Maine, and continues to monitor the performance of its outpatient treatment providers through the use of performance based contracting. The performance based contracts allow the Office of Substance Abuse to measure the amount of services provided, the timeliness of access to assessments and treatment, number of sessions attended during treatment, length of stay in treatment, and completion of treatment.

The Co-occurring State Integration Initiative (COSII) continued to train substance abuse providers on how to coordinate care for persons with co-occurring substance abuse and mental health disorders within Maine's healthcare system. This year, the COSII implemented a statewide standardized screening tool for co-occurring disorders. Behavioral health care providers are required to use the instrument to screen both adults and children. Data collected using this screening tool will help us better understand the number of people with co-occurring disorders in Maine.

The staff at OSA is committed to working through the challenges and barriers of the current economic climate to serve the citizens of Maine while meeting the mission of the Office of Substance Abuse: to enhance the health and safety of Maine citizens through the reduction of the overall impact of substance use, abuse and dependency.

## **MISSION**

### **The Mission of the Maine Department of Health and Human Services**

Our purpose is to provide integrated health and human services that effectively meet the needs of Maine people and communities.

### **The Mission of the Maine Office of Substance Abuse**

The Maine Office of Substance Abuse is the single state administrative authority responsible for the planning, development, implementation, regulation, and evaluation of substance abuse services. The Office of Substance Abuse provides leadership in substance abuse prevention, intervention, and treatment. Its goal is to enhance the health and safety of Maine citizens through the reduction of the overall impact of substance use, abuse and dependency.

To carry forth our mission, the Office of Substance Abuse will:

- Move the field forward by using effective evidence-based strategies
- Have a full continuum of services accessible to all people in Maine
- Reach out to other fields that overlap/intersect ours
- Make data-driven decisions
- Improve accountability and performance through funding decisions
- Make the creation of web-based access for programs and services a priority
- Increase the visibility and public awareness of Office of Substance Abuse goals

## FISCAL

The Office of Substance Abuse (OSA) serves as the single state administrative authority for the delivery of substance abuse prevention, intervention, and treatment services. OSA is responsible for contract management, data collection, quality assurance, policy administration, and professional development.

OSA provides funds for services through contracts with agencies statewide and provides oversight and technical assistance to contracted agencies.

OSA does not provide any direct services. It also does not provide money directly to individuals to receive services. Through contracts with community-based providers, OSA provides a wide range of prevention, intervention, and treatment services.

### Statement of Revenues & Expenditures - Year End Comparison, June 30

	SFY2008	SFY2009
<b>Revenues</b>		
State General Funds	6,881,978	7,249,781
Driver Education & Evaluation	1,506,179	1,629,450
MaineCare Match - State General Funds	3,761,179	2,695,028
MaineCare Match - FHM Funds	1,279,845	949,112
Federal Categorical Grants	3,806,564	4,612,818
Federal Safe & Drug Free Schools	1,423,348	1,433,355
Federal Substance Abuse Prevention and Treatment Block Grant	6,820,034	6,512,077
Fund for Healthy Maine (FHM)	5,094,899	5,461,598
<b>Total Revenues</b>	<b>30,772,547</b>	<b>\$ 30,543,219</b>
<b>Expenditures</b>		
Grants with Treatment Agencies	14,297,982	\$15,262,499
MaineCare State Match - Treatment	5,041,023	\$3,644,140
Grants with Prevention Agencies	5,259,713	\$5,765,617
Driver Education & Evaluation Program	1,506,179	\$1,629,450
Prescription Monitor Program	251,135	\$253,175
Provider Agency Training	317,479	\$264,000
Media Campaign	421,627	\$376,848
General Operations	3,677,407	\$3,347,491
<b>Total Expenditures</b>	<b>30,772,547</b>	<b>\$ 30,543,219</b>

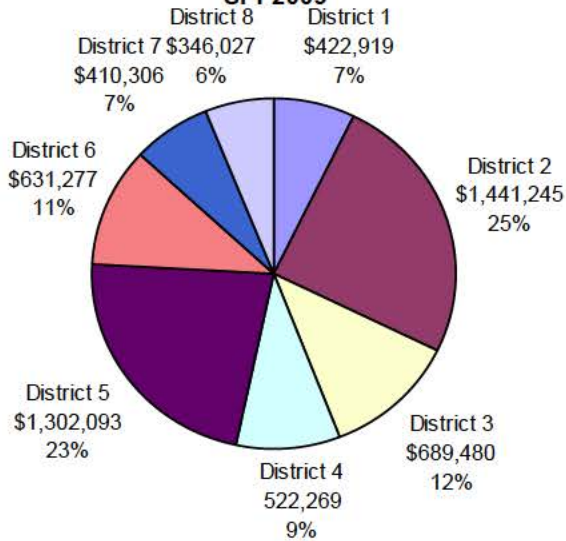
# FISCAL

## OSA FUNDED TREATMENT AND PREVENTION PROGRAMS BY DISTRICT

<p>District 1= York County          District 2= Cumberland County          District 3= Western Maine (Franklin, Oxford, Androscoggin Counties)          District 4= Midcoast (Knox, Lincoln, Sagadahoc, Waldo Counties)</p>	<p>District 5= Central Maine (Kennebec, Somerset Counties)          District 6= Penquis (Piscataquis and Penobscot Counties)          District 7= Downeast (Washington and Hancock Counties)          District 8= Aroostook County</p>
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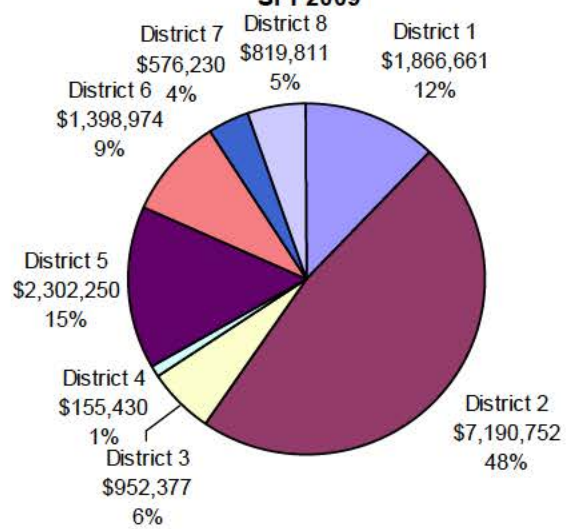
**Prevention Contract Funding by District**

**SFY 2009**



**Treatment Contract Funding by District**

**SFY 2009**



## **PREVENTION**

Prevention Team Vision: “A public untouched by substance abuse.”

Prevention Team Mission: “To prevent and reduce substance abuse and related problems by providing leadership, education and support to communities and institutions throughout Maine.”

Prevention is the active assertive process of creating conditions that promote well-being.

The Office of Substance Abuse’s approach to substance abuse prevention uses evidence-based concepts, tools, skills, and strategies which reduce the risk of alcohol and other drug-related problems. The Prevention Team works to prevent and reduce substance abuse and related problems by providing leadership, education and support to communities and institutions located throughout Maine.

In 2009, many local contracts were in place to help build capacity statewide for prevention. Prevention dollars support many local initiatives. During SFY09, the Office of Substance Abuse contracts supported environmental strategies, alternative school and weekend programs, programs for high-risk youth, school curricula, parenting programming, mentoring, coalition building, underage drinking enforcement initiatives, and healthy workplace initiatives.

In addition to the initiatives highlighted on the following pages, the Prevention Team coordinated:

- MaineParents.net, a media campaign and other support for parents of Maine teenagers;
- The Inhalant Abuse Prevention Workgroup, integrating inhalant prevention throughout current programs (parent course at [www.inhalantabusetraining.org](http://www.inhalantabusetraining.org));
- The Card ME Program, a program for retailers to enhance in-store policies that limit access of alcohol to youth and visibly intoxicated persons which was launched statewide;
- The Mystery Shopper component of compliance checks, a program for licensees to test check to see if their clerks are asking for IDs when the owner or manager isn’t there;
- Environmental Assessment: Pricing and Promotion guide developed for community coalition grantees;
- “Developing an Alcohol Sales Policy for Your Business” to help alcohol licensees develop an internal policy about how alcohol is sold in the establishment; and,
- The Student Intervention and Re-integration Program, an intervention program for youth who have been caught in violation of school policy or the law for alcohol offenses or who have been referred by an adult. Students receive the curriculum that is taught to Driver Education and Evaluation Program clients who are under age 21.



# PREVENTION



## **Healthy Maine Partnerships**

This is a joint effort by the Maine Department of Health and Human Services (Maine Center for Disease Control & Prevention and Office of Substance Abuse) and the Maine Department of Education to form a state public health system made up of 28 community coalitions.

Through this public health infrastructure, the Office of Substance Abuse used \$2.1 million from their U.S. Substance Abuse & Mental Health Services Administration Strategic Prevention Framework State Incentive Grant to fund the 28 coalitions to target underage drinking, binge drinking and prescription drug misuse. In addition, to support the new public health infrastructure and to expand this work, the Office of Substance Abuse further provided the coalitions with an additional \$640,000, from money from the federal Substance Abuse Prevention and Treatment Block Grant.

The Office of Substance Abuse utilizes the U.S. Substance Abuse and Mental Health Services Administration's *Identifying and Selecting Evidence-Based Strategies* guide, in combination with the *Office of Substance Abuse State Prevention Framework - State Incentive Grant Strategy Approval* guide to review and decide if a strategy will be allowed to be implemented with State Prevention Framework State Incentive Grant funding. The office has developed a list of evidence-based comprehensive strategies for the 28 Healthy Maine Partnership grantees to choose from to best meet the needs of their communities.

Over the past year, the Office of Substance Abuse has leveraged this funding to:

- conduct retail beverage server trainings;
- educate schools, parents, and businesses about the risks of underage drinking; and
- provide support in changing school, retailer, and other policies in communities throughout the State of Maine.

One of the Office of Substance Abuse intervention programs, the Prescription Monitoring Program, has partnered closely with the Healthy Maine Partnerships as well. The Prescription Monitoring Program aims to reduce the misuse and abuse of controlled prescription substances in Maine.

To learn more about the work of the local Healthy Maine Partnerships, go to:  
[www.healthymainepartnerships.org](http://www.healthymainepartnerships.org).





### **Maine's Higher Education Alcohol Prevention Partnership**

The Higher Education Alcohol Prevention Partnership is a statewide partnership of colleges and universities that uses evidence-based prevention and intervention strategies to reduce high-risk alcohol use by college students and its impact upon individuals, campuses, and communities. The project is supported by the Office of Substance Abuse using federal funding.

During SFY09, twenty of Maine's 24 colleges/universities utilized Higher Education Alcohol Prevention Partnership resources to enhance their institutions' ability to prevent high-risk alcohol use and its negative impacts on college students' health, safety, and success.

The utilized resources include: educational materials, mini-grants, training and technical assistance, web-based tools, and collaboration with state and national substance abuse prevention programs. Campuses used their mini-grants to support needs assessment efforts, student prevention intern positions, increased enforcement of liquor laws, and other evidence-based strategies such as: screening and brief intervention for high-risk students, reducing the illegal availability of alcohol, creating health and safety-promoting social norms, and addressing other aspects of the campus environment which contribute to students' illegal and/or high-risk alcohol use.

This year the Higher Education Alcohol Prevention Partnership also launched a web-based survey of Maine college students to gather data on their substance use and related risk and health behaviors and experiences. Over 5,000 students statewide responded to this survey; the data gathered aids the Higher Education Alcohol Prevention Partnership and its participating campuses in making program plans and in evaluating the impact of prevention efforts over time. The statewide web-surveying initiative is cutting-edge in the substance abuse prevention field and was highlighted at the U.S. Department of Justice's Office of Juvenile Justice and Delinquency Prevention's Enforcing the Underage Drinking Laws National Conference as well as on a national web conference.

# PREVENTION

## **Compliance Checks:**

### **Tobacco - Synar**

Preventing sales of tobacco to underage youth through random inspections went into effect in 1996 under the requirement of a national law called the Synar Amendment. Maine has consistently had a low youth sales rate. In 2009, the retailer violation rate was 4.6%, well below the national cap of 20%. The Office of Substance Abuse, Maine Center for Disease Control and Office of the Attorney General work together to ensure access to tobacco continues to remain low. As part of the Synar initiative, a merchant education program – No Buts, helps retailers with training to ensure compliance.

### **Alcohol**

The Maine Office of Substance Abuse, the Office of the Attorney General, and the Liquor Licensing and Compliance Division (as a part of the Maine State Police) have worked together to ensure the implementation of the compliance checks. The Maine Sheriff's Association has been contracted by the Office of the Attorney General to conduct the statewide inspections. The inspections are paid through funds from the Enforcing Underage Drinking Laws grant from the U.S. Office of Juvenile Justice and Delinquency Prevention. During SFY09, there were 97 citations for liquor violations out of 1,524 inspections, yielding a 94% compliance rate.

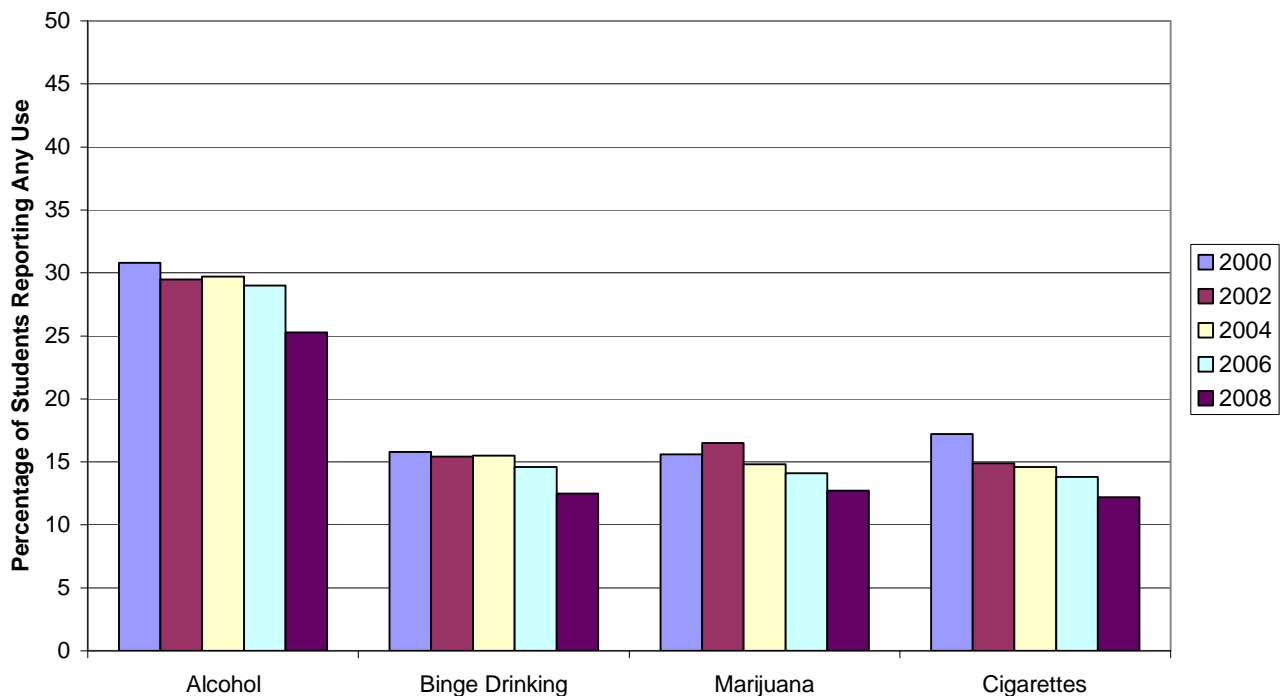
### **Responsible Beverage Service Trainings:**

In SFY09, approximately 87 Responsible Beverage Service Trainings were conducted throughout Maine. There were approximately 614 licensed establishments in attendance, 1,708 alcohol servers trained, 54 law enforcement officers in attendance, and 216 Healthy Maine Partnership members present. This is a service provided by collaborations between Healthy Maine Partnerships, B. C. Consultants, law enforcement officers, and licensed alcohol retail establishments. Trainings are paid for by two grants the Office of Substance Abuse receives from the U.S. Substance Abuse and Mental Health Services Administration, Strategic Prevention Framework State Incentive Grant and the Substance Abuse Prevention and Treatment Grant.

# PREVENTION

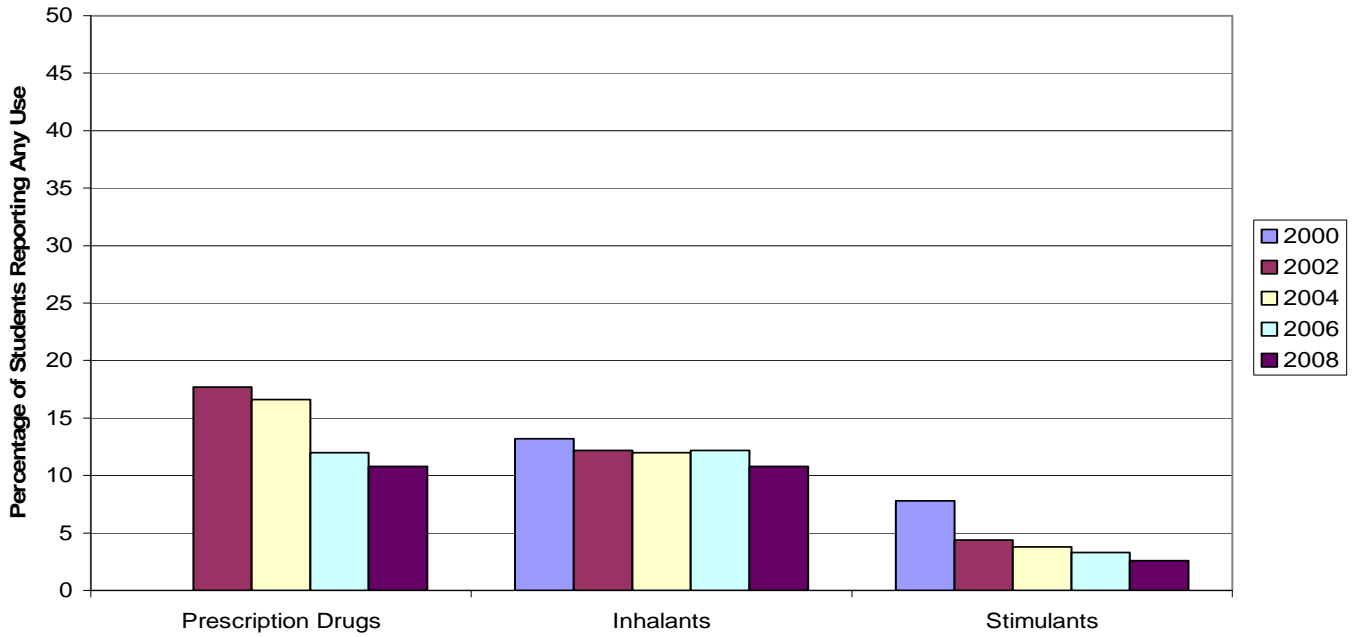
While the Office of Substance Abuse’s prevention programs cover all segments of the population at risk for drug and alcohol use and abuse, a primary focus is on underage youth, particularly those who have not yet begun to use or are experimenting. Research indicates that youth who start drinking by age 15 are four times more likely to end up alcohol dependent than those who wait until after age 21.

**Trend in 30-Day Substance Use**  
(Binge Drinking in Previous 2-weeks)  
**Grades 6-12, 2000-2008**

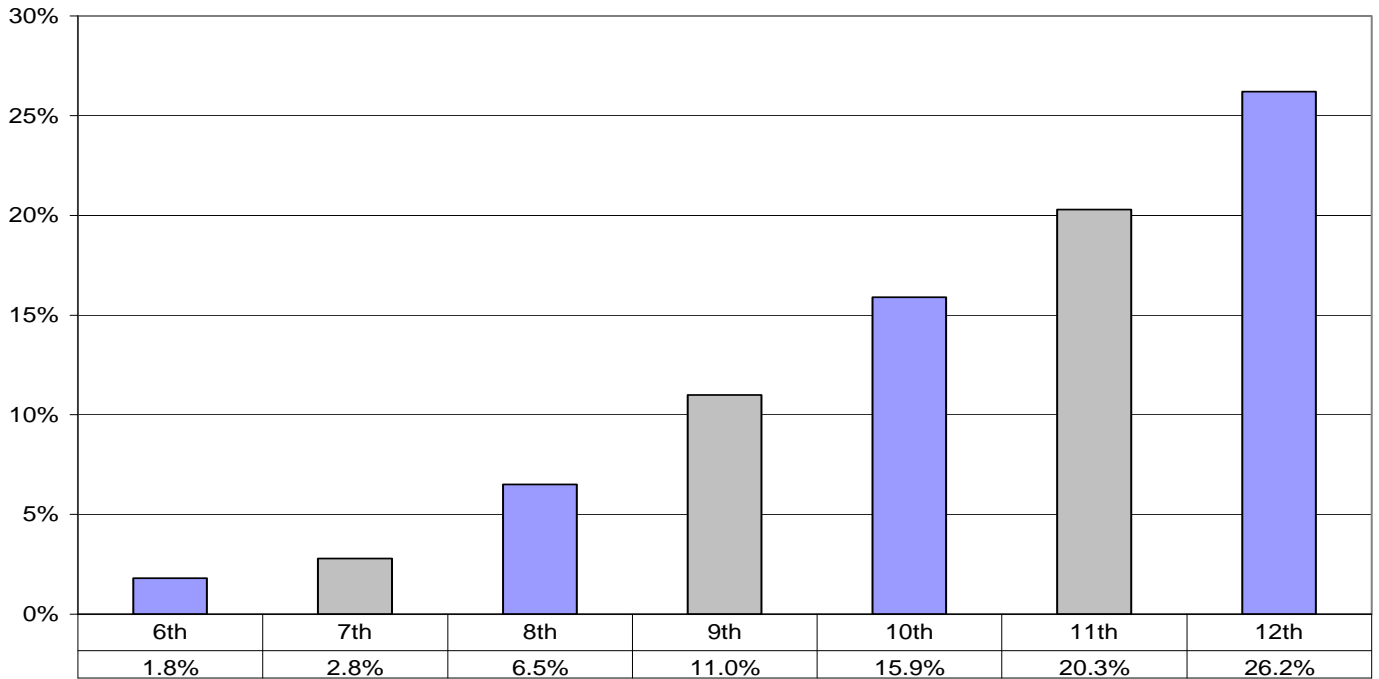


Percentage of students who have used the substance within 30 days prior to taking the survey. Binge drinking is defined as having 5 or more alcoholic drinks in a row within the 2 weeks prior to taking the survey.

### Trend in Lifetime Substance Use Grades 6-12, 2000-2008



### Binge Drinking by Grade (in previous 2 weeks)



Binge drinking is defined as having 5 or more alcoholic drinks in a row within the 2 weeks prior to taking the survey.

# PREVENTION

## Law Enforcement

In SFY09, the Office of Substance Abuse continued the “Strategic Underage Drinking Grants” with 15 law enforcement agencies in Maine. The grants provide funding to develop a comprehensive approach to underage drinking enforcement, including: development of a consistent agency policy on underage drinking, training on liquor laws, public education and awareness, targeted underage drinking enforcement details, and strategies targeting illegal suppliers of alcohol (both retail and social availability).

Data from the 15 grantees from SFY09	SFY09 Total
Citations of youth for underage possession/transportation/fake ID violations/OUI	998
Citations of youth for furnishing alcohol	11
Citations of youth for furnishing a place to drink	32
Citations of adults (21 and over) for furnishing alcohol	87
Citations of adults (21 and over) for furnishing a place to drink	38

There were five trainings conducted specific for law enforcement on underage drinking prevention during SFY09. The first training focused on using social networking sites, such as Facebook, to gather intelligence and to track underage drinking parties. Over one hundred officers received this training. The second training was held four times and it focused on tracing alcohol found with minors back to whoever furnished the alcohol. Approximately ninety officers received this training.

## Safe and Drug Free Schools Program

The Safe and Drug Free Schools Program funds school substance abuse and violence prevention programs. Some highlights from the most recent “Incidence of Prohibited Behavior and Drug and Violence Prevention” report include:

- Maine schools reported a total of 10,359 reportable incidents of substance use or violence in this school year
- Of those incidents, weapons-related incidents were 3% of that total
- Drug-related policy violations comprised 16% of the total incidents report in all schools
- A total of 44 bomb threats were reported from 35 Maine public schools or 5%.

For a complete report, go to [www.mainesdfcsa.org](http://www.mainesdfcsa.org) and click on “Incident (IPB) Information” at the top.

A total of \$1,058,971 was distributed to school districts during SFY09. Applications were received from 184 Local Education Agencies. Allocations ranged from a high of \$63,452 for the largest school system to less than \$1,000 for the smallest school units. Per pupil allocation was \$5.28. These funds supported a variety of prevention-related programs, services and activities including student assistance programs, substance abuse and violence prevention activities, conflict resolution, alternative education, professional development, school security equipment and personnel, family/community development programs, and prejudice and intolerance programs. A total of 25 evidence based (model) programs were funded by this program in 24 different school districts during the 2008-09 school year.

## **Substance Abuse and the Workplace**

The Office of Substance Abuse workplace program has expanded its reach by partnering with the Maine Center for Disease Control and Prevention and the Maine Department of Education, to develop a comprehensive Worksite Initiative that includes substance abuse prevention.

Together, these state level partners created Healthy Maine Works, a web based application that uses evidence-based strategies and resources to address targeted health risk factors. Healthy Maine Works is implemented at the local level throughout the state by Healthy Maine Partnerships, which convene employers, facilitate planning and program implementation as well as provide resources and support.

Participating worksites will complete a web-based inventory that gathers information about the health and wellness of their workplace. From that inventory, a recommended list of strategies is generated that the employer can prioritize by ease of implementation and effectiveness. The strategies selected by the employer become the company's work plan to address identified risks. The local Healthy Maine Partnership staff assists the employer by providing technical assistance with the web application, and materials and resources.

This collaborative project between the Maine Center for Disease Control and Prevention, Department of Education, and the Office of Substance Abuse provides an added benefit of approaching substance abuse prevention as a component of wellness and makes it more feasible for employers to address substance abuse in the workplace.

Another initiative of the substance abuse workplace program was the creation of a web-based tool called WorkAlert. By providing information about how employee alcohol and substance abuse can affect a businesses' bottom line, the tool encourages employers to develop and implement worksite substance abuse policies.

WorkAlert was promoted to 5,000 employers across the state through direct mailings, radio advertisements, business publications and website banners. Employers visiting [www.maine.gov/WorkAlert](http://www.maine.gov/WorkAlert) will find a link to the U.S. DOL Policy Builder where they can customize a policy that is right for their business. Additionally, there are tips and information about involving employees in the development and implementation of the policy and a list of prevention and treatment providers willing to assist businesses with their policy development and implementation.

The WorkAlert campaign intersects and supports the Healthy Maine Works initiative and is the first step in aiding employers to develop a Comprehensive Drug Free Workplace Program.

## LOCAL PREVENTION GRANTS 2009

Funding Source	Contracts
<b>DOJ/OJJDP</b> Enforcing Underage Drinking Laws Program	<ul style="list-style-type: none"> <li>• 15 Law Enforcement Agencies</li> <li>• 5 Law Enforcement Agency Grantee Mentors</li> <li>• Higher Education Alcohol Prevention Program* (HEAPP) Statewide Initiative (18 Maine Colleges and Universities)</li> </ul>
<b>Fund for Healthy Maine</b>	<ul style="list-style-type: none"> <li>• Higher Education Alcohol Prevention Program* (HEAPP) Statewide Initiative (18 Maine Colleges and Universities)</li> <li>• 21 Grants to Community Prevention Programs*</li> </ul>
<b>SAMHSA</b> Substance Abuse Prevention & Treatment Block Grant	<ul style="list-style-type: none"> <li>• 21 Grants to Community Prevention Programs*</li> </ul>
<b>SAMHSA/CSAP</b> Strategic Prevention Framework State Incentive Grant	<ul style="list-style-type: none"> <li>• 28 Substance Abuse Prevention Grants to Healthy Maine Partnerships</li> </ul>
<b>USED</b> Office of Safe and Drug-Free Schools	<ul style="list-style-type: none"> <li>• Maine Safe and Drug-Free Schools and Communities Program (Title IV-A NCLBA)</li> <li>• 188 Local Education Agencies</li> <li>• 5 Targeted Prevention Programs</li> </ul>

\* Multiple funding sources.

### *Federal Agencies Funding Substance Abuse Prevention*

*SAMHSA=Substance Abuse and Mental Health Services Administration (U.S. Department of Health and Human Services)*

*CSAP=Center for Substance Abuse Prevention*

*DOJ=U.S. Dept. of Justice*

*OJJDP=Office of Juvenile Justice and Delinquency Prevention*

*USED=U.S. Dept. of Education*



# INTERVENTION

Intervention initiatives target people at risk or in the early stages of problem development in order to reduce recidivism and minimize future problems. Two such programs at the Office of Substance Abuse are the Driver Education and Evaluation Programs and the Prescription Monitoring Program.

## The Driver Education and Evaluation Programs

Maine's Driver Education and Evaluation Programs are the State of Maine's countermeasures for individuals who have had one or more alcohol- and/or other drug-related motor vehicle offenses. The programs are designed to provide a therapeutic intervention into the cause of the behavior that resulted in the impaired driving offense in order to prevent future offenses.

The Driver Education and Evaluation Programs' charge is twofold:

1) To ensure that every impaired driving offender receives education to increase knowledge of the risks of alcohol and drug abuse and to provide the individual with insight into his or her own level of risk,

and

2) to assess each offender's level of harmful involvement with alcohol and/or other drugs to determine if the offense was an unusual circumstance or if it was the symptom of a larger substance abuse problem.

If the initial assessment finds that the offense may be indicative of a larger pattern of alcohol and/or other drug abuse, the Driver Education and Evaluation Programs will require that the individual complete a face-to-face clinical substance abuse evaluation and/or treatment services.

At the Driver Education and Evaluation Programs, we know that an operating under the influence offense may present a "golden opportunity" for the offender to gain personal insight and to make important lifestyle and behavior changes that will support the health and welfare of the individual as well as ensure that the safety of the citizens of Maine is maintained. The Driver Education and Evaluation Programs offer programs designed specifically for both adult and underage impaired drivers.

## **DEEP PROGRAM PARTICIPATION JULY 1, 2008 – JUNE 30, 2009**

<b>PROGRAM</b>	<b>PARTICIPANTS</b>
RISK REDUCTION PROGRAM (ADULTS)	2236
OUT OF STATE & ACTIVE MILITARY CLIENTS	339
UNDER 21 PROGRAM	260
DIRECT TO TREATMENT	736
<b>TOTAL:</b>	<b>3571</b>

## **INTERVENTION**

### **Prescription Monitoring Program**

Maine's Prescription Monitoring Program was established in July 2004 in an effort to better address the rapid acceleration of prescription drug abuse. The Prescription Monitoring Program is a computerized database into which all prescription data for Schedule II – IV drugs is entered and analyzed for possible excess use. The Office of Substance Abuse is working with both pharmacies and health care providers to make this reporting system a valuable tool in protecting the health and welfare of the citizens of Maine.

The Prescription Monitoring Program maintains a database of all transactions for controlled substances dispensed in the State of Maine. This database is available online to medical professionals, including physicians, nurse practitioners, dentists and pharmacists. A free service of the Office of Substance Abuse in the Maine Department of Health and Human Services, the Prescription Monitoring Program database is quickly becoming a standard tool for clinicians to provide better care to their patients throughout the state. Anyone with a Drug Enforcement Agency number is encouraged to register to request patient reports. These patient reports, and the automatically sent threshold reports, enhance the ability of health care providers to coordinate care. The database is searchable online, so it is available anywhere one has Internet access. Clinicians can use the program to check the history of a new patient and to monitor on-going treatment.

The goal of the Prescription Monitoring Program is to reduce prescription drug misuse in Maine by using the data collected as a tool in patient care for medical providers in the state. In SFY09, the Prescription Monitoring Program had entries for 2,432,781 prescriptions filled in Maine for Schedule II, III, and IV drugs.

The Office of Substance Abuse appreciates the close collaboration of the Healthy Maine Partnerships, Maine Medical Association, Maine Osteopathic Association, Maine Nurse Practitioners Association, and the many other organizations and agencies that help promote the program.

One of the main features of the Prescription Monitoring Program is providing patient-specific reports to authorized health care professionals upon request. To improve access, a new on-line system was implemented in January 2009. From the implementation of the new system through the end of June 2009, 18,981 patient history reports have been run by medical professionals seeking information about their patients.

# TREATMENT

The Treatment Team provides technical assistance to providers around program development, implementation, and best practices in alcohol and drug treatment programs. Treatment Team representatives are also involved in a wide range of inter-agency workgroups and committees on treatment, evidence-based practices, co-occurring disorders, criminal justice and correctional treatment programming. The treatment team works with the statewide provider network to assure access to a full continuum of quality treatment services.

## **Treatment Team Purpose**

Increase access to quality substance abuse and co-occurring services through collaboration and work across systems and agencies

Provide leadership and support in the development and maintenance of high quality best practices across a complete continuum of substance abuse/co-occurring services

To develop, educate, and mentor a competent workforce

Funded treatment services include:

- ◆ Diagnostic evaluation
- ◆ Alcohol and drug detoxification
- ◆ Outpatient and intensive outpatient treatment
- ◆ Medication assisted treatment
- ◆ Short- and long-term residential treatment
- ◆ Adolescent outpatient and residential treatment
- ◆ Services for pregnant and parenting women
- ◆ Treatment for co-occurring mental health and substance abuse disorders
- ◆ Juvenile & adult drug treatment court services
- ◆ Juvenile & adult treatment in the Maine Department of Corrections correctional facilities

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## **The Maine Gambling Addiction Network**

The Office of Substance Abuse and the Maine Gambling Control Board have worked collaboratively to build the Maine Gambling Addiction Network. The network is comprised of thirty-eight licensed professional Counselors trained to work with individuals & family members affected by problem gambling. The Maine Gambling Addiction Network has coordinated with the Maine Council on Problem Gambling and 211ME to have their call center staff trained in problem gambling issues so they may provide local help and support to those Maine citizens dealing with gambling problems. 211ME will provide education and informational literature to callers and provide referral connections to counseling professionals who are registered with the Maine Gambling Addiction Network. 211ME will also provide information regarding local self help group meeting such as Gambler's Anonymous.

# TREATMENT



During SFY09, the Co-occurring State Integration Initiative implemented a statewide standardized screening tool for co-occurring disorders. The screening covers both adults and children and will provide us with extensive data on the prevalence of co-occurrence in the state. Now in its final year, the Initiative is focusing on training all providers to become co-occurring capable, and on final systems for integrating data on service utilization and outcomes for people being treated from an integrated perspective. The Co-occurring State Integration Initiative team is also working on strategies to sustain the work of advancing integrated care once the Co-occurring State Integration Initiative grant ends. This involves a focus on clinical practices and workforce development. A Clinical Guidelines manual is under development and partnerships with academic institutions are being pursued.



## CRIMINAL JUSTICE ADULT INSTITUTIONS

The Office of Substance Abuse Treatment Team actively collaborates with the Maine Department of Corrections in the development and oversight of the substance abuse treatment system within the Maine Department of Corrections Adult Institutions and with the judicial branch in the development and oversight of the substance abuse treatment for all six of Maine's Adult Drug Treatment Courts.

The treatment used within the Maine Department of Corrections Adult Institutions and the Maine Adult Drug Treatment Courts is the Differential Substance Abuse Treatment system. The Differential Substance Abuse Treatment system is an evidence-based, manual-based treatment system that uses motivational enhancement and cognitive based therapy. The Office of Substance Abuse received a U.S. Substance Abuse and Mental Health Services Administration Science to Service Award during SFY08 for improved treatment outcomes accomplished through implementation and oversight of Differential Substance Abuse Treatment within all six Maine Adult Drug Treatment Courts and the Maine Department of Corrections Adult Institutions.

## PROBLEM SOLVING COURT PROGRAMS (DRUG TREATMENT COURTS)

Maine now has ten state funded problem solving court programs across the state: six adult drug treatment courts; two family treatment drug courts and two co-occurring drug treatment courts (funded by federal grants to the judicial branch). The Office of Substance Abuse will continue to work collaboratively with the judiciary, Department of Corrections, and child welfare around funding and access to case management and treatment services for clients served by these programs across the state.



### **Using Evidence Based Practice to Improve Treatment Access and Outcomes**

The Office of Substance Abuse is one of two single state agencies to receive both a Strengthening Treatment Access and Retention - State Implementation and Advancing Recovery grant in the fall of 2006.

The Strengthening Treatment Access and Retention program, funded by the U.S. Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment and the Robert Wood Johnson Foundation, is an infrastructure program focused on improving access to and retention in treatment. Although the grant ended September 2009, the Office of Substance Abuse was granted a no-cost extension to wrap up activities and synthesize the data. Twenty-one of 22 block grant funded agencies were involved as pilot sites over the three years of the grant.

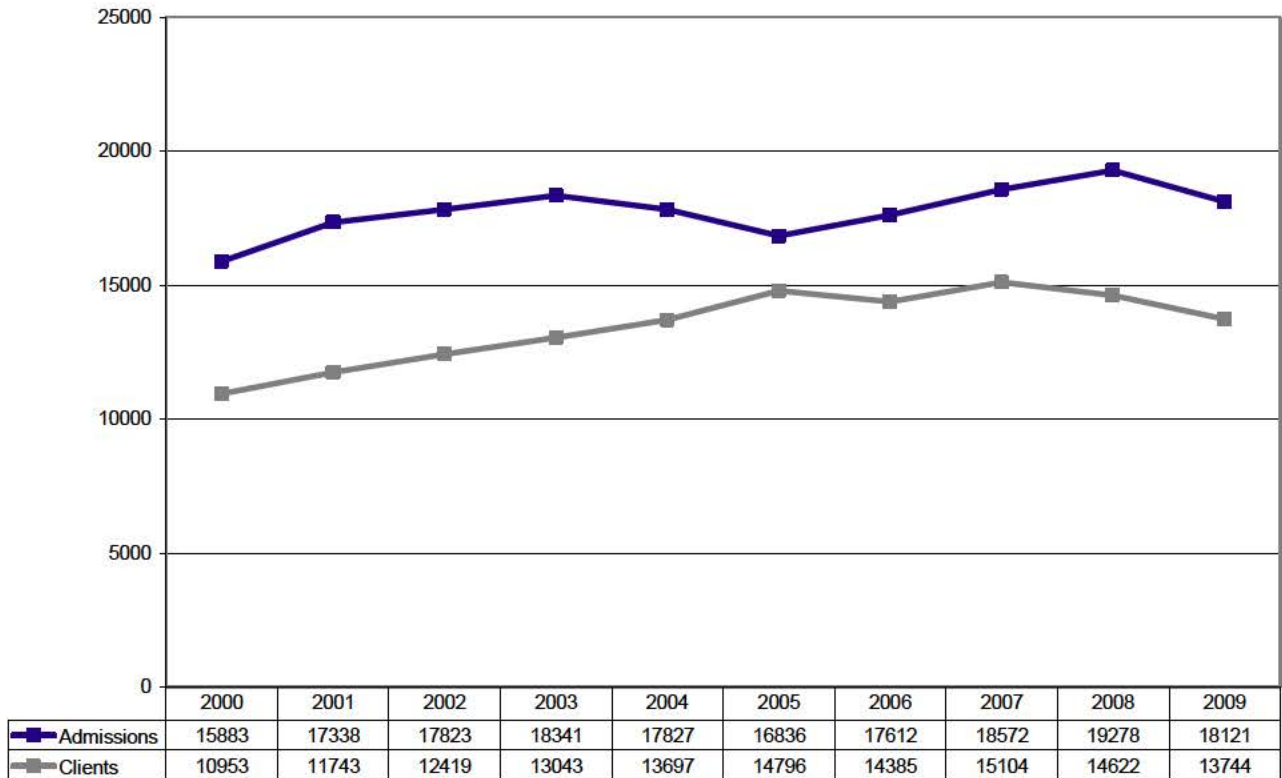
The Advancing Recovery project is a collaborative effort among the Network for the Improvement of Addiction Treatment, The Treatment Research Institute, and the Robert Wood Johnson Foundation. Advancing Recovery promotes the use of evidence-based practices for addiction treatment. Based on lessons learned and data gathered from a non-profit foundation Advancing Recovery grant, the Office of Substance Abuse was awarded funding by the Maine state legislature during SFY09 to establish pilot medication assisted treatment programs around the state. There are 11 sites from Aroostook to Cumberland County. Admission data is collected and reflected in this report.

The Office of Substance Abuse has used these grant initiatives to improve access and retention in treatment statewide for individuals with addictive disorders and co-occurring conditions. SFY09 treatment data in this report reflect gains made with support of these treatment focused grants.

## TREATMENT

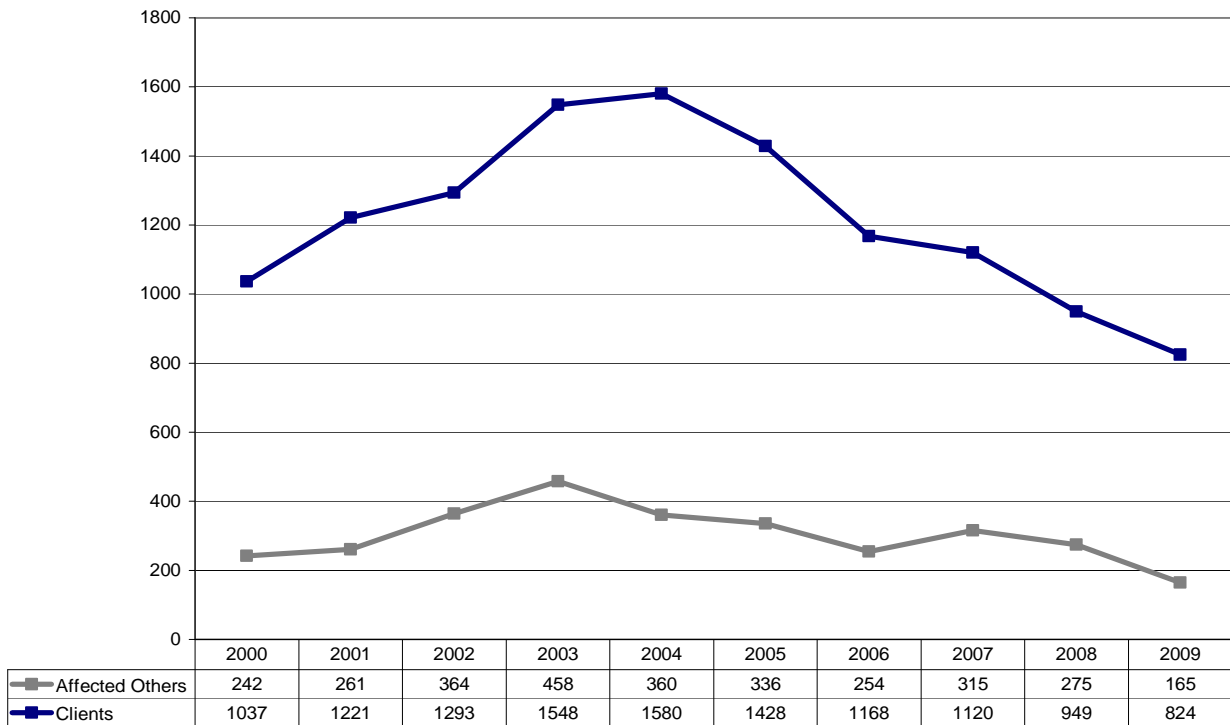
**Admissions:** There were 18,121 client admissions representing 13,744 clients during SFY09. The number of admissions has decreased slightly as the treatment system seems to have reached capacity. In addition, the impact of the economic downturn has affected those who are insured becoming uninsured and unable to access treatment. The Office of Substance Abuse has continued to work with provider agencies to reach this capacity within existing fiscal resources.

**Treatment Admissions, SFY 2000-2009**



**Adolescent Treatment Admissions:** The number of adolescents admitted to treatment continues to decline even as the number of programs available remains steady. The National Survey on Drug Use and Health identifies Maine as having one of the highest rates of unmet treatment needs for adolescents in the country. The Office of Substance Abuse data indicate that adolescents are receiving treatment services for abuse of marijuana; however, anecdotal information states that adolescents admitted for marijuana abuse often disclose prescription drug abuse later in treatment. The Office of Substance Abuse believes that the decline in admissions correlates to the number of adolescents being treated in mental health programs where co-occurring disorders are being addressed. The Office of Substance Abuse will continue to work with the mental health providers to gather data on this trend.

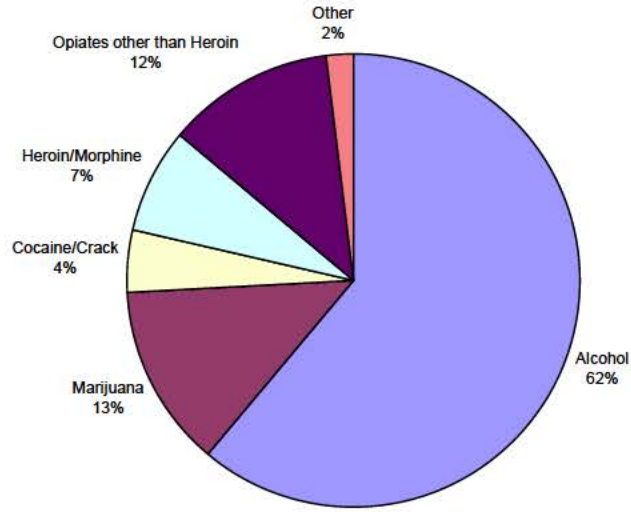
**Adolescent Treatment Admissions (unduplicated), SFY 2000-2009**



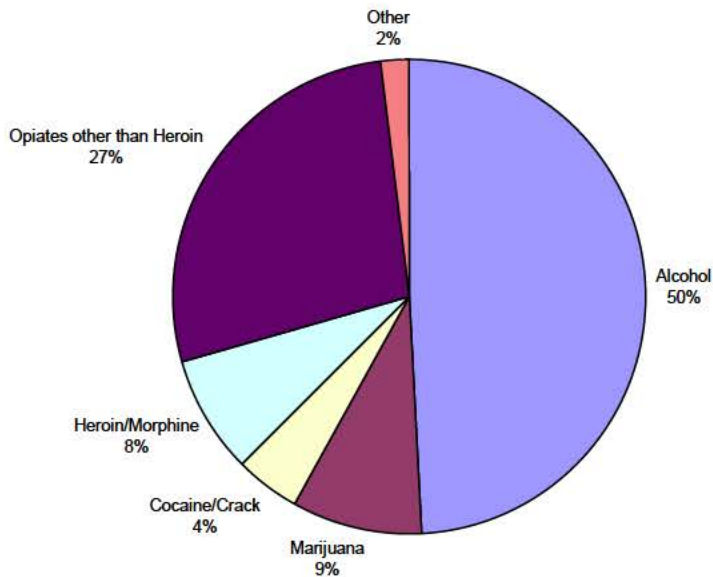


**Clients by Primary Drug 2004 – 2009:** During SFY09, the leading causes for substance abuse treatment admission were alcohol (50%), opiates other than heroin (27%), heroin and morphine (8%), and marijuana (9%). Since 2004, the proportion of clients admitted for alcohol abuse has decreased from 62% to 50% while the proportions admitted for opiates other than heroin more than doubled from 12% to 27%. The proportion admitted for abuse of marijuana continues to decrease.

**Clients by Primary Drug, SFY 2004**



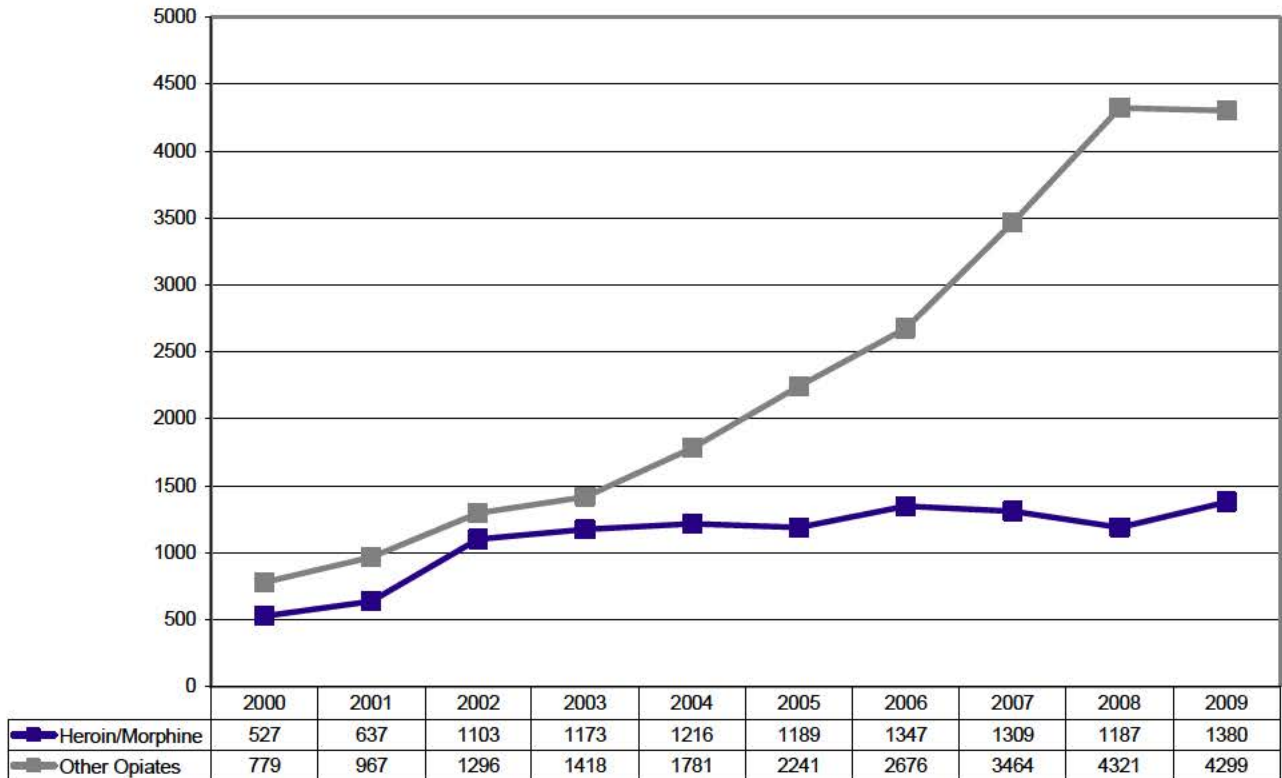
**Clients by Primary Drug, SFY 2009**



## TREATMENT

**Opiate Abuse Admissions 2004-2009:** Admissions to Opiate Treatment Programs leveled off in SFY09. However, there was a slight increase in admissions related to heroin/morphine abuse.

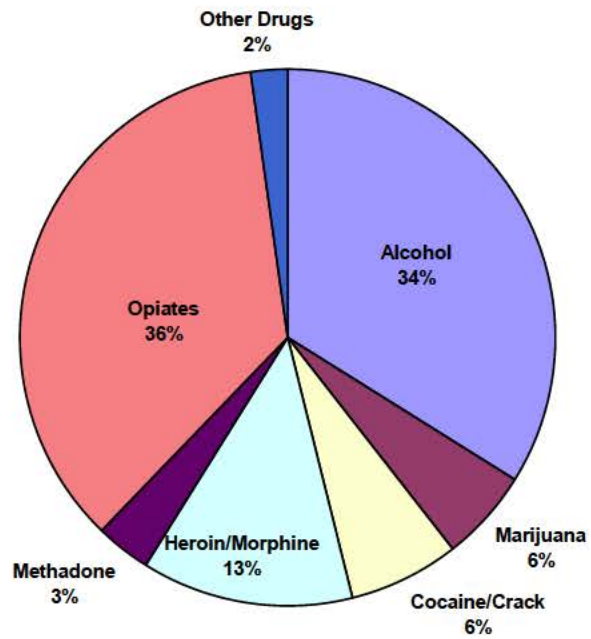
**Opiate Abuse Admissions, SFY 2000-2009**



# TREATMENT

**Women, 18-45 Admissions by Primary Drug, SFY09:** Trends for women in treatment reflect high rates of prescription opiates (36%), heroin/morphine (13%), illicit methadone use (3%), and alcohol (34%). Opiate use as a category has more than doubled between 2005 and 2009.

**Women, 18-45 Admissions by Primary Drug, SFY 2009**

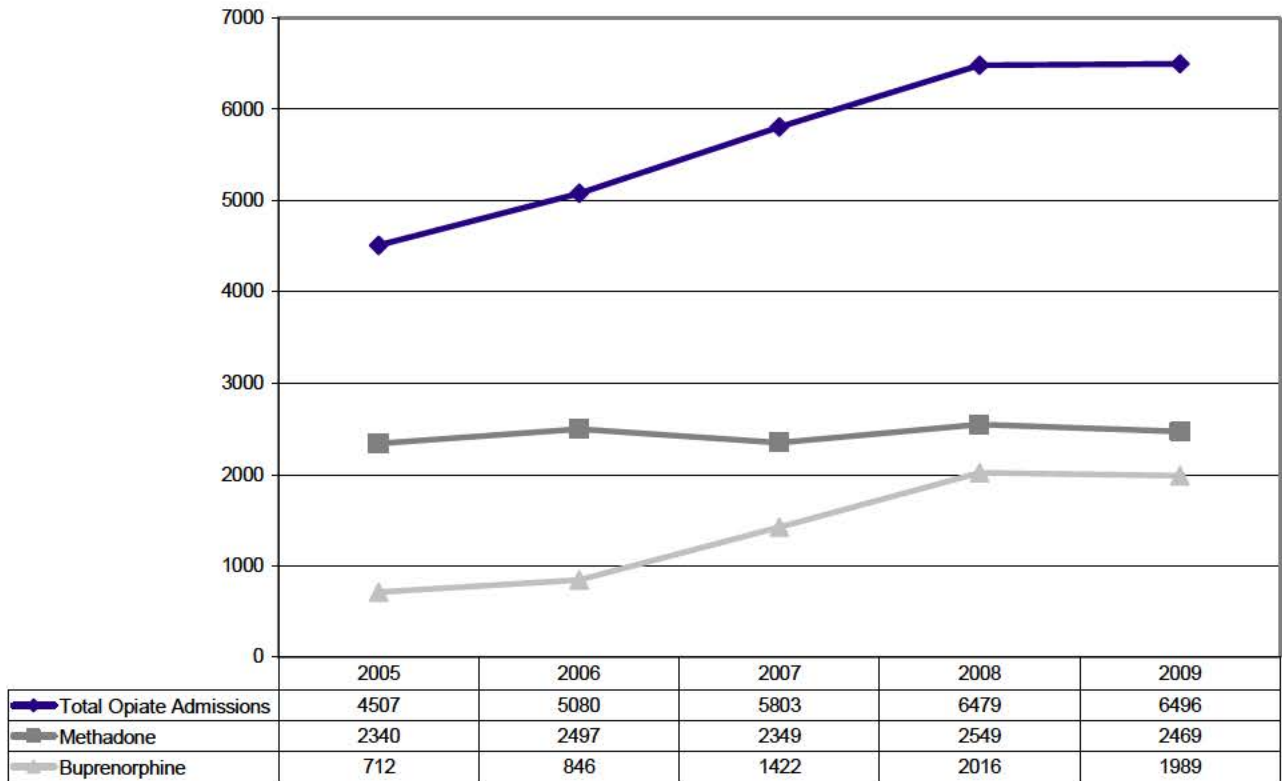


# TREATMENT

**Specific Clients and Best Practice:** The Office of Substance Abuse has implemented a number of best practice strategies since SFY00 to address the needs of specific clients and treatment needs. Best practices include Drug Courts, Criminal Justice Programming, American Society of Addiction Medicine placement criteria in regulation for all licensed treatment services, and support for the use of U.S. Food and Drug Administration approved medications for addiction treatment. The Office of Substance Abuse continues to utilize performance based contracting as a means to evaluate quality of programming and is seen as the leader in the department with implementation and consistency in monitoring the data.

**Opiate Admissions and Medication Assisted Treatment:** With money allocated by the legislature, the Office of Substance Abuse has expanded access to medication assisted treatment services for opiate abuse and addiction statewide. The admissions leveled off during SFY09 and the Office of Substance Abuse believes that this is due to capacity being reached within the existing fiscal resources. Access to Opiate Treatment Programs remained stable.

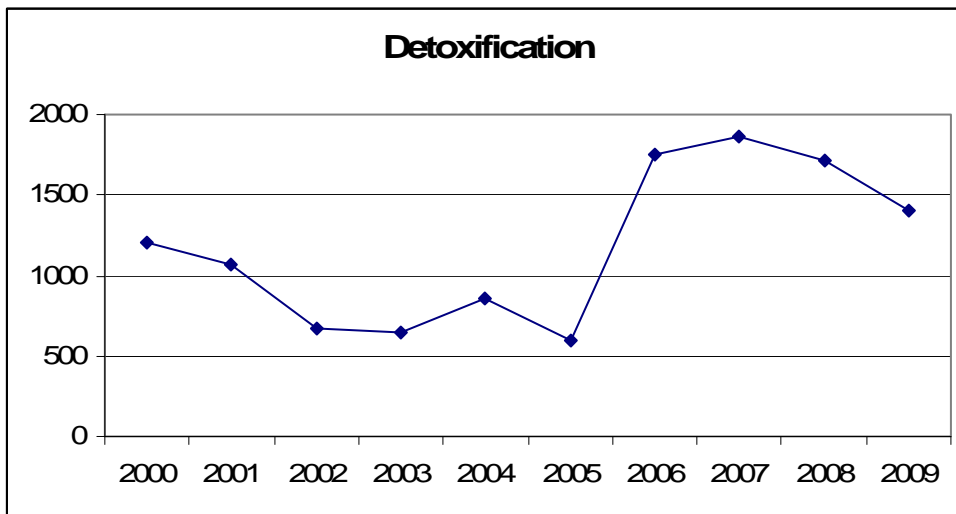
**Opiate Admissions and Medication Assisted Therapy**



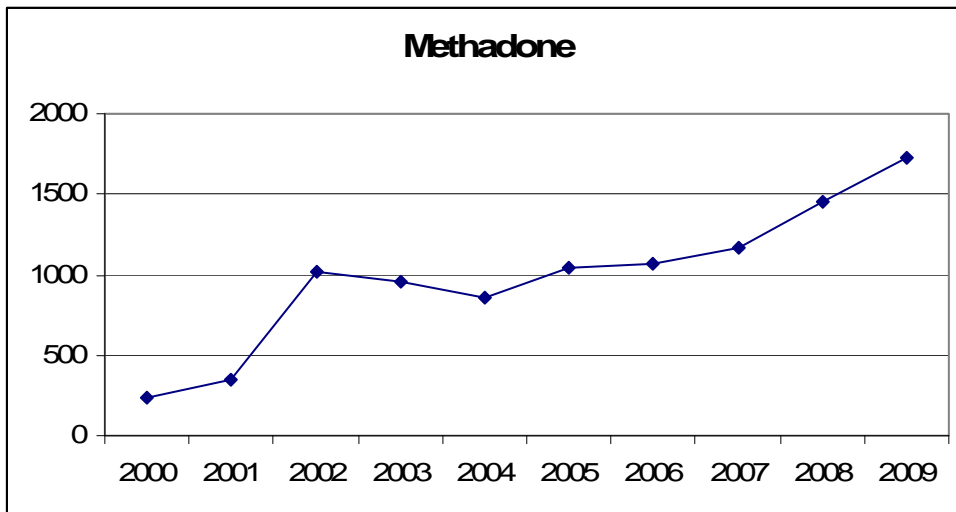
# TREATMENT

**Number of Admissions to Treatment by Service Setting 2004-2009:** The number of clients admitted to Intensive Outpatient Treatment has leveled off; there were increases in this level of care from 2003 to 2008. The leveling off is due to the maximization of resources and agencies are now at capacity. This was accomplished through a partnership between the Office of Substance Abuse and the treatment providers to work on process improvement and requiring the use of American Society of Addiction Medicine criteria.

## Detoxification

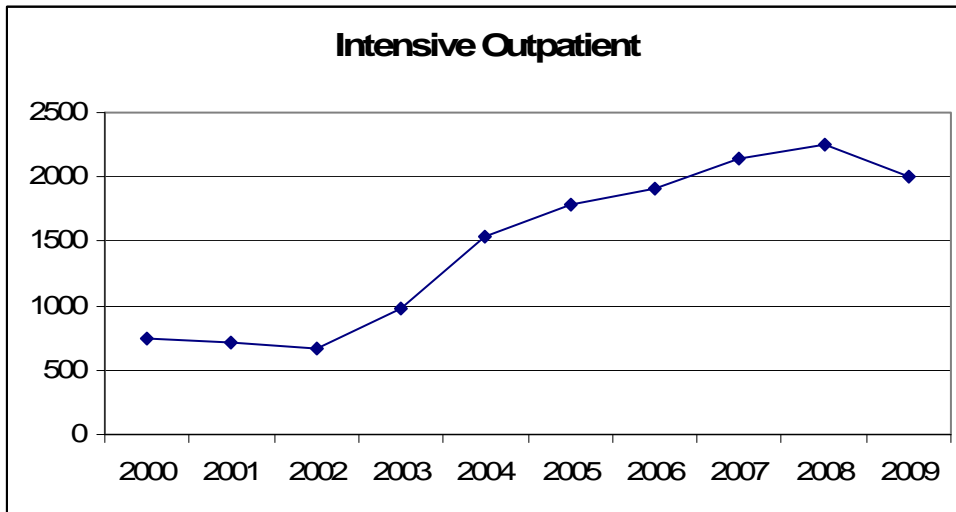


## Methadone

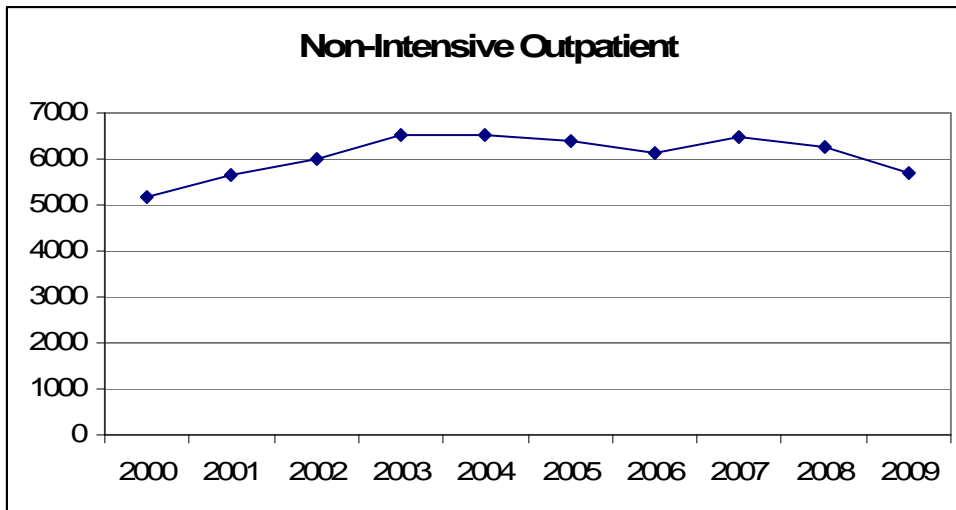


## Number of Admissions to Treatment by Service Setting 2004-2009

### Intensive Outpatient

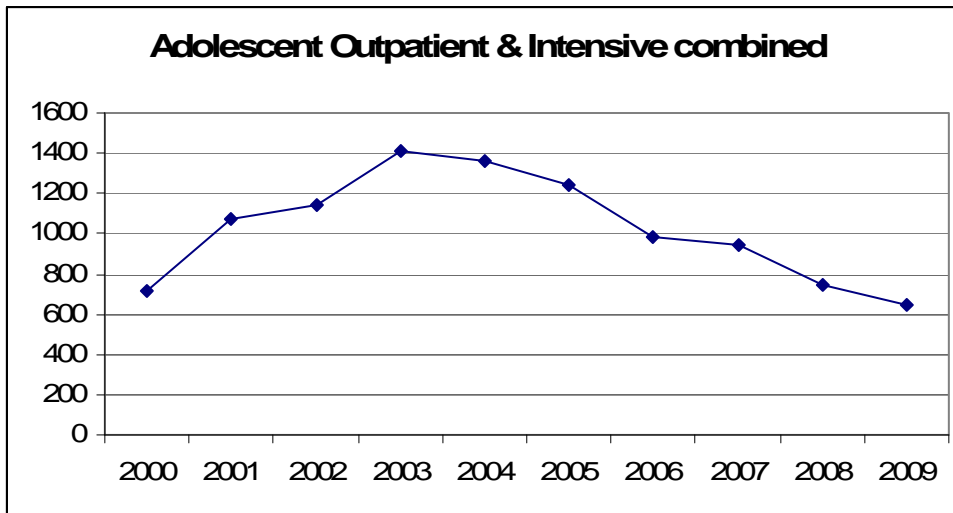


### Non-Intensive Outpatient

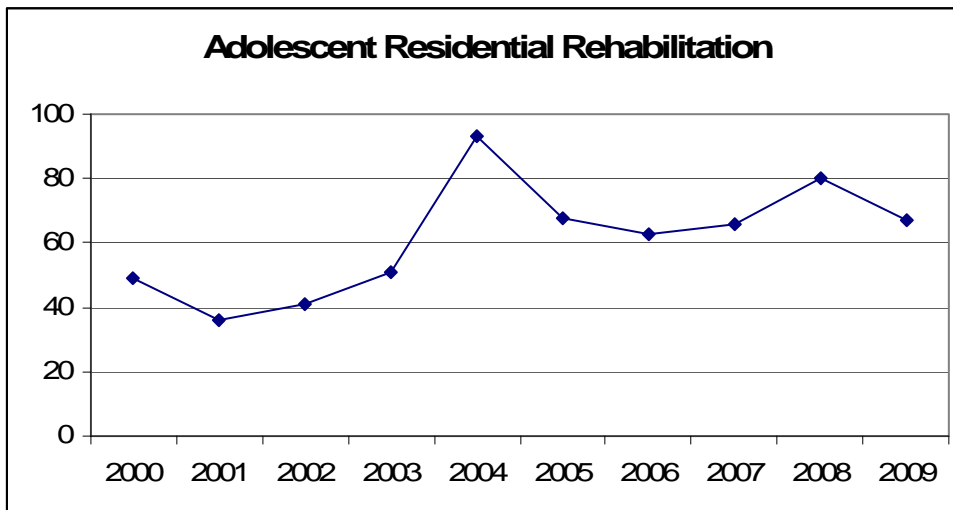


## Number of Admissions to Treatment by Service Setting 2004-2009

### Adolescent Outpatient



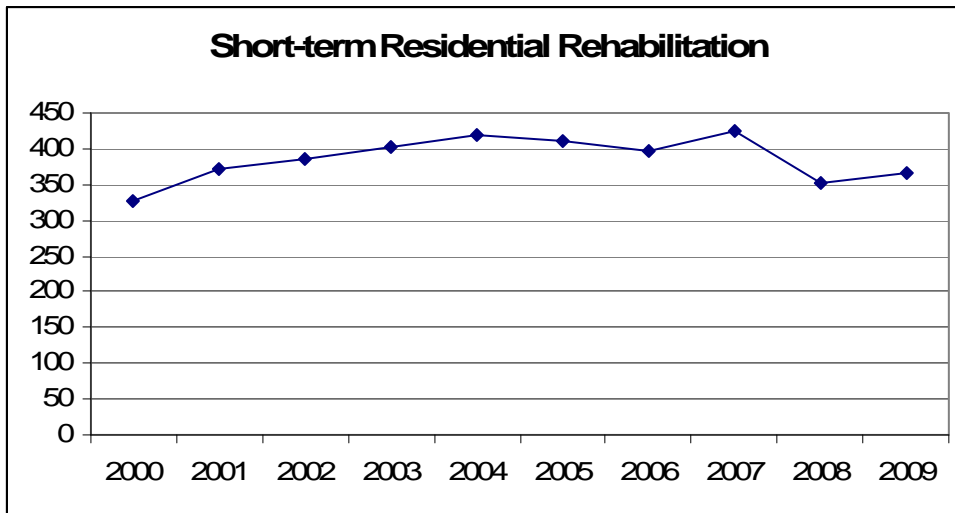
### Adolescent Residential Rehabilitation



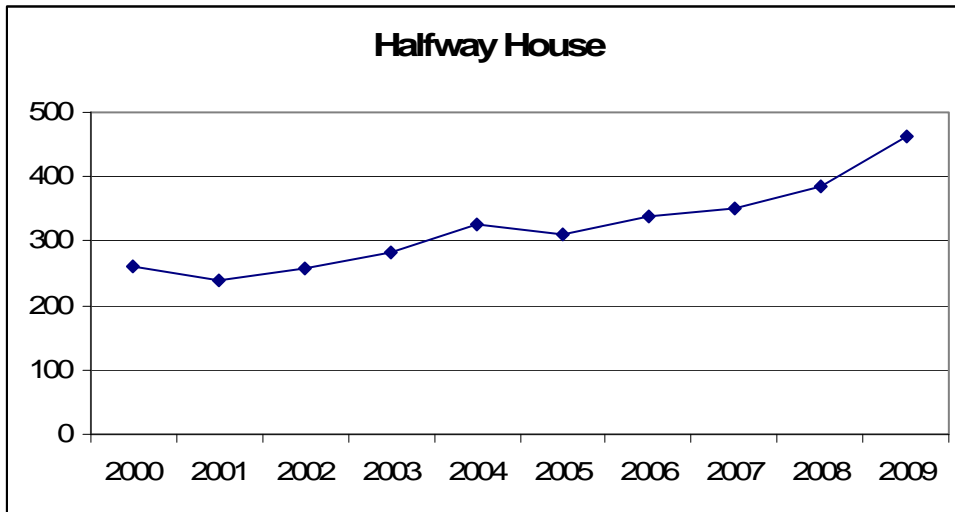


## Number of Admissions to Treatment by Service Setting 2004-2009

### Short-term Residential Rehabilitation

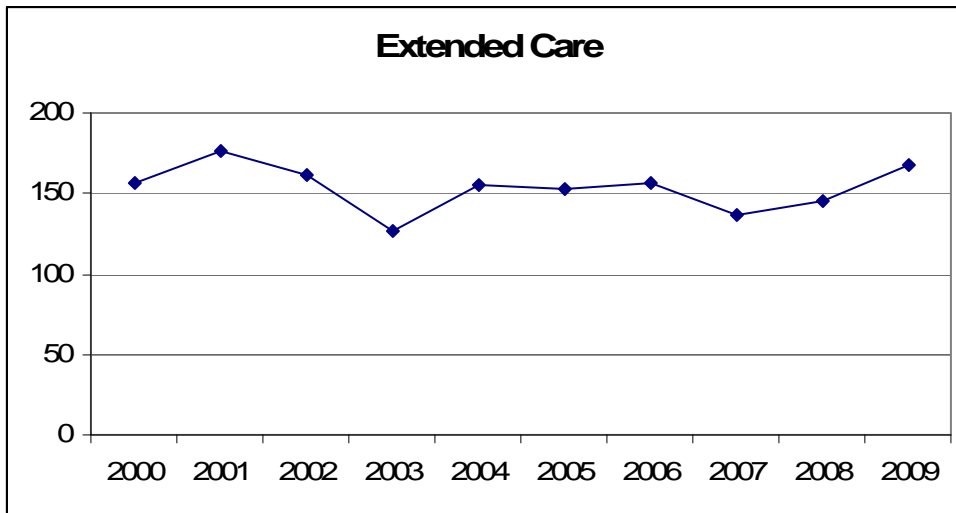


### Halfway House

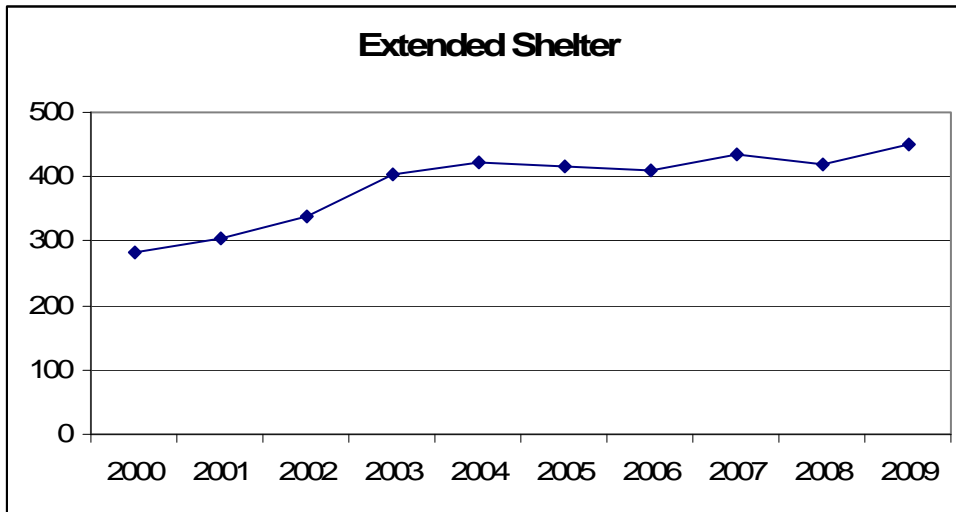


## Number of Admissions to Treatment by Service Setting 2004-2009

### Extended Care



### Extended Shelter



## PUBLIC AWARENESS

The Information and Resource Center (IRC) offers many materials about substance abuse at no cost to Maine citizens. Books, literature, and pamphlets are distributed free and videos are available to organizations, schools and community groups. In addition, the IRC maintains listings of treatment facilities and support group meetings in Maine. Staff is available to assist with requests for information, referrals to services, and other questions related to substance abuse issues.

In 2009, the Information & Resource Center distributed:

341	Book loans
171,094	Pamphlets/Handouts & Posters
1,747	Sheets printed off the Web to assist users with research requests when they do not have easy access to the web.
1,199	Photocopied information sheets
1,969	Video loans

The Information and Resource Center has a searchable online database that contains the complete library holdings. The library contains videos, DVDs, books, and pamphlets. Borrowers may search online and request items, or call the IRC for help with selecting materials.

For more information, contact the IRC:

Call: 1-800-499-0027 (in-state only) or 207-287-8900

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)

Web: [www.maineosa.org/irc](http://www.maineosa.org/irc)



For additional copies of this report or for any other information related to substance abuse, contact the following:

Office of Substance Abuse  
Information and Resource Center  
11 State House Station  
Augusta, ME 04333-0011

1-800-499-0027 (in-state only) or 207-287-8900  
TTY: 1-800-606-0215  
Fax: 207-287-8910  
Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)

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This information is available in alternate formats upon request.