

COUNTY OF SAN MATEO
DEPARTMENTAL CORRESPONDENCE

DATE: February 21, 2001
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13

TO: Honorable Board of Supervisors

FROM: Maureen D. Borland, Director of Human Services Agency
Yvonne Frazier, Manager, Alcohol and Drug Services

SUBJECT: Alcohol and Drug Issues: An Overview of In-Treatment Data and Community Needs Indicators

Recommendation

Accept the report entitled "Alcohol and Drug Issues: An Overview of In-Treatment Data and Community Needs Indicators."

Background

In October 1997, Alcohol and Drug Services began a comprehensive interdisciplinary planning process for alcohol and drug services in San Mateo County. The Legislative Analysts Office May 1998 report: California Counties: A Look at Program Performance supported the need to expand San Mateo County's alcohol and drug treatment services in order to better serve the needs of the County's residents, specifically by increasing treatment slots and reducing waiting time for entry into treatment programs.

On September 15, 1998, your Board accepted the Strategic Plan for Alcohol and Drug Services for San Mateo County. County funds allocated for alcohol and drug treatment services were increased substantially, resulting in expansion of existing programs and start-up of additional programs. In addition, Alcohol and Drug Services applied for and received grant funding for expansion of its treatment services. Concurrently, Alcohol and Drug Services began efforts to improve its data collection and analysis for treatment outcomes. These efforts have developed into a coordinated approach to gathering meaningful information which will address the reporting requirements of federal grants, the California Treatment Outcome Project (CalTOP) and the implementation of Outcome Based Management in San Mateo County.

Discussion

Alcohol and Drug Issues: An Overview of In-Treatment Data and Community Needs Indicators is a compilation of data obtained from a variety of original sources. These included the County Health Services Agency, Human Services Agency and Release on Own Recognizance Program. State data was compiled and provided by the State Department of Alcohol and Drug Programs. Percentage changes from the initial baseline year, FY1997-98, are included to show trends.

There was a significant increase in alcohol and drug treatment capacity in FY1999-2000, compared with prior years, with a 17% increase in the number of clients receiving treatment. The

largest increases were in the outpatient treatment modalities. The population in treatment was very diverse during the entire period. Latinos in treatment increased by 42% and Asian/Pacific Islanders by 28%. With a 42% increase in homeless clients, the proportion of clients who were homeless increased to almost 1/3 of persons in treatment. However, at the same time there was an increase in the proportion of clients who were employed.

Courts and criminal justice agencies were the fastest growing source of referrals of clients to alcohol/drug treatment. There was only a small increase (2%) in adult misdemeanor arrests related to alcohol/drug use from 1997 to 1999. While arrests for marijuana possession increased 26% and driving under the influence (DUI) increased 4%, there was a 9% decline in arrests for other drug possession. The biggest increase in drug of choice was in reported marijuana/hashish use (55%), followed by alcohol (27%) and cocaine/crack (25%).

Esther Lucas, ext. 6432

cc: Deborah Penny Bennett, Deputy County Counsel

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Alcohol and Drug Issues: An Overview of In-Treatment Data and Community Needs Indicators

**Alcohol and Drug Services,
San Mateo County Human Services Agency**

February 5, 2001

San Mateo County Alcohol and Drug Services
Overview of In-Treatment Data and Community Needs Indicators

February 5, 2001

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Overview

- There was a striking increase in alcohol/drug treatment capacity in San Mateo County in FY 1999-2000, compared with prior years. During the most recent fiscal year, 17% more clients were in alcohol/drug treatment and this population received 14% more treatment episodes. By modality, the largest increases were in outpatient day programs (48% more episodes) and outpatient treatment (30% more episodes)
- The population in treatment was very diverse during the entire period that was reviewed. The biggest increases of populations in treatment were among Latinos (42%) and Asian/Pacific Islanders (28%). With a 42% increase in homeless clients, the proportion of clients who were homeless increased to almost 1/3 of persons in treatment. However, at the same time there was an increase in the proportion of clients who were employed.
- The biggest increase in drug of choice was in reported marijuana/hashish use (55%), followed by alcohol (27%) and cocaine/crack (25%)
- Courts and criminal justice agencies were the fastest growing source of referrals of clients to alcohol/drug treatment
- There was only a small increase (2%) in adult misdemeanor arrests related to alcohol/drug use from 1997 to 1999. While arrests for marijuana possession increased 26% and driving under the influence (DUIs) increased 4%, there was a 9% decline in arrests for other drug possession.

Methodology

Data were obtained from a variety of original sources. These included the San Mateo County Health Services Agency and Human Services Agency. State data was compiled and provided by the State Department of Alcohol and Drug Programs. Sources are named for each indicator. Thanks to each of these sources for their assistance in obtaining and interpreting data.

For each indicator, the most recent available data is shown. Percentage changes *from the initial baseline year* are included to show trends (increases and decreases from the initial year).

This report was prepared by Andrew A. Gans, MPH, Public Health Consulting, San Carlos, CA.

Prepared for the San Mateo County Human Services Agency, Alcohol and Drug Services - Yvonne Frazier, Administrator

I. Alcohol and Drug In-Treatment Data

Treatment Episodes

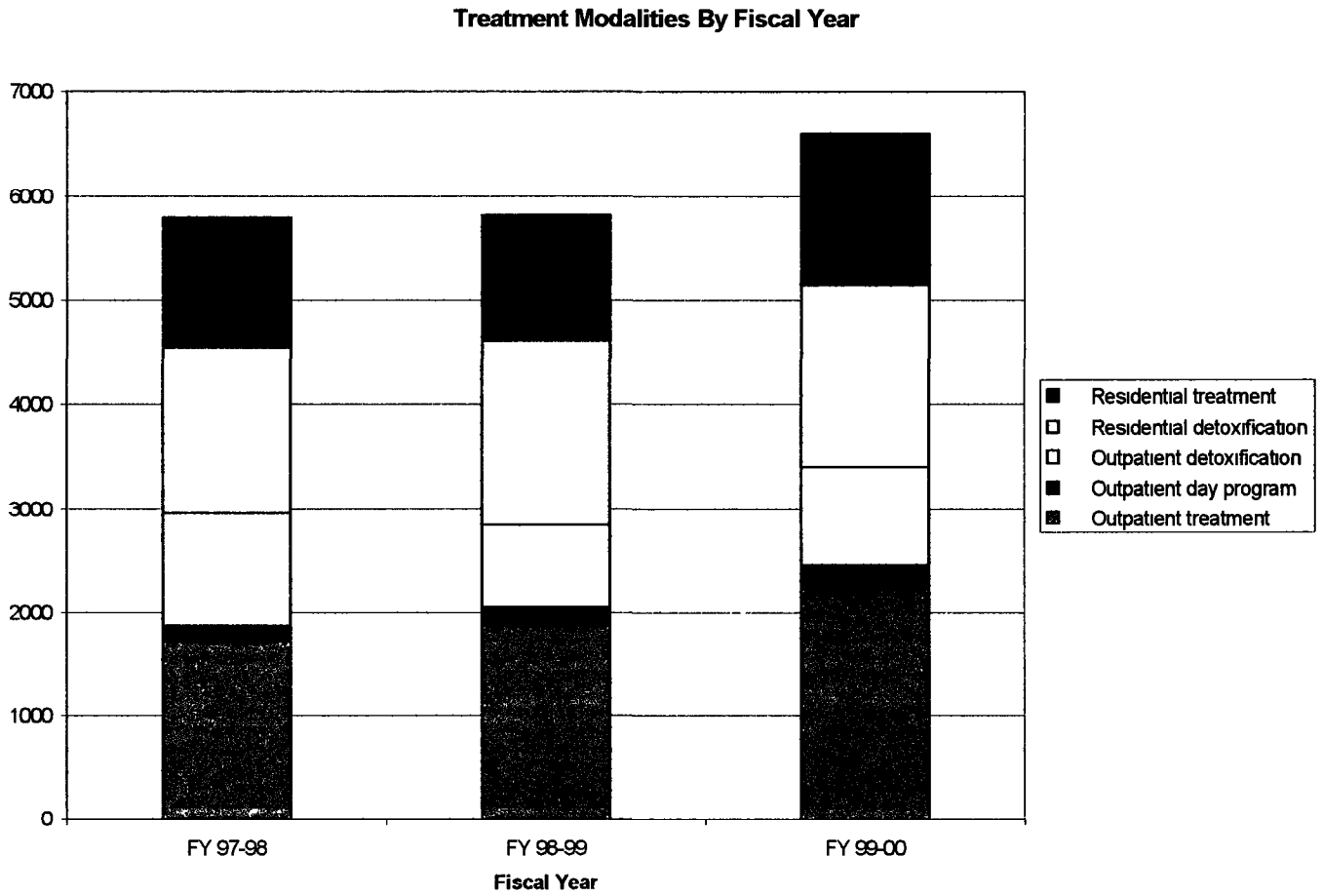
- A “treatment episode” is one client enrollment in an alcohol/drug treatment program. A client may have more than one episode during a given year.
- Data on alcohol and drug treatment is tracked by the DADS/CADDS data system. The following figures are based on self-reported information from interviewing clients upon admission to each treatment episode. DADS/CADDS tracks all clients of Human Service Agency funded providers, but does not include other alcohol/drug treatment providers in the County.
- Data is shown by fiscal year, which is July 1st through June 30th. Comparisons to show increased treatment are from the baseline year (FY 1997-98).
- Treatment capacity was expanded during FY 1998-99 with augmented County, State, and Federal support, and new services came online beginning January 1999. Due to this increase in resources, treatment episodes increased slightly in FY 1998-99 (since expanded capacity was only during part of the year) and then dramatically in FY 1999-2000, with a 14% increase in total treatment episodes.
- By treatment modality, the most dramatic increases in treatment episodes were found in outpatient day treatment which increased by almost half over the two years (48%) and outpatient treatment which showed a 30% increase. Residential detoxification and treatment showed smaller, but still significant, increases in treatment episodes. Only outpatient detox services decreased during the period.

INDICATOR	FY 1997-98	FY 1998-99		FY 1999-2000	
	<i>Episodes during fiscal year (and percent of all treatment)</i>	<i>Episodes during fiscal year (and percent of all treatment)</i>	<i>Increase from FY 1997-8</i>	<i>Episodes during fiscal year (and percent of all treatment)</i>	<i>Increase from FY 1997-8</i>
Total Treatment Episodes	5,799	5,829	(+1%)	6,610	(+14%)
Treatment Episodes by Modality					
Outpatient treatment	1,720 (30%)	1,876 (32%)	(+9%)	2,229 (34%)	(+30%)
Outpatient day program	160 (3%)	181 (3%)	(+13%)	237 (4%)	(+48%)
Outpatient detoxification	1,084 (19%)	791 (14%)	(-27%)	938 (14%)	(-13%)
Residential detoxification	1,581 (27%)	1,764 (30%)	(+12%)	1,745 (26%)	(+10%)
Residential treatment	1,251 (22%)	1,209 (21%)	(-3%)	1,447 (22%)	(+16%)

Source San Mateo County Human Services Agency, Business Systems Group

Note Columns may not sum to the overall total, since some data is incomplete

Chart: Treatment Episodes by Modality



Client Demographics

- Demographics are shown for unduplicated clients, rather than treatment episodes, since a client may have more than one episode during a given year
- As noted earlier, San Mateo County dramatically increased treatment capacity in January 1999, with new support from the County Board of Supervisors. This is reflected in the prior data on treatment episodes, as well as the following data on unduplicated clients. There were 17% more unduplicated clients served during FY 1999-2000 than during FY 1997-98
- There was a much greater increase of male clients over the period (21%) than of female clients (10%)
- There was an increase in clients from every ethnic/racial group except American Indian/Alaskan Natives. The fastest growth was found among Hispanic/Latinos (42%), Asian/Pacific Islanders (28%), and African Americans (20%)

INDICATOR	FY 1997-98		FY 1998-99		FY 1999-2000	
	Clients during fiscal year (and percent of total)	Clients during fiscal year (and percent of total)	Increase from FY 1997-8	Clients during fiscal year (and percent of total)	Increase from FY 1997-8	
Unduplicated clients in treatment	4,137	4,280	(+3%)	4,856	(+17%)	
Male	2,754 (67%)	2,895 (68%)	(+5%)	3,337 (69%)	(+21%)	
Female	1,383 (33%)	1,385 (32%)	(0%)	1,519 (31%)	(+10%)	
White	2,294 (57%)	2,264 (54%)	(-1%)	2,423 (52%)	(+6%)	
Black/African-American	714 (18%)	783 (19%)	(+10%)	857 (18%)	(+20%)	
Hispanic/Latino	817 (20%)	924 (22%)	(+13%)	1,159 (25%)	(+42%)	
Asian/Pacific Islander*	171 (4%)	181 (4%)	(+6%)	219 (5%)	(+28%)	
American Indian/Alaskan	40 (1%)	34 (1%)	(-15%)	40 (1%)	(0%)	
Age Group**						
Adult (over age 18)	3,808 (92%)	3,986 (93%)	(+5%)	4,465 (92%)	(+17%)	
Adolescent (under 18)	329 (8%)	294 (7%)	(-11%)	391 (8%)	(+19%)	

Source: San Mateo County Human Services Agency, Business Systems Group

* Note For FY 97-98, this figure includes 102 Filipinos, 15 Chinese, 14 Hawaiian, 13 Japanese, 12 Samoans, 4 Laotian, and 3 Koreans For FY 99-2000, this figure includes 129 Filipinos, 18 Chinese, 10 Hawaiian, 12 Japanese, 33 Samoans, 6 Laotian, and 9 Koreans

** Note Age group was determined by calculating the age during the year of admission to treatment
Note Columns may not sum to the overall total, since some data is incomplete

Profile of Clients on Admission to Treatment

- Some populations grew faster than treatment clients as a whole did. There was a 52% increase in clients admitted under court diversion and a 30% increase in clients who were on probation or parole.
- With a 42% increase in homeless clients during the period, the proportion of clients who were homeless went from roughly ¼ of the total to almost 1/3 of the total. This may reflect the drastic rise in housing costs in San Mateo County, since there was a slight increase in the proportion of clients who were employed over that same period. In each year, roughly one-third of treatment clients were employed full or part-time, with a small increase from 32% to 34%.

INDICATOR	FY 1997-98	FY 1998-99		FY 1999-2000	
	<i>Clients during fiscal year (and percent of total)</i>	<i>Clients during fiscal year (and percent of total)</i>	<i>Increase from FY 1997-8</i>	<i>Clients during fiscal year (and percent of total)</i>	<i>Increase from FY 1997-8</i>
Unduplicated clients in treatment	4,137	4,280	(+3%)	4,856	(+17%)
Social issues (on admission)					
On probation/parole	1,533 (37%)	1,794 (42%)	(+17%)	1,986 (41%)	(+30%)
Admitted under court diversion	92 (2%)	126 (3%)	(+37%)	140 (3%)	(+52%)
Employed full or part-time	1,320 (32%)	1,335 (31%)	(+1%)	1,649 (34%)	(+25%)
Homeless	1,051 (25%)	1,306 (31%)	(+24%)	1,495 (31%)	(+42%)

Source: San Mateo County Human Services Agency, Business Systems Group

Drug of Choice of Treatment Clients

- Alcohol was the most commonly cited primary drug problem each year. However, each year less than one fifth of persons in treatment reported alcohol as their only drug problem.
- The most common primary drugs of choice were alcohol, heroin, cocaine/crack, methamphetamine, and marijuana/hashish.
- The biggest increases in primary drugs of choice were for marijuana/hashish (55%), alcohol (27%), and cocaine/crack (25%). There were smaller increases in clients seeking treatment for a primary methamphetamine or heroin problem.
- The number of clients reporting multiple drug problems increased more slowly than total clients. Over ½ of clients report two or more drugs of choice, and roughly ¼ report three or more drugs.
- There was a slight decrease in the number of clients reporting any needle use in the prior year, however roughly ¼ of clients do continue to report needle use.

INDICATOR	FY 1997-98		FY 1998-99		FY 1999-2000	
	<i>Clients during fiscal year (and percent of total)</i>	<i>Clients during fiscal year (and percent of total)</i>	<i>Increase from FY 1997-8</i>	<i>Clients during fiscal year (and percent of total)</i>	<i>Increase from FY 1997-8</i>	
Total unduplicated clients in alcohol/drug treatment	4,137	4,280	(+3%)	4,856	(+17%)	
Drug of choice of clients*						
Alcohol only	669 (16%)	739 (17%)	(+10%)	823 (17%)	(+23%)	
Alcohol and drug	1,641 (40%)	1,803 (42%)	(+10%)	2,007 (41%)	(+22%)	
Drug only	1,826 (44%)	1,738 (41%)	(-5%)	2,021 (42%)	(+11%)	
Single/Multiple Drug Problems						
At least 2 drug problems	2,446 (59%)	2,523 (59%)	(+3%)	2,736 (56%)	(+12%)	
At least 3 drug problems	1,057 (26%)	1,099 (26%)	(+4%)	1,119 (23%)	(+6%)	
Primary Drug of Choice						
Alcohol	1,341 (32%)	1,480 (35%)	(+10%)	1,698 (35%)	(+27%)	
Heroin	1,026 (25%)	968 (23%)	(-6%)	1,044 (21%)	(+2%)	
Cocaine/Crack	588 (14%)	660 (15%)	(+12%)	733 (15%)	(+25%)	

Methamphetamine	594 (14%)	571 (13%) (-4%)	623 (13%) (+5%)
Marijuana/Hashish	323 (8%)	369 (9%) (+14%)	501 (10%) (+55%)
Used needles in past year	1,135 (27%)	1,082 (25%) (-5%)	1,131 (23%) (0%)

Source San Mateo County Human Services Agency, Business Systems Group

* Note: Clients were asked for primary, secondary, and tertiary alcohol/drug problem. Figures are combined above.

Referral Source for Clients in Treatment

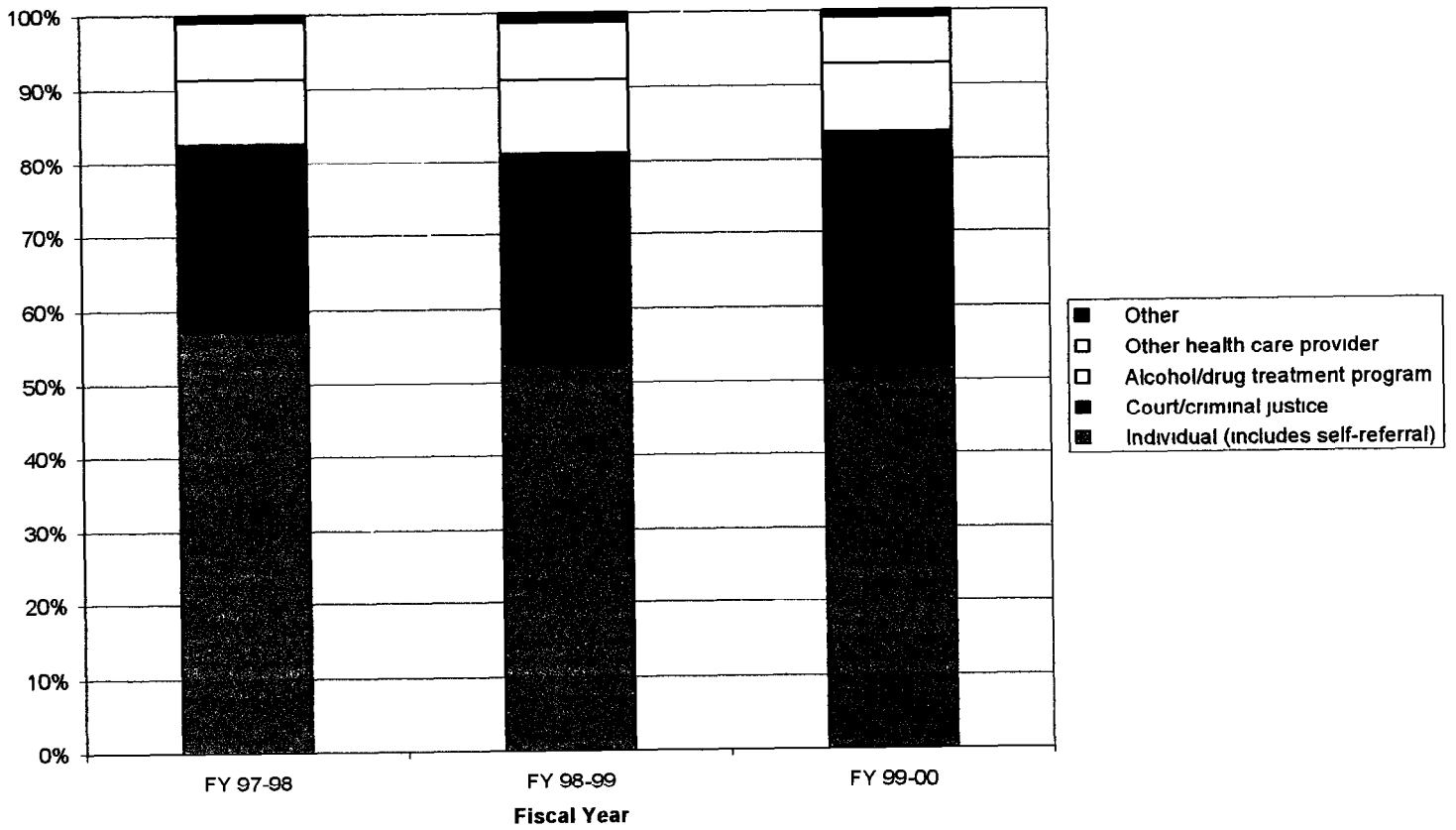
- Most client referrals were from one of four sources individuals, court/criminal justice, alcohol/drug treatment providers, and other health care providers
- Courts and criminal justice agencies showed the greatest increase in referrals, with a large 47% increase over the period The next largest increase was in referrals from alcohol/drug treatment agencies
- Schools, employers, and 12-step programs (i.e. Alcoholics Anonymous) were the sources of a small number of referrals each year Changes in these sources from year to year are not shown, since the numbers are too small to show trends

INDICATOR	FY 1997-98	FY 1998-99		FY 1999-2000	
	<i>Clients during fiscal year (and percent of total)</i>	<i>Clients during fiscal year (and percent of total)</i>	<i>Increase from FY 1997-8</i>	<i>Clients during fiscal year (and percent of total)</i>	<i>Increase from FY 1997-8</i>
Total unduplicated clients in alcohol/drug treatment	4,137	4,280	(+3%)	4,856	(+17%)
Referral Source					
Individual (includes self-referral)	2,268 (55%)	2,152 (50%)	(-5%)	2,420 (50%)	(+7%)
Court/criminal justice	1,008 (24%)	1,172 (27%)	(+16%)	1,486 (31%)	(+47%)
Alcohol/drug treatment program	344 (8%)	403 (9%)	(+17%)	427 (9%)	(+24%)
Other health care provider	304 (7%)	316 (7%)	(+4%)	292 (6%)	(-4%)
School	17 (<1%)	15 (<1%)	--	20 (<1%)	--
Employer/EAP	12 (<1%)	18 (<1%)	--	12 (<1%)	--
12-step mutual aid (i.e. AA)	10 (<1%)	20 (<1%)	--	12 (<1%)	--

Source San Mateo County Human Services Agency, Business Systems Group

Chart: Source of Treatment Referrals

Source of Treatment Referrals



Methadone Program Data

- The methadone program provided 1,212 treatment episodes for 699 unduplicated clients in FY 99-2000

INDICATOR	FY 1999-2000	
Treatment Episodes	1,212	
Unduplicated clients in treatment	699	
Gender		
Male	465	67%
Female	234	33%
Ethnicity		
White	398	58%
Black/African-American	84	12%
Hispanic/Latino	186	27%
Asian/Pacific Islander	15	2%
American Indian/Alaskan	2	<1%
Legal Status		
Admitted under diversion from Court	1	<1%
On parole or probation	110	16%
Employment Status		
Employed full time	277	40%
Employed part time	34	5%
Unemployed (looking)	289	41%
Not in the labor force	99	14%

Source San Mateo County Human Services Agency, Business Systems Group

Data from Choices In-Custody Program

- The Choices In-Custody alcohol/drug treatment program has seen steady growth from 1998 to 2000. In the most recent year, the program served 8% more clients than in 1999.
- Choices has a capacity of 64 beds for men and 35 for women. The length of stay is variable. The program consistently has a significant waiting list for male clients, averaging from 85 to 95 men at any time.
- Most of the increase is in female clients, with an increase of almost ¼ in the number of clients from 1999 to 2000. The proportion of all clients who are female had steadily increased from 1998 to 2000.

INDICATOR	1998	1999	2000	
	<i>Clients during year (and percent of total)</i>	<i>Clients during year (and percent of total)</i>	<i>Clients during year (and percent of total)</i>	<i>Increase from 1999</i>
Total Program Clients	148	380	410	(+8%)
Males	120 (81%)	276 (73%)	282 (69%)	(+2%)
Females	28 (19%)	104 (27%)	128 (31%)	(+23%)

Source: Choices In-Custody Program

* Note: Data from 1998 is for 7 months only, so it is not compared with 12-month program years.

Data from Women's Enrichment Center

- The Women's Enrichment Center is an 8-week, intensive day treatment program serving female CalWorks clients who have co-occurring substance abuse and mental health issues
- The program had 36 referrals between October 2000 and January 2001, and admitted a total of 18 clients for 21 treatment episodes

INDICATOR	October 2000 – January 2001 (3 months)
	<i>Clients during period (and percent of total)</i>
Total Program Clients	18
White	8 (44%)
African American	4 (22%)
Latina	5 (28%)
Pacific Islander	1 (6%)
On Probation	3 (17%)
Current Legal Issues in Courts	2 (11%)
Employed	0 (0%)
On CalWorks	17 (94%)
On General Relief	1 (6%)
Persons Using 2 or More Substances	9 (50%)
Used Needles in Past Year	1 (6%)

Source Women s Enrichment Center

II. Community Needs Indicators of Alcohol/Drug/Tobacco Issues

Tobacco Use and Cessation

General Tobacco Facts

- Tobacco related illness is the single leading preventable cause of death in the United States
- Smoking now costs California more than \$10 billion each year in medical costs and lost productivity due to smoking-related illnesses
- Tobacco is the first drug used by a majority of substance users The majority (80-90%) of alcohol and drug abusers smoke cigarettes
- Nicotine is a trigger drug that can lead to use of other substances and relapse for those in recovery

Tobacco Use in San Mateo County

- Smoking accounts for 1/5 of all deaths in San Mateo County Far more residents die from smoking-related illnesses each year than from accidents, homicides, and suicides combined
- The prevalence of adult smoking in the County declined from 20 8% in 1990 to 17 1% in 1996
- There was a decrease in cigarette use among 11th Graders from 33 5% in 1997 to 29 3% in 1998 (Tobacco Prevention Program High School Survey, 1998)
- Children in San Mateo County are starting to use tobacco at earlier ages About 1/3 of tobacco users start by the age of 12

Tobacco Program Data

- The County began providing smoking awareness and cessation classes for youth in FY 1999-2000
- During FY 1999-2000, the youth smoking cessation classes had a quit rate of 41% Participants also had a 52% reduction in cigarettes smoked during an average weekday
- A diversion program offers a 4-hour class to juveniles caught in illegal possession of tobacco products The program offered 18 classes to 172 youth during FY 1999-2000, and these figures are included in the table below A follow-up survey of 31 participants found that 12 (39%) had quit and were still quit, 5 (16%) had made serious attempts to quit ranging up to 2 weeks, and 9 (29%) had cut down their daily number of cigarettes by approximately half

<i>INDICATOR</i>	<i>FY 1999-2000</i>	<i>FY 2000-2001* (year to date)</i>
Youth Smoking Cessation		
Number of Awareness Presentations	21	6
Awareness Presentation Participants	329	66
Number of Cessation Classes	2	1
Cessation Class Participants	26	10

Source San Mateo County Human Services Agency Tobacco Prevention Program

* Note Data for fiscal year 2000-2001 is year-to-date

Criminal Justice Indicators

Adult Misdemeanor Arrests

- There was only a small increase (2%) in total adult misdemeanor arrests related to alcohol/drug use from 1997 to 1999
- While arrests for marijuana possession increased 26% and driving under the influence (DUIs) increased 4%, there was a 9% decline in arrests for other drug possession

INDICATOR	1997		1998		1999	
	<i>Arrests during year (and percent of total arrests)</i>	<i>Arrests during year (and percent of total arrests)</i>	<i>Increase from 1997</i>	<i>Arrests during year (and percent of total arrests)</i>	<i>Increase from 1997</i>	
Total Adult Misdemeanor Arrests	12,422	12,897	(+4%)	12,022	(-3%)	
Total Adult Misdemeanor Arrests Related to Alcohol/Drug Use	7,192	7,867	(+9%)	7,312	(+2%)	
Marijuana Possession	300 (4%)	402 (5%)	(+34%)	378 (5%)	(+26%)	
Other Drug Possession	1,187 (17%)	1,074 (14%)	(-10%)	1,082 (15%)	(-9%)	
Drunk	2,165 (30%)	2,416 (31%)	(+12%)	2,106 (29%)	(-3%)	
Liquor Laws	105 (1%)	209 (3%)	(+99%)	159 (2%)	(+51%)	
Driving Under the Influence (DUI)	3,435 (48%)	3,766 (48%)	(+10%)	3,587 (49%)	(+4%)	

Source Data is from website of California Criminal Justice Statistics Center
http://justice.hdcdojnet.state.ca.us/cjsc_stats