

Annual Report

THE ANNUAL REPORT OF THE LINCOLN COUNCIL ON ALCOHOLISM AND DRUGS



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 45 years. We operate all our programs under the direction of the Executive Board and we are very grateful for all the time and service the board members give to further LCAD's mission. We also have an active youth board made up of a group of young people who have pledged to be drug free. They take a leadership 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.

Last year we entered a new phase of providing prevention programs and services to our community by collaborating with numerous other agencies, organizations, and many community members to build a prevention system that is truly responsive to the needs of the residents of Lincoln and Lancaster County. We have organized nine community groups in Lincoln and rural Lancaster County that are addressing substance use and abuse issues at the neighborhood level. In addition, a community wide youth group has been organized that is taking a look at the issue of underage drinking as well as marijuana and tobacco use by youth. These youth are developing awareness and education programs to present to the community at large and especially policy makers.

Another important part of what we do at LCAD is to provide substance use evaluations for individuals who have a risk for abuse or addiction or have exhibited tendencies toward substance abuse. This is the first step towards acknowledging the problem and identifying ways to counteract it. We are looking to the day when we no longer have to worry about the threat of alcohol, tobacco or other drugs to our community.

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

2005-2006 Board of Directors

Jim Davidsaver-President
Lincoln Police Department

Ann Jablonski-Secretary/Treasurer
Pyrtle Elementary School Principal

Dwight Brown
Director, The Hub

Paul Conley
Attorney-at-law

Justin Johanns
PLADC

Mike Losee
Snitily Carr Marketing Manager

David Humm
*Lincoln Lancaster County Health Department
Health Education Coordinator*

Doug Koenig
Union Bank & Trust Co.

Natalie Taylor
High School Student

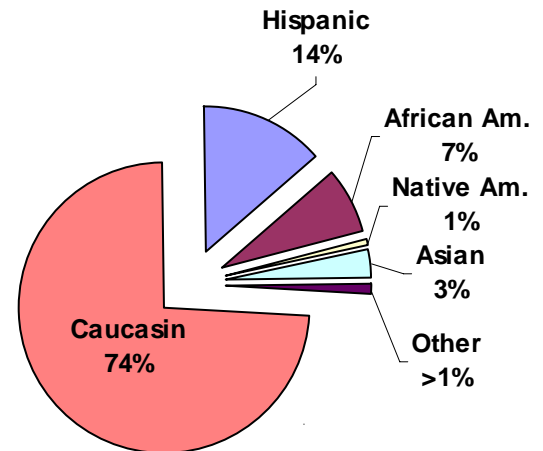
Willow Nyman-Jones
High School Student

Evaluations

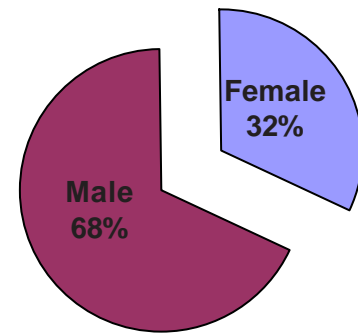
Program Highlights:

LCAD evaluators have extensive experience in substance abuse, as well as mental health counseling. Our evaluation program continues to be utilized for 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.
- 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 2005-2006 we had a 9% increase in clientele.
- During the 2005-2006 fiscal year, 58%, or 357 of the 685 clients who came to LCAD for their evaluation, paid only the minimum amount on the fee schedule. Only 130 or 19% 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 15% 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 clients who are hearing impaired.
- During the 2005-2006 fiscal year approximately 83% of LCAD's clients were court referred.



Evaluations Snapshot



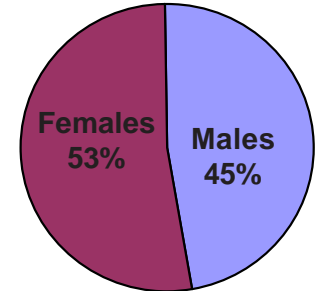
Evaluations by Gender

Prevention

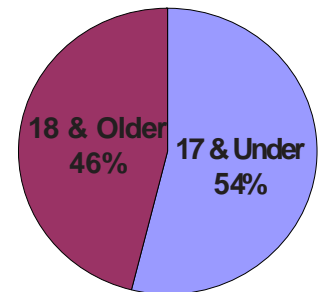
Program Highlights:

LCAD's prevention program has established events and programs that have run for several years with great success. Our Community Prevention Educators present programs in schools, for community agencies, and to the general public on a wide variety for topics. They also conduct trainings for individuals, groups, and businesses. Programs such as Children of Addiction and the LCAD Drug Free 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 and be a part of positive change in their environment.

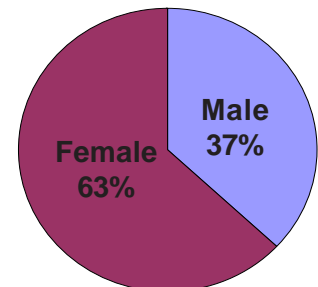
- Red Ribbon Week 2005 was a success with over 21,000 red ribbons distributed to students throughout Lincoln and Lancaster County. The Elementary and Middle school skating party held at the Skate Zone during Red Ribbon Week was attended by 300 youth.
- Again this year LCAD partnered with Lincoln Public Schools and the Lincoln Police Department to send out a senior parent letter on responsible hosting.
- LCAD continues to offer alcohol education classes in both Vietnamese and Spanish. LCAD staff awarded 52 certificates of completion to participants in the DUI classes during the '05-'06 fiscal year.
- During the '05-'06 fiscal year we took a total of 1536 information and referral calls and distributed hundreds of printed materials through walk-in or phone-in requests.
- LCAD's alternative events provide a place to celebrate drug free choices and serve over a thousand Lancaster County youth each year. These include the Red Ribbon Week Skate Party, Freefest, New Year's Eve Bash, and the Valentine's Day Dance. These activities make a strong statement for how important alternative activities are in any community.
- In addition to ongoing programs, LCAD has initiated a process of community organization to address the issue of substance use and abuse at the neighborhood level throughout Lincoln and Lancaster County. Nine community groups and a county-wide youth group have been organized utilizing local data to solve local problems. They are involving parents, educators, business partners, faith community and other interested persons to develop strategies and programs that will affect change in the substance use norms in their individual communities.
- Working with a program evaluator, LCAD collects and utilizes data from numerous sources to determine what the most important issues are for the community groups to address. These sources include parent perception surveys, the risk and protective factor survey, youth risk behavior survey, community readiness survey, juvenile justice data and other data sources. By utilizing these pockets of data, we can better address specific issues to affect positive behavior change.



Youth Served Through Drug Free Activities



Information Dissemination by Age



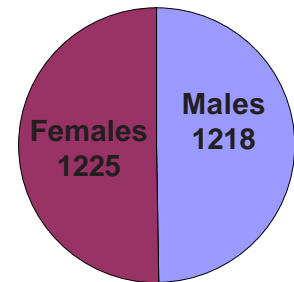
Information Dissemination by Gender

Tobacco Prevention Programming

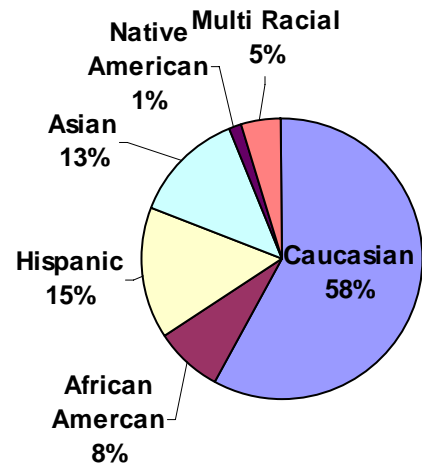
Program Highlights:

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 1,000 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.
- A Youth Speakers Bureau was developed with students from Lancaster County high school. The youth presented in over 10 schools throughout the academic year on the topics of tobacco, second hand smoke, and other substance use information in a format that was both interactive and fun.
- January 1, 2006 celebrated the one-year anniversary of the Lincoln Smoking Regulation Act. The ordinance includes all worksites including bars and restaurants. This is still the only ordinance in Nebraska of this kind.



Tobacco Presentations

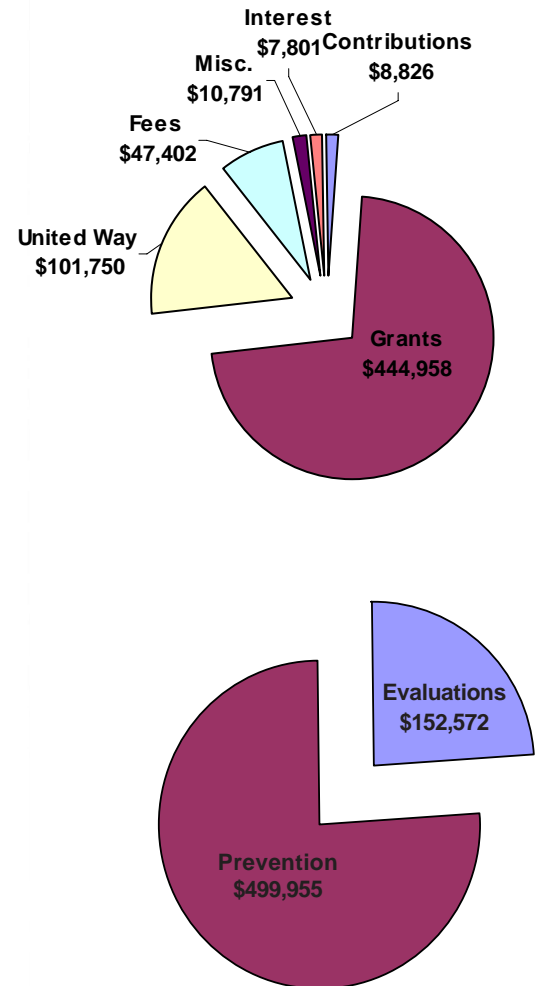


Presentations Snapshot

Financial Statement

LINCOLN COUNCIL ON ALCOHOLISM AND DRUGS, INC.
SCHEDULE OF REVENUES AND EXPENDITURES
YEAR ENDED JUNE 30, 2006

	Education Program	Evaluation Program	Total
REVENUES AND OTHER SUPPORT			
Contributions	7,562	1,264	8,826
Grants from government agencies	240,164	101,846	342,010
Grant from Lancaster County	91,698	5,000	96,698
Grant from Woods	6,250		6,250
United Way allocation	97,131	4,619	101,750
Fees	140	47,262	47,402
Miscellaneous	10,791		10,791
Interest	5,617	2,184	7,801
Unrealized gain (loss) on investments	678	264	942
Total revenues and other support	<u>460,031</u>	<u>162,439</u>	<u>622,470</u>
EXPENSES			
Salaries	257,688	90,568	348,256
Employees' health and retirement benefits	37,839	16,106	53,945
Payroll taxes	21,416	7,537	28,953
Professional fees	36,962	13,059	50,021
Office supplies	23,024	2,348	25,372
Telephone	5,257	2,027	7,284
Postage	2,847	500	3,347
Occupancy	29,313	11,142	40,455
Outside printing	12,649	2,062	14,711
Local meetings and transportation	12,038	11	12,049
Conferences, conventions and meetings	4,238	607	4,845
Equipment rental and maintenance	8,070	3,427	11,497
Miscellaneous	371	191	562
Marketing	19,669		19,669
Insurance	4,791	1,627	6,418
Organizational dues and subscriptions	556	284	840
Depreciation	3,227	1,076	4,303
Total expenses	<u>479,955</u>	<u>152,572</u>	<u>632,527</u>
CHANGE IN NET ASSETS	<u>(19,924)</u>	<u>9,867</u>	<u>(10,057)</u>



See accompanying notes to financial statements.

Support and Staff

Funding provided in part by Region V Systems, United Way, Joint Budget Committee, Grants and Private Donations.

Private Contributions

Otto Schultz
David Anderson
Moni Schultz
Westfield Gateway Mall
Andrea Cockerham
Brian & Kristin Peterson
Wells Fargo Banks
Optimist Club of Lincoln
Roger Wiegand
Laurie Colburn
Emi Giles
Latimer Reporting
Nebraska Title Company
Capitol Title Company
Ford & Ford Auctioneers
Mark Vanicek, DDS
Farmers Insurance
Nebraskaland Siding & Windows
Union Bank & Trust Co.
Envelopes Plus Inc.,
Smith Hayes Financial/James Peter
Mutual of Omaha/Dana Troske
Lincoln Police Union, Inc.
ICI-Glidden Paint/Jerry Wolfe
Snitily-Carr
DuTeau Chevrolet
Ayars & Ayars
Woods Bros. Realty/Craig Loeck
Time Warner Cable

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 Staff

Karen K. Heusel
Executive Director

G.L. Logan
Finance/Operations Manager

Teri Vosicky
Communications Manager

Teri Effle
Prevention Coordinator

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

Promoting healthy lifestyles free from the abuse of alcohol, tobacco and other drugs.