COMMONWEALTH of VIRGINIA

Substance Abuse Services Council

P. O. Box 1797
Richmond, Virginia 23218-1797

February 10, 2019

To: The Honorable Ralph Northam, Governor

and

Members, Virginia General Assembly

The 2004 Session of the General Assembly amended §2.2-2697.B. of the *Code of Virginia*, to direct the Substance Abuse Services Council to collect information about the impact and cost of substance abuse treatment provided by public agencies in the Commonwealth. In accordance with that language, please find attached the *Substance Abuse Services Council Report on Treatment Programs for FY 2018*.

Sincerely,

Mary McMasters, M.D.

xc: The Honorable Daniel Carey, M.D., Secretary of Health and Human Resources
The Honorable Brian J. Moran, Secretary of Public Safety
Hughes Melton, Commissioner, Department of Behavioral Health and Developmental Services
Harold W. Clarke, Director, Department of Corrections
Andrew K. Block, Jr., Director, Department of Juvenile Justice

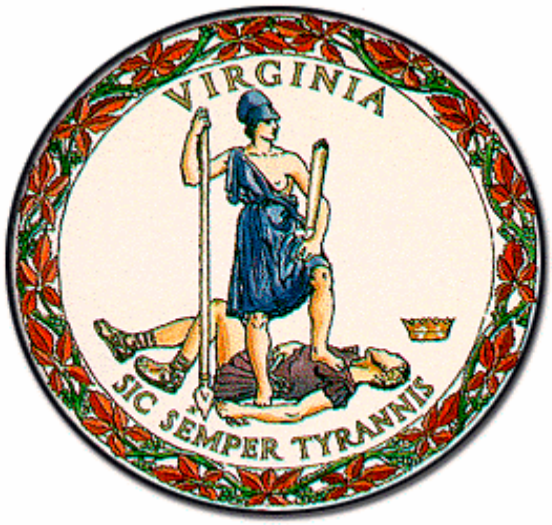
Enc.

SUBSTANCE ABUSE SERVICES COUNCIL REPORT ON TREATMENT PROGRAMS FOR FY 2018 (Code of Virginia § 2.2-2697)

to the Governor and

the

General Assembly



COMMONWEALTH OF VIRGINIA

December 1, 2018

Preface

Section 2.2-2697.B of the Code of Virginia directs the Substance Abuse Services Council to report by December 1 to the Governor and the General Assembly information about the impact and cost of substance abuse treatment provided by each agency in state government. The specific requirements of this section are below:

§ 2.2-2697. Review of state agency substance abuse treatment programs.

B. Beginning in 2006, the Comprehensive Interagency State Plan shall include the following analysis for each agency-administered substance abuse treatment program:

(i). the amount of funding expended under the program for the prior fiscal year;
(ii). the number of individuals served by the program using that funding;
(iii). the extent to which program objectives have been accomplished as reflected by an evaluation of outcome measures;
(iv). identifying the most effective substance abuse treatment, based on a combination of per person costs and success in meeting program objectives;
(v). how effectiveness could be improved;
(vi). an estimate of the cost effectiveness of these programs; and
(vii). recommendations on the funding of programs based on these analyses.

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SUBSTANCE ABUSE SERVICES COUNCIL REPORT ON TREATMENT PROGRAMS FOR FY 2018

Introduction

This report summarizes information from the three executive branch agencies that provide substance abuse treatment services: the Department of Behavioral Health and Developmental Services (DBHDS), the Department of Juvenile Justice (DJJ), and the Department of Corrections (DOC). These agencies share the common goals of increasing abstinence from alcohol and other drug use and reducing criminal behavior. All of the agencies are invested in providing treatment that is evidence-based, and each agency has specific constraints on its ability to provide the most effective treatment services to its population. In this report, the following information is detailed concerning each of these three agencies' substance abuse treatment programs:

1. Amount of funding spent for the program in FY 2018;
2. Unduplicated number of individuals who received services in FY 2018;
3. Extent to which program objectives have been accomplished as reflected by an evaluation of outcome measures;
4. Identifying the most effective substance abuse treatment;
5. How effectiveness could be improved;
6. An estimate of the cost effectiveness of these programs; and
7. Funding recommendations based on these analyses.

As used in this document, treatment means those services directed toward individuals with identified substance abuse or dependence disorders and does not include prevention services. This report provides information for Fiscal Year 2018, which covers the period from July 1, 2017 through June 30, 2018.

Department of Behavioral Health and Developmental Services (DBHDS)

The publicly funded behavioral health and developmental services system provides services to individuals with mental illnesses or substance use disorders, developmental disabilities, or co-occurring disorders through state hospitals and training centers operated by DBHDS, and 40 community services boards (CSBs). CSBs were established by Virginia's 133 cities or counties pursuant to Chapters 5 or 6 of Title 37.2 of the Code of Virginia. CSBs provide services directly and through contracts with private providers, which are vital partners in delivering services. Summary information regarding these services is presented below.

1. Amount of Funding Spent for the Program in FY 2018. Expenditures for substance abuse treatment services totaled $150,468,816, including state and federal funds, local funds, fees and funds from other sources. The table below provides details about the sources of these funds.

Expenditures for Substance Use Disorder Treatment Services by Source	
State Funds	$50,690,183
Local Funds	$32,544,393*
Medicaid Fees	$8,710,380
Other Fees	$12,395,732
Federal Funds	$37,907,080
Other Funds	$8,221,048*
Total Funds	$150,468,816

*Local Funds and Other Fees may have been utilized to support prevention activities.

2. Unduplicated Number of Individuals Who Received Services in FY 2018. A total of 30,435 unduplicated individuals received substance abuse treatment services supported by this funding in FY 2018.

3. Extent to which Program Objectives Have Been Accomplished as Reflected by an Evaluation of Outcome Measures. Currently, DBHDS uses the following substance abuse services quality measures for each CSB:

- **Intensity of Engagement in Substance Abuse Outpatient Services**: Intensity of engagement is measured by calculating a percentage. The denominator is the number of adults admitted to the substance abuse services program area during the previous 12 months who received 45 minutes of outpatient treatment services after admission. The numerator is the number of these individuals who received at least an additional 1.5 hours of outpatient services within 90 days of admission. The 2018 percentage was 69 percent, surpassing the target of 63 percent.

- **Retention in Community Substance Abuse Services:** Retention is measured by calculating a percentage at two points in time, three months and six months following admission. The denominator is the number of all individuals admitted to the substance abuse services program area during the 12 months who received at least one valid substance abuse or mental health service of any type in the month following admission. The numerator for retention at three months is the number of these individuals who received at least one valid mental health or substance abuse service of any type every month for at least the following two months. The numerator for retention at six months is the number of these individuals who received at least one valid mental health or substance abuse service of any type every month for at least the following five months. The 2018 three month percentage for this measure was 61 percent which surpassed the 31 percent target. The six month percentage for this measure was 31 percent, which surpassed the 26 percent target. In calculating this measure, valid substance abuse services do not include residential detoxification services or those services provided in jails or juvenile detention centers.

4. Identifying the Most Effective Substance Abuse Treatment. Identifying the most effective substance abuse treatment based on a combination of per person costs and success in meeting program objectives is difficult because the chronic relapsing nature of the condition

often results in a non-linear path to recovery. Also, evidence-based treatment for substance use disorders consists of an array of modalities and interventions that are tailored to the specific needs of each individual seeking treatment, depending on severity and need for clinical services and supports. The lack of a consistently available array of services across Virginia makes it difficult to match individuals to the appropriate level of care. Comparisons of cost per person would result in comparing a relatively meaningless average of the treatment costs across many different individuals receiving very different combinations of services.

The deadly opioid overdose epidemic that began in the mid-2000s and resulted in 1,230 deaths in calendar year 2017[1] has heightened the need for timely access to appropriate treatment. DBHDS is actively supporting CSBs in providing medication assisted treatment (MAT), the evidence-based standard of care for opioid addiction through time-limited federal grant funding as it is costly to provide.

5. How Effectiveness Could be Improved. Over the course of the last decade knowledge of evidence-based treatment for substance use disorders has expanded. These services require more time and skill to implement successfully and often require the services of medical and counseling staff trained in specific treatment models appropriate for the individual's issues, such as trauma-informed care or co-occurring mental health disorders. Many individuals seeking services for their substance use disorder have other issues that present barriers to successful recovery such as lack of transportation to treatment, lack of childcare while participating in treatment, unsafe housing, or serious health or mental health issues. Successful treatment programs require personnel and resources to help the individual address these problems.

To support systems change, outcomes must be considered as part of an organized and committed quality improvement initiative at state and provider levels. DBHDS has developed a quality improvement process for CSBs. A platform to improve program effectiveness can be provided through focusing on quality improvement and funding substance abuse services at a level adequate to make an expanded continuum of care and array of evidence-based practices available across the state.

6. An Estimate of the Cost Effectiveness of These Programs. Since access to clinically appropriate levels of care is not accessible to all individuals served by the CSBs, it is difficult to measure cost effectiveness. Access to a level of care that does not provide adequate intensity or duration cannot produce cost effective outcomes.

7. Funding Recommendations. In April 2017, the Department of Medical Assistance Services (DMAS) implemented a waiver that supports a wide array of treatment services for individuals with substance use disorders, based on criteria developed by the American Society of Addiction Medicine. This array included improved access to medication assisted treatment for individual with opioid use disorder. DBHDS also received a significant two-year grant focused on providing prevention, treatment and recovery services for individuals with opioid use disorders. These resources, in addition to Medicaid expansion effective January 1, 2019, can help support some needed infrastructure development, such as

[1] Office of the Chief Medical Examiner Forensic Epidemiology All Opioids Table available at: http://www.vdh.virginia.gov/medical-examiner/forensic-epidemiology/

provider training to support implementation of evidence-based practices. However, a portion of Virginia's population has income greater than 138 percent of Federal Poverty Level (income eligibility threshold effective January 1, 2019), but cannot afford to purchase private insurance. In addition, while opioids have garnered considerable attention and resources, other forms of dangerous drug use, such as methamphetamine use and alcohol, continue to threaten the health of Virginians. Substantive resources are needed to address these growing issues.

Department of Juvenile Justice (DJJ)

The Department of Juvenile Justice (DJJ) provides substance abuse treatment services to residents meeting the appropriate criteria at Bon Air Juvenile Correctional Center (JCC). The following information reflects these services:

1. The Amount of Funding Spent for the Program in FY 2018.

JCC Programs:	
Substance Abuse Services Expenditures:	$ 792,083
Total Division Expenditures*:	$42,630,212

* Total division expenditures exclude closed facilities as well as the Virginia Public Safety Training Center (VPSTC) and all related costs to the VPSTC.

2. Unduplicated Number of Individuals Who Received Services in FY 2018. In FY 2018, 268 (82.5%) of the 325 residents admitted to direct care were assigned a substance abuse treatment need. Youth can be assigned to Track I or Track II to reflect their individual needs. Track I is for juveniles meeting the Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria for Substance Use Disorder and in need of intensive services. Track II is for juveniles who have experimented with substances but do not meet the DSM criteria for Substance Use Disorder. Of the 325 youth admitted, 74.2 percent were assigned a Track I treatment need, and 8.3 percent were assigned a Track II treatment.

3. Extent to Which Program Objectives Have Been Accomplished as Reflected by an Evaluation of Outcome Measures. DJJ calculates 12-month rearrest rates for residents who had an assigned substance abuse treatment need. Rates are calculated based on a rearrest for any offense. The substance abuse treatment need subgroup of direct care releases includes juveniles with any type of substance abuse treatment need. An assigned treatment need does not indicate treatment completion. The most recent rearrest rates available are for youth released during FY 2016.

Rearrest rates are slightly lower for all juveniles than for those with a substance abuse treatment need. In FY 2016, 50.7 percent of residents with a substance abuse treatment need were rearrested within 12 months of release, as compared to 48.2 percent of all residents. In FY 2015, 53.5 percent of residents with a substance abuse treatment need were rearrested within 12 months of release, as compared to 52.4 percent of all residents.

While recidivism rates provide some insight to the effectiveness of programs, the rates presented here cannot be interpreted as a sound program evaluation due to a number of limitations. DJJ has begun to collect treatment completion data to determine if a juvenile actually completed treatment, but recidivism rates based on treatment completion are not yet available. Additionally, residents with assigned treatment needs may have risk characteristics different from those not assigned a treatment need; because juveniles are assigned treatment needs based on certain characteristics that distinguish them from the rest of the population, there is no control group for treatment need. Finally, data on whether re-offenses are substance-related are not available at this time.

As treatment program completion data matures, DJJ will analyze recidivism rates of program completers compared to non-completers. DJJ is also working with its partners in recidivism data collection (State Police, Virginia Criminal Sentencing Commission, Department of Corrections, and the State Compensation Board) to collect re-offense description data that will allow for analyses based on substance-related re-offenses.

4. Identifying the Most Effective Substance Abuse Treatment. Per person costs cannot be determined because a large amount of the money allotted to substance abuse programming goes toward the salaries of staff who act as counselors and facilitators of the program. These staff also administer aggression management and sex offender treatment and perform other tasks within the behavioral services unit (BSU) at each facility. Each staff member performs a different set of duties based on his or her background and current abilities. Staff do not devote a clear-cut percentage of their time to each duty, but rather adjust these percentages as needed; therefore, there is no way to calculate how much of a staff member's pay goes directly toward substance abuse programming, and per person cost cannot be determined.

5. How Effectiveness Could be Improved. DJJ institutions should continue to implement evidence-based programming, including Cannabis Youth Treatment (CYT), individualized treatment plans for residents with co-occurring disorders, and Voices (a gender-specific treatment program for female residents). Reentry systems and collaboration with community resources and families should continue to be strengthened to ensure smooth transition of residents to the community. Currently, DJJ's electronic data system tracks community-based urine screens on residents released from JCCs who were assigned substance abuse programming. Data culled from this set will hopefully prove useful to further programming outlooks.

6. An Estimate of the Cost Effectiveness of These Programs. Information to address this issue is not available due to the inability to calculate per person costs.

Department of Corrections (DOC)

1. Amount of Funding Spent for the Program in FY 2018. Treatment services expenditures totaled $7,112,016 for FY 2018. The table below displays how these funds were expended across DOC programs.

Community Corrections Substance Abuse		$2,843,163
Spectrum Health		$2,826,679
Cold Springs	$501,774	
Indian Creek/Greensville Work Center	$1,981,012	
Deerfield Work Center	$343,893	
Facilities (previously funded by federal RSAT grant		$918,546
Va Corr. Ctr. for Women		$456,859
RSAT grant –state match		$27,555
Web-based SA grant – state match		$39,214
TOTAL		$7,112,016

2. Unduplicated Number of Individuals Who Received Services in FY 2018. As of July 31, 2018 there were 66,480 offenders under active supervision in the community. DOC utilizes the Correctional Offender Management Profiling for Alternative Sanctions (COMPAS) assessment tool for risk assessment and service planning. Information collected from this process indicates that approximately 70 percent of those under active supervision, which would equate to over 46,500 probationers or parolees, have some history of substance abuse and may require treatment or support services. These services are provided mainly by CSBs and private vendors. Offenders on probation or parole also access community Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) groups.

In institutions, there are 1,080 participants in correctional therapeutic communities (CTCs). The Matrix Model program (an evidence-based treatment) has been implemented in the intensive re-entry programs. There are four components to the program and group sizes are usually kept to 12 participants. Approximately 1,500 offenders complete the Matrix Model program each year. The number of offenders participating in support services such as NA and AA varies. The support services are generally provided by volunteers. A new substance abuse curriculum, Cognitive Behavioral Interventions for Substance Abuse (CBI-SA) is being introduced to replace Matrix by the end of 2019.

3. Extent Program Objectives Have Been Accomplished. In September 2005, the DOC submitted the *Report on Substance Abuse Treatment Programs* that contained research information on the effectiveness of therapeutic communities and contractual residential substance abuse treatment programs. The findings from these studies suggest that DOC's substance abuse treatment programs, when properly funded and implemented, are able to reduce recidivism for the substance abusing offender population. Due to a lack of evaluation resources, more up-to-date formal studies are not available. However, a one-year recommitment status check is performed annually for the CTC participants. The check completed for the calendar year 2012 cohort indicated a promising recommitment rate of eight percent. Since this status check is not a formal outcome evaluation, caution should be exercised in the interpretation of the data.

4. Identifying the Most Effective Substance Abuse Treatment. Although DOC-specific information is not available at this time, a report from the Washington State Institute for Public Policy indicated that drug treatment in prison as well as the community has a positive monetary benefit. Of course, in order for evidence-based treatment programs to be cost effective and achieve positive outcomes, they must be implemented as designed, a concept referred to as fidelity. DOC has placed an emphasis on implementation fidelity and created program fidelity reviews for this purpose. This is an important first step that is necessary prior to performing any cost effectiveness studies.

5. How Effectiveness Could be Improved. DOC continues to face a number of challenges related to providing effective substance abuse services:

- Limited resources for clinical supervision to ensure program fidelity, provide technical assistance, and enhance outcomes;
- Limited staff to review fidelity of contract substance abuse treatment in community corrections;
- Limited staff resources for programming, assessment, and data collection activities;
- Limited availability of evidence-based treatment services in community corrections for offenders with substance abuse problems;
- Limited special resources for offenders with co-occurring mental illnesses;
- Lack of inpatient residential treatment services;
- Limited evaluation resources; and
- Sometimes a lack of optimal programming space in prisons and related security posts in prisons.

Fully funding DOC's substance use disorder treatment services based on the needs listed above would increase the number of offenders who could receive treatment and enhance the quality of the programs, thus producing better outcomes.

6. An Estimate of the Cost Effectiveness of These Programs. In general terms, successful outcomes of substance abuse treatment programs include a reduction in drug and alcohol use which can produce a decrease in criminal activities and, thereby, an increase in public safety. The per capita cost of housing offenders for the entire agency was $28,997 in FY 2018. The cost avoidance and benefits to society that are achieved from offenders not returning or not coming into prison offset treatment costs. In addition, effective treatment benefits local communities as former offenders can become productive citizens by being employed, paying taxes, and supporting families. In addition, when former offenders can interrupt the generational cycle of crime by becoming effective parents and role models, the community is also enhanced.

7. Funding Recommendations – Assessment results for the offender population have established the need for substance abuse treatment programs and services. DOC has implemented evidence-based substance abuse treatment programs including CTC for offenders assessed with higher treatment needs and the Matrix Model for those with moderate treatment needs. DOC has established a fidelity review process that can be used by Community Corrections to assess and monitor the quality of contracted programs and services, although the reviews are restricted by limited staff resources. In addition, the scope of services for

Community Corrections vendor contracts to provide treatment services for individuals with substance use disorders have been restructured to require specific evidence-based programs that will allow DOC to monitor offender progress and program fidelity more effectively. The implementation of the Virginia Corrections Information System (CORIS) has improved the collection of data that can be used in future outcome and cost effectiveness studies. The DOC continually looks for grants to be able to expand substance abuse treatment, and treatment is particularly needed for those with opioid addiction and for offenders housed in DOC's minimum custody facilities where treatment resources are lacking. DOC will continue to make every effort within its resources to provide substance abuse services to offenders in need of them.