

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.

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. A Safe Homes network of over 1500 families has been established to provide the means for parents to interact with each other regarding substance use and their youth.

A county-wide youth group is developing into a speakers' bureau. The youth have conducted an environmental scan of the community and developed it into a power point presentation that has been well received by the many groups to whom it has already been presented.

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

2006-2007 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

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

Doug Koenig
Union Bank & Trust Co.

Natalie Taylor
High School Student

Jacy Kern
High School Student

Kimberly Mundil
Mental Health Center

Kelly Johnson
Randolph Elementary School Teacher

Julie Anderson
Lincoln Medical Education Partnership

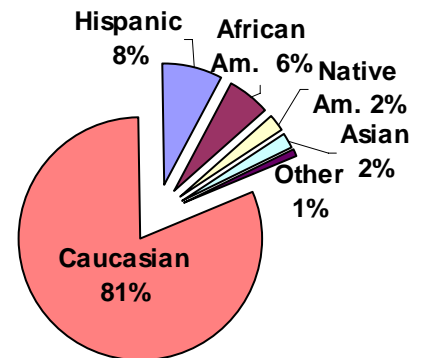
Evaluations

Program Highlights:

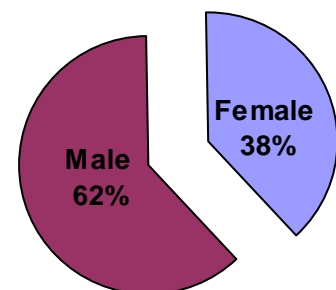
LCAD evaluators have extensive experience in substance abuse, as well as mental health counseling. Our evaluation program continues to be utilized for child protective services referrals. We strive to ensure individuals get the help that best suits their needs in a timely and cost effective manner. We 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 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.
- During the 2006-2007 fiscal year, 14%, or 73 of the 544 clients who came to LCAD for their evaluation, paid only the minimum amount on the fee schedule. Only 188 or 34% 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 10% 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



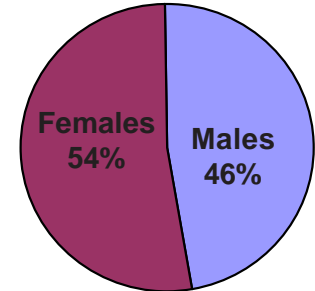
Evaluations Snapshot

Prevention

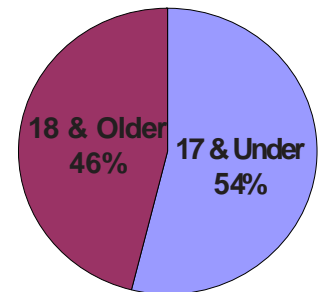
Program Highlights:

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.

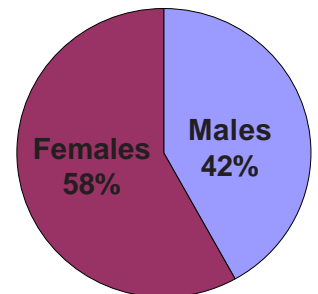
- Red Ribbon Week 2006 was a success with over 22,000 red ribbons distributed to students throughout Lincoln and Lancaster County. The Elementary and Middle school skating party held at the Skate Zone during Red Ribbon Week was attended by more than 300 youth.
- Again this year LCAD partnered with Lincoln Public Schools and the Lincoln Police Department to send out a senior parent letter on responsible hosting. In addition to Lincoln Public School, three rural schools participated as well with a letter sent out through the Sheriff's department.
- LCAD continues to offer alcohol education classes in both Vietnamese and Spanish and now also in English. LCAD staff awarded 26 certificates of completion to participants in the DUI classes during the '06-'07 fiscal year.
- During the '06-'07 fiscal year we took a total of 1218 information and referral calls and distributed thousands 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 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



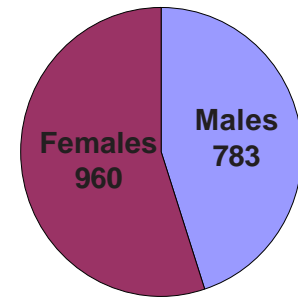
Information Dissemination by Gender

Tobacco Prevention Programming

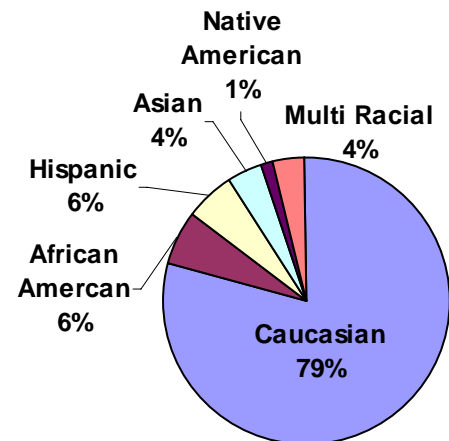
Program Highlights:

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.

- 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 schools. 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.
- Lincoln's Smoking Regulation Act celebrated two years on January 2nd, 2007. The ordinance covers all worksites including bars and restaurants. It is still the only local ordinance in Nebraska at this time. At the end of the Nebraska Legislature's 2007 session, LB 395 has been carried over to the 2008 session. This bill in its original form (without amendments) mirrors the Lincoln law and would make Nebraska a smoke-free state.
- The Youth Speakers Bureau continues its work in educating youth in Lancaster County about tobacco, the dangers of secondhand smoke, big tobacco's influence on youth, and the media. This year the youth took on their surroundings by doing an Environmental Scan. Through pictures of our community (advertisements, clothing, product placement), local data, and their own words, the youth have developed a presentation of what they see everyday that adults may not pay attention to. Their presentation has been given at the local, state, and national levels.



Tobacco Presentations

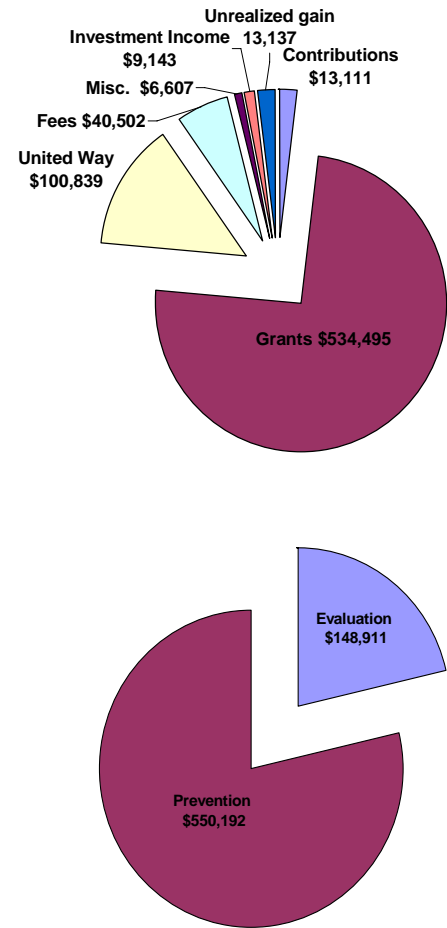


Presentations Snapshot

Financial Statement

LINCOLN COUNCIL ON ALCOHOLISM AND DRUGS, INC
SCHEDULE OF REVENUES AND EXPENDITURES
YEAR ENDED JUNE 30, 2007

	Education Program	Evaluation Program	Total
REVENUES AND OTHER SUPPORT			
Contributions	11,543	1,568	13,111
Grants from government agencies	339,306	101,874	441,180
Grants from Lancaster County	93,315		93,315
Grants from Woods			
United Way allocation	96,220	4,619	100,839
Program Fees	439	40,063	40,502
Miscellaneous	6,411	196	6,607
Investment income	6,583	2,560	9,143
Unrealized gain (loss) on investments	<u>9,459</u>	<u>3,678</u>	<u>13,137</u>
Total revenues & other support	<u>563,276</u>	<u>154,558</u>	<u>717,834</u>
EXPENSES			
Salaries	264,868	90,678	355,546
Employees' health/retirement benefits	42,271	15,043	57,314
Payroll taxes	20,481	7,398	27,879
Professional fees	61,731	8,601	70,332
Office Supplies	54,943	2,136	57,079
Telephone	5,850	2,298	8,148
Postage	1,936	731	2,667
Occupancy	29,901	11,660	41,561
Outside Printing	12,590	2,976	15,566
Local meetings and transportation	11,319	161	11,480
Conferences, conventions & meetings	4,465	487	4,952
Equipment rental and maintenance	8,930	3,241	12,171
Miscellaneous	856	325	1,181
Marketing	21,883		21,883
Insurance	4,396	1,710	6,106
Organizational dues	328	318	646
Depreciation	<u>3,444</u>	<u>1,148</u>	<u>4,592</u>
Total expenses	<u>550,192</u>	<u>148,911</u>	<u>699,103</u>
CHANGE IN NET ASSETS	<u>13,084</u>	<u>5,647</u>	<u>18,731</u>



Support and Staff

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

Private Contributions

Robert Rhodes, MD
Ogden Insurance Agency, Inc.
SAS Consulting, Inc.
Kelli's Pub
Mike's Quick Lube & Repair
Mark Vanicek, DDS
Sertoma Club
Eagle State Bank
Concord Management
L & L Country Management
Kent Lovelace, DDS
Blanca Deguzman
Brian Giles
Ted Kooser
Judith Lafond
Daryl Lenz
Michael Losee
Angela Mapes
Billy Maxwell
Sharon Morrison
James Peschong
Rod Pollard
John Sheer
Linda Schwartzkopf
Ted Sheely
Jayne Sutton
Sandra Thompson
Laurie Colburn
Jason Danner
Emi Giles
Nadine VonSeggern

Roper Children & Social
Ann & Kent Seacrest
Lincoln Community Foundation
Lincoln Rotary Club #14 Foundation
Christy Schroff
Paul Conley
Nebraska Section of the PGA
Bob Stephens & Associates, Inc.
Lincoln Police Union, Inc.
MDS Pharma Services
Paradise Pool & Spa
Smith Hayes Financial Services
Nebraskaland Siding & Window
Wells Fargo Bank
Star City Concrete Construction Co.
Troske Financial Group
Ford & Ford Auctioneers, Inc.
Barbara Hibner
Envelopes Plus, Inc.
Union Bank & Trust Company
B & J Partnership, Ltd.
Time Warner Cable
Pauley Properties, Inc.
Gary & Karen Heusel
Harold Rainey
James Davidsaver
Teresa Scholl-Hruza
Joseph Wright
John Hammond
Bradford Hansen
Pepsi
Snitily Carr

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

Pam Davy
Evaluator

Tara Nettifee
Youth Program Coordinator

Jung Nguyen
Community Prevention Educator

Pete Reyes
Community Prevention Educator

Kay Miller
Office Administrator

Teresa Hobbs
Evaluation Team Leader

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.