

2004-2005 Annual Report

THE ANNUAL REPORT OF THE LINCOLN COUNCIL ON ALCOHOLISM AND DRUGS

YOUR Voice

Our Community



LancasterCounty CommunityGroups

Executive Board and we are very grateful for all the time and service the board members give to further LCAD's mission.

We have entered a new phase of providing prevention programs and services to our community by collaborating with numerous other agencies and organizations to build a prevention system that will truly be responsive to the needs of the residents of Lincoln and Lancaster County. We are in the process of organizing community groups that will address substance use and abuse issues at the neighborhood level. These groups will assess what is happening in their areas and develop a plan to address the problems that are identified. By working in this manner, local people will be identifying and solving local problems.

These community groups will be especially attuned to the needs of our youth. LCAD's youth board is a group of young people who have pledged to be drug free and its members are involved in their own neighborhoods. They take an active role in planning and carrying out alternative activities so all youth in Lincoln and Lancaster County have safe and fun things to do that don't involve substance use.

At LCAD our challenge is to offer programs and services to the residents of our community to give them the tools they need to live lives free from substance abuse. With your help we can continue to work towards achieving this goal.

Karen Heusel, Executive Director

Our Children

As the Executive Director of the Lincoln Council on Alcoholism and Drugs, I am pleased to provide this annual report. This report reflects the effort of volunteers and staff of LCAD and their dedication to our mission of promoting healthy lifestyles free from the abuse of alcohol, tobacco and other drugs.

LCAD has provided prevention and evaluation services throughout Lincoln and the surrounding area for over 44 years. We operate all our programs under the direction of the

2004-2005 Board of Directors

Dennis Miller-President
Lincoln Police Department

TJ McDowell-Vice President
Lighthouse

Jim Davidsaver-Secretary/Treasurer
Lincoln Police Department

Harold Clarke
Director of Corrections

Virginia (Ginny) K. Wright
Private Consultant

Ann Jablonski
Pyrtle Elementary School Principal

Dwight Brown
Lincoln Action Program/The Hub

Paul Conley
Attorney

Julane Hill
Nebraska Department of Education

Maddie Hansen
Student/Teen Prevention Planner

Katy Post
Student/Teen Prevention Planner

Justin Johanns
Republican Party

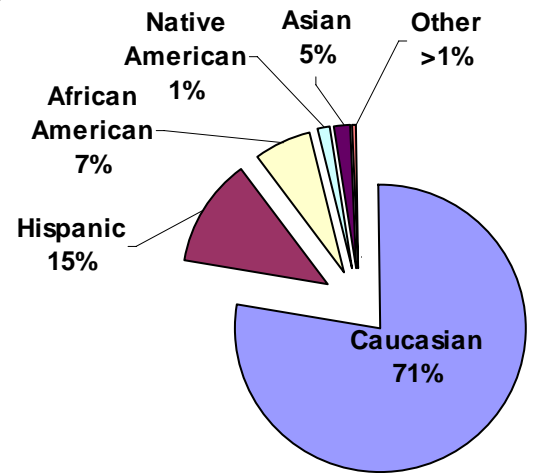
Aroun Phaisan
LAP, Student-SCC

Evaluations

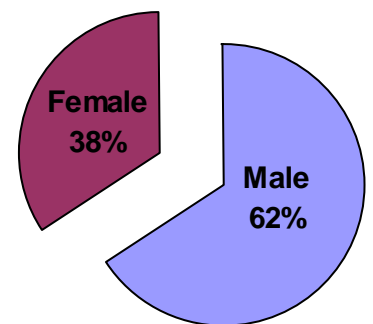
Program Highlights:

LCAD evaluators have extensive experience in substance abuse as well as mental health counseling. Our evaluation program has been utilized by the Lancaster County Adult Drug Court for all their assessments as well as child protective services referrals. We strive to ensure individuals get the help that best suits their needs in a timely and cost effective manner. We work on a sliding fee scale so that cost will not be a barrier. Translation services are available for those individuals who have a first language other than English, as well as sign language when needed.

- LCAD provides evaluations in a neutral, non-treatment environment so as to be objective in determining the best intervention. We are the only neutral evaluations site in Lincoln.
- LCAD has a staff of highly trained counselors dedicated to bringing the best client-centered professional evaluations to the community.
- LCAD conducts evaluations for any adult in the community regardless of ability to pay. We operate with a sliding fee scale so that even if the client has no income, he/she is still eligible to receive a quality evaluation with a LCAD evaluator. In 2004-2005 we had a 10% increase in clientele.
- During the 2004-2005 fiscal year, 56%, or 358 of the 640 clients who came to LCAD for their evaluation, paid only the minimum amount on the fee schedule. Only 115 or 18% paid the full fee.
- LCAD evaluators advocate for clients by providing assistance and consultation in following through with evaluation recommendations and admission to treatment centers.
- Approximately 12% of all clients seeking an evaluation required an interpreter. LCAD provides this service for those non-English speaking clients. We also utilize an individual trained in American Sign Language for those hearing impaired clients.
- During the 2004-2005 fiscal year LCAD was the agency that conducted all the evaluations for drug court clients and provided a place for them to volunteer. Approximately 89% if LCAD's clients are court referred.



Evaluations Snapshot



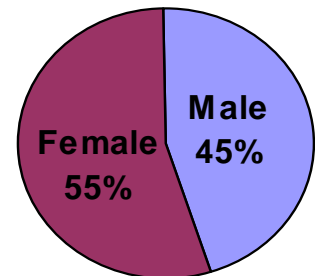
Evaluations by Gender

Prevention

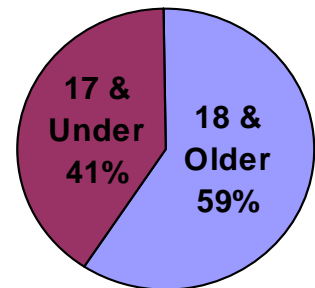
Program Highlights:

LCAD's prevention program has established events and programs that have run for several years now with great success. Our Community Prevention Educators present in schools, community groups and agencies, to audiences ranging from early elementary to senior adults and on a wide range of topics. Programs such as Children of Addiction (CoA) support groups and the LCAD Youth Board provide a place for young people to have honest discussions about the role alcohol, tobacco and other drugs play in society as well as giving youth the opportunity to take action for positive change. LCAD's alternative events provide a place for youth to celebrate drug free choices and serve hundreds of youth each year, from the Red Ribbon Week Skate Party to Freefest to New Year's Eve Bash. These activities make a strong statement for how important alternative activities are in any community.

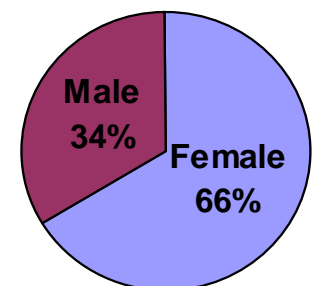
- Red Ribbon Week 2003 was a success with 21,000 red ribbons distributed to students throughout Lincoln and Lancaster County. The Elementary and Middle school skating party held at the Skate Zone during Red Ribbon Week was attended by 400 youth.
- Again this year LCAD partnered with Lincoln Public Schools and the Lincoln Police Department to send out a senior parent letter on responsible hosting.
- LCAD conducted the Youth Risk and Protective Factor survey with 13 sites throughout Lincoln and is involved with several community teams and coalitions including NU Directions, Free to Grow, Substance Abuse Action Coalition, Demand Treatment, Lincoln/Lancaster County Asset Builders, Tobacco Free Lincoln and Tobacco Free Nebraska.
- Prevention staff co-facilitated 13 weeks of Strengthening Multi-Ethnic Families and Communities with 12 parents as a part of the Free to Grow program and offered training and education in numerous substance abuse areas including addiction, CoA, media literacy, parenting and Recognizing Impairing Drugs trainings. In addition, prevention staff created a Drug-free Workplace training that has been presented at businesses in Lincoln and Nebraska City.
- LCAD continues to be the only organization in Lincoln that offers alcohol education classes in both Vietnamese and Spanish. LCAD staff awarded 40 certificates of completion to participants in the DUI classes during the '03-'04 fiscal year.
- During the '03-'04 fiscal year we took a total of 1657 information and referral calls and distributed hundreds of printed materials through walk-in or phone-in requests.



Youth Served through Drug-free Activities



Information Dissemination by Age



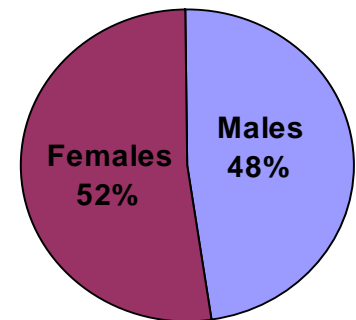
Information Dissemination by Gender

Tobacco Prevention Programming

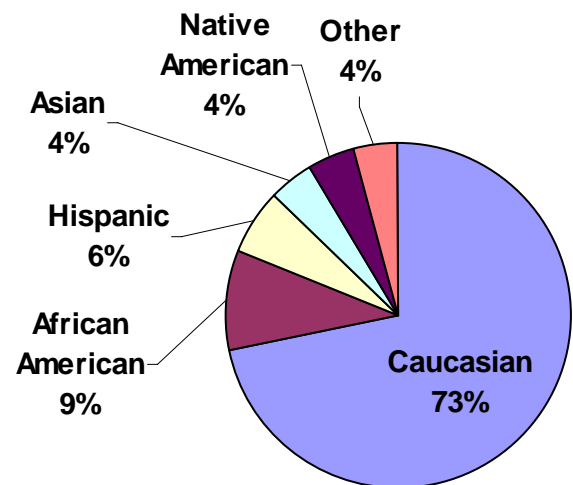
Program Highlights:

The Lincoln Council on Alcoholism and Drugs, Inc. (LCAD) is funded by the Lincoln Lancaster County Health Department through the Tobacco Free Nebraska program to prevent youth initiation of tobacco use, educate the community on the dangers of second-hand smoke, media literacy, and promote clean air policies. LCAD's prevention educators provide education within the schools and community, recruit youth and youth programs regarding tobacco issues, disseminate information, and continue work on Operation Storefront. Below are highlights of LCAD's tobacco prevention program.

- Provided tobacco education presentations to youth in elementary, middle, and high schools and community programs reaching over 600 youth in our community.
- Offered tobacco prevention programs to members of the Hispanic and Vietnamese communities as well as weekly updates on KZUM radio in Spanish and Vietnamese languages.
- January 1, 2005 the Lincoln Smoking Regulation Act came into effect. The smoking ban includes all worksites including bars and restaurants. This is the first ordinance of this kind to be put into place in Nebraska and it is one of the strongest in the nation. This never could have happened without the coordination and cooperation of many agencies, public leaders and volunteers in our community!
- 145 Lincoln businesses that sell tobacco products were sent information from the Spring Operation Storefront results. Those letters highlighted the fact that 55 out of 145 stores had all tobacco products behind the counter. 77 out of 145 stores had tobacco advertising outside of their stores.



Tobacco Presentations

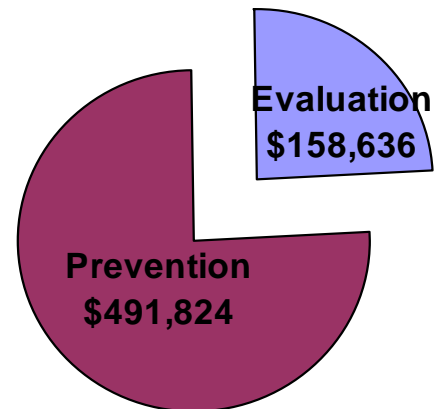
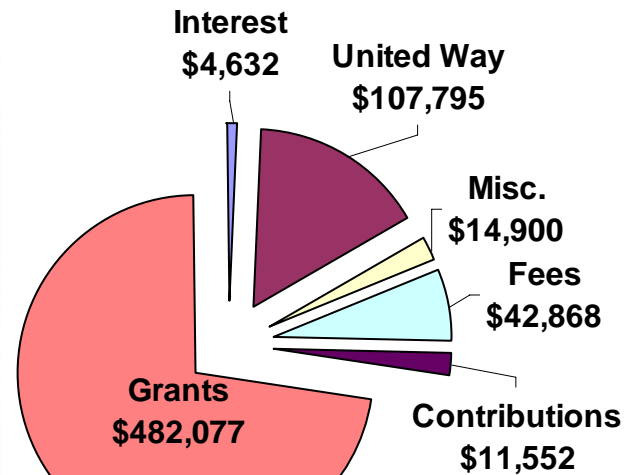


Presentations Snapshot

Financial Statement

LINCOLN COUNCIL ON ALCOHOLISM AND DRUGS, INC.
SCHEDULE OF REVENUES AND EXPENDITURES
YEAR ENDED JUNE 30, 2005

	Education Program	Evaluation Program	Total
REVENUES AND OTHER SUPPORT			
Contributions	11,520	32	11,552
Grants from government agencies	300,817	93,213	394,030
Grant from Lancaster County	83,047	5,000	88,047
United Way allocation	102,860	4,935	107,795
Fees	908	41,960	42,868
Miscellaneous	6,078	8,822	14,900
Interest	3,632	1,000	4,632
Realized gain on sale of investments			
Unrealized gain (loss) on investments	1,086	573	1,659
Total revenues and other support	<u>509,948</u>	<u>155,535</u>	<u>665,483</u>
EXPENSES			
Salaries	246,354	93,751	340,105
Employees' health and retirement benefits	52,269	24,931	77,200
Payroll taxes	20,303	7,952	28,255
Professional fees	40,893	10,001	50,894
Office supplies	12,982	2,075	15,057
Telephone	5,206	1,753	6,959
Postage	1,656	382	2,038
Occupancy	29,287	9,733	39,020
Outside printing	19,180	1,865	21,045
Local meetings and transportation	7,118	11	7,129
Conferences, conventions and meetings	8,052	330	8,382
Equipment rental and maintenance	8,631	2,900	11,531
Miscellaneous	1,327	222	1,549
Marketing	30,775	60	30,835
Insurance	4,223	1,339	5,562
Organizational dues and subscriptions	376	224	600
Loss (gain) on asset disposal			
Depreciation	3,192	1,107	4,299
Total expenses	<u>491,824</u>	<u>158,636</u>	<u>650,460</u>
CHANGE IN NET ASSETS	<u>18,124</u>	<u>(3,101)</u>	<u>15,023</u>



Support and Staff

Contributions 2004-2005

Union Bank and Trust
Stephen & Debra Rowoldt
Brenda Holtgrewe
Otto Schultz
Moni Schultz
Wells Fargo Bank
Altrusa Club of Lincoln
Sandra Findley
Lynn Bills
Timothy Clare
Anna Dietrich
Ellen Focht
Susan Goodrich
Barbara Hibner
Billy Maxwell
Carol Nelson
Constance Oubre
James Peschong
Jim Peter
Nancy Pittman
Linda Schwartzkopf
Bonnie Smith
Sandra Thompson
104.1 The Blaze
Rixstine Trophy
Sara Lee Bread
Crawdaddy's Red Pepper Grill
Pepsi Cola of Lincoln
Royal Pawn Shop
Precision Skateboards
Madsen's Bowling and Billiards
Midas Auto Systems Experts
Sun Valley Lanes
Best Styles Formalwear

A&R Skate Zone
Nebraska Bookstore
Skate Zone
A Bloom
Attitudes
The Ice Cream Club
Barbers on Arapahoe
Texaco Xpress Lube
Lincoln Auto Detail
Bagels & Joe
Douglas Theatres
Arby's--Corporate Office
Amigos
Panera Bread
McDonald's
Applebee's--Concord Enterprises
Lincoln Stars Hockey
Champion's Fun Center
DaVinci's
Runza
Taco Inn
KFC

LCAD Staff

Karen Heusel
Executive Director

G.L. Logan
Finance/Operations Manager

Teri Vosicky
Communications Manager

Teri Effle
Prevention Coordinator

Barbara Rebentisch
Evaluator

Gwen Smith-Watts
Evaluator

Tara Nettifee
Community Prevention Educator

Jung Nguyen
Community Prevention Educator

Pete Reyes
Community Prevention Educator

Kay Miller
Office Administrator

Teresa Hobbs
Evaluation Administrator

LCAD has made every attempt to ensure the accuracy of this list. We apologize if we inadvertently overlooked any organization or individual who supported our work.

LCAD's mission: *"To promote healthy lifestyles free from the abuse of alcohol, tobacco and other drugs."*