



*An Oregon leader in primary care,  
behavioral health care and prevention*

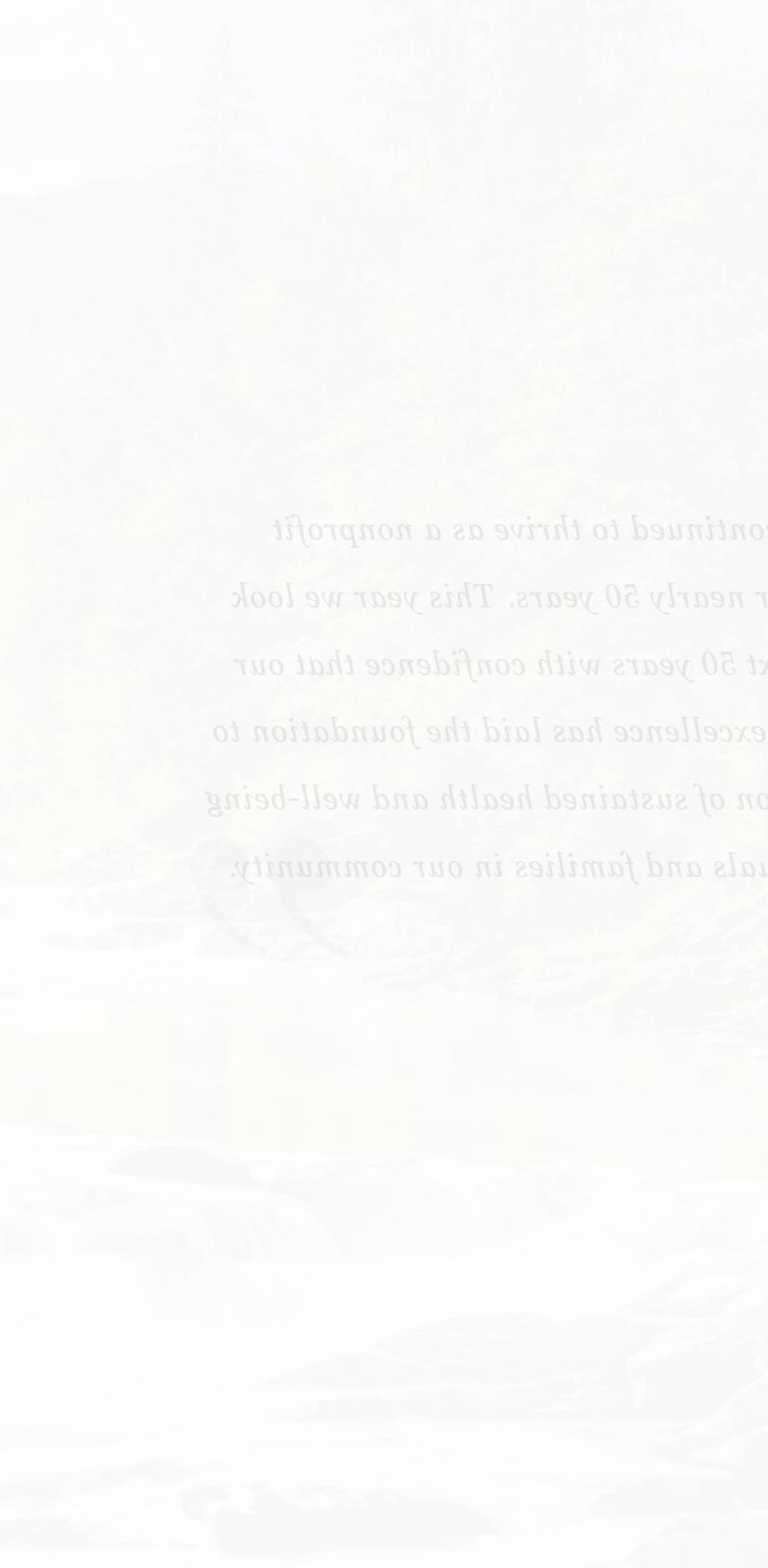
2016 ANNUAL REPORT



*Adapt has continued to thrive as a nonprofit corporation for nearly 50 years. This year we look toward the next 50 years with confidence that our commitment to excellence has laid the foundation to achieve our vision of sustained health and well-being for all individuals and families in our community.*

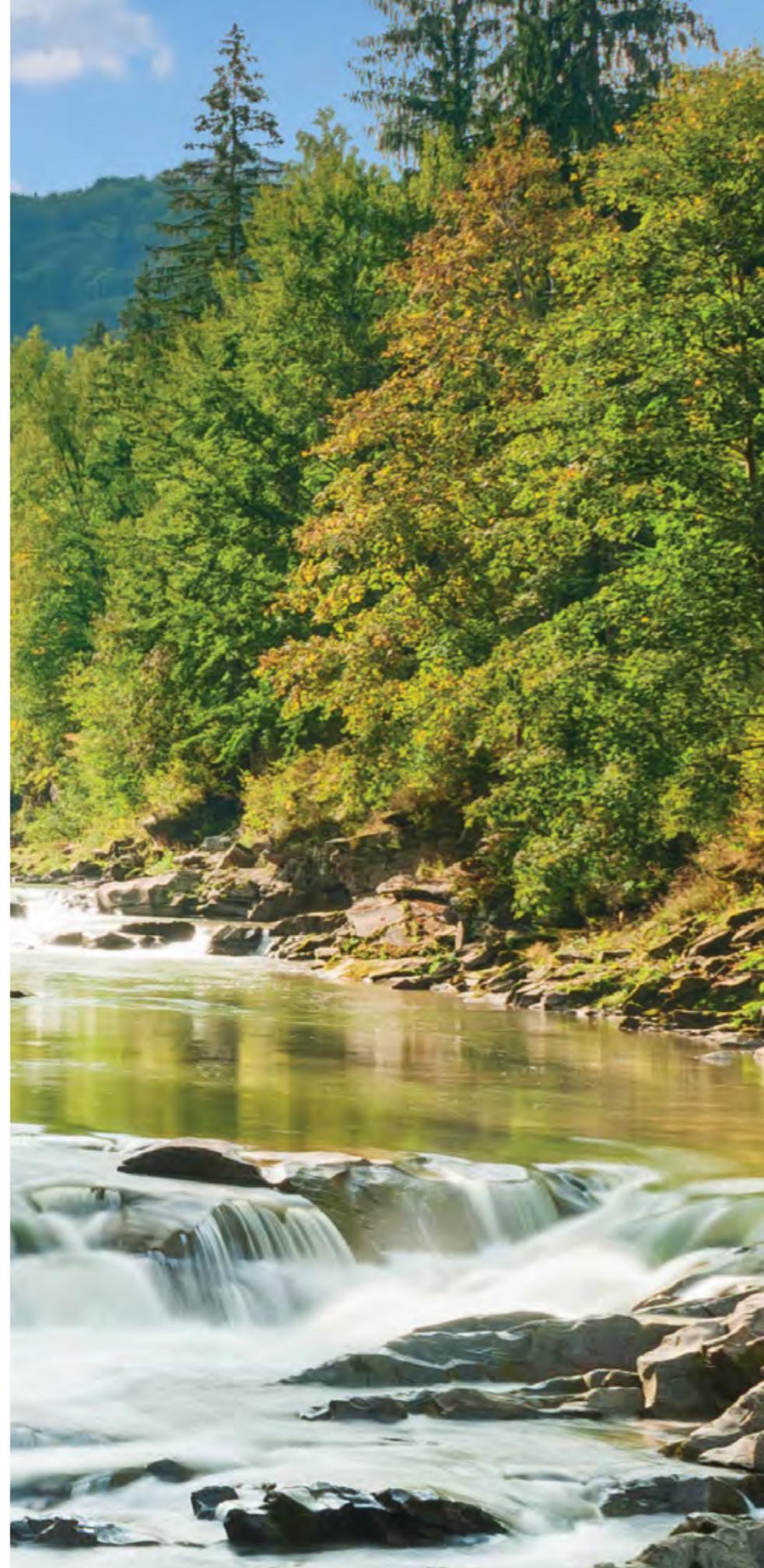
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# About Adapt



## 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 health care:

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

## Guiding Values

### Professionalism

Our employees are valued professionals who commit their time and talents to our mission.

### Caring

We act with care and compassion to support our customers, our communities and each other.

### Accessibility

Our programs and services are person-focused, accessible, culturally relevant and trauma-informed.

### Excellence

Our promise and commitment is to clinical excellence and world-class customer care.

### Respect

Our organization is built on deep respect for the individuals, families and communities we serve.

### Innovation

We leverage the knowledge of science and the wisdom of experience to inspire hope, health and recovery.

### Integrity

Our organization is built on a foundation of honesty, trust, ethical conduct and accountability.





## FROM OUR DIRECTOR

Adapt has operated for more than 45 years in Douglas County, originally providing addiction treatment and prevention services, and expanding over the past 10 years to provide integrated primary care and mental health services. Increasing access to world-class treatment and support for those we serve in Douglas, Josephine, Coos and Curry counties is our highest priority.

We are continuously exploring new initiatives to help ensure that all children, adults and families have an opportunity to live healthy and productive lives. This year, we successfully integrated addiction treatment and community mental health services. This is a significant accomplishment for Adapt, and one that we believe will result in improved access to care, greater care coordination and positive health outcomes for the individuals and families we serve.

Integration of primary care and behavioral health care is also a high priority for SouthRiver Community Health Center—Adapt's Patient-Centered Primary Care Home. Over the past year, SouthRiver has built a team of primary care providers, behavioral medicine specialists and community service workers who collaborate to provide patients with comprehensive whole-person care—including specialty care for patients with diabetes, chronic pain, addiction and other complex health conditions.

The rise of prescription opioid addiction has had a crippling effect on individuals, families and communities nationally and in Oregon. Collaborating with state and local partners, Adapt continues to address the opioid epidemic through a number of effective prevention, intervention and treatment efforts. Most notably, we now offer a comprehensive continuum of medication-assisted treatment options, including: integrated Medication-Assisted Treatment at SouthRiver Community Health Center, a specialized Opioid Treatment Program, Tele-Medicine to reach rural residents, Subacute Medical Detoxification and Residential Care. All of our programs and services are designed to achieve measurable results and reduce barriers to quality treatment and sustained recovery.

Our mission is clear: to provide world-class primary care, addictions treatment, behavioral health care and prevention services to promote health and restore lives. This year's annual report is testament to our ability to deliver on our mission, an achievement not possible without the long-standing dedication of our board of directors, the expertise and compassion of our professional staff and the contributions of many community partners who share our commitment to sustained health and well-being for the individuals and families we serve. We are sincerely grateful for your continued support and for the trust you have placed in us over the years.

Sincerely,

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





*Although Adapt has grown over the years,  
we are still small at heart and committed  
to continually improving our services  
and serving our community.*



## FROM OUR BOARD OF DIRECTORS

### **Our Common Goal**

As I continue to meet employees, whether they are new to the Adapt family or experienced and responsible for making this organization the success it is today, it never ceases to amaze me how committed they are to helping individuals and families in need. Our common goal is establishing a culture of excellence that puts our patients first. Our employees did that to a remarkable degree in 2016. On behalf of the board of directors, I would like to express our sincere gratitude to our valued employees and to our many community partners for their commitment to improving the health of those we serve.

### **Our Commitment**

The Adapt Board of Directors is committed to assuring high-quality care and extraordinary service as we work to meet the health needs of our community. To this end, in October 2016 we responded to the growing need for mental health services in Douglas County by welcoming, as a wholly owned subsidiary, Community Health Alliance—now called Compass Behavioral Health. We believe that adding the skilled mental health professionals and services of Compass will provide significant momentum as we continue to a more cohesive and integrated system of care for our community. The board of directors will continue to model good governance to guide our employees and organization toward a meaningful and value-driven future.

### **Looking Ahead**

The anticipated relocation of the main Adapt headquarters to the original Mercy Medical Center and, more recently, county health department building in Roseburg will provide needed space for expanded treatment services, while taking advantage of the operational efficiencies of a more integrated system of care. Work is also under way in Josephine, Coos and Curry counties to expand services, including a new day treatment substance use facility in Coos Bay.

Our work has never been more important than it is today and, of course, there is much more to be done. On behalf of the Adapt Board of Directors, thank you for your continued support of our efforts to cultivate hope, health and recovery in our community.

Sincerely,

Todd C. Munsey  
Board Chair

### **Executive Team**

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

Curtis Allen, M.D.  
*Medical Director – SouthRiver*

John Collins, M.D.  
*Medical Director – Adapt*

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

Lisa Hubbard, LCSW  
*Clinical Director of Addiction Services*

Susan Jeremiah  
*Chief of Human Resources*

Grant Schroeder  
*Chief of Medically Assisted Services*

Mari Stout  
*Chief QI/Compliance Officer*

Janet Tribble  
*Chief Financial Officer*

Michelle Watson  
*Chief Operations Officer – SouthRiver*

### **Board Members**

Todd C. Munsey, *Chair*

Lee Paterson, *Vice Chair*

Gary Wayman, *Secretary/Treasurer*

Neal Brown

Ken Harrison

Scott Rutter

Dallas Amer

Mo Nichols

Carla Roady

Grace Powers

Kelsey Wood

Veronica Gillespie

When committed individuals and organizations come together to support our mission, they make a powerful impact on the health of our entire community. We would like to thank the following organizations for their continued support.

- AllCare Health
- CHI Mercy Health
- Coos County
- Coquille Tribal Community Fund
- Court Appointed Special Advocates
- Douglas County
- Greater Douglas United Way
- Health Resources & Services Administration
- Josephine County
- Mercy Foundation
- National Council of Behavioral Health
- Oregon Health & Science University
- Oregon Health Authority
- State of Oregon
- The Ford Family Foundation
- Trillium Community Health Plan
- Umpqua Health Alliance (UHA)
- UHA Community Health Alliance
- Western Oregon Advanced Health

## A YEAR OF INNOVATION AND GROWTH

Strong community partnerships and a focus on innovation and growth have helped Adapt build a comprehensive system of care to serve our community now and for future generations. The pace and scale of change we have seen over the past year has been remarkable—from expanded services to new service locations. Through it all, we have prioritized improving access and care coordination to ensure that people receive the right care at the right time, every time.

### Our People

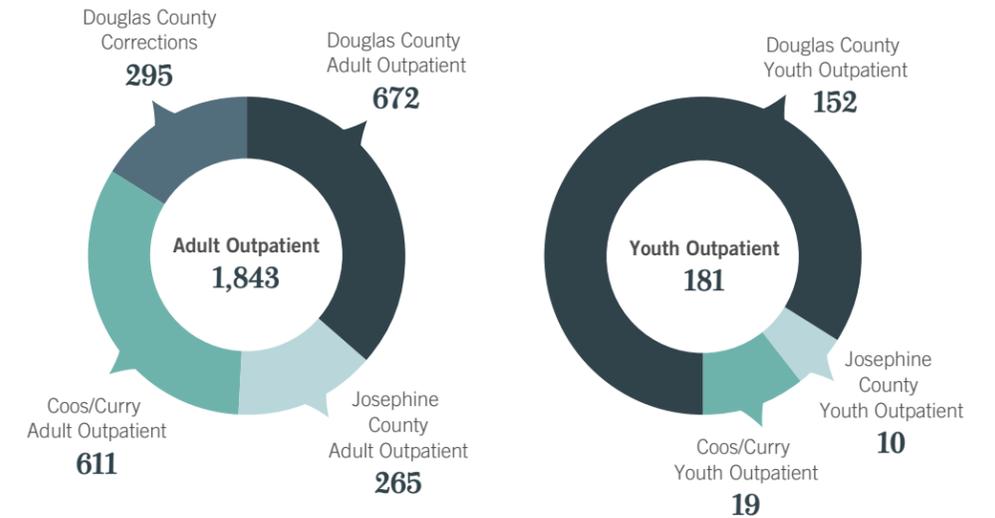
Our greatest asset is our people—the women and men who exemplify our core values and dedicate their time and talents to fulfill Adapt's mission to promote health and restore lives. As an organization, we are committed to diversity and inclusion in our leadership and workforce, and we cultivate these principles in employee recruitment, professional development, employee training and education. Our priority is to be a workplace that offers employees a rewarding work life and opportunities for personal and professional growth. In turn, our employees consistently deliver on Adapt's promise of exceptional care and positive outcomes for the individuals and families we serve.

We began 2016 with 190 employees serving our four-county region. By the end of the year, and with the hiring and integration of all Community Health Alliance employees, Adapt had grown to an organization of 370 employees.



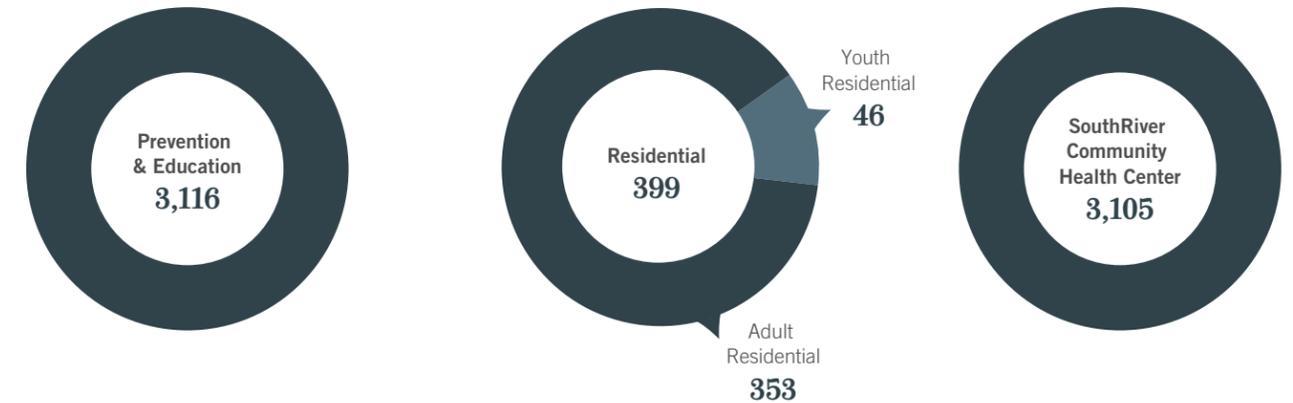
## PRIMARY CARE & BEHAVIORAL HEALTH CARE

**5,528** Provided primary care and behavioral health care to 5,528 individuals in Douglas, Josephine, Coos, Curry counties, an increase of 266 individuals or 5% over the previous year.

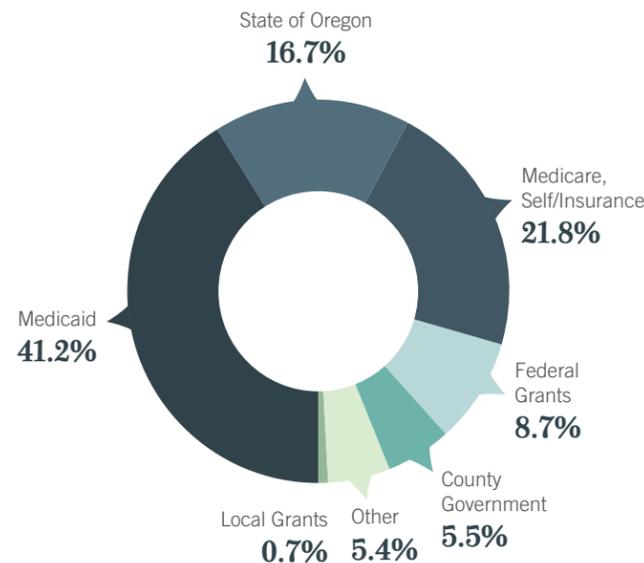


## PREVENTION & EDUCATION

**3,116**

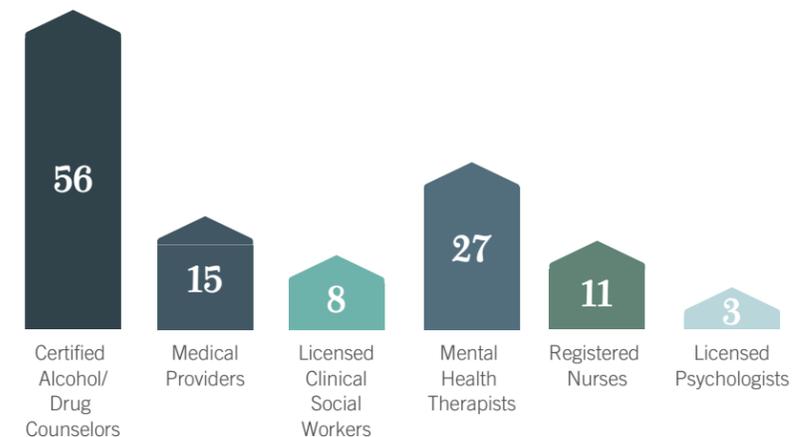


## 2016 REVENUE



**120**

## NUMBER OF PRACTITIONERS AND CERTIFIED ADDICTIONS SPECIALISTS



*When someone walks through our door, a caring service provider makes sure they will be linked to the services they need. Adapt has a long legacy of excellence and service to our community.*

Susan Jeremiah  
Chief of Human Resources

# CLINICAL EXCELLENCE & COMPREHENSIVE SERVICES

## RESTORING LIVES AND IMPROVING THE HEALTH OF OUR COMMUNITY

Adapt is in the business of hope, health and recovery. For nearly 50 years, Adapt has adhered to the gold standard in the delivery of addictions and behavioral health treatment services. Although we have grown over the years, our unwavering commitment to high-quality, accessible, affordable and compassionate services remains constant.

### Substance Use & Behavioral Health Treatment Services

We offer a full continuum of essential care for individuals and families with substance use and co-occurring behavioral health disorders—from medical detox and residential care to outpatient treatment and after care. Helping people achieve lasting recovery is our No. 1 goal. Our programs connect science with practice to bring hope, health and recovery to the children, adults and families we serve.

### Medical Services

SouthRiver Community Health Center is a Patient-Centered Primary Care Home that has been recognized by the Oregon Health Authority for its commitment to quality patient-centered care and clinical excellence. SouthRiver provides health care, behavioral medicine and support services for children, adolescents, and adults, with a special commitment to those with low incomes or who are uninsured or medically underserved. Our clinic offers an integrated system of care that is team-based, outcome-oriented and responsive to each patient's needs and preferences.

### Community-Based Services

Prevention is a key component of Adapt's commitment to the health and well-being of those we serve. Our prevention and education programs are designed to inspire a collaborative and strategic approach to achieving healthy and drug-free communities. We provide leadership and technical assistance to build local capacity to implement effective programs and strategies that reduce underage alcohol, tobacco and other drug use, prevent problem gambling, prevent suicide and create community environments that support healthy lifestyles.

#### Adult Services

- Adult Outpatient Treatment
- Intensive Outpatient Treatment
- Crossroads Residential Treatment
- Day Treatment
- Transitional Housing
- Rapid Access Services

#### Specialty Services

- Alcohol & Drug Detox
- Medication-Assisted Treatment
- Corrections Treatment Services
- Problem Gambling Treatment
- Impaired Driver DUII Program
- Tobacco Cessation

#### Children/Families

- Youth Outpatient Treatment
- Deer Creek Residential Treatment
- Drug & MIP Diversion Program
- Women's Services – Seeking Safety
- Family Counseling

### Community Mental Health Services

Adapt continues to respond to the needs of our community—reducing barriers to care and increasing access to services for those who struggle with addiction and behavioral health disorders. In 2016, the Community Health Alliance board of directors approved the transition of Douglas County's Community Mental Health Program and other services to Adapt. The program name, Community Health Alliance, was changed to Compass Behavioral Health, reflecting a new direction in providing integrated behavioral health care to our community.

With this transition, we welcomed a skilled professional team of psychiatrists, psychiatric nurse practitioners, nurses, licensed mental health professionals, Qualified Mental Health Professionals, Qualified Mental Health Associates and a talented administrative and support staff to serve the more than 2,900 individuals who receive community mental health services each year. Services for youth, adults and families include: 24-hour crisis care, forensic services, early assessment and diagnosis, psychiatric medical services, outpatient care, supported employment and school-based services.

We are honored to serve as the Community Mental Health Program and mental health service provider for Douglas County, and we look forward to improving access to the most effective, timely and affordable care to meet the needs of our community.

## PLACE MATTERS

### **New Location. Expanded Services.**

In June 2016, we announced the purchase of the site that will become the new home of Adapt's main campus in Roseburg. The 70,000-square-foot building, constructed in 1909 to house the first Mercy Medical Center, is easily accessible and offers space for expanded programming to serve the needs of our community. Work is underway to refresh the building and grounds to provide a more welcoming and integrated care environment for the hundreds of individuals and families we serve on a daily basis.

### **Restoring Health and Reuniting Families**

The need for safe housing is especially acute among individuals and families recovering from substance use disorders. Two years ago, with support from Meyer Memorial Trust and a private donor, Adapt opened Hillside Terrace—safe, sober transitional housing for parents in recovery and their children. Transitional housing offers a safe, alcohol and drug-free housing, along with treatment for substance use and co-occurring disorders in a structured and supervised environment for parents and their children. Adapt works in close coordination with the Kids in Common Collaborative and the Oregon Department of Human Services-Child Welfare Program with the goal of safely reuniting children with their families by providing the support and guidance needed to restore family health, stability and self-sufficiency.

### **Day Treatment: A Fresh Start**

Community partnerships are vital to achieving lasting recovery for individuals with substance-use disorders. Working in cooperation with Western Oregon Advanced Health, Oregon Community Coast Action, Coos Health & Wellness, the Oregon Department of Human Services Child Welfare Program and other community partners, Adapt secured funding to lay the groundwork to establish Fresh Start – a substance use day treatment in Coos Bay. Fresh Start, which will open in early 2017, is built on the understanding that a person's basic necessities of life must be met to fully engage in treatment. Safe housing is the necessary first step.

Every individual struggling with addiction has unique needs and strengths that determine their pathway to recovery. For those who need a more structured and intensive recovery program, Fresh Start day treatment will offer substance use treatment, case management, peer support services, life skills training and temporary housing for individuals in treatment. Fresh Start programming will also offer participation in a Renter's Rehab Program to help individuals gain the skills and confidence necessary to secure safe, stable housing—an essential building block of a healthy, productive future.

The Child Welfare Program has seen impressive results because of the Kids in Common program! Nearly 20 families have been reunified, and many families are now in permanent housing with their children and their cases have been dismissed.

Adapt and other community partners have contributed to the success of this program by providing housing and support for our clients to meet the conditions of return.

*Michele May-Mahorney  
Social Service Specialist  
Douglas District 6  
Child Welfare Program*

Kids in Common Partners:  
*Child Welfare Program*

*Adapt  
CASA  
Family Development Center  
UCAN  
Douglas CARES*

## BUILDING A FOUNDATION OF EXCELLENCE

For nearly 50 years, Adapt has pursued a course of growth and innovation to provide comprehensive and cost-effective care for the communities we serve. We work hard to keep pace with Oregon's changing health care landscape and to increase access to high-quality, person-focused care for the individuals, families and communities we serve.



## HIGHLIGHTS

### **Leadership**

1. Benefited from a highly effective governing board of directors that dedicates time and talent to advance Adapt's mission and values, uphold all governance and fiduciary standards and cultivate a culture of organizational inclusion—51 percent of board positions are occupied by consumers.
2. Recognized for strong fiscal accountability through the highest-quality designation by an independent financial auditing firm for continuing status as a low-risk auditee.
3. Collaborated with Douglas County officials to acquire the 70,000 square-foot facility to keep a landmark property in public service in Roseburg and to accommodate expansion and integration of addiction treatment, community mental health services and co-location with other nonprofit community services.
4. Invested in continuous quality improvement and performance feedback infrastructure / processes to monitor quality, utilization management and effectiveness in achieving positive patient outcomes.
5. Continued participation in Oregon Primary Care Association Data Transparency Project to monitor performance and quality improvement on key performance metrics at SouthRiver Community Health Center.
6. Expanded IT department to support adoption of electronic information technology innovations in health care to ensure the highest levels of quality, efficiency and privacy.
7. Welcomed Douglas County's Community Mental Health Program and a skilled mental health professional team in October, when the Community Health Alliance became a subsidiary of Adapt.
8. Recruited and retained talented leadership, medical and behavioral health staff to ensure the highest quality patient care.
9. Implemented the latest science and best practices in treatment programming—including medically monitored detox, medication-assisted treatment for opioid use disorders, motivational stepped care, trauma-informed care and treatment for co-occurring substance use and mental health disorders.

## Quality Care

10. Provided primary care and behavioral health care to 5,528 individuals in Douglas, Coos, Curry and Josephine counties, an increase of 266 individuals or 5 percent over the previous year.
11. Expanded access to treatment for opioid dependence—including primary care medication-assisted treatment, a specialized opioid treatment program, tele-medicine, subacute medical detoxification and residential care.
12. Opened an Oregon Health Services Division certified medically-monitored subacute detox program at The Crossroads, Adapt's residential treatment center.
13. Selected as one of only 10 organizations nationally to participate in the National Behavioral Health Network Community of Practice to advance tobacco and cancer control best practices in addiction and behavioral health settings.
14. Awarded nearly \$1 million in federal, state and local grants to expand access to quality care, advance efficiencies in care delivery and improve overall health outcomes in our region.
  - U.S. Department of Health and Human Services funding for electronic health record system updates to support clinical productivity and patient care coordination at SouthRiver Community Health Center.
  - Oregon Health Services Division funding to establish Fresh Start – a day treatment and 16-bed transitional housing facility serving residents in Coos and Curry counties.
  - Substance Abuse and Mental Health Services Administration, Oregon Health Authority and the Umpqua Health Alliance, Community Advisory Committee funding to establish and launch an outpatient Opioid Treatment Program.
  - Health Resources & Services Administration continuation funding to support fully integrated primary and behavioral health care services, including medication-assisted treatment, to patients at SouthRiver Community Health Center.
  - Health Resources & Services Administration funding to support patient engagement and care coordination at SouthRiver Community Health Center.
  - Oregon Health & Sciences University Knight Cancer Institute Community Partnership Program funding to increase access to integrated tobacco cessation services and radon exposure education for SouthRiver Community Health Center patients and community members.



## Community Engagement & Education

15. Successfully collaborated with local and state partners to plan regional Pain Summit to address opioid prescribing practices and the problem of opioid use, misuse and overdose.
16. Launched an initiative in coordination with the Public Health Network and Umpqua Community College to provide training and life-saving naloxone to law enforcement, fire departments and other emergency responders in Douglas County.
17. Organized The Blast Run/Walk for Prevention & Recovery, with nearly 300 youth and adult participants from throughout Oregon.
18. Successful partnership with Douglas County to implement Tobacco Prevention & Education and Healthy Communities programs to reduce tobacco use and prevent chronic disease.
19. Provided mentoring, positive youth development programs, life skills training and Resource Zone support to more than 400 youth and young adults throughout Douglas County.

*With a highly trained and dedicated professional team and expanded services, Adapt continues to develop new and innovative paths to recovery.*

# Adults



## CREATING PATHWAYS TO HOPE, HEALTH AND RECOVERY

Living in recovery is about being one's best self. It's about committing to the journey, and understanding there will be challenges along the way. Adapt is committed to providing a safe, supportive and healing environment to help our clients restore their health, rebuild their lives and achieve their best self. Our continuum of care ensures that clients receive the appropriate level of care that is tailored to their individual needs. The following are just a few of the ways we are creating pathways to hope, health and recovery for people who struggle with complex addiction and behavioral health disorders.

### **Life-Changing Care**

#### **Close to Home, Work and Support**

Receiving the right level of treatment at the right time is critical in the journey to recovery. Designed for people with serious substance use disorders, our Intensive Outpatient Treatment Program addresses the underlying causes of addiction.

As its name makes clear, the program is intensive and requires commitment to change and growth. While treatment plans vary, clients attend nine or more hours of treatment a week. Our skilled counselors take a holistic approach to care—treating the mind, body and spirit—and utilize psychosocial education, along with other therapeutic interventions, to help clients learn new ways to cope with stress, anxiety and depression. In 2016, approximately 60 men and women participated in Adapt's Intensive Outpatient Treatment program—many of whom referred themselves—and all committed to their personal journey toward hope, health and recovery.

### **Focus on Women's Health**

Research has shown that women initiate substance use for different reasons than men, become addicted more quickly, and face economic and interpersonal issues that make recovery more difficult. We are proud to have built our clinical capacity to focus on women's health, and our Women's Outpatient services are designed specifically to help women break the cycle of addiction and to restore their health, confidence and lives. Our counselors are skilled in best practices for the treatment of women with substance use disorders and understand the importance of providing a safe and respectful environment for women to work through the guilt, shame and fear that may stand in the way of recovery. We work closely with the Oregon Department of Human Services Child Welfare Program and other community partners who share our commitment to helping women secure safe housing and employment and to successfully reunite with their children and families. In 2016, more than 150 women received Women's Outpatient services.

## Trauma-Informed Care: A Standard of Care

An estimated 60 percent of adults in the United States have experienced an adverse life event (trauma) at least once in their lives. Trauma-informed care is an approach that is based on an understanding of trauma and the impact it can have on individuals and families. At Adapt, we strive to create a work environment built on the principles of trauma-informed care. All employees receive orientation to trauma-informed care, policies and programs are reviewed and modified to reflect an understanding of trauma, and our clinical staff is highly skilled in the delivery of evidence-based trauma-informed practice models—such as Seeking Safety—designed to help clients heal the wounds that increase the risk of addiction and relapse.

Although all Adapt treatment services are trauma-informed, we offer specialized groups tailored specifically for individuals who have faced trauma in their lives. Adapt's Life After Trauma group is designed to help women identify and heal the wounds that contribute to addiction and co-occurring disorders—such as stress, anxiety and depression. In 2016, more than 50 women participated in Life After Trauma to restore their lives, improve their health and achieve long-term recovery.

## Moms in Recovery

Addiction treatment during pregnancy can mean the difference between a healthy baby and a child with serious health problems. Although pregnant women may struggle with the stigma of substance use or fear having their substance use detected, effective treatment is available to help women achieve recovery, improve birth outcomes and create a healthier future for themselves and their children.

Adapt's Moms in Recovery services are designed to give pregnant and parenting women and their children the best chance for health and recovery. Skilled counselors work with women to address the physical, emotional and social barriers to treatment and recovery, and provide treatment that focuses on personal growth, family relationships, social support networks, parenting skills and how to maintain a safe and sober living environment. In 2016, Moms in Recovery-Roseburg provided treatment and support to five pregnant women—with one healthy birth and four births due in 2017. Moms in Recovery-North Bend provided treatment and support for four pregnant women—with four healthy births in 2016.

## ART SHOWCASE

### When Words Are Hard To Find

Expressive art education provides an opportunity for clients to explore and express their feelings in healthy, productive and creative ways.

### Your Perfect Day

Water color and acrylic art projects envision a moment, a place or a person that brings joy.

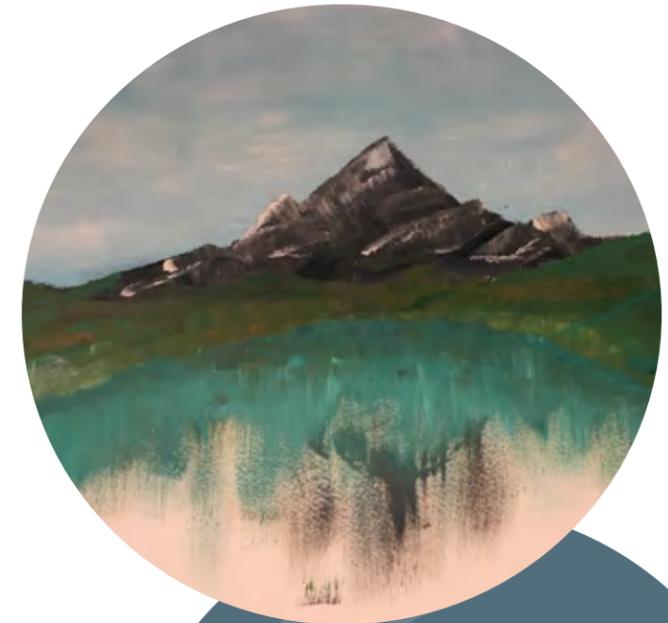
### Expressive Art

#### Ink Monsters

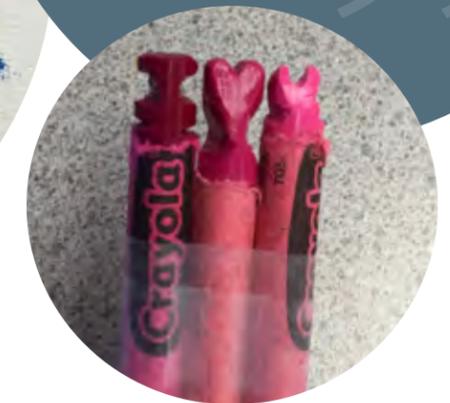
Ink blot art can help people let go of monsters that stand in the way of recovery.

#### Crayola Madness

Small art can strengthen one's ability to stay focused on the things that matter.



*The art group helps us connect with our creative side and gets us out of the box.*



## What do you like best about Crossroads?

*My counselor is absolutely amazing, understanding and caring.*

*It's all about the clients.*

*The structure, the dedication and commitment of staff.*

*I have been in residential care for two days and I can already tell it's going to work for me.*

*The counselors, the groups, the outside meetings, the weekend excursions, the resident assistants, the nurses. Just about everything.*

*Your support, your structure, your meetings and the fact you could help my daughter.*

## SPECIALTY CARE

It's said that a thousand mile journey starts with the first step. We at Adapt understand the challenges people face in seeking help for substance use and co-occurring behavioral health disorders. Adapt's specialty care programs are often the first step toward health and recovery.

### Medical Detox: Foundation for Successful Recovery

The symptoms of withdrawal from alcohol, opioids and other drugs can be painfully severe and potentially life threatening. Until this year, Douglas County residents experiencing, or at risk of, dangerous withdrawal symptoms had to travel long distances or rely on the emergency room for care—or delay or go without care altogether due to the lack of available services.

*For those who require medical assistance to safely stop drinking or drug use, Adapt's detoxification program provides a vital step toward a successful recovery.*

Grant Schroeder  
Chief of Medically Assisted Treatment

In early 2016, Adapt opened a state-licensed, nine-bed sub-acute residential detoxification program to provide medical monitoring or monitored acute treatment for adults experiencing withdrawal from alcohol, opioids or other drugs—reducing the burden on the emergency room and providing safe, compassionate care close to home. Patients are safely detoxed and physically stabilized under the care of physicians, nurses and other certified addiction professionals to ensure their safety and comfort during this acute phase of recovery. With successful detoxification, patients are able to continue their primary health care with SouthRiver Community Health Care Center, as well as Adapt's outpatient or residential substance use treatment programs to support their ongoing recovery.

## **Behavioral Therapy and Medication: A Life-Saving Combination**

This year Adapt received licensure and accreditation from the Oregon Health Authority, the Substance Abuse and Mental Health Services Administration, the Drug Enforcement Agency and the Commission on Accreditation of Rehabilitation Facilities to operate a Narcotic Treatment Program—commonly referred to as medication-assisted treatment.

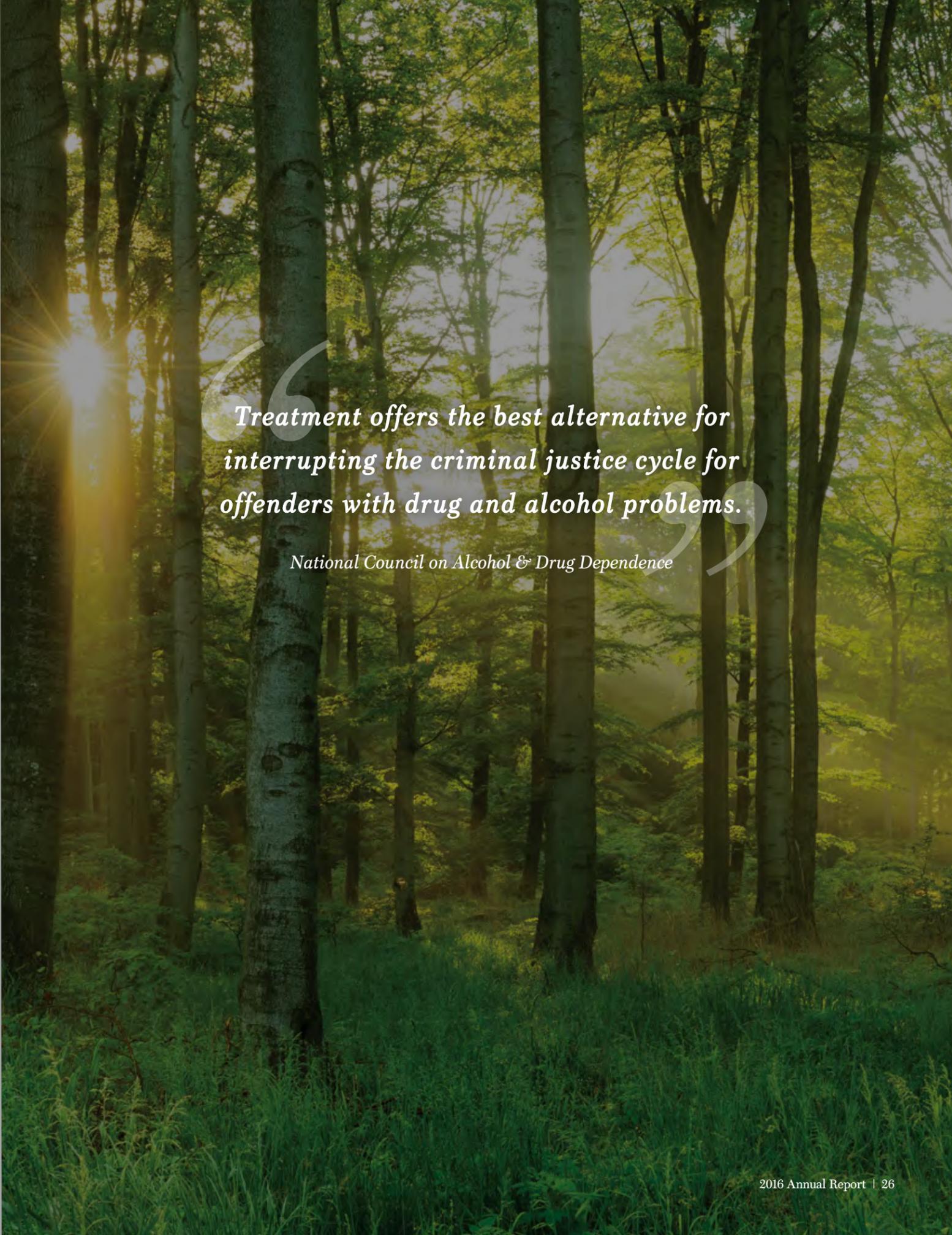
Medication-assisted treatment combines prescribed medications with counseling and behavioral therapies, community-based services and recovery supports for people seeking to overcome addictive disorders. Beginning in early 2017, Adapt will offer science-based medication-assisted treatment, utilizing methadone and buprenorphine, two of the most effective medications for the treatment of opioid use disorder. A team of skilled physicians, nurses and counselors will provide rehabilitative services and stabilizing medications to restore hope and health to those who struggle with addiction.

## **Investing in the Solution**

Research has shown that treatment works and people can and do recover from addiction, including men and women who are involved with the criminal justice system. Adapt's Corrections Treatment Services (ACTS) offers innovative jail-based residential care and outpatient treatment services to help break the cycle of addiction and incarceration, including specialized services for women and outpatient treatment provided in coordination with the Douglas County Drug Court and Mental Health Court programs.

Over the past year, ACTS expanded services to promote recovery and foster community reintegration. We welcomed new clinical staff to provide greater focus on treatment for clients with co-occurring substance use and mental health disorders, and implemented changes to the Drug Court program to more effectively match treatment to meet individual needs.

Recognizing that many people involved with the criminal justice system struggle with opioid dependence, we are exploring opportunities and policy solutions to expand access to evidence-based medication-assisted treatment for drug court participants. We are honored to work in cooperation with Douglas County's Local Public Safety Coordinating Council and many other community partners who share our vision of sustained health and well-being for all individuals and families in our community.



*Treatment offers the best alternative for  
interrupting the criminal justice cycle for  
offenders with drug and alcohol problems.*

*National Council on Alcohol & Drug Dependence*



# Youth

## YOUNG PEOPLE IN RECOVERY

Early intervention is critical to reducing the risk that young people will develop more serious problems. Our outpatient and residential programs provide life-changing care for adolescents who struggle with substance use and co-occurring behavioral health issues.

### **Adolescent Outpatient**

Our Adolescent Outpatient Program provides specialized treatment for adolescents and families of youth age 12 to 18 who struggle with substance use and co-occurring behavioral health issues. Our highly skilled counselors provide the structure and guidance young people need to get their lives back on track. Treatment incorporates evidence-based and age-appropriate methods to help young people develop problem-solving skills, cope with stress and build the strengths needed to live a life free of alcohol, tobacco and other drugs. In 2016, Adapt provided outpatient services to 181 young people in Douglas, Josephine, Coos and Curry counties.

### **Deer Creek: Young People Living in Recovery**

Recovery is a life-long process with challenges and opportunities that ultimately lead to lasting health and a purposeful and self-directed life. Deer Creek, Adapt's youth residential treatment center, offers a structured therapeutic environment designed specifically to help young people age 13 to 17 overcome substance use and behavioral health disorders.

Our treatment team provides evidence-based and age-appropriate treatment that focuses on recovery, educational achievement, family therapy, 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. The Deer Creek treatment team understands that every teen is unique and must learn life skills their own way, at their own pace. In 2016, 46 adolescents received residential services, with an average length of stay of five months.

# Health & Recovery in the Community



## Mobilizing Community Action to Reduce Opioid Abuse, Misuse and Overdose

More people than ever before know someone who has struggled with addiction to opioids—heroin and pain medications such as oxycodone hydrocodone—or whose life has been taken by opioid overdose. What makes the opioid epidemic all the more tragic is that effective opioid dependence treatment is available and opioid-caused deaths are preventable.

Over the past several years, we have sought to advance treatment and community solutions to address the opioid epidemic. On the treatment side, we have focused significant attention on expanding access to the most effective options for treating opioid use disorder—including integrated medication-assisted treatment in primary care, a specialized opioid treatment program, tele-medicine to reach more people in need of treatment, subacute medical detoxification and residential care.

In the community, with funding from the U.S. Department of Health and Human Services, SouthRiver Community Health Center has provided training and life-saving naloxone—an overdose reversal medicine—to law enforcement, jail officials, fire departments and other emergency responders. Over the past year, we were honored to work with the Douglas County Sheriff's Office, Douglas Public Health Network, Opiate Task Force and Umpqua Community College to increase access to naloxone for overdose rescue and recovery. These efforts will continue in the months ahead, and work is underway to bring health professionals and community members together to develop an action plan to achieve a measurable reduction in opioid abuse, misuse and overdose.

*“Improving the health of people and communities takes considerable time, investment and commitment on the part of all sectors of our community. We are proud to work with local and statewide community partners to pursue a common goal of healthy people, healthy families and healthy communities.”*

Cati Stempel, CPS  
Prevention Program Director  
Douglas County Substance Abuse Prevention Coordinator

## Prevention & Education at Work in the Community

Adapt recognizes that effective prevention involves strategies that address the whole community. We work with community-based organizations, coalitions, schools, parents, law enforcement and others to protect young people from the harms of substance abuse, violence and other risks that threaten their future.

### Educate, Empower and Encourage

*Mentoring and positive youth development to 447 young people throughout Douglas County*

*Provided education and training to 3,116 young people throughout Douglas County*

*Raising community awareness and mobilizing action through media and community events*

### Empowering Lives

Adapt's mentoring programs are designed to facilitate meaningful relationships between caring adults and youth, and to help empower youth to recognize their value and purpose in life. In 2016, over 200 young people participated in mentoring and positive youth development programs, including service learning projects and peer support to young people at risk of substance abuse.

The Resource Zone—a mobile youth drop-in center in partnership with CHI Mercy Foundation—brought Botvin Life Skills training and resources to 240 young people age 12 to 21 throughout Douglas County—helping them gain the self-confidence, social skills, drug awareness and resistance skills needed to thrive in school and life.

### Strengthening Communities

Creating stronger, healthier and more resilient families and communities is central to the mission of Adapt. Our population-based work is designed to raise awareness and mobilize community action to identify and address health risks and to improve population health.

In cooperation with the Oregon Health Authority and Douglas County, Adapt administers Douglas County's Tobacco Prevention and Education Program. Over the past year, our Prevention and Education program staff has successfully advanced tobacco-free environments to help reduce youth initiation of tobacco use and to protect people from secondhand smoke. Among the many initiatives carried out this year, we are especially proud of the work being done to promote health systems change to ask, advise and extend treatment to all tobacco users.

Many of the events and initiatives we sponsor are about honoring the strength and resilience of the individuals and families who are on the path to recovery. This year, we celebrated health and recovery with our annual wellness event, The Blast 5K Run & Walk. Nearly 300 people from throughout Oregon and beyond participated in this family-friendly event. We also hosted the 6th Annual Art of Prevention contest and art show—an opportunity for students from throughout Douglas County to use art to raise awareness about the risks of tobacco use, substance abuse, problem gambling, suicide, child abuse and neglect, dating violence and bullying.



*When committed individuals come together to support our mission, they make a powerful difference in the health of our community.*

## EXCELLENCE IN INTEGRATED CARE

Just 11 years ago, SouthRiver Community Health Center started its journey to become one of the highest-rated community health centers in Oregon. We are honored to be recognized as a Tier 3 Patient-Centered Primary Care Home—the highest designation awarded by the Oregon Health Authority in 2016.

Our goal to provide timely and affordable access to high-quality care for our patients, regardless of ability to pay, is the commitment we have made to our patients and to our entire community since 2006. With more than 3,100 active patients, SouthRiver provided 14,089 clinical service visits in 2016, an increase of 251 patients, or 9 percent, over the previous year.

Over the past few years, SouthRiver Community Health Center has taken steps to build a robust Behavioral Health program, laying the foundation for a fully integrated system of primary care and behavioral health care services. Today, SouthRiver's primary care providers, behavioral medicine specialists and community service workers work as a team to provide patients with the services they need, when they need them, including specialty care for patients with diabetes, chronic pain, alcohol and substance use disorders and other complex health conditions.

Medication-assisted treatment is an important part of SouthRiver's commitment to integrated care—one that is reducing barriers to care for patients who struggle with opioid use disorder. At SouthRiver, patients with complex health and substance use conditions are now able to receive care at their own primary care home and by their own medical care team. Three licensed medical providers are trained and authorized to prescribe Suboxone, a partial opioid agonist, to reduce the symptoms of opiate addiction and withdrawal, in coordination with individual and group counseling. Our Medication-Assisted Treatment program has grown dramatically, with nearly 70 patients receiving treatment for opioid use disorder.

We are deeply grateful to our patients who have placed their care in our hands, and we appreciate the opportunity to support and sustain the good health of our community.

### 2016 Services Provided

- 3,105 unduplicated patients served
- 398 homeless patients served
- 14,089 total patient service visits
- Medical Staff FTE – 13.13
- Behavioral Health FTE – 7.0

### Awards & Recognitions

- Tier 3 Patient-Centered Primary Care Home recognition by the Oregon Health Authority—the highest designation awarded in 2016
- Recognized by Umpqua Health Alliance for achieving health quality benchmarks for colorectal cancer, high blood pressure, and diabetes screening
- Successful Health Resources Administration grants to enhance patient care, increase patient engagement and streamline clinical information systems



*“We are honored to work with communities that have come together in a spirit of shared responsibility to achieve a vision of sustained health and well-being for all. Together we are making a difference.”*

*Gregory S. Brigham, Ph.D., CEO*

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Gregory S. Brigham, Ph.D., CEO



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## **Adapt Grants Pass**

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## **Adapt North Bend**

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## **Compass Behavioral Health**

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## **SouthRiver Community Health Center**

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