



*We believe every life matters.*

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# 2016 BOARD OF DIRECTORS



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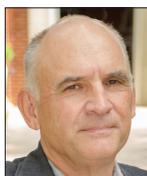
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## CHIEF EXECUTIVE OFFICER CORPORATE COMPLIANCE OFFICER

### **Sarah E. (Sallie) McLaughlin**

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## Guiding principles then that are still pertinent today:

- Local People Solve Local Problems
- Addiction is a Family Disease
- People Support What They Help Create
- Teams Are More Effective
- People Use Drugs for a Variety of Reasons

## LETTER FROM THE CEO

### Sarah E. (Sallie) McLaughlin

Every year has its challenges and rewards and 2016 has been no different except one milestone in my professional life, which was to celebrate 30 years as the Chief Executive Officer of this vital organization. The idea that local people solve local problems and addiction is a family disease were demonstrated in the beginning of Gateway. Teams are more effective was proven to be true. The community of Shawnee helped create our agency and has been supportive ever since.

Gateway began providing services with no computer or printer but we did have a telephone! Every clinical note was handwritten and inserted into a file folder. Today, we do

not have paper files; instead, we have an Electronic Health Record stored on a secure, encrypted server accessed through the internet.

So many changes have occurred, but what has not changed is the commitment to serve our communities and patients with quality services through professional people that care about each patient. I see people in our community who started recovery 30 years ago and who are still helping others. I see people today in the early stages of recovery who have hope and I predict 30 years from now, they, too will be helping others.

Life is good! Recovery is awesome!



## LETTER FROM THE BOARD CHAIR

### Jamie Barrick, President

Another year of successful stories, new programs and more plans and visions for continued success. The goal and vision of Gateway to Prevention and Recovery remain constant. There are so many services being added and offered for Gateway's patients. Of course, prevention education and treatment in our facilities come to mind first.

A highly qualified and professional staff that is energized, enthused, passionate and compassionate is committed to helping those in need of the services Gateway to Prevention and Recovery offers. Each staff member is working cohesively to ensure that every individual receives the best possible care and treatment from the very beginning. The quality of treatment and care that has been the standard for Gateway's patients remains the same in spite of budget cuts.

In closing, I am beginning to hear more talk in casual conversation with friends and colleagues about the amazing work the staff is providing. Gateway to Prevention and Recovery's presence in our community is growing.

**FY16 Performance Improvement** – Measures of Outcomes for Service Delivery

Gateway participates in the ODMHSAS Substance Abuse Provider Performance Management reporting system (SA-PPMR). This is a system that ensures continual attention is given to: the effectiveness of services, the efficiency of service delivery, the availability or ease of access to services

and the satisfaction reported by the persons served, the referral sources, the staff members, and other community stakeholders. Gateway scores are compared with other like statewide providers of services. Gateway aims to be in the top ranking of like organizations, establishing this as a benchmark to work toward continual improvement.

Gateway measures reduction in the substance use – the primary drug of choice. For persons under 17 years of age and adults, Gateway performance is in the middle of rankings.

Gateway measures planned discharges – indicating that mutually established goals are achieved. For persons under 17 years of age, Gateway is in the top rankings. For adults, the outcome is in the middle of rankings.

For youth Gateway demonstrates top rankings for improvement of mood, thinking, family relationships, interpersonal functioning and role performance.

For adults, data indicates improvement in these same scores although the ranking is in the middle range.

Adult rankings were in the top range for reduction in tobacco use, reduction in arrests, maintaining housing and maintaining sobriety.

Gateway has successfully reduced barriers for persons entering services. The measures for initiation of service are in the top rankings for adults.

## ***Working together to support wellness in recovery and restore lives worth living.***



- **182.5** Patient Wellness Activity hours
- A “Freedom From Smoking” group was held for patients.
- Over **100** patients and their families attended Family Fun Day

## **AGENCY AND COMMUNITY WELLNESS**



### **Behavioral Health and Wellness**

*EXPECT HOPE*

The purpose of Gateway’s Wellness Program is to create a strong culture of health and wellness. Research shows that individuals with substance use disorders will die approximately 30 years earlier than the general population, primarily from obesity and tobacco related causes. Therefore, over the past year, Gateway’s Wellness Program has encouraged staff and patients to practice self-care and seek ways to obtain a greater sense of balance in all areas of Wellness. Staff members receive weekly Wellness emails as well as participate in weekly self-care check-ins. In addition, they have the opportunity to take part in 2-15 minute wellness breaks daily and engage in monthly “healthier” pot luck lunches. Patients enjoy a waiting room at Gateway’s facility equipped with workout equipment, crafts, therapeutic sand trays, puzzles, and health information. It is not uncommon to see staff and patients walking during both group and individual sessions to increase physical, mental, and emotional well-being. In the last year,

Gateway partnered with OSU Extension to provide “Fresh Start” Nutrition groups for its patients. One patient that participated in the group reports, “I have become more open to trying a wide variety of foods and cooking at home.” In September, Gateway’s Wellness Program was named as a Finalist for the Champions of Health Corporate Category. Gateway’s Wellness program attributes this momentum to six key components. These are: establishing administrative support, connecting the core Wellness advocates, showing genuine concern for staff’s aspirations and limitations, encouraging small changes in all areas of Wellness, obtaining feedback from the patients, and utilizing readily available resources. In the last year, Gateway’s Wellness Program has branched out to include the community, holding its first Wellness Team Meeting on October 26th, 2016. This group hopes to keep working together to support wellness in recovery and restore lives worth living.



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***“We don’t receive wisdom; we must  
discover it for ourselves after a journey  
that no one can take for us or spare us.”***

***- Marcel Proust***

- **89** Assessments given
- **279** hours, Early Intervention with kids
- **102** hours, Group Therapy
- **42** hours, Individual Therapy
- **78.5** hours, Treatment Team



## POTTAWATOMIE COUNTY CHILDREN AND ADOLESCENT SERVICES

### Behavioral Health and Wellness

EXPECT HOPE



**The Gateway Adolescent Clinical Team provides counseling to youth and adolescents in both agency and school-based settings. The team is made up of licensed therapist and case Managers trained in an array of models of best practice.**

- Early adolescent intervention
- Substance abuse education and prevention
- Assessment, identification and treatment of substance use and co-occurring disorders
- Individual, family, parent-sibling therapy
- Therapy and Education groups
- Parent-Child Interaction Therapy (PCIT)
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Motivational interviewing
- Art and play therapy
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)

As a contracting agency with the Oklahoma Department of Mental Health and Substance Abuse Services, Gateway is able to provide services to children and adolescents at no cost to the families.

#### Gateway Adolescent Treatment Team

##### Accomplishments:

- Diligently worked with the Shawnee Middle and High School to significantly increase communication and inevitably increase the number of referrals and services delivered

- Improved parent/family involvement in adolescent treatment plan and counseling services
- Added an adolescent/family therapy room
- Increased family therapy with patients and their children through the Department of Human Services Child-Welfare
- Presented at the Department of Human Services and Shawnee High School
- Attended the Children's Behavioral Conference
- Substantially increased services to the rural school districts in Pottawatomie County
- Improved engagement and retention in adolescent services
- Family education on substance abuse and the family dynamics of addiction on the family
- Tobacco cessation education
- Trained and Certified of adolescent therapist in Motivational Interviewing, Trauma-Focused Cognitive Behavioral Therapy, and Eye Movement Desensitization Reprocessing Therapy (EMDR)
- Increased adolescent successful discharges

#### Future goals of the Adolescent Treatment Team include:

- Broad Family Therapy
- Adolescent Educational Series
- Expansion of services into other school districts in Pottawatomie County
- Continue to incorporate the 8 Dimensions of Wellness into services
- OYAY (Oklahoma Youth and Young Adult Grant)
- Collaborate with Parents Helping Parents, community, law enforcement, and other local Agencies

*"Two roads diverged in a wood, and I -- I took the one less traveled by, and that has made all the difference."*

*- Robert Frost*

#### Adolescent Clinical Team

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**Dr. Paul Johnson, MD** Medical Director

- **2** Clinic Options, Withdrawal Management and Medication Assisted long term Treatment program
- **52** patients served in Withdrawal Management program in FY2016
- **16** Medication Assisted Treatment since May 2016
- Buprenorphine allows patient to function in their community

## MEDICATION ASSISTED TREATMENT CLINIC



### Behavioral Health and Wellness

EXPECT HOPE

Gateway started the only local Withdrawal Management through funding from ODMHSAS in November 2014. In the past 2 years, we have served over 77 patients. Our clinic is staffed twice a week with a Dr. Paul Davis Johnson, MD, Medical Director and Therapist Kellie Steele, LADC, a newly Certified Nursing Aide. We continue to monitor vital signs, withdrawal symptoms and filter phone calls inquiring about our program while also offering the community referrals to methadone clinics, Parents Helping Parents and other resources available. We have seen both male and female, young and old, of all socioeconomic levels come through our program. We have witnessed firsthand the devastating impact opiate and heroin addiction have on not only the life of the person with the addiction but also their loved ones.

Due to the financial crisis of the state budget over the past year, Gateway decided to open a second program option that uses private dollars instead of state funds. This allows us to treat

the person with opiate dependency on a longer term basis. Studies are showing that short-term MAT programs are seeing more than 90% relapse rates, but longer term programs – those seeing patients for more than 18 months – are having better success rates in overall recovery.

The stigma associated with MAT programs is the idea the patient is “trading one drug for another.” The medication used in our MAT program, buprenorphine, helps to stabilize the patient’s withdrawal symptoms while also reducing cravings to use opiates and other drugs. The “miracle” of this medication is the patient can feel “normal” which is something many will tell you they have not felt in many years. Our patients are able to function in society, maintain or find stable employment, improve their personal relationships, and attend treatment and/or 12 step support to work through their feelings associated with past substance use in hopes of preventing future relapse.



**Kellie Steele, LADC, CNA**

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*“I wish everyone could have the opportunity to see firsthand the life transformation from one of desperation to having hope in a better life for those patients we serve in the MAT programs. We are changing lives for the better at Gateway!”*  
- Kellie Steele

- **533** Assessments
- **1243** Patients served
- **489** Treatment plans and updates
- **643.5** hours of case management provided
- **112** female patients served at Mabel Bassett Correctional Center



## SHAWNEE CLINIC

Behavioral Health and Wellness

EXPECT HOPE



Gateway continues to provide treatment services for people in our community affected by the disease of addiction. A focus of the agency this year has been to support addiction as the chronic medical disorder that it is. A disease definition means there is a clear set of signs and symptoms for diagnosis, and addiction disorders this is most definitely true. However, the stigma continues far too much and still sends the message that this is somehow a character or moral issue. Gateway staff work passionately with the patients to help them in accepting and learning about their diseases and how to maintain recovery by working a program that consists of many aspects of change and work.

As we go forward Gateway will include emphasis on utilizing the community to support recovering individuals and families in their healing process. Evidence shows that treatment of the whole person is the most effective form of healing. This includes spiritual, physical, emotional and mental, social and relational as well

as community wellness.

Services at Gateway to Prevention and Recovery include community support in many forms. The dream is to create a recovery community where as many as possible can participate and support each other in their recovery and wellness journeys.

We all live in this community together. The community includes many people that are suffering from addiction and mental health disorders as well as the devastating effects of poverty on many. It is difficult, if not impossible to "pull yourself up by the boot straps" when you don't even own boots. Let's work together and support one another on this journey of healing and recovery.

What is needed is the same support, understanding and compassion as there is for other chronic medical disorders such as heart disease, hypertension, diabetes and obesity. Let's stop judging and start helping.

Coming soon- Community Mentoring and Integration for those that don't have the boots.

***"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."***

***– Carl Bard***

**Cindy Stober, LPC, LADC, NCGCII**

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- **292** Patients served
- **123** assessments given
- **166.25** case management
- **90** average number of groups monthly

## CHANDLER CLINIC



Behavioral Health and Wellness

EXPECT HOPE

Gateway to Prevention and Recovery's Chandler office celebrated its 10th year of providing services in Lincoln County. As hoped for last year, the focus has been shifting from "treating the disease" to "treating the person". We have an excellent working relationship within the community including Red Rock Behavioral Health, Workforce Oklahoma, OSU-extension office, Department of Human Services and Oklahoma Court Services. This allows us to meet other needs that often have interfered with the recovery process.

This year the Chandler office has increased services for families in an individual setting and plans to add group family counseling in the near future. Gateway's Chandler office services have increased with the Medication Assisted Treatment program.

Having a full time case manager has been instrumental for increased services. Gateway provides services for the Community Sentencing,

Department of Corrections Probation, Oklahoma Court Services probation, District Attorney's probation, Drug Court, Department of Human Services/ Child Welfare as well as self-referred individuals and families seeking substance abuse counseling services

Services offered include assessment, case management, individual and group therapy, education groups, Wellness activities and random urinalysis screens. One change this year has been increased wellness activities including walking challenges, a peer led physical fitness boot camp, adult coloring books and jigsaw puzzles have helped stimulate the minds and bodies of the clients who have participated.

Gateway to Prevention and Recovery is steadily seeking to expand services in Lincoln County for as many families and individuals as possible. The mission of Gateway remains the same and for those receiving services, they can continue to Expect Hope.



**Robert Proehl, LADC**

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***"You can lead a horse to water, but you can't make him drink. However, you can salt his oats. My job often is to salt the oats and help clients become thirsty for recovery."***

***—Bob Proehl***

- **977** patients served
- **325** assessments
- **355.75** of individual therapy provided



## STILLWATER CLINIC

### Behavioral Health and Wellness

EXPECT HOPE



Gateway to prevention and Recovery's Stillwater clinic continues to grow. This September of 2016, Gateway celebrated 5 years of service to the Stillwater community. In keeping with Gateway's philosophy of providing the best-integrated treatment, additional clinical staff members have come on board.

#### Services available:

- Trauma groups
- Treatment of co-occurring disorder
- Wellness education / activities
- Problem gambling counseling
- Case management services
- Peer recovery support
- Individual / Group therapy
- Individual/Group education
- Random urinalyses testing
- ADSAC assessments
- 10 / 24 hour DUI classes

Stillwater staff members are licensed therapists, under supervision for licensure or certified Behavioral Health Case Managers/Peer recovery support specialists. Staff members have received training to provide trauma informed services and offer them in a safe and non-threatening environment. Gateway continues its goal of care coordination

with other providers. For example, this year, Gateway received referrals from Community Sentencing, DHS Child Welfare, TANF, mental health institutions, Oklahoma Court Services, other substance abuse providers, Probation and Parole, and Native American organizations.

Health, wellness, and integrated services continue to be the main goal for Stillwater staff by extending these services not only to patients but also to the staff to create a healthier environment. Gateway has initiated substance abuse and trauma sessions through process therapy, life skills, and relapse prevention therapy sessions. Wellness services are already a part of patient's treatment plan for an integral approach to treatment and recovery. The clinic includes ambulatory detoxification for chronic opiate dependence. Through a collaborative treatment team Paul Johnson M.D., medical director for Gateway to Prevention and Recovery, provides medically assisted treatment from the Shawnee office while patients are able to continue their ongoing therapy in the Stillwater office for withdrawal management.

***"Helping the patients to understand the factors that contribute their own addiction problem is essential to help them to control the decisions they have to maket for their recovery."***

#### Tamara Defranc LADC-MH

Clinical Supervisor

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- **153** Assessments done on Business, Schools and Communities
- **4** Food Availability and Marketing Surveys completed
- **2** new staff hired

## POTTAWATOMIE COUNTY HEALTHY LIVING PROGRAM



Behavioral Health and Wellness

EXPECT HOPE

Eat better, move more, be tobacco free. These three statements are the basis to prevention of several diseases which kill Oklahomans at an alarming rate: heart disease, obesity and diabetes.

The Healthy Living Program (HLP) focuses on policies surrounding access to nutritious options, access to physical activity and reducing the use of tobacco. The funding for Pottawatomie County has increased, providing funds for two more staff members to the team. The personnel additions have amplified community partnerships and services throughout the county.

One of the highlights this year was the adoption and implementation of tobacco free policies at the Shawnee Housing Authority Administration buildings and The Towers multi-unit housing apartments. The Towers is the first multi-unit housing in the area to become a tobacco free building, providing a safe environment for the nearly 85 residents. HLP staff provided education and guidance to the board

of directors, leadership and residents for the positive reduction of second hand smoke exposure.

Another highlight was the partnership with residents of Earlsboro and the events held there. HLP staff, in partnership with the Pottawatomie County Pedalers Bicycle Club, Town of Earlsboro, and Earlsboro Public Schools, sponsored a statewide 50-mile gravel-road bike ride; they raised over \$1,200 for the Earlsboro Athletics Department. HLP staff collaborated again with the Town of Earlsboro, Earlsboro Tag Agency, Pottawatomie County Telephone Co., and other local businesses, to sponsor the second annual community-wide free 5k walk/run event. The purpose of the event was to encourage families to get outside and walk together, utilizing the town's park and walking trails. The event drew about 80 participants, with all of them completing the 5k distance. Healthy Living Programs are funded by the Tobacco Settlement Endowment Trust, TSET.



**Holly Gordon**

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***“Gateway is an agency focused on changing behavior through prevention and treatment. Together, we create and support the best Pottawatomie County.”***

- **8** out of **10** school districts participated in the Education Summit
- **14** different entities applied for Certified Healthy Oklahoma
- **2** schools passed model tobacco free campus policies
- **1** Jasmine Moran Children’s Museum passed a tobacco policy



## SEMINOLE HEALTHY LIVING PROGRAM

Behavioral Health and Wellness

EXPECT HOPE



In rural communities, healthy and affordable food options are scarce, and safe opportunities for physical activity are limited. Seminole County is primarily a rural population with significant health disparities as seen at the state and national levels.

Seminole County has 11 communities with a total population of 25,456. Seminole County ranks near the bottom in health outcomes for Oklahoma counties. In fact Seminole County ranks 73rd out of 77 counties in obesity, consumption of fruit and vegetables, and tobacco use.

Often life in rural communities revolves around the school. Seminole Education Summit was held in June of 2016. Our program invited all ten school districts in Seminole County. Eighty percent of the schools represented. The event allowed for the conversation of policy/practice tracking and establishing future partnerships. This year Seminole Public Schools was awarded a TSET Healthy Schools Incentive Grant. Seminole Healthy Living Program has three Youth Engagement Teams within the county. These Youth Engagement Teams are

empowering youth to eat better, move more, and to be tobacco free where we live, work, learn and play.

Assessments were conducted in four out of four cities with established partnerships.

Six businesses have developed healthy living partnerships with the grantee. In addition to three Food Availability Market Surveys conducted. Several Organizational Readiness Assessments have been conducted and will lead to improved health initiative in the implementation phase. Jasmine Moran Children’s Museum passed a tobacco policy and applied to Certified Healthy Oklahoma for the 1st time ever.

The Seminole Healthy Living Staff are graduates of the Seminole Leadership Class XIX. Through this opportunity, a stronger partnership developed in all sectors, including the Seminole Chamber of Commerce with the Biggest Loser Challenge. As a result, fourteen entities within Seminole County applied for Certified Healthy Oklahoma. Healthy Living Programs are funded by the Tobacco Settlement Endowment Trust, TSET.

*According to Mike Adams, “Today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficient, and lack of physical exercise.”*

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• 3 Public School Systems

• 1 Technology Center

**All have updated their 24/7 Tobacco Free Policies to include vaping.**

• 6 Assessed Public School Systems

• 8 Assessed City Governments

## HUGHES, MCINTOSH & OKFUSKEE COUNTY HEALTHY LIVING PROGRAM



Behavioral Health and Wellness

EXPECT HOPE

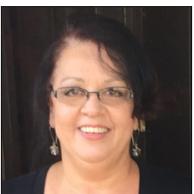
Gateway to Prevention and Recovery's Healthy Living Program, HLP, which covers Hughes, McIntosh and Okfuskee Counties work within different sectors to make policy based sustainable changes for a healthier lifestyle. In 2016, HLP Consultants collected data, conducted assessments and scored existing policies. The data gathered identifies entities that are ready for policy change. Committees formed to develop policies that meet the organization needs to promote healthy changes.

There has been success within schools, cities, and community organizations in passing policies. We have assessed 6 schools and 8 cities within the counties. Three schools have updated their 24/7 Tobacco Free policies to include the prohibition of vaping. Currently more schools are working on updating their wellness policies. Cities with Tobacco free property ordinances covering parks and lakes are now working to adopt active transportation strategies. Two

new organizations have adopted and implemented Tobacco free Worksite and Wellness policies. We plan to keep working with other organizations to adopt new policies.

The local coalitions hosted a Back to School Bash, which provides school supplies and resources for families in need. In 2016 over 200 students received free school supplies in Eufaula. A Community baby shower hosted 75 families who received education on newborn care and supplies they need to support a baby. The Jump Rope Program has shown 40% percent of student participants reduced their body mass index. The Summer Kids Café and Sports and Arts Camp received prevention education for their youth.

Our program goals are to get people to move more, eat better and be tobacco free by making the cities, schools, community organizations and businesses a healthy place to live, work, and play. Healthy Living Programs are funded by the Tobacco Settlement Endowment Trust, TSET.



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***"Coming together is the beginning of progress, working together is success."***

- **100** – lbs. of medications were collected by the Take as Prescribed Pottawatomie County coalition from March-October 2016.
- **832**- # of medication lock boxes distributed to Pottawatomie County residents in order to promote safe storage (2011-2016).
- **29** # of community agencies that represent the Take as Prescribed Pottawatomie County coalition



## PREVENTION OF PRESCRIPTION DRUG MISUSE

Behavioral Health and Wellness

EXPECT HOPE



In 2015, Gateway to Prevention and Recovery received a 4 year Substance Abuse and Mental Health Services Administration (SAMHSA) Strategic Prevention Framework Partnership for Success Grant (SPF PFS) to address the problem of the non-medical use of prescription drugs (NMUPD's), ages 12-25, in Pottawatomie County.

In January 2016, the Take as Prescribed Pottawatomie County coalition assessed the county and chose strategies for the PFS Strategic Plan based on their findings. One finding described the top three substances in the county, for unintentional poisoning deaths, were: Oxycodone, Hydrocodone, and Alprazolam; all prescription drugs. A second finding was based upon trend data from the National Vital Statistics System which revealed that the death rate from Rx opioids has increased in Pottawatomie County from 1999-2013 by 43.3% per 100,000 population. In addition, according to the 2014 Oklahoma Prevention Needs Assessment, Pottawatomie County 8th grade students had a higher rate (6.4) for 30 day misuse of Rx drugs

than compared to the state (5.4). The three strategies chosen were policies, enforcement, and media advocacy to address medical and social availability of prescription (Rx) drugs.

A piece of the policy strategy includes proper disposal of medications in order to reduce diversion or use of Rx drugs for an illegal purpose. Therefore, from March to October a total of three (Rx drug) Take Back events were held in Pottawatomie County where approximately 100 lbs. were collected by Shawnee PD, Oklahoma Bureau of Narcotics, and Take as Prescribed County coalition members. The Shawnee News Star was instrumental in the promotion of the events.

As of December 2016, the Pottawatomie County PFS strategic plan has been approved and a workplan has been submitted to the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) for approval.



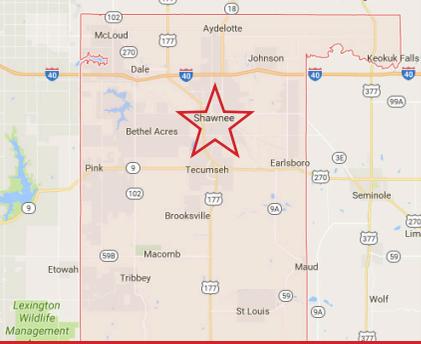
**TAKE AS  
PRESCRIBED**

*“Working together, as a county, we can make a difference.”*

**Lisa Watson, MS CPS**

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• **31,286** the number of people who can help create an environment in Shawnee that makes it easier for our children and youth to act in healthy ways.

## REGIONAL PREVENTION COORDINATOR



Behavioral Health and Wellness

EXPECT HOPE

The Regional Prevention Coordinator (RPC) provides prevention services for Pottawatomie, Seminole, Lincoln, and Okfuskee counties. In 2015 the RPC was funded through the Department of Mental Health and Substance Abuse Services to continue providing those services for the next five years. The prevention services we provided are rooted in environmental strategies. These environmental strategies work to change the conditions within a community, including physical, social, or cultural factors that may lead to substance use. We do this by working and partnering with communities and more specifically, coalitions within those communities. While the RPC will continue providing core services to all four counties, we were asked to do an in depth assessment of the counties and come up with one priority area of focus. That priority area of focus will be marijuana use in Shawnee.

Over the past year we have been gathering as much data as possible in order to have a true and accurate picture of how marijuana use is impacting our area and more specifically Shawnee. While there is a lot of national and state data, we have discovered that localized

data is very difficult to find. Fortunately, in working with local law enforcement, schools, and other community groups we have been able to find and gather more local data.

--Shawnee youth have a very low perception of harm when it comes to marijuana use

--Shawnee youth rates of marijuana use are higher than both state and county rates

The legalization of marijuana by other states and the push in our own state to legalize, are key factors in how our communities view marijuana. Over 67,000 signatures were gathered to get a ballot initiative for "medical" marijuana this past year; representing the growing social acceptance across Oklahoma for the legalization of marijuana. Due to legal issues this initiative did not make the ballot in November, but we know this issue is not going away.

The RPC will continue to address social norms around marijuana in our community in an effort to change the low perception of harm and decrease usage.



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*"An ounce of prevention is worth a pound of cure"*

*– Benjamin Franklin*



82 youth participated  
in projects and  
activities this year

## Shawnee Youth Coalition

"Our mission is to establish pride in our community by being a positive youth movement. We impact all generations by creating mutual respect through service and the betterment of our community, state, and ourselves. Together we are acting on a passion for change and improvement."

Middle and high school students are invited to the meetings to help be a part of the change. New ideas are always recognized as an option for the coalition to take on. Meeting dates are posted on our social media pages.

▶ Youth Led

▶ Change

**Sports and Arts Camp**

107 Campers Served

**Youth Speak Out**

10 Speeches  
23 Panel Members

**Other projects**

30 Scarves  
7 Pairs of shoes  
100+ Luminarias

"Start Your  
Change today!"



Shawnee Youth Coalition



shawneeyouthcoalition



@ShawneeYouthCo\_

shyoco.com



## COMMUNITY COALITIONS



### Prevention Services

EXPECT HOPE

Gateway to Prevention and Recovery actively engages in community outreach through education, policy change, and resource attainment. Local coalitions are a major asset to the agency and can provide an added benefit to the services provided in the counties. For more information on coalitions, see the list below.

#### POTTAWATOMIE COUNTY

**Pottawatomie County Youth Task Force** meets every 4th Monday at 11:30AM at Gordon Cooper Technology Center, Skylab II. The group is concerned with issues that affect youth in Pott County. For more information, contact Jon Greenwood 405-275-3391 EXT 1101

**Pottawatomie Alliance toward Community Health, PATCH**, meets the first Wednesday of the month at noon (lunch \$7) at 1414 North Kennedy, Suite 108, Shawnee, Ok. The group is concerned with health issues affecting Pott County contact Holly Gordon 405-585-3032

**Shawnee Youth Coalition**, for youth from 6th through 12th grades who want to change their world. The group meets every other Thursday, 6:30-7:30PM (refreshments provided) at 1414 North Kennedy, Suite 108 Shawnee, Ok. Meeting information can be found at <http://www.shyoco.com/> or call Jon Greenwood at 405-275-3391 EXT 1101 for next meeting date and time.

#### LINCOLN COUNTY

**Prague Turning Point Coalition** meets 4th Wednesday at noon (lunch provided) at Prague City Hall Commission Chambers. This group is concerned with all issues concerning the citizens of Prague. For more information, contact Jon Greenwood 405-275-3391 Ext 1101

**Lincoln County Coalition** meets every 4th Tuesday at noon (lunch provided) at the First

United Methodist Church, 122 West 10th Street, Chandler, OK. This group is concerned with all social issues in Lincoln County. For more information, contact Jon Greenwood 405-275-3391 Ext 1101

#### SEMINOLE COUNTY

##### **The Seminole County Community Alliance**

meets every 2nd Monday at 12:00 Noon at the Seminole Alliance Health Hospital, 2401 W Wrangler Blvd in Seminole, OK 74868.

The group is concerned with health and social issues in Seminole County. For more information, contact Bettye Finch 405-395-4357

#### OKFUSKEE COUNTY

##### **Okfuskee County OCCY Partnership Board**

meets every 3rd Thursday at noon at Pepinos 608 S. Woody Guthrie St. Okemah, OK. The group is concerned with all health and social issues affecting Okfuskee County. For more information, contact Lisa Smith at 405-585-8535.

#### HUGHES COUNTY

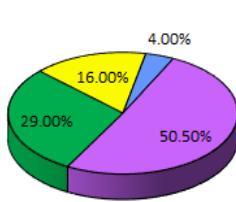
**Hughes County Turning Point** meets every 3rd Monday at noon, alternating between Wetumka and Holdenville. The group is concerned with all issues concerning the citizens of Hughes County. For location information, contact Lisa Smith at 405-585-8535.

#### MCINTOSH COUNTY

##### **McIntosh County Turning Point Coalition, MCOCO**,

meets every 3rd Tuesday at noon alternating between Checotah and Eufaula. The group is concerned with health and social issues concerning the citizens of McIntosh County. For location information, contact Lisa Smith at 405-585-8535.

## Income by Funding Source



- OK DMHSAS, including Prevention Grants
- OK TSET-Pott, Linc, Sem, Hughes, McIntosh, Okfusee Co.
- Patient Ins, including Medicaid & Copays
- Donations, Grants, In-Kind, Interest, etc

# Corporate Information FY2016

## REVIEWS, AUDITS AND CONTRACTS

### Corporate Compliance

EXPECT HOPE



Gateway received positive feedback for its Prevention, TSET and Clinical services in Fiscal Year 2016. Gateway maintained its Chapter 24 certification from the OK Department of Mental Health and Substance Abuse Services (ODMHSAS) as a Comprehensive Community Addiction Recovery Center (CCARC) in Pottawatomie, Lincoln and Payne counties. Prevention and TSET grants were reviewed by their overseeing entities and the results were favorable from both program and financial aspects.

In FY16, Gateway's annual financial audit was again performed by Finley & Cook, CPAs. It was unremarkable and free of findings or material misstatements, as in previous years.

Gateway's funding sources are varied, even within the larger pay sources. ODMHSAS allocates nine contracts for clinical services and two grants for prevention purposes. The contracts divide money from DHS, DOC and Drug Courts, as well as dollars for the underprivileged and adolescent populations. OK Health Care Authority disperses federal Medicaid dollars. The RPC and SPF PFS grants, as well as the three OK Tobacco Settlement Endowment Trust grants, span six Oklahoma counties. The monies are allocated based on population and need. The Avedis Foundation continued its support of Gateway in its Child Welfare Collaborative efforts in Southern Pottawatomie County. With this diverse sampling of funds, Gateway professionals were able to serve people across seven counties and make their presence known across the state.

Patients receiving clinical services may be assisted based on income if they do not qualify for help under contract parameters. No patient is refused services at Gateway. In FY16, Gateway provided over \$75,000 in donated services, due to contract shortages as a result of the State budget crisis. Gateway believes in the mission of serving those in need.

Gateway's School Assistance Programs (SAP) and Employee Assistance Programs (EAP) continue to generate income. The United Way of Pottawatomie County supports the Shawnee Youth Coalition and prevention activities. In-kind contributions from volunteers and monetary donations are vital in supplementing day-to-day operations.

Gateway staff are the key to quality services. All staff who deliver clinical services are licensed therapists or in the process of being licensed. Licensed Professional Counselors (LPC), Licensed Alcohol Drug Counselors (LADC), Certified Alcohol Drug Counselors (CADC), Peer Recovery Support Specialists (PRSS), Behavioral Health Case Managers I and II (BHCM) provide well-rounded services to patients. In addition, Certified Addiction Specialist, Dr. Paul Johnson provides withdrawal management and medically assisted treatment services. Prevention staff are either Certified Prevention Specialists (CPS) or in the process of being certified. All Gateway professionals obtain continuing education hours throughout the year to maintain their licensure and keep up with best practices in their fields of prevention and recovery.

Gateway's international accrediting agency is CARF (Commission on Accreditation of Rehabilitation Facilities) and it maintains this by applying for reevaluation every three years.

During FY16, contracts were awarded 3 months at a time, due to the combination of pending bid awards and State shortfalls. At the end of FY16, ODMHSAS halted the competitive bid process that was required for continued funding at the end of FY15. The Department decided against this practice for the near future. Looking forward into FY17, Gateway has been awarded 6-month contracts, which will be renewed at the 6-month mark. The TSET, RPC and SPF PFS budgets were fully funded.



### **VISION:**

Health and Wellness is Fully Integrated into the Life of Each Oklahoman

### **MISSION:**

Gateway to Prevention and Recovery is dedicated to provide community based behavioral health services that assist individuals and families with their emotional, mental, physical, and spiritual well-being.

### **OUR PHILOSOPHY:**

Gateway understands how devastating and progressive addiction and mental health disorders are to an individual, a family and ultimately the community as a whole. When left untreated, these illnesses have the potential to adversely affect every area of our lives.

Gateway is committed to provide services that will not only enrich and enhance lives but will save lives, reduce barriers to healthy choices, and provide education and support for everyone in our community.

We believe every life matters. Expect hope.



**GATEWAY TO PREVENTION AND RECOVERY, INC**

**1010 E. 45th Street**

**Shawnee, OK 74804**

**[www.gatewaytoprevention.org](http://www.gatewaytoprevention.org)**

