

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 46 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.

The LCAD substance use prevention program collaborates with numerous other agencies, organizations, and community members to build a prevention system that is truly responsive to the needs of the residents of Lincoln and Lancaster County. LCAD's prevention educators provide the leadership for the Substance Abuse Action Coalition's prevention team. They work tirelessly with representatives from nine community groups that have been organized in the neighborhoods of Lincoln and the rural communities of Lancaster County to address substance use issues at the grassroots level and to advocate for systems change regarding community surrounding substance use. A Safe Homes network of over 2000 families has been established to provide the means for parents to interact with each other regarding substance use and their youth.

It is with mixed emotions that I write this message for the 2007-2008 Annual Report as I have resigned my position as Executive Director effective January 2, 2009. My husband and I will be moving to Honolulu in January where we both will have positions at the University of Hawaii. I have truly enjoyed my six years as Executive Director and feel honored to have had the opportunity to work with an extremely knowledgeable staff and dedicated volunteers.

I am confident that the good work that is being undertaken by the community groups will ultimately have a positive effect on reducing the abuse of alcohol, tobacco and other drugs in Lincoln and Lancaster County.

Karen Heusel, Executive Director

2007-2008 Board of Directors

Jim Davidsaver-President
Lincoln Police Department

Ann Jablonski-Vice President
Pyrtle Elementary School Principal

Doug Koenig-Secretary/Treasurer
Union Bank & Trust Co.

Dwight Brown
Director, The Hub

Paul Conley
Attorney-at-law

Justin Johanns
PLADC

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Snitily Carr, Marketing Manager

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*Lincoln Lancaster County Health Department
Health Education Coordinator*

Ben Hochstein
High School Student

Briana Giles
High School Student

Kimberly Mundil
Mental Health Center

Kelly Johnson
Randolph Elementary School Teacher

Julie Anderson
Lincoln Medical Education Partnership

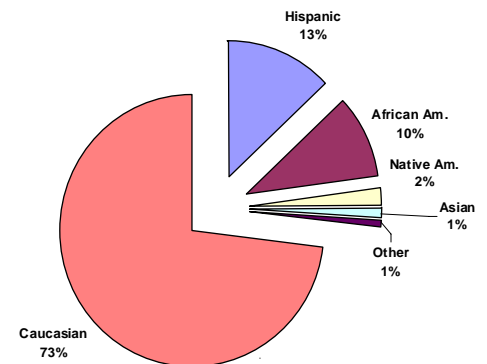
Evaluations

Program Highlights:

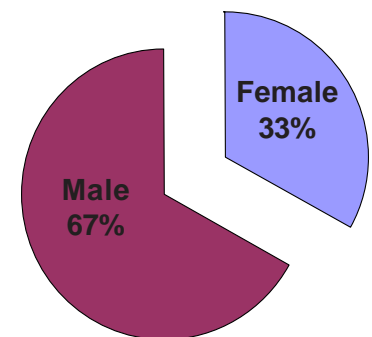
LCAD evaluators have extensive experience in substance abuse, as well as mental health counseling. Our evaluation program continues to be utilized for child protective services referrals. We strive to ensure individuals get the help that best suits their needs in a timely and cost effective manner. We 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.

When clients are recommended for education classes as a part of their diagnosis, LCAD can provide these. We offer substance use classes in English, Spanish and Vietnamese.

- 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 adults and adolescents (ages 16-19) 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.
- During the 2007-2008 fiscal year, 17%, or 56 of the 328 clients who came to LCAD for their evaluation, paid only the minimum amount on the fee schedule. Only 120 or 36% 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 3% 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.
- The majority of LCAD's clients were court referred.



Evaluations Snapshot



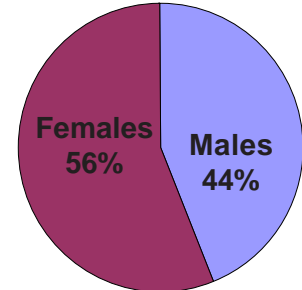
Evaluations by Gender

Prevention

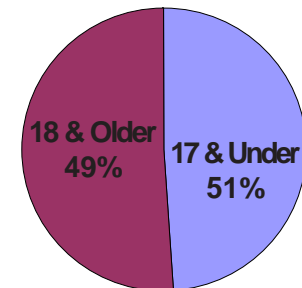
Program Highlights:

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 of 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.

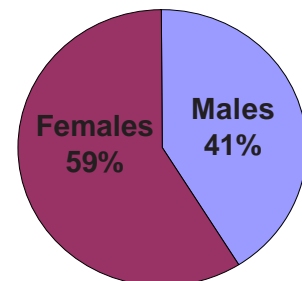
- The Safe Homes Parent Network was added in two community groups and one middle school.
- Significant work was done on the Environmental Scan-engaging youth in prevention in our community. The LCAD Drug Free Youth Board identified city signage regulations as their priority area of concern.
- Red Ribbon Week 2007 was a success with over 23,000 red ribbons distributed to students throughout Lincoln and Lancaster County. Skate Zone partnered with LCAD to host the Red Ribbon Skate for Lancaster County Elementary School students; nearly 300 students attended the event to celebrate their drug free choices.
- Engaged youth in community groups to produce art for the county-wide prom campaign. The committee chose three designs submitted by youth in a local high school. For the first time, school partners shared that they are seeing a difference across the district in substance abuse and parental attitudes.
- For the sixth year, LCAD in partnership with Lincoln Public Schools, the Lincoln Police Department, and additional partners from Lancaster County Sheriff's office sent letters home to the parents of seniors with regard to responsible hospitality at graduation parties.
- On-going issues of the Lancaster County Prevention E-news were sent out to more than 1200 stakeholders, safe homes parents and educators. The newsletter focuses on parenting, media, tobacco, and other relevant local issues. We also began to seek submissions from the members of the Lancaster County community groups.
- LCAD continues to offer alcohol education classes in both Vietnamese and Spanish and now also in English. LCAD staff awarded 50 certificates of completion to participants in the DUI classes during the '07-'08 fiscal year: 12 in Spanish, 1 in Vietnamese and 37 in English.
- Parent forums began in several groups with focuses on technology. Southeast and East community groups partnered in "You and Your Teen in Cyberspace" using community presenters, and made available to the general public.
- 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 Battle of the Bands. These activities make a strong statement for how important alternative activities are in any community.
- In addition to ongoing programs, LCAD has been participating in 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. Six communities were trained in the Safe Homes Parent Network program to assist parents in connecting with other parents.
- 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



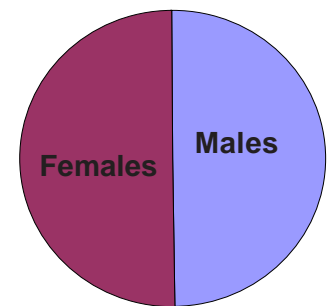
Information Dissemination by Gender

Tobacco Prevention Programming

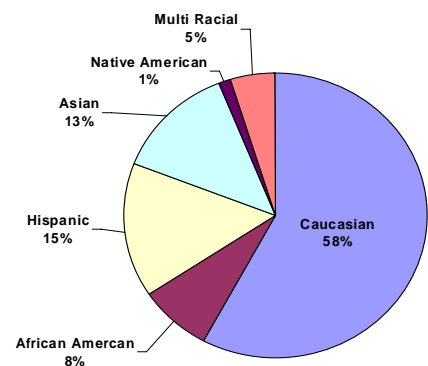
Program Highlights:

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.

- On February 6, 2008 Governor Dave Heineman signed into law the Nebraska Clean Indoor Air Act. The passing of this law was a testament to the hard work and commitment of Tobacco Free Nebraska and its grantees. Nebraska's smoke-free air law will protect public health and welfare by prohibiting smoking in public places and places of employment. The law becomes effective June 1, 2009.
- Provided tobacco education presentations to youth in elementary, middle and high schools and community programs reaching over 1,000 students.
- Offered tobacco prevention programs to members of the Latino and Vietnamese communities. This outreach includes weekly radio updates on KZUM in both Spanish and Vietnamese.
- The LCAD Drug Free Youth Board presented their Environmental Scan to the SAAC statewide prevention conference, Lincoln Public Schools Middle and High School Principals' Councils and the Religious Affinity Action Group.



Tobacco Presentations

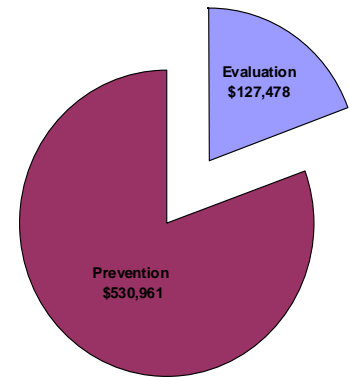
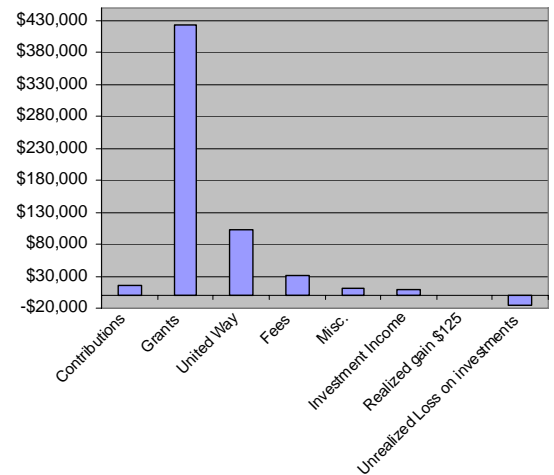


Presentations Snapshot

Financial Statement

LINCOLN COUNCIL ON ALCOHOLISM AND DRUGS, INC.
SCHEDULE OF REVENUES AND EXPENDITURES
YEAR ENDED JUNE 30, 2008

	Prevention Program	Evaluation Program	Total
REVENUES AND OTHER SUPPORT			
Contributions	14,709	1,936	16,645
Grants from government agencies	218,139	93,342	311,481
Grant from Lancaster County	112,480		112,480
Grant from Woods			
United Way allocation	98,804	4,619	103,423
Fees	265	30,753	31,018
Miscellaneous	8,822	1,702	10,524
Interest	6,948	2,316	9,264
Realized gain (loss) on sale of investments	125		125
Unrealized gain (loss) on investments	(12,096)	(4,004)	(16,100)
Total revenues and other support	<u>448,196</u>	<u>130,664</u>	<u>578,860</u>
EXPENSES			
Salaries	275,110	70,195	345,305
Employees' health and retirement benefits	46,118	13,483	59,601
Payroll taxes	20,405	5,303	25,708
Professional fees	38,960	13,971	52,931
Office supplies	70,589	2,244	72,833
Telephone	5,974	2,017	7,991
Postage	2,336	610	2,946
Occupancy	31,442	10,502	41,944
Outside printing	5,019	2,588	7,607
Local meetings and transportation	14,616	41	14,657
Conferences, conventions and meetings	620	248	868
Equipment rental and maintenance	6,585	3,074	9,659
Miscellaneous	986	311	1,297
Marketing	3,947		3,947
Insurance	4,583	1,528	6,111
Organizational dues and subscriptions	446	109	555
Depreciation	3,225	1,254	4,479
Total expenses	<u>530,961</u>	<u>127,478</u>	<u>658,439</u>
CHANGE IN NET ASSETS	<u>(82,765)</u>	<u>3,186</u>	<u>(79,579)</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

Robin Eschliman
Kiwanis Club of Lincoln Southeast
Russwood Chrysler
Mark & Julie Anderson
Randy Taylor, Nebraskaland Steel Products, Inc.
Floors, Inc.
Gary & Karen Heusel
Sandy Morrissey
Lonell Nellesen
Jim & Teri Vosicky
Kevin Wagner, Paradise Pool & Spa, Inc.
James Peter, Smith Hayes Financial Services
Craig Remmers, AFLAC
Lincoln Police Union
Union Bank & Trust Co.
Troske Financial Group
Time Warner Cable
Pauley Properties, Inc.
Harold Rainey
James Davidsaver
Teresa Scholl-Hruza
Joseph Wright
John Hammond
Brad Hansen
David Humm
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Lucy Buntain-Comine
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Deborah Warren
Rodney Weckman
G.L. & Sandra Logan
Darrin Hilligoss
Nicholus Constanzo
Gregg Jablonski
Gary Hamilton
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Douglas Obermeier
Doug Koenig
Jon Fago
Nanci Burchess-Smith
Derek Effle
Jacy Kern
Dwight Brown
Sparky and 104.1 The Blaze
Searcy Team—Home Real Estate
Ideal Pure Water
Pepsi-Cola of Lincoln
Sara Lee Bakery
Colby Ridge
Runza
Randolph Jewelry & Loan
Precision Skateboards
Subway
DaVinci's
KFC
Taco Bell
Taco Inn

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

Jeff Bridges
Evaluator

Theodore Burns
Evaluator

Tammy Kelch
Evaluator

Deb Davidson
Evaluator

Tara Nettifee
Youth Program Coordinator

Jung Nguyen
Community Prevention Educator

Pete Reyes
Community Prevention Educator

Kay Miller
Office Administrator

Teresa Hobbs
Evaluation Program Manager

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.

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

