

CITIZEN CENTRIC REPORT

SUBSTANCE ABUSE, ADDICTION & REHABILITATION (SAAR) PROGRAM

Fiscal Year 2019



HOPE Recovery Center
Marpi, Saipan, Commonwealth of the Northern Mariana Islands

About SAAR:

The **Substance Abuse, Addiction & Rehabilitation (SAAR) Program**, under the Office of the Governor, operates the **Hinemlu O'hala Para Enteramenti** or the H.O.P.E. Recovery Center ("HOPE"). HOPE is dedicated to providing quality clinical care and social services to individuals and their families living in the Commonwealth of the Northern Marianas Islands.

SAAR's Mission Statement is to **CHANGE** the lives of individuals struggling with substance abuse and addictions. In alignment with the Mission Statement, SAAR's **Vision** is to **LEAD** the Commonwealth of the Northern Marianas Islands towards building a safe and addiction free society.

Synopsis

SAAR was developed through the reestablishment of the Special Assistant for Substance Abuse & Rehabilitation position under the **Executive Order 2018-07**.

SAAR established the Hinemlu O'hala Para Enteramenti, HOPE Recovery Center, a voluntary program, to provide an evidenced-based intensive outpatient treatment program thru the use of the Matrix Treatment Model, with the support of a 24 hour staffed, residential safe-environment living. SAAR also established the Offender Advocacy (OA) program to provide a transitional support service for formerly convicted and incarcerated individuals that are soon to be released, that have struggled as a result of substance misuse.



Ralph DLG. Torres
Governor

Arnold I. Palacios
Lieutenant Governor

TABLE OF CONTENTS

ABOUT SAAR.....	1
SERVICES OFFERED	2
FINANCIAL REPORT	4
SERVICE MEASURES	5
WHAT'S AHEAD.....	5
CONTACT INFORMATION	5

SPECIAL POINTS OF INTEREST

• Testimonial 1.....	2
• Testimonial 2.....	3
• Testimonial 3.....	3
• Service Measures.....	4
• What's ahead.....	4

Yvette R. Sablan
Special Assistant



Participant Quotes:

“Do not ever give up.
Never back down.
Work it because you
are worth it.”

“I am important.”

TESTIMONIAL 1:

“Upon my release I struggled to fit in, to belong and to be a part of something... The HOPE Recovery Center empowered me to take charge of my situation...to take control of my life”

– J.R., a former client whose life experiences after his release inspired the need for the Offender Advocacy Program

SERVICES OFFERED

OFFENDER ADVOCACY

The Offender Advocacy program aims to eliminate stigma, discrimination, and barriers against persons released or soon to be released from incarceration and have struggled with substance misuse. The OA Programs strives to provide life skills training, support, and guidance—particularly in the areas of, but not limited to: (1) *gainful employment*, (2) *stable housing*, (3) *family visitation* (4) *substance abuse treatment or education*—to ensure a successful reentry and integration into the community.

TREATMENT (CLINICAL)

Treatment Level of Care

HOPE utilizes the American Society of Addiction Medicine (ASAM) Placement and Criteria to determine the initial intervention and most appropriate level of treatment care for persons who have committed to entering a drug and alcohol treatment program.

Treatment Offered – The Matrix Model

The Matrix Model is a minimum of 16 weeks intensive out-patient treatment, that consists of modalities that are focused on an individualized treatment: (1) *Twelve Step Facilitation*; (2) *Cognitive Behavioral Therapy*; (3) *Contingency Management*; (4) *Motivational Interviewing*; (5) *Medication Assisted Treatment through primary physicians*; (6) *Family Involvement*, and (7) *Involvement in other spiritual approaches to recovery*.

The Matrix Model approach allows for the treatment to be client-centered and directed towards a person’s specific treatment needs, in addition to allowing and encouraging family and friends to participate in their loved ones treatment and join in on the educational classes on the component of addiction.

Approach and Focus

HOPE treatment program is a Client-Centered program that incorporates various clinical interventions, independent living strategies and community partnerships to maximize a person’s emotional, behavioral, social, and cognitive growth potential. This approach not only treats the substance use disorder(s), it is designed to address all life areas that may have been affected from misuse of alcohol and drugs. HOPE provides structure, clinical care, community linkages and opportunity for learning, using evidenced based practices.

SERVICES OFFERED

PEER SUPPORT

Participants gravitate to the commonality and respect that is concentrated amongst the support system of peers in recovery. The Specialists improve relationships with treatment providers and increase chances of treatment retention. HOPE currently employs staff that are certified International/Regional Peer Specialists, by the International Certification & Reciprocity Consortium (IC&RC) thru the Pacific Behavioral Health Collaborative Council & Certification Board (PBHC&CB).

The HOPE Specialists are also members of the CNMI's Islas-Aramas Peers (IAPeer), a newly incorporated non-profit organization established to serve people experiencing mental health and substance abuse issues. As members of IAPeer, these Specialists voluntarily provide support in the community, beyond their capacity as a SAAR employee.

GROUP HOME

The group home is a non-punitive 24-hour staffed home, available to individuals who meet a minimal in-take criteria, but are primarily needing a safe-environment living. Currently, the home serves up to 24 beds (18 males and 6 females). The home provides oversight and guidance for individuals needing structure and support to facilitate a healthy transition back into their home and the community.

The home-style setting offers a degree of personalization and individualized attention, as the structure provides opportunity to (re)learn and improve their socialization, interpersonal communication, and conflict resolution skills. Participants are responsible for their routine household chores, participate in meal preparation, earn privileges, and take part in recreational and leisure activities.

Group home also stretches outside the home, by providing transportation to medical appointments, initial employment and educational opportunities, welfare resources, and community activities and events. Participants are provided the guidance and support to be informed and avail to resources available to improve their livelihood and welfare.

TESTIMONIAL 2:

“What’s happening at SAAR works. As a person in recovery, treatment works for those seeking help—help to get back on their feet—to be a productive individual.”

- R.C.

TESTIMONIAL 3:

“With the support & guidance from the staff at SAAR and it’s program, my once unmanageable life is now manageable. I now have a life worth living.”

- R.K.

FINANCIAL REPORT

i
am
imperfect
and
i
am
enough

brene brown

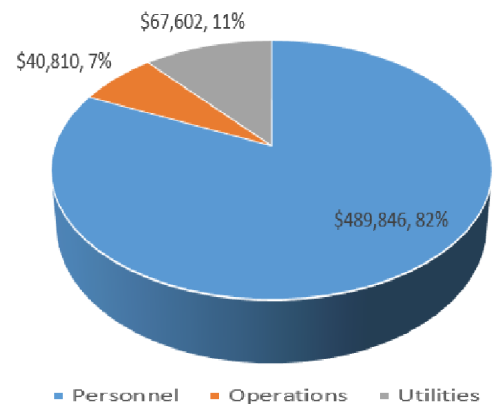
Through Public Law 20-67, SAAR was funded a total of \$703,255.00 and through the Governor's Austerity Directive 2019-004, this lessened the burden on our operations and personnel costs, as it resulted in a total savings of \$104,997.00.

The operation's cost basically covered fuel, communication, food for the group home participants, and minimal office supplies. And as a result of Typhoon Yutu, a total of \$33,250.00 for utility was unspent, due to the four (4) months of power outage.

SAAR implemented austerity measures in order to work within our financial means. And while a couple of our services were discontinued, alternative courses were provided to support the participants' on-going progress with their treatment and reintegration plans.

Despite the financial challenges our Commonwealth is experiencing, SAAR remains committed and determined to providing an efficient quality of care and improving our participant outcomes.

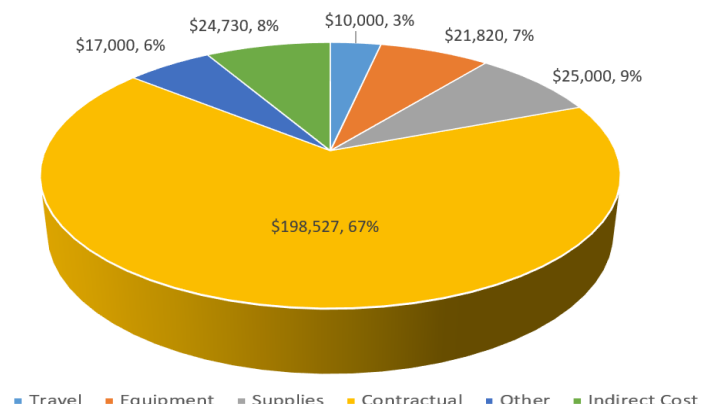
BASED ON AUSTERITY AMOUNT AVAILABLE



	PL 20-67 2019	DIRECTIVE 2019-004 AUSTERITY
Personnel	\$578,232	\$489,846
Operations	\$45,223	\$40,810
Utilities	\$79,800	\$67,602
TOTAL	\$703,255	\$598,258

A TAP grant awarded by the Office of Insular Affairs (OIA), through the assistance of the Office of Grants Management (OGM), has provided SAAR the opportunity to contract a psychiatrist that specializes in substance abuse and addiction. The consultant will help the program understand the relationship and prevalence between substance abuse and the comorbidities amongst our people—and render guidance in developing a plan for best-practice (programmatic/treatment) plans through the outcomes of providing direct clinical services.

OIA TAP GRANT



God grant me the
Serenity
 to accept the things
 I cannot change, the
Courage
 to change the things I can,
 and the
Wisdom
 to know the difference.

Serenity Prayer

SERVICE MEASURES

PEOPLE SERVED	2017 (As of Aug)	2018	2019
Treatment	19	79	41
Group Home	11	23	35
Offender Advocacy	N/A	N/A	5 (As of Aug)
Peer Support	N/A	N/A	81 (As of Jan)

BUILDING PROFESSIONAL CAPACITY

Drug & Alcohol Counselor (Passed IC&RC Examination)	2
Gambling Addiction Counselor (Completion of Course)	
Studies in Gambling Addiction Certification, University of Minnesota	1
Drug Testing Certification (DATIA and Pacific Drug Testing)	5
Peer Specialists (International/Regional Certification)	2

WHAT'S AHEAD

With the program now entering its third year and recognizing the needs to further support the individuals and the services, SAAR is once again looking to branch out beyond its compound and provide after-hours social support and prevention courses for working individuals. Equally important, a Transitional Independent Living program and a Wellness Center is still in the plan to provide the continuum of care that is essential to one's abstinence from substance use and their recovery progress.

670-323-7277 (Counseling)
 670-285-4681 (Administration)
 670-323-4673 (HOPE Line)

Email:

hope.saar@outlook.com
SAAR.ADMIN@gmail.com

CALLER BOX 100007
 SAIPAN, MP 96950



Office of the Governor
 Substance Abuse, Addiction, & Rehabilitation
 (SAAR) Program
 Commonwealth of the Northern Mariana Islands

Furthermore, in addition to our person-centered approach, motivational interviewing, and solution-focused therapy, a spiritual component will soon be added to enhance our treatment program. This integrated approach will complement our therapeutic framework. The spiritual aspect will consist of holistic therapies, such as yoga, meditation, and faith-based guidance. Additionally, SAAR will soon implement Moral Reconation Therapy (MRT), Domestic Violence treatment for offenders, and other integral services.

While we're dedicated to promoting our program, SAAR is just as committed to increasing our quality of service, by affording our staff continued training and opportunity for certification or licensure. This mission also aims to build a local professional capacity in the field of substance abuse for the Commonwealth.

Above all, SAAR ultimately strides to be respectful, compassionate and mindful of the differences within the belief system and culture of the people that we serve. We pledge to improve lives and encourage new chapters to the stories told.

For every individual that walks through our gates, we become a part of their new journey and with this, SAAR stands to serve with integrity and dignity.