

# *Adapt*

An Oregon leader in primary care, addictions treatment and behavioral healthcare



RESTORING LIVES AND IMPROVING THE HEALTH OF OUR COMMUNITY

# ANNUAL REPORT 2015



# adapt

## about ADAPT

### our vision

Sustained health and well-being for all individuals and families in our community.

### our mission

Provide our communities access to world class primary care, addictions treatment, and behavioral health services to promote health and restore lives.

### our approach

Integrate science, compassionate care, and innovation to promote the health and well-being of the individuals, families and communities we serve.

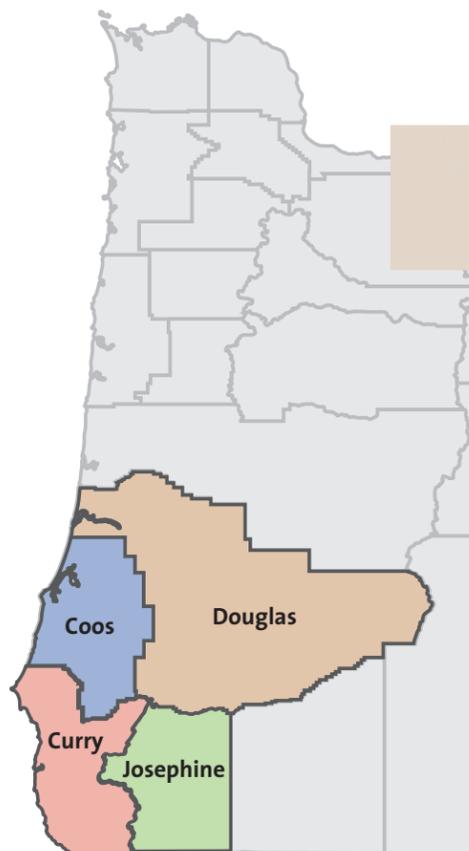
### our services

Integrated system of individual and population healthcare:

- Patient Centered Primary Care Home
- Psychiatric and Behavioral Health Services
- Inpatient and Outpatient Specialty Addiction Care
- School and Community Prevention & Education

### guiding values

- Valued employees providing quality care
- Focus on person-centered care
- Commitment to excellence and world class customer care
- Respect for community wisdom and collective action
- Integrating the knowledge of science and the wisdom of recovery
- Provide value through high quality care at a sustainable cost



#### Executive Team

**Gregory S. Brigham, Ph.D.**  
Chief Executive Officer

**John Gardin, Ph.D.**  
Director of Integration & Research

**Lisa Hubbard, LCSW**  
Clinical Director

**Susan Jeremiah**  
Chief Human Resources/  
Facilities Officer

**Mari Stout**  
Chief QI/Compliance Officer

**Michelle Watson**  
SouthRiver Clinic Administrator

**Grant Schroeder**  
Chief of Medically Assisted Treatment

**Janet Tribble**  
Chief Financial Officer



GREGORY S. BRIGHAM  
PH.D., CEO

## from our DIRECTOR

I am very pleased to share with you Adapt's 2015 Annual Report. As we reflect on what has been accomplished over the past year, we also look forward to the future and the work underway to improve access to the highest quality behavioral health and primary medical care for the residents of Douglas, Coos, Curry and Josephine counties.

Over the past few years, Adapt has pursued a course of growth and innovation to provide the most comprehensive and cost-effective care for our growing patient population. Although our organization has changed to keep pace with Oregon's changing healthcare landscape, what remains constant is our mission to improve the health and lives of the individuals and families we serve.

This report gives testament to the dedication of our distinguished board of directors, the expertise and compassion of our clinical and support staff, and the contribution of many pre-professional students and volunteers who share our mission and values. We are especially grateful to be part of such a strong and resilient community that has come together to heal, recover and thrive. ■

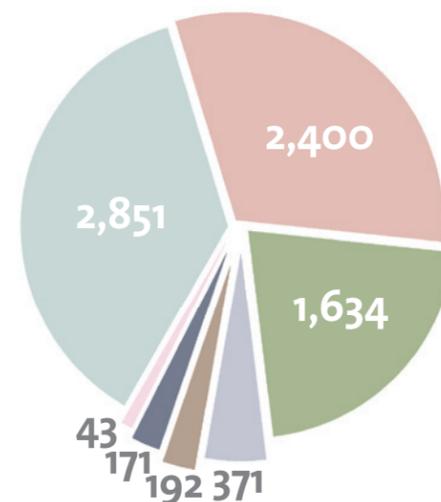
Sincerely,

Gregory S. Brigham, Ph.D., CEO

# fiscal health

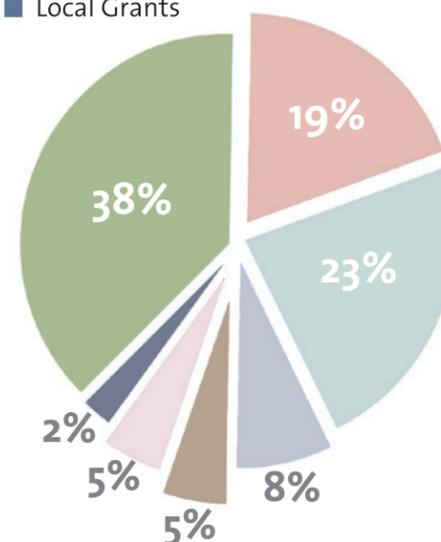
### 2015 Lives Touched: 7,662

- Primary Care
- Prevention
- Adult Outpatient
- Corrections
- Adolescent Outpatient
- Adult Residential
- Adolescent Residential



### Fiscal Year 2014/2015 Revenue

- CCO/Medicaid
- State of Oregon
- Medicare/Self/Insurance Pay
- Federal Grant
- County Government
- Other
- Local Grants



## FROM OUR BOARD of directors

TODD C. MUNSEY  
BOARD CHAIR



### our common goal

On behalf of the Adapt Board of Directors, I would like to thank the many staff, stakeholders and supporters who share our vision of sustained health and well-being for the individuals, families and communities of Douglas, Coos, Curry and Josephine counties. The Board of Directors takes

great pride in the work being done by the professional staff of Adapt and SouthRiver Community Health Center, and is committed to assuring sound governance, accountability and measurable results toward improved health outcomes.

### our commitment

Achievements over the past year have helped to sustain and grow Adapt's capacity to deliver the highest quality primary medical care, addictions treatment and behavioral health services to the communities we serve. With the support of our funders and community partners, Adapt and SouthRiver have been recognized for excellence and innovation in

the integration of patient-centered primary medical care, behavioral healthcare and substance abuse treatment services. The board of directors is committed to ensuring that all programs and services provided by Adapt and SouthRiver continue to meet the needs of our growing patient population and our community.

### looking ahead

As we look back on 2015, we hold in our hearts those who have suffered profound pain and loss as a result of the tragedy at Umpqua Community College. Adapt continues to work with healthcare and community partners to support individual and family recovery and to build safe and healthy communities. As we look ahead, the board of directors is confident in the immutable strength of our

community and the commitment of Adapt to achieving improved population health. As you review our 2015 annual report, we hope that you will be as pleased with Adapt's achievements as we have been honored to serve you. ■

Sincerely,

Todd C. Munsey, Board Chair

#### Board Members

Lee Paterson, Vice Chair  
Gary Wayman,  
Secretary/Treasurer

Neal Brown  
Ken Harrison  
Scott Rutter  
Dallas Amer

Mo Nichols  
Karla Roady  
Grace Powers  
Kelsey Wood

# programs & services



## OUTPATIENT treatment

### Adolescent

Our Adolescent Outpatient Program provides specialized treatment for adolescents and families of youth age 12 to 18 struggling with substance use and related issues. Our services incorporate proven methods and personalized treatment to help adolescents develop the skills they need to live a life free of alcohol, tobacco and other drugs. In 2015, Adapt provided outpatient treatment to **192 adolescents** in Douglas, Coos, Curry and Josephine counties. ■

### Adult

Our Adult Outpatient Treatment Program offers a variety of convenient and accessible options to help individuals and their families heal at their own pace. In 2015, our professional and highly trained treatment team provided addiction recovery and behavioral healthcare to **1,634 men and women** in Douglas, Coos, Curry and Josephine counties. ■

### Programs and Services

- Adult Outpatient Treatment
- Intensive Outpatient Treatment
- DUII Treatment
- Rapid Access Residential and Detox
- Women's Treatment Programs
  - Moms In Recovery*
  - Seeking Safety*
  - Better Boundaries*
  - Women's Issues*
- Recovery Maintenance
- Chronic Pain Management Treatment
- River's Edge Treatment in collaboration with primary care providers
- Addiction Recovery Team for families involved with Child Welfare Program
- Strengthening, Preserving and Reunifying Families (treatment transportation)
- Parenting Skills Groups
- Faith-based Treatment
- Co-occurring Addictions and Mental Health Treatment
- Problem Gambling Treatment
- Tobacco & Nicotine Recovery
- Internship Supervision & Certification Program



DEER CREEK ADOLESCENT RESIDENTIAL CARE

*"The staff at Adapt didn't judge or criticize me for who I was, but helped me grow to love and accept myself and my past — without shame and guilt."*

## RESIDENTIAL treatment

### Deer Creek Adolescent Residential Care

Deer Creek provides substance abuse treatment for adolescents age 13 to 17 in a structured residential environment. Personalized treatment focuses on recovery, educational achievement, therapeutic recreation, cultural development and personal skill-building. We offer a certified academic program on campus so residents don't fall behind in school while receiving care. In 2015, Deer Creek provided services to **43 adolescents**, with an average length of stay of five months. ■

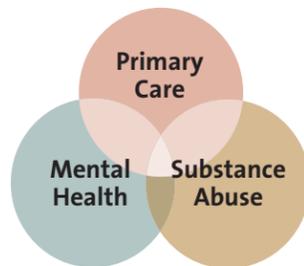
### The Crossroads

The Crossroads is a 30-bed residential treatment center for men and women with substance use and co-occurring mental health disorders. Treatment is tailored to individual needs and utilizes an integrated approach that includes primary medical care, mental health services and specialized treatment programs for detoxification, chronic pain management and nicotine dependence. Crossroads also offers residential treatment for young children age 0 to 6. In 2015, our highly skilled residential treatment team provided services to **171 men and women**. ■



THE CROSSROADS ADULT RESIDENTIAL CARE

## INTEGRATED behavioral health



Integrating behavioral health within primary care offers an opportunity for early screening and coordination of care for patients with complex health needs. Licensed Behavioral Health Consultants are positioned in primary care clinics to support treatment for patients with addictions and/or behavioral health

concerns that contribute to poor health. In 2015, Behavioral Health Consultants provided integrated care for **patients at SouthRiver Community Health Center, North Bend Medical Center, Umpqua Regional Medical Center and Evergreen Family Medicine.** ■

*"I have been shown that life can be lived and greatly enjoyed as a sober individual. There is not one thing in particular I have changed; it's everything. It's not one part of the program; it's the whole program that works. Thank you for saving my life."*



## TRANSITIONAL housing



*"I'm doing what many said was impossible. It feels great being completely sober."*

## Healthy, Safe and Supportive

The lack of a safe, alcohol and drug free living environment can be a barrier to recovery for individuals who are transitioning out of an addictions treatment program. Transitional housing provides an opportunity for people in recovery to transition back into daily life at a slow and gradual pace.

In 2015, Adapt combined a 300K Meyer Memorial Trust award, a 100K private donation and a 300K Adapt investment to establish safe and sober transitional housing

for parents in recovery and their children. The housing program works in coordination with **Kids in Common**, a community collaboration designed to keep more children out of the welfare system and reunite children safely with their families as soon as possible.

We are grateful for the support we received from our community, and pleased to have an opportunity to offer healthy, safe and supportive housing to help restore individual lives and families. ■

# highlights

# primary care

## QUALITY service

### Organization

- Received the highest quality designation from an independent financial auditing firm as a low risk auditee.
- Implemented a Performance Improvement system for measuring key evidence-based performance indicators linked to outpatient and residential behavioral healthcare patient outcomes.
- SouthRiver recognized as a Tier 3 Patient-Centered Primary Care Home by the Oregon Health Authority.
- Adapt North Bend received Service of Excellence Award from Coos County Community Corrections, and helped to establish the Coos County Victims Witness Panel for Domestic Violence.
- Five behavioral health and clinical staff received Tobacco Treatment Specialist certification from the Mayo Clinic Nicotine Dependence Center.

### Prevention

- Awarded 10K grant from Oregon Health Authority to increase awareness and understanding of problem gambling.
- Organized The Blast Run/Walk for Prevention & Recovery, with 329 participants from throughout Oregon.

- Partnered with Douglas Public Health Network to manage Tobacco Prevention & Education Program and Healthy Communities grants.
- Provided Mentoring and Positive Youth Development programs to nearly 200 students at schools throughout Douglas County.
- Partnered with CHI Mercy Foundation on the Youth Media Project, Life Skills Training and Up2UsNow Child Abuse Prevention Project.
- Provided and organized community trainings on several topics, including suicide prevention, sexual abuse prevention, and developmental assets.

### Treatment

- Provided primary care, behavioral healthcare and addictions treatment for 5,262 individuals in Douglas, Coos, Curry and Josephine counties, an increase of 669 or 14.5% over the previous year.
- Awarded an additional 244K annually from the Health Resources & Services Administration to expand services at SouthRiver for patients with behavioral health and substance use disorders, including medication-assisted treatment for prescription opioid and heroin addiction.
- Received Oregon Health Authority certification to provide mental health services, laying the groundwork to expand access to mental healthcare in 2016.

- Began work to expand medication-assisted addiction treatment and medical detox at the Crossroads residential care.
- Awarded Mercy Community Benefit grant to provide nicotine replacement therapy for patients in residential care.
- Received seven Community Incentive awards from the Umpqua Health Alliance for meeting 10 out of 11 healthcare quality metrics.
- Awarded 18K to participate in the Oregon Health Authority Council of Clinical Innovators.
- Behavioral Health Consultants provided counseling and addiction treatment to patients at SouthRiver Community Health Center, Umpqua Regional Medical Center, North Bend Medical Center and Evergreen Family Medicine.
- Awarded Umpqua Health Alliance Community Incentive grant to establish Tobacco & Nicotine Recovery Program.
- Received a Justice Reinvestment grant to increase the availability of Residential Substance Abuse Treatment, and piloted Residential Substance Abuse Treatment aftercare for Drug Court participants.
- Provided school-based behavioral health and addiction counseling in Douglas, Coos and Josephine counties.

*"I have a wonderful chance to live my life in recovery."*



SOUTHRIVER COMMUNITY HEALTH CENTER

## SOUTHRIVER community health center

Changes in Oregon's healthcare landscape made 2015 an exciting and busy year at **SouthRiver Community Health Center**. Oregon's triple aim to improve health outcomes, improve access to care and lower healthcare costs supports the mission of SouthRiver to provide timely and affordable access to the highest quality care for all patients, regardless of ability to pay. In 2015, SouthRiver provided 12,986 clinical service visits to **2,851** patients, an increase of 183 patients over the previous year.

Much of our work over the past year focused on enhancing our clinical capacity and the menu of services available to meet the healthcare needs of our growing patient population. The addition of new clinical staff has led to improvements in patient care coordination, and has allowed us to enhance care for patients with complex and co-occurring health conditions. With help from the U.S. Health Resources and Services Administration, SouthRiver is taking steps to build an integrated care team to increase access to treatment for behavioral health and substance use conditions that may contribute to poor physical health.

SouthRiver continues to be recognized as a Tier 3 Patient-Centered Primary Care Home — the highest designation awarded by the Oregon Health Authority. In 2015, Community Incentive Program funding from the Umpqua Health Alliance allowed us to focus attention on meeting key health quality benchmarks for adolescent well-care, colorectal cancer screening, depression screening, women's health, preventive oral health screening, as well as quality improvement in patient care and health outcomes. SouthRiver's commitment to patient-centered care means higher-quality care, lower costs and improved healthcare experiences for our patients and providers.

We are deeply grateful for the continued support of our board members, clinical and support staff, and our many community and healthcare partners. As we look forward to 2016, SouthRiver will continue to serve our community by providing comprehensive, high-value care for our patients. ■



*"I've been looking for this sort of care for over a year."*

## SERVICES provided

- 2,851 unduplicated patients served
- 380 homeless patients served
- 4.67 medical providers
- 1.6 behavioral health providers
- 12,986 total visits

## HIGHLIGHTS

- Recognized as Tier 3 Patient-Centered Primary Care Home
- HRSA Continuous Quality Improvement award for healthcare delivery and health outcomes
- Umpqua Health Alliance Incentive Program award for meeting key health quality benchmarks
- Recognized by Umpqua Health Alliance as Community Top Performer
- HRSA Expanded Services award to integrate primary care with behavioral health and addictions treatment, including medication-assisted treatment



### Peer Power Prevention

Peer Power uses evidence- and research-based strategies to educate, empower, and encourage youth and adults to choose healthy activities and behaviors. Strategies include mentoring, positive youth development, and special projects in collaboration with community partners. In 2015, our education and outreach efforts reached over

**2,400 young people and adults** through such programs as the Youth Media Project, the Art of Prevention, The Blast 5K Run/Walk for Prevention & Recovery, Mentoring and Positive Youth Development, ASIST suicide intervention training and tobacco prevention. ■

# Adapt

An Oregon leader in primary care, addictions treatment and behavioral healthcare

## Adapt Roseburg

548 SE Jackson St.  
Roseburg, OR 97470  
(541) 672-2691

---

## Adapt Grants Pass

418 NW 6th St.  
Grants Pass, OR 97526  
(541) 474-1033

---

## Adapt North Bend

400 Virginia Ave., Ste. 201  
North Bend, OR 97459  
(541) 751-0357



## SouthRiver Community Health Center

671 S Main St.  
Winston, OR 97496  
(541) 492-4550

[www.adaptoregon.org](http://www.adaptoregon.org)  
[www.south-river.org](http://www.south-river.org)

