

# SAPC Newsletter

SUBSTANCE  
ABUSE  
PREVENTION AND  
CONTROL  
PROGRAM

FOURTH QUARTER 2015  
VOLUME 6  
ISSUE 4

...aimed at informing SAPC's network of contracted alcohol and drug treatment, prevention, and recovery service providers.



## Director's Corner

As the New Year approaches I want to thank you for your daily work and commitment to preventing and treating substance use disorders for LA County residents. During this time we reflect on the accomplishments and challenges of the past year. We also think about resolutions. What is your agency aiming to accomplish during 2016? Might we add a few suggestions?

- **Be open to change.** In SAPC, we are preparing for and adapting to multiple changes at all levels—changes to our overall structure as part of the [LA County Health Agency](#), changes to how we provide services due to health care reform and the [Drug Medi-Cal Organized Delivery System \(DMC-ODS\) Waiver](#), and changes in internal leadership. We are working through these transitions and tailoring our activities and processes to work in harmony with those changes.
- **Seek growth and self-development.** If your agency is not already DMC certified for all currently contracted ASAM levels of care (formerly modalities), begin preparing your application(s) now to ensure timely review by the State as this will be a contract requirement by July 2017. It is also important that all clinical staff are trained in the ASAM Criteria early in the new year since this will be the new method of ensuring appropriate initial and ongoing patient (formerly client) placement. Available training session information is detailed on page 4 and also on our [website training calendar](#).
- **Be prepared.** In light of recent world events, we should be keenly aware of the need to prepare for disasters. LA County has resources available to help with personal and large-scale [disaster preparedness planning](#). Information about the new SAMHSA Disaster App is also detailed on page 5.
- **Stay engaged.** A partnership requires joint participation and effort. We invite you to collaborate on our ongoing initiatives like the [LA County Prescription Drug Abuse Strategic Plan](#) to reduce and prevent pain medication abuse, on the full implementation of the DMC-ODS Waiver to expand our scope of services and treatment access, and on community education efforts to address both the individual and [public health impacts of marijuana](#).

We want to also acknowledge and thank Wesley L. Ford for leading SAPC through the DMC-ODS initial planning efforts and all of his contributions during his SAPC tenure. Mr. Ford has been named the Department of Public Health's (DPH) Deputy Director of Health Promotion. We are grateful for his time with us and wish him much success in his new endeavor within DPH.

Thank you for your hard work, continued support, and generous spirit of cooperation. Enjoy the newsletter, Happy Holidays, and Happy New Year!

Wayne K. Sugita, MPA  
SAPC Interim Director

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# Save the Date

**Change Companies  
DISCOUNTED  
e-Training classes on  
the ASAM Criteria  
Modules 1 & 2**

**1: Multidimensional  
Assessment and Module  
2: From Assessment to  
Service Planning and  
Level of Care**

**Contact Bill Calhoun at  
(888) 889-8866 or  
[bcalhoun@  
changecompanies.net](mailto:bcalhoun@changecompanies.net)  
to order.  
Use code: #2ETLA**

Follow Los Angeles County  
Department of Public Health  
on our social media pages  
and keep up-to-date with  
local health information,  
news, and statistics.



## Upcoming Events and Training

December 8 - ASAM Criteria Training:  
What Providers Need to Know  
8:30am—4pm

Conference Center  
Behavioral Health Services  
15519 South Crenshaw Boulevard,  
Gardena, 90249  
Phone (310) 679-9126

This training will utilize a train-the-trainer approach. Agencies are encouraged to have clinical supervisors attend in order to build a pool of competent instructors.

Participation is limited to 55 individuals. For more information, contact [coh@ph.lacounty.gov](mailto:coh@ph.lacounty.gov).

December 11 - SAPC and UCLA/ISAP  
Special Lecture: Enhancing Cultural  
Competency in Health Service  
Delivery Systems  
10am—1:15pm

Alhambra Auditorium (A-7)  
1000 South Fremont Avenue  
Alhambra, 91803

CEUs offered. To register and for additional details, click [here](#). To view past lectures, click [here](#).



December 17 - DMC-ODS Stakeholder  
Process Results Meeting  
9:30am—12pm

Alhambra Auditorium (A-7)  
1000 South Fremont Avenue  
Alhambra, 91803

This meeting will provide an overview of how the SUD treatment system will change in LA County. You can participate in this meeting in-person or via webinar (details to follow). See "LA County SUD Treatment System Transformation" on page 3 for additional meeting details. For more information, contact [jsandoval@ph.lacounty.gov](mailto:jsandoval@ph.lacounty.gov).

## Winter Shelter Program

The Los Angeles Homeless Services Authority has administered the Winter Shelter Program since 1994. This program is for single individuals on a first-come, first-serve basis. Transportation is available to each shelter site. Most shelter sites are already open with the remaining sites opening December 1st.

Shelter sites open daily at approximately 5 pm. Refer to the [lahsa.org](http://lahsa.org) website or click [here](#) for transportation and shelter details.

Homeless families seeking help should dial 2-1-1 to be referred to the nearest Family Solutions Center. Information on the Homeless Family Solutions System can be found [here](#).

## AL-IMPICS



May 14, 2016  
Los Angeles Harbor City College

Don't forget to check the [SAPC website](#) for additional trainings!

# STAY IN THE LOOP!

## LA COUNTY SUD TREATMENT SYSTEM TRANSFORMATION

Mark your calendar to participate in the DMC-ODS Stakeholder Process Results Meeting on December 17th at 9:30am to 12pm in the Alhambra Auditorium. SAPC's participation in the DMC-ODS Waiver will transform how all SUD treatment services are provided in LA County.

This meeting presents an opportunity to raise quality standards to improve health outcomes; provide the right services, at the right time, in the right setting, for the right duration; establish a single benefit package for those seeking publicly funded SUD services regardless of referral source or insurance plan; improve integration of physical and mental health services; and overall solidify SUD's status as a chronic health condition.

Given the scope of this change, SAPC with its provider network will prioritize collaboration, and clinical and business capacity building in the coming months. Join us in-person or via webinar (details to follow) to learn more, including how your agency can participate in this transformative process. Click [here](#) for more information.

## NEW SAPC POLICY BRIEF: THE NEED FOR A PUBLIC HEALTH APPROACH TO MARIJUANA POLICY

Discussing marijuana use and the potential of legalization requires considerations of complex policy issues, weaving in personal and societal perspectives on health, substance use, criminal justice systems, the role of law and the legal system, environmental concerns, and more. To read the policy brief, click [here](#).

## NEW LA COUNTY DATA RESOURCES:

- [Marijuana Misuse/Abuse and Consequences](#)
- [Mortality in LA County 2012: Leading Causes of Death and Premature Death with Trends for 2003-2012](#)



## Implementing OMB Uniform Guidance for LA Nonprofits

On November 3, 2015, the LA County Board of Supervisors voted to develop recommendations on implementing the Federal Office of Management and Budget (OMB) Uniform Guidance for Los Angeles nonprofits. The OMB Uniform Guidance was released in December 2014 with the purpose of easing administrative burdens, increasing accountability, and strengthening oversight of how government dollars are invested. Rules presented in the OMB Uniform Guidance also require government agencies to reimburse their hired nonprofits for reasonable indirect costs when federal funds are part of the funding stream.

Nonprofits can negotiate their reimbursement rate with government agencies to determine reasonable costs or opt for an indirect cost rate of 10 percent. The rules apply to new written agreements signed after December 26, 2014, and may require changes in accounting, procurement, audit and contracting procedures.

The Board of Supervisors asked for the recommendations on implementation strategies within 120 days, and also voted to push state leaders for a strong leadership in implementation of the OMB Uniform Guidance. All stakeholders should take steps to learn their rights and responsibilities. More information can be found below:

- Board of Supervisor Motion: <http://file.lacounty.gov/bos/supdocs/98820.pdf>
- National Council of Nonprofits: <https://www.councilofnonprofits.org/sites/default/files/document/s/know-your-rights-and-how-to-protect-them.pdf>
- White House Controller of OMB: <https://www.whitehouse.gov/blog/2014/12/18/transforming-landscape-federal-financial-assistance>
- OMB Uniform Guidance: <https://www.federalregister.gov/articles/2014/12/19/2014-28697/federal-awarding-agency-regulatory-implementation-of-office-of-management-and-budgets-uniform>
- Nonprofit-Government Contracts and Grants-California Findings (Urban Institute): <http://www.urban.org/research/publication/nonprofit-government>

# Trainings Currently Available to LA County SUD Treatment Providers

SAPC, [UCLA ISAP](#), and the [Pacific Southwest Addiction Technology Transfer Center \(ATTC\)](#) are collaborating on several sets of provider trainings. Below are brief descriptions of three main trainings along with scheduling details. Additional areas will be covered throughout the next several months; for example, data integrity trainings will be held in January, March, April, and June and medication-assisted treatment will be covered in February and April. Emails will be sent to notify you of training dates and opportunities.

Plenty of training sessions will be provided, and we are making every effort to spread the sessions across the county. Space will be limited and we encourage you to sign-up early. Continue to check your email and the [SAPC training calendar](#) for available trainings.



## American Society of Addiction Medicine (ASAM) Criteria and Documentation 23 trainings (Nov-June)

\*The ASAM criteria provide outcome-oriented and results-based care in addiction treatment. They provide separate placement criteria for adolescents and adults to create comprehensive and individualized treatment plans to be used in service planning and treatment across all services and levels of care. With the approval of the Drug Medi-Cal Organized Delivery System Waiver, implementation of the ASAM criteria will become an integral part of system transformation in California. The documentation aspect of the training will cover the four progress note formats approved for use in clinical files by SAPC: SOAP (Subjective, Objective, Assessment and Plan); GIRP (Goals, Intervention, Response and Plan); SIRP (Situation, Intervention, Response and Progress); and BIRP (Behavior, Intervention, Response and Plan).

## Cognitive Behavioral Therapy (CBT) Six trainings (Nov, Jan-March, May, June)

\*The cognitive behavioral therapy (CBT) training introduces participants to the concepts of CBT and relapse prevention (RP) strategies and resources, and encourages the use of these strategies in daily clinical practice. Key topics include principles of classical and operant conditioning and modeling, functional analysis and the five “W’s” of a client’s drug use, triggers and craving, drug-refusing skills, the clinician’s role in CBT, and strategies to schedule and construct 24-hour behavioral plans.

## Motivational Interviewing (MI) Nine trainings (Sept-Jan, March-June)

\*Motivational interviewing (MI), a treatment approach developed by William Miller, has been well established as an effective way to promote change in individuals. These evidence-and-consensus-based techniques have been shown to elicit change in behavior and attitudes by helping clients to explore and resolve ambivalence. This training will provide participants with a fundamental understanding of MI and specific techniques for promoting behavior change.

# Updates & Important Information

## Assembly Bill 848: Alcoholism and Drug Abuse Treatment Facilities

Assembly Bill 848 was recently signed into law by Governor Brown. AB 848 now authorizes residential treatment facilities to allow a physician or other eligible medical practitioner to provide incidental medical services to treat conditions associated with drug and alcohol addiction and recovery, and that are deemed to be treatable on-site, rather than a clinic or a hospital.

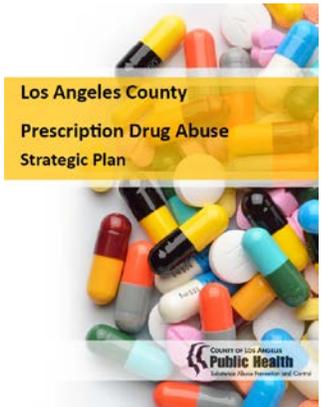
This bill will be effective as of January 2016 and the CA Department of Health Care Services will publicize the final regulations to implement the policy by July 1, 2017. Click [here](#) to see the SAPC Bulletin.

## SAMHSA Resources

- [Grants to Expand Care Coordination Targeted Capacity Expansion through the Use of Technology Assisted Care in Targeted Areas of Need](#). Grants can be used to help with the care coordination provision in the 1115 Drug Medi-Cal Waiver. Total available funding is \$3.6 million and up to 13 three-year grants of up to \$280,000 per year will be made. Eligible applicants include domestic public and private nonprofit entities. Submission deadline: January 14, 2016.
- [SAMHSA Disaster App](#). This disaster application allows users to navigate pre-deployment preparation, on-the-ground assistance, and post-deployment resources. Users can share resources and find local behavioral health services. Self-care support for responders is also available at all stages of deployment.
- Reports:
  - [Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health](#)
  - [National Survey on Drug Use and Health, Risk and Protective Factors and Initiation of Substance Use: Results from the 2014 National Survey on Drug Use and Health](#).

## Los Angeles County Prescription Drug Abuse Strategic Plan

Drug overdose deaths have more than doubled in the past 14 years, according to a joint report by the Trust for America's Health and the Robert Wood Johnson Foundation. Half of these deaths (approximately 22,000 per year) are related to prescription drugs. The same report indicates that drug overdoses have surpassed motor vehicle accidents as the leading cause of injury deaths in the US.



Given that 20% of individuals started their illicit substance use with prescription drugs, and that 80% of heroin users have previously misused prescription drugs, addressing prescription drug abuse may serve as an upstream intervention to prevent downstream complications. Furthermore, the prescription drug epidemic is actionable, as it has largely been a problem that can be prevented and addressed with effective interventions.

In response, SAPC has developed a five-year strategic plan that utilizes a multifaceted approach through the LA County Prescription Drug Abuse Coalition. The plan addresses prescription drug abuse by focusing on six priority areas and ten key objectives. These areas of focus align with the Office of National Drug Control Policy Prevention Plan, as well as the U.S. Department of Health and Human Services initiative aimed at reducing prescription opioid misuse and overdose.

Access the LA County Prescription Drug Abuse Strategic Plan [here](#).

## Cal State LA: New Alcohol and Drug Counseling Certificate Program

Cal State LA is now accepting applications for their new Alcohol and Drug Counseling Certificate Program. This program will prepare individuals for entry-level addiction counseling in a wide range of therapeutic settings. For questions about the program, contact Erika Valdez, MPH at [erika.valdez26@calstatela.edu](mailto:erika.valdez26@calstatela.edu).

To visit the program website, click [here](#).

## Online Resources

- American Association for the Treatment of Opioid Dependence, Inc.: <http://www.aatod.org>
- CA Assoc. of Alcohol and Drug Program Executives: <http://www.caadpe.org>
- CA State Suicide Prevention Media Campaign: <http://www.suicideispreventable.org>
- Community Anti-Drug Coalitions of America: <http://www.cadca.org>
- International Coalition for Addiction Studies Education: <http://incase.org>
- Los Angeles County Department of Mental Health: <http://dmh.lacounty.gov>
- Los Angeles County Department of Public Health: <http://publichealth.lacounty.gov>
- National Alliance on Mental Illness: <http://www.nami.org>
- National Association for Addiction Professionals: <http://www.naadac.org>
- National Center on Addiction and Substance Abuse at Columbia: <http://www.casacolumbia.org>
- National Drug Court Institute: <http://ndci.org>
- National Institute on Drug Abuse: <http://www.drugabuse.gov>
- Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>
- UCLA Integrated Substance Abuse Programs: <http://www.uclaisap.org>

The Substance Abuse Prevention and Control (SAPC) program, a division of the Los Angeles County Department of Public Health, has the primary responsibility of administering the County's alcohol and drug programs.

SAPC provides a wide array of alcohol and other drug prevention, treatment, and recovery programs and services through contracts with community-based organizations.

Visit us at <http://publichealth.lacounty.gov/sapc>.

To submit suggestions or comments, email Christina Morgan at [cmorgan@ph.lacounty.gov](mailto:cmorgan@ph.lacounty.gov).

Substance Abuse Prevention and Control Program  
Los Angeles County Department of Public Health  
1000 South Fremont Avenue  
Building A-9 East, 3rd Floor  
Alhambra, CA 91803

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## December is National Impaired Driving Prevention Month

The month of December is full of social activities and festivities. During this time of celebration, it is good to remind ourselves and those we serve that it is also [National Impaired Driving Prevention Month](#). Our message to our communities is simple. Don't drink and drive! Here are some additional facts that will help support a message of safe driving during this holiday season.

- Alcohol-impaired car crashes account for about one-third of all crash fatalities in the US.
- In 2013, over 10,000 people died in crashes in which one of the drivers involved had a blood alcohol concentration over the legal limit for adults.
- About 4.2 million adults reported at least one buzzed or drunk driving episode in the last 30 days, equaling in approximately 121 million episodes and a national rate of 505 episodes per 1,000 population annually.
- Men accounted for 80% of buzzed or drunk driving episodes.

The National Highway Traffic Safety Administration and Traffic Safety Marketing have designed a media campaign promoting National Impaired Driving Prevention Month. Access these resources here, <http://www.trafficsafetymarketing.gov>.

Source: Jewett A, Shultz R, Banerjee T, et al. Alcohol-Impaired Driving Among Adults-US, 2012. MMWR Morb Mortal Wkly Rep. 2015; 64: 814-817.

