

ARC SMART START

Fetal Alcohol Spectrum Disorders

September 9, 2009

ARC COMMUNITY SERVICES, INC.



ARC is a non-profit organization that operates 13 projects serving Dane and Fond du Lac counties.

Each program serves women and their children with innovative, gender-specific, comprehensive wraparound care. All projects are 100% grant funded.

www.arcomserv.org

ARC PROJECT SMART START

TARGETS ADULT WOMEN AT
RISK OF AN ALCOHOL
EXPOSED PREGNANCY IN
ARC'S RESIDENTIAL AND
TREATMENT PROGRAMS IN
DANE COUNTY

2001 WEST BELTLINE HWY
MADISON, WI 53713

(608) 278-2300

PAULETTE ROMASHKO
PROGRAM DIRECTOR



ARC PROJECT SMART START

- ▣ Uses prevention protocol
– Project CHOICES
- ▣ Four motivational
interviewing interviews
plus one contraception
interview
- ▣ Promotes alcohol
abstinence and/or
effective contraception for
all women in child-bearing
years

**ARC Community Services, Inc.
Programs Starting the Project
CHOICES Intervention in September
2008**

ARC Center for Women & Children

ARC Healthy Beginnings

ARC Intensive Outpatient Services

ARC House

ARC Dayton (November 2008)

ARC CENTER FOR WOMEN & CHILDREN

**20 SLOTS FOR
ADULT WOMEN AND
CHILDCARE FOR
20 CHILDREN**

**1409 EMIL STREET
MADISON, WI 53713**

(608) 283-6426

**LAURA PARKER
PROGRAM MANAGER**



ARC CENTER FOR WOMEN & CHILDREN

- ▣ Certified 29-hours per week women-specific AODA day treatment program for adult women and their children
- ▣ On-site licensed childcare with child/family therapy, and parenting programming
- ▣ “Model Women’s AODA Treatment Program” state demonstration project opened in 1989



ARC HEALTHY BEGINNINGS

**10 SLOTS FOR
ADULT WOMEN AND
CHILDCARE FOR
8 CHILDREN**

**1409 EMIL STREET
MADISON, WI 53713**

(608) 283-6426

**LAURA PARKER
PROGRAM MANAGER**



ARC HEALTHY BEGINNINGS

- ❑ Certified 29-hours per week women-specific AODA day treatment program for pregnant and post partum adult women
- ❑ On-site childcare with health education, prenatal care coordination, parenting programming and case management services
- ❑ Federal demonstration project opened in 1994



ARC INTEGRATED AODA & WORK SERVICES

**20 SLOTS FOR
ADULT WOMEN AND
BABYSITTING SERVICES FOR 10
CHILDREN**

**1409 EMIL STREET
MADISON, WI 53713**

(608) 283-6426

**LAURA PARKER
PROGRAM MANAGER**



ARC INTEGRATED AODA & WORK SERVICES

- Certified 10-hours per week women-specific intensive AODA outpatient program for adult women & their children
- Comprehensive strength-based case management, including housing and employment
- Transitional housing and structured residential placement
- Stabilization and continuing care services
- One of 8 Urban/Rural grantee programs



ARC RECOVERY ORIENTED FAMILY-BASED TREATMENT

- Located at 1409 Emil St. Madison
- Targets substance abusing low income women
- Uses SAMHSA's Family-Centered Treatment Model



ARC HOUSE

**15 BED RESIDENTIAL FACILITY
FOR
ADULT FEMALE OFFENDERS**

Certified Transitional Residential
Treatment facility

**202 N PATERSON
MADISON WI 53703**

(608) 284-6430

**CELESTA MILLER
PROGRAM MANAGER**



ARC HOUSE

PROVIDES

- A safe, structured living situation with related supervision and monitoring activities
- Strength-based case management with a stage system
- A comprehensive, certified AODA residential treatment program which targets women's unique needs



ARC-DAYTON ST.

**12 BED RESIDENTIAL FACILITY
(8 DOC BEDS &
4 FEDERAL BEDS)
FOR
ADULT FEMALE OFFENDERS**

**2009 E. DAYTON ST.
MADISON WI 53704**

(608) 241-7616

**Jan Battle
PROGRAM MANAGER**



ARC-DAYTON ST.

- A safe, structured living situation with related supervision and monitoring activities
- A comprehensive strengths-based case management program which targets women's unique needs
- Focuses on Women coming out of Prison



Programs Starting May 2009

ARC Treatment Alternative Program (TAP)

Drug Treatment Court (DTC)

RESPECT

ARC TREATMENT ALTERNATIVE PROGRAM

9 SLOTS FOR
ADULT WOMEN

1409 EMIL STREET
MADISON, WI 53713

(608) 283-6426

ANGIE WAREHAM
PROGRAM MANAGER



ARC TREATMENT ALTERNATIVE PROGRAM

- Women-specific case management, drug testing and AODA treatment coordination
- Diversion project administered by Dane County Human Services Department
- Includes 14-week cognitive intervention program



ARC DRUG TREATMENT COURT

13 SLOTS FOR
ADULT WOMEN

1409 EMIL STREET
MADISON, WI 53713

(608) 283-6426

ANGIE WAREHAM
PROGRAM MANAGER



ARC DRUG TREATMENT COURT

- Women-specific case management, drug testing and AODA treatment coordination
- Diversion of women from prison to community agencies
- Includes 14-week cognitive intervention program
- Administered by Dane County Human Services



ARC RESPECT PROJECT ON PROSTITUTION

ADDRESSES LOCAL ADULT
PROSTITUTION IN CITY OF
MADISON AND DANE COUNTY

832 EAST JOHNSON ST.
MADISON, WI 53703

(608) 283-6435

JAN MIYASAKI
PROGRAM MANAGER



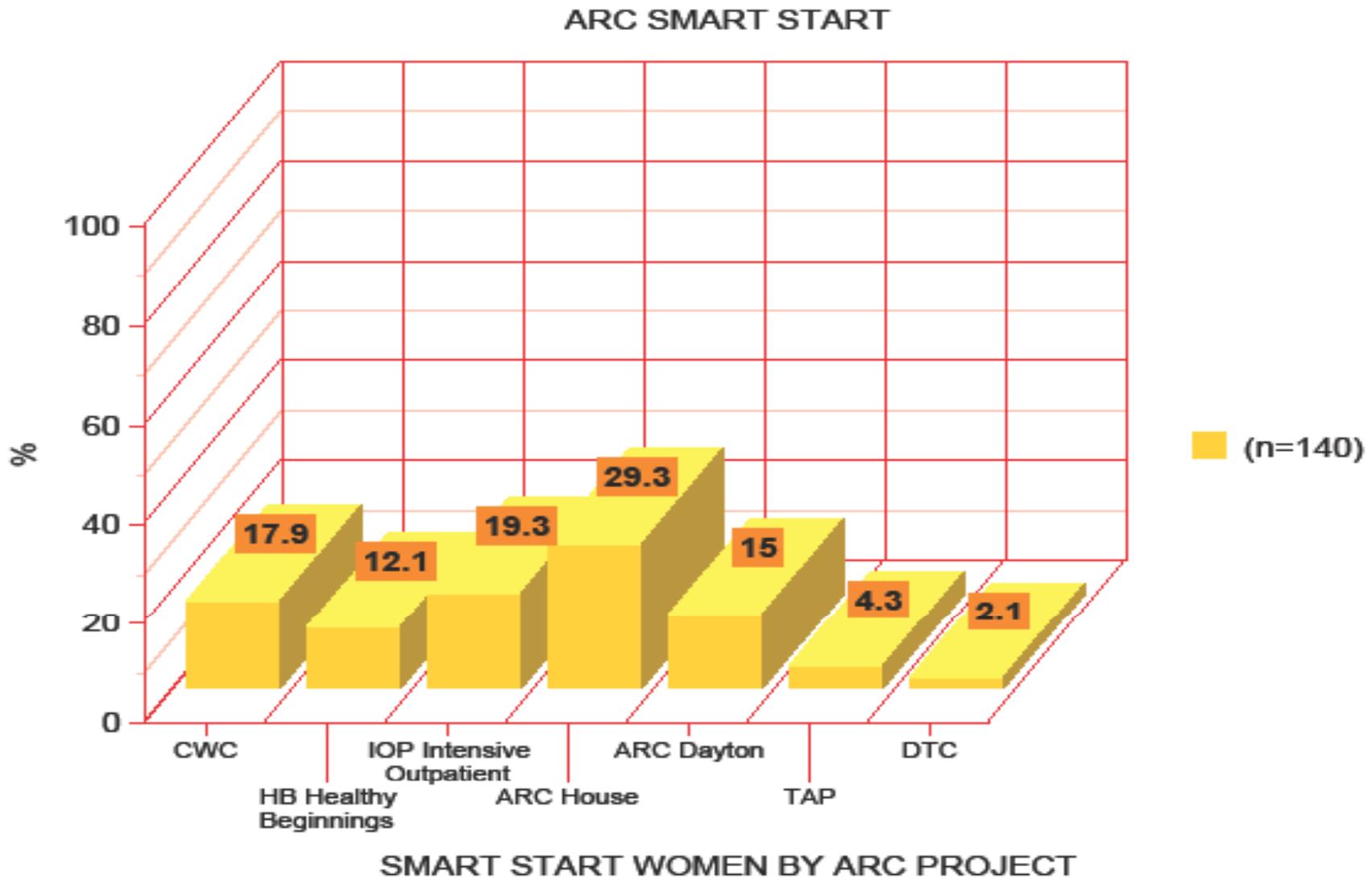
ARC RESPECT PROJECT ON PROSTITUTION

- Outpatient diversion services for women involved in prostitution
- Safe space and peer support for assistance in leaving the life of prostitution
- Advocacy, case management and crisis intervention
- Neighborhood Outreach & Intervention

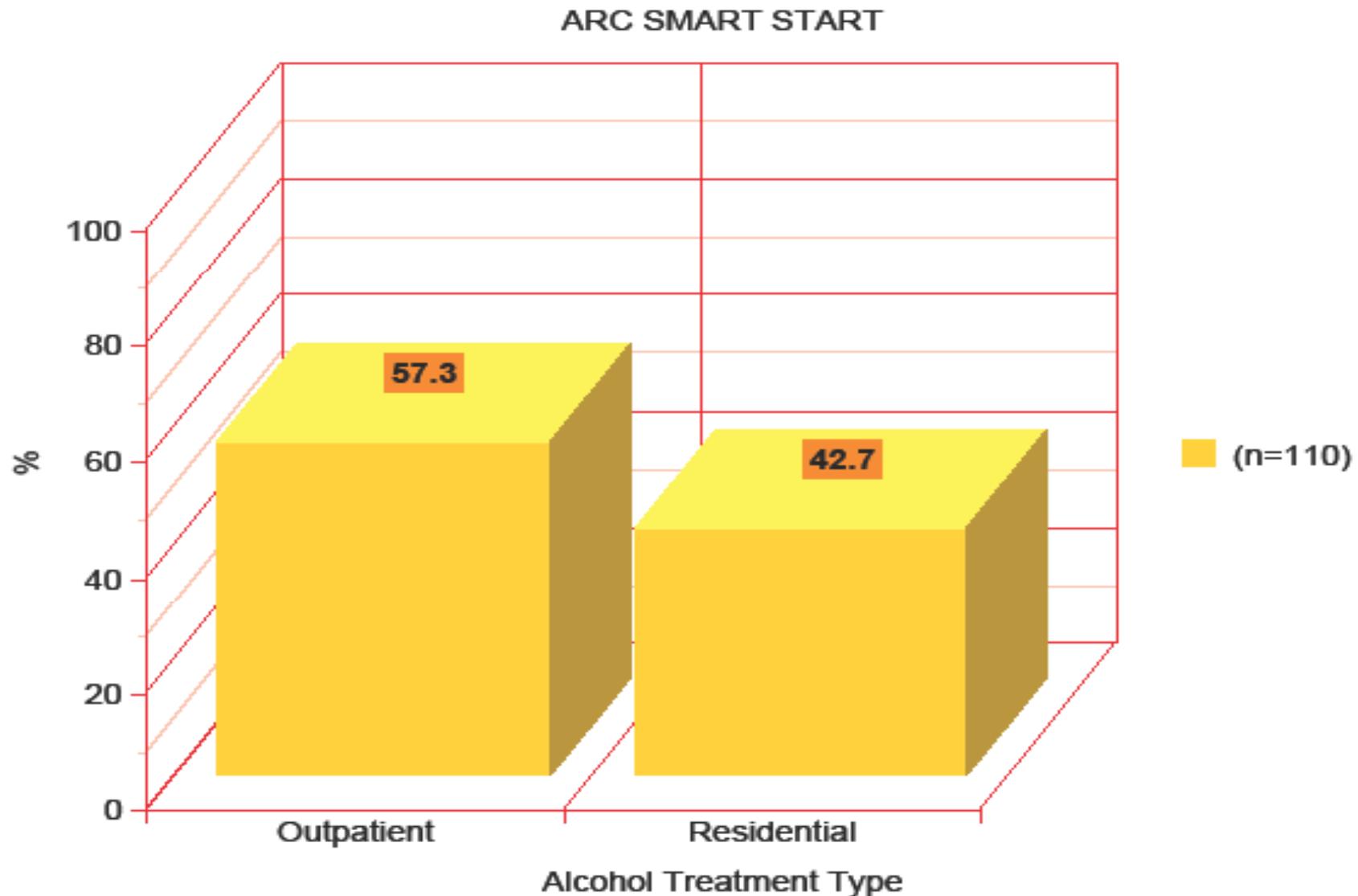


CLIENT DEMOGRAPHICS

Women by ARC Project

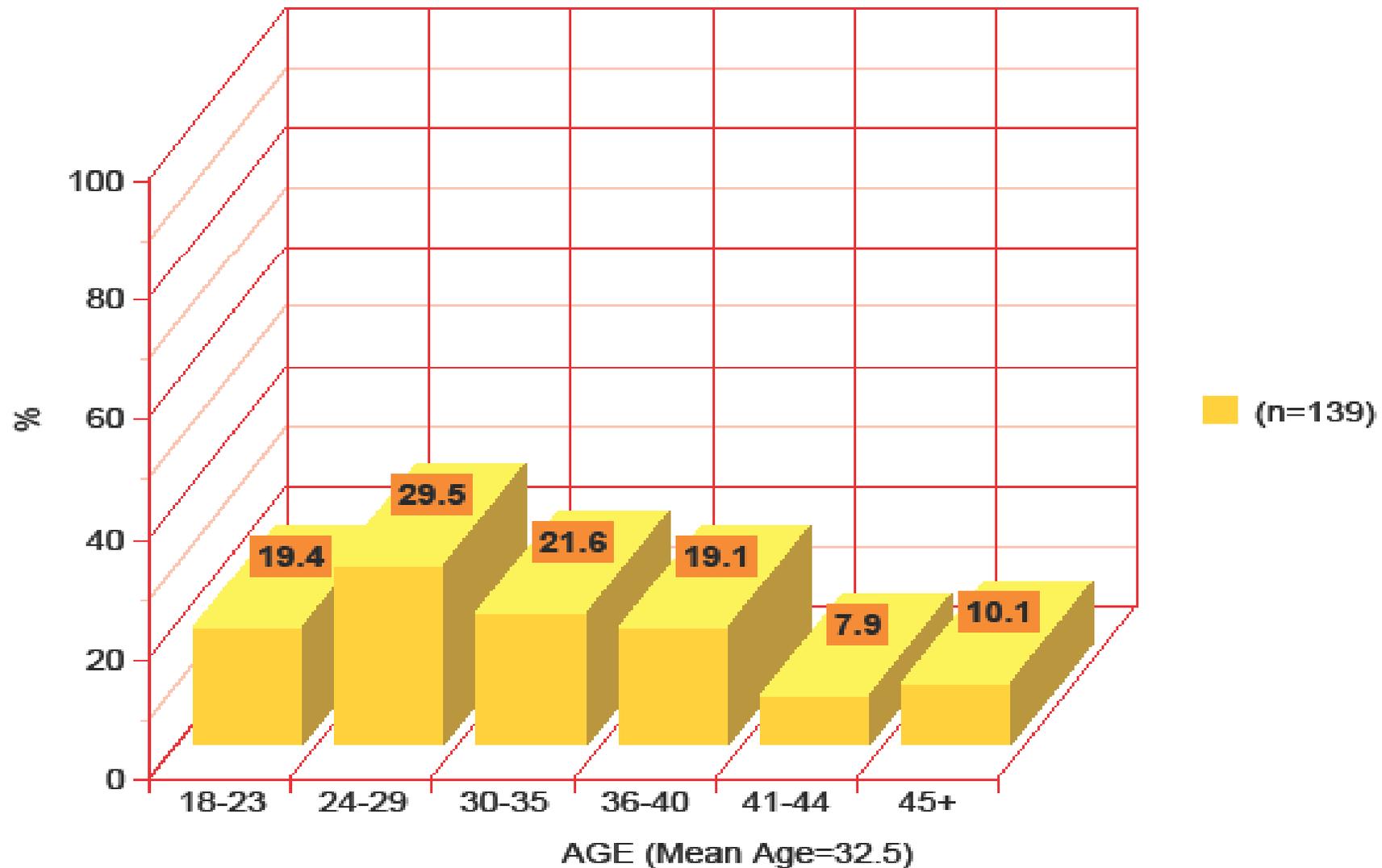


Type of Treatment Program



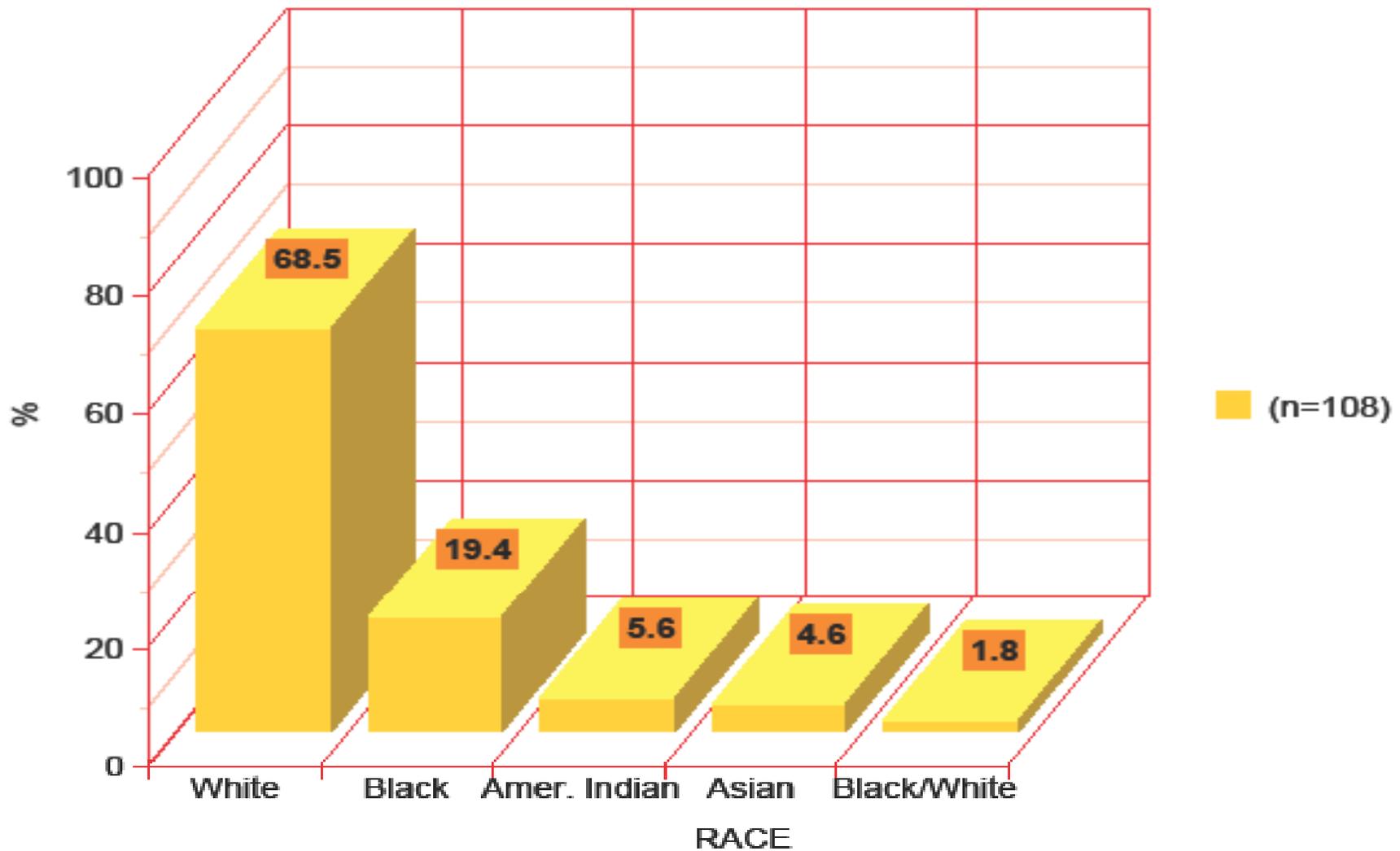
Women By Age

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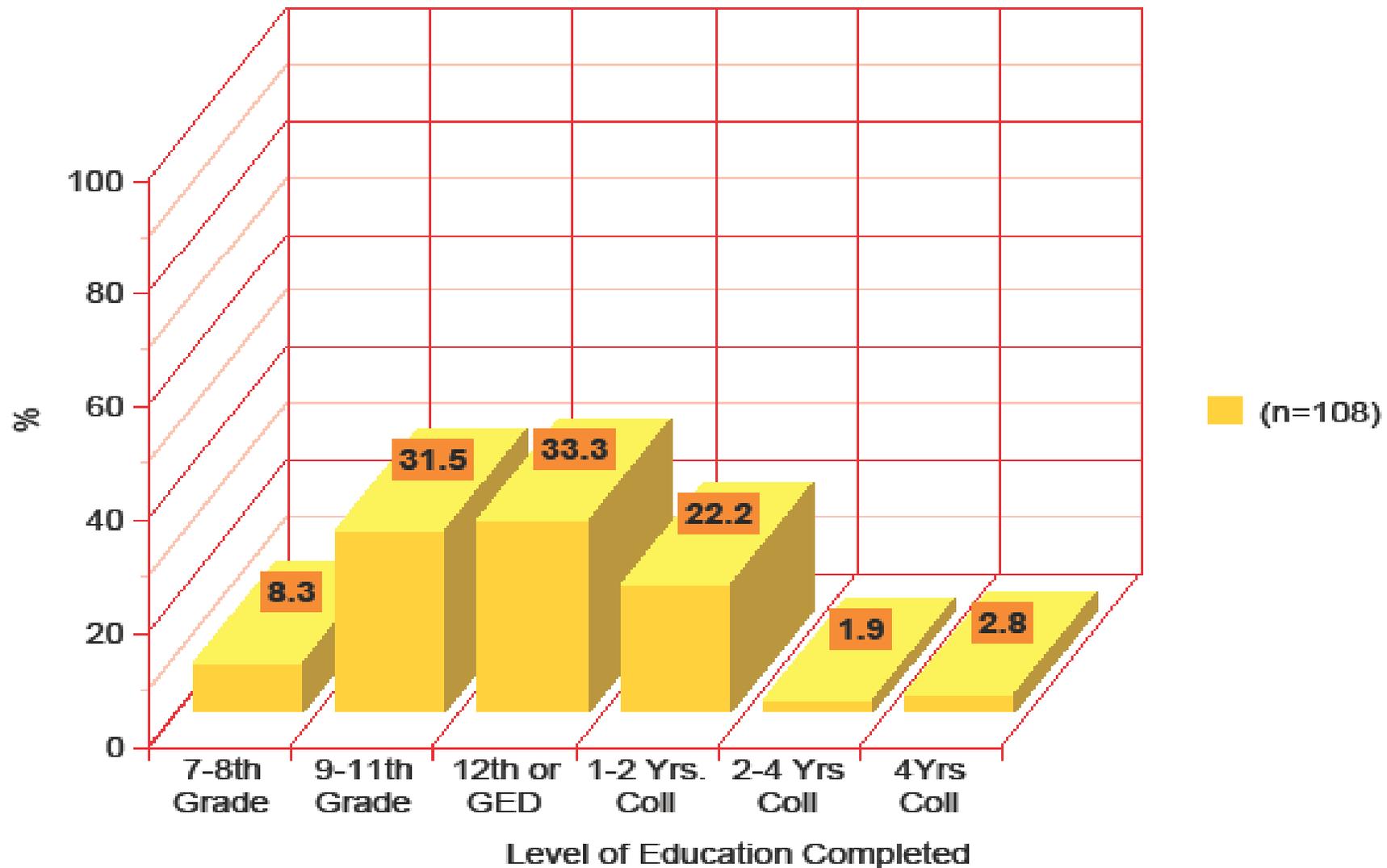
Women by Race

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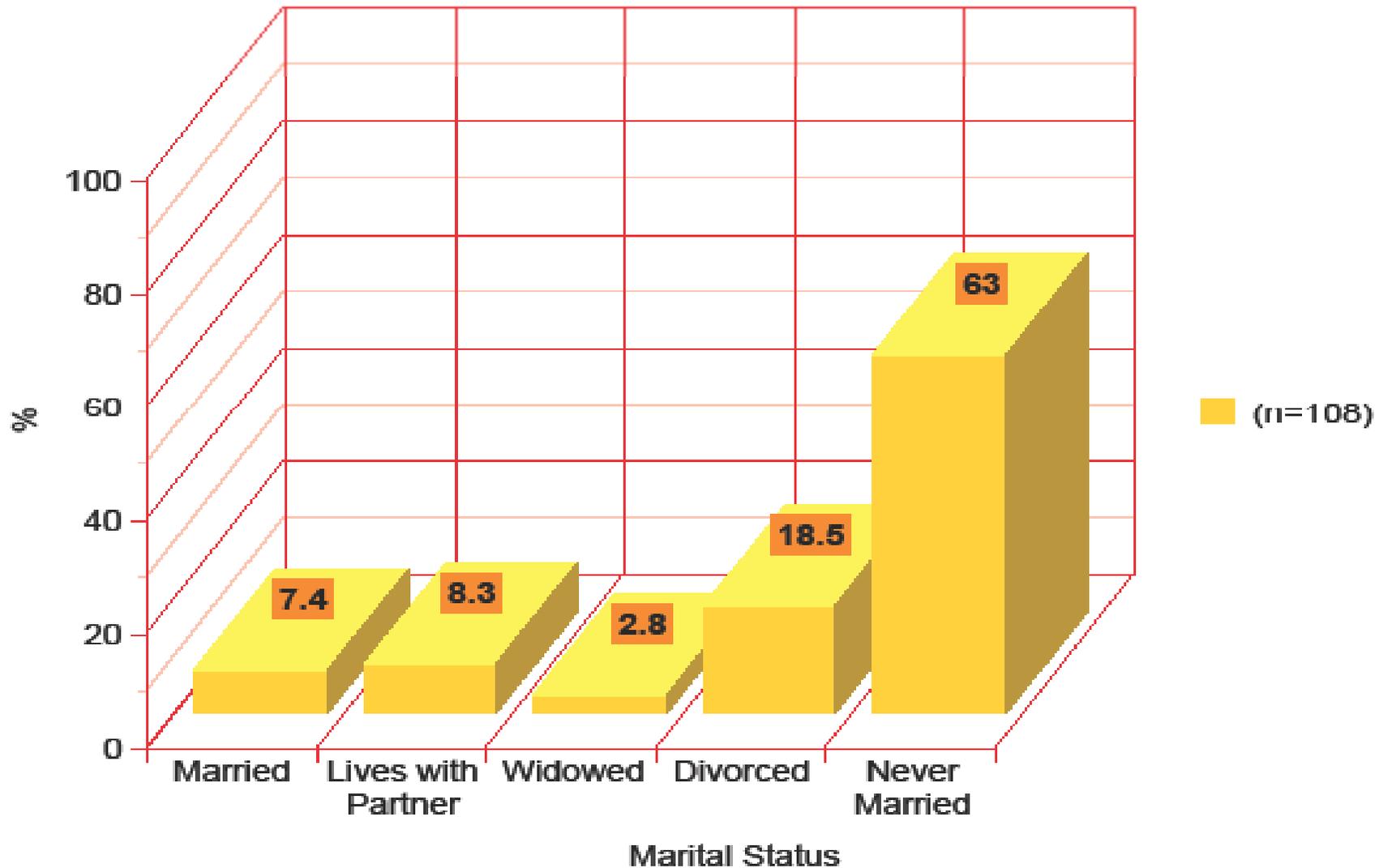
Women By Educational Level

ARC SMART START

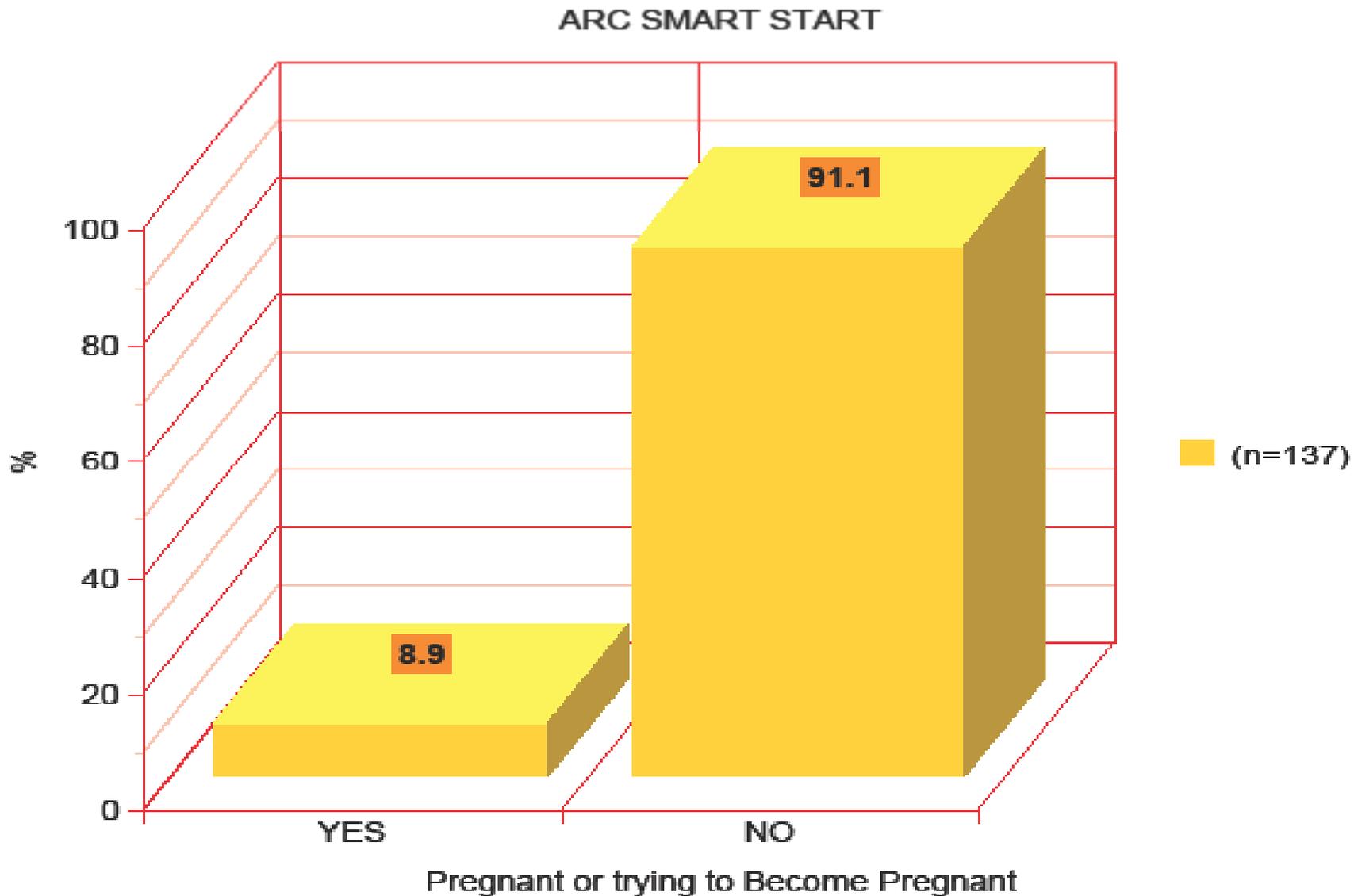


Women By Marital Status

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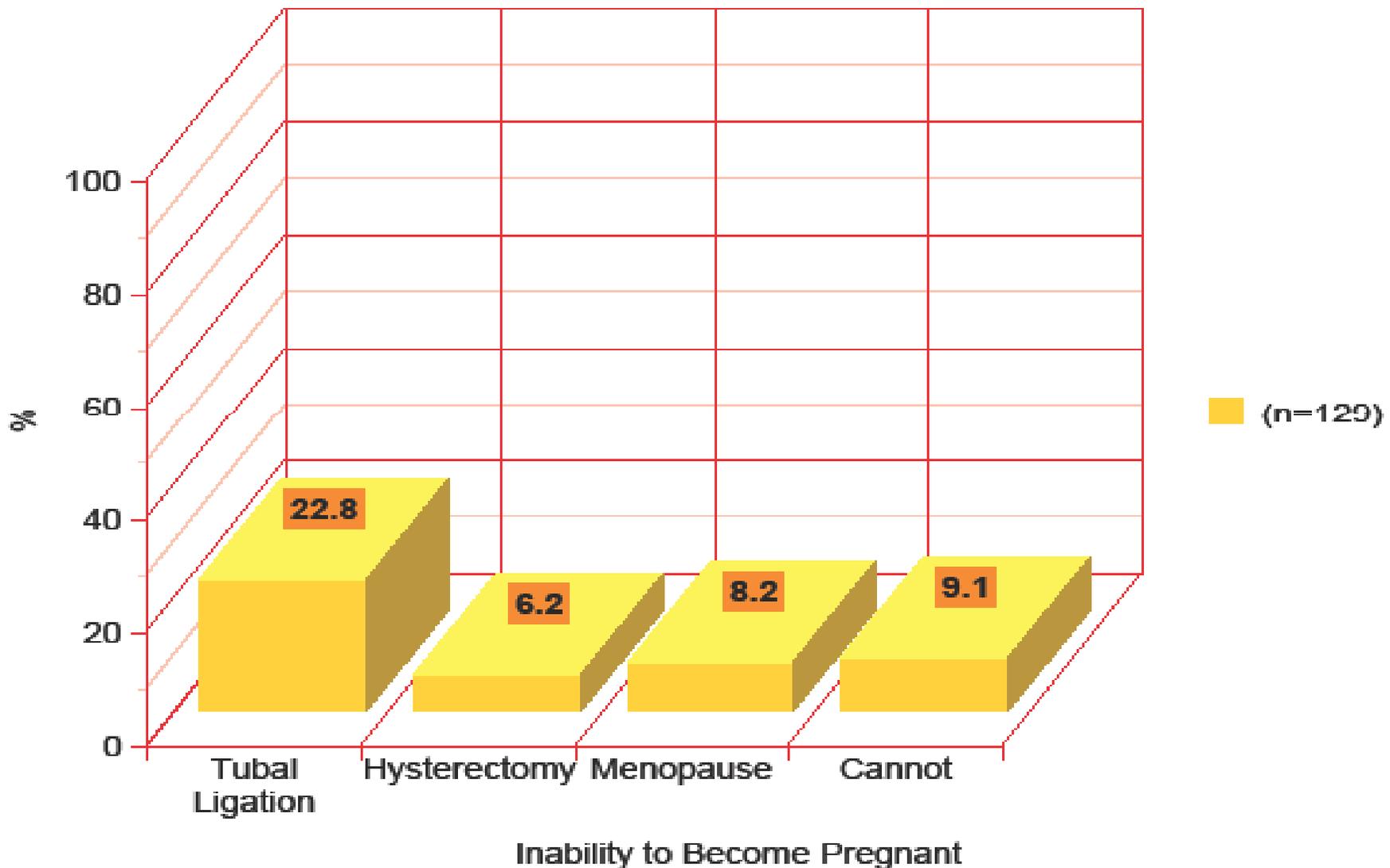


Pregnant or Trying to Become Pregnant



Inability to Become Pregnant

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Process

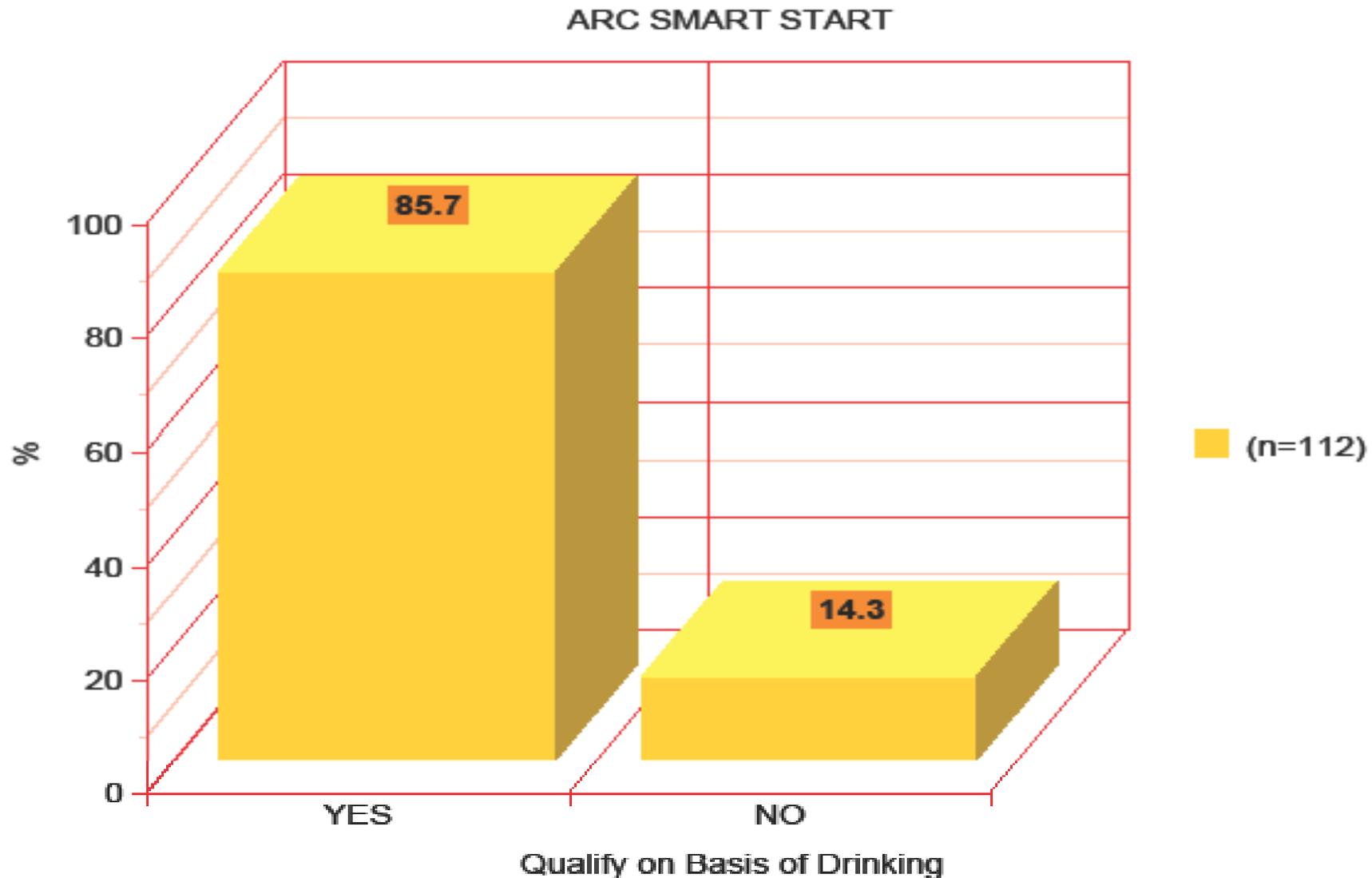
- ◎ Women Screened for eligibility to participate in Project CHOICES
- ◎ Eligible Women undergo four Motivational Interviews focusing on decreasing alcohol use and increasing use of effective contraception
- ◎ Women also must complete a contraception appointment with a Health Professional
- ◎ Women complete an End of Program Assessment
- ◎ Follow-up interview 6 months after Project CHOICES
- ◎ Follow-up interview 12 months after Project CHOICES

Process

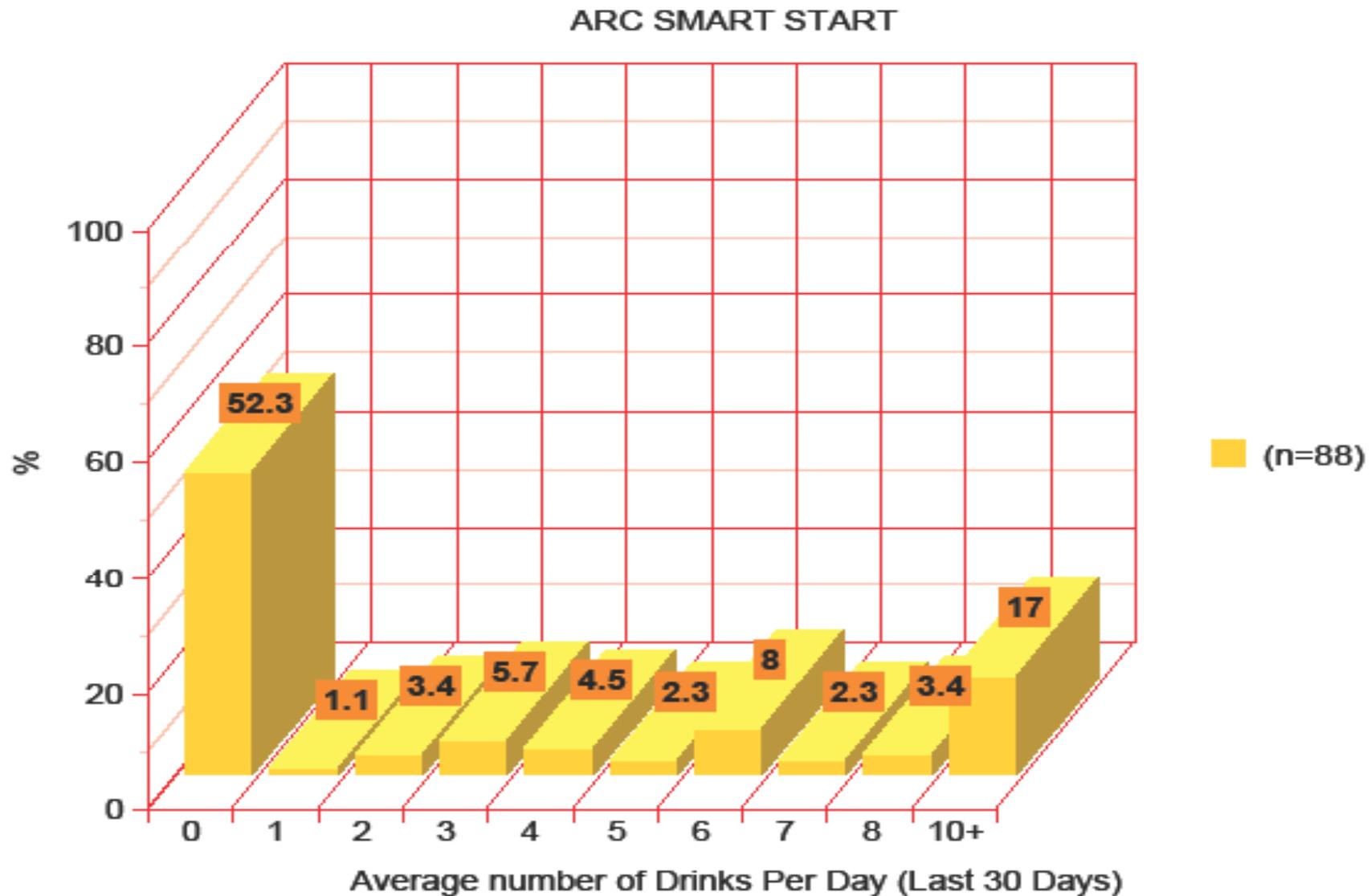
- ◎ Women Screened for eligibility to participate in Project CHOICES
- ◎ Eligible Women undergo four Motivational Interviews focusing on decreasing alcohol use and increasing birth control
- ◎ Women also must complete a contraception appointment with a Health Professional
- ◎ Follow-up interview 6 months after Project CHOICES
- ◎ Follow-up interview 12 months after Project CHOICES

SCREENING DATA

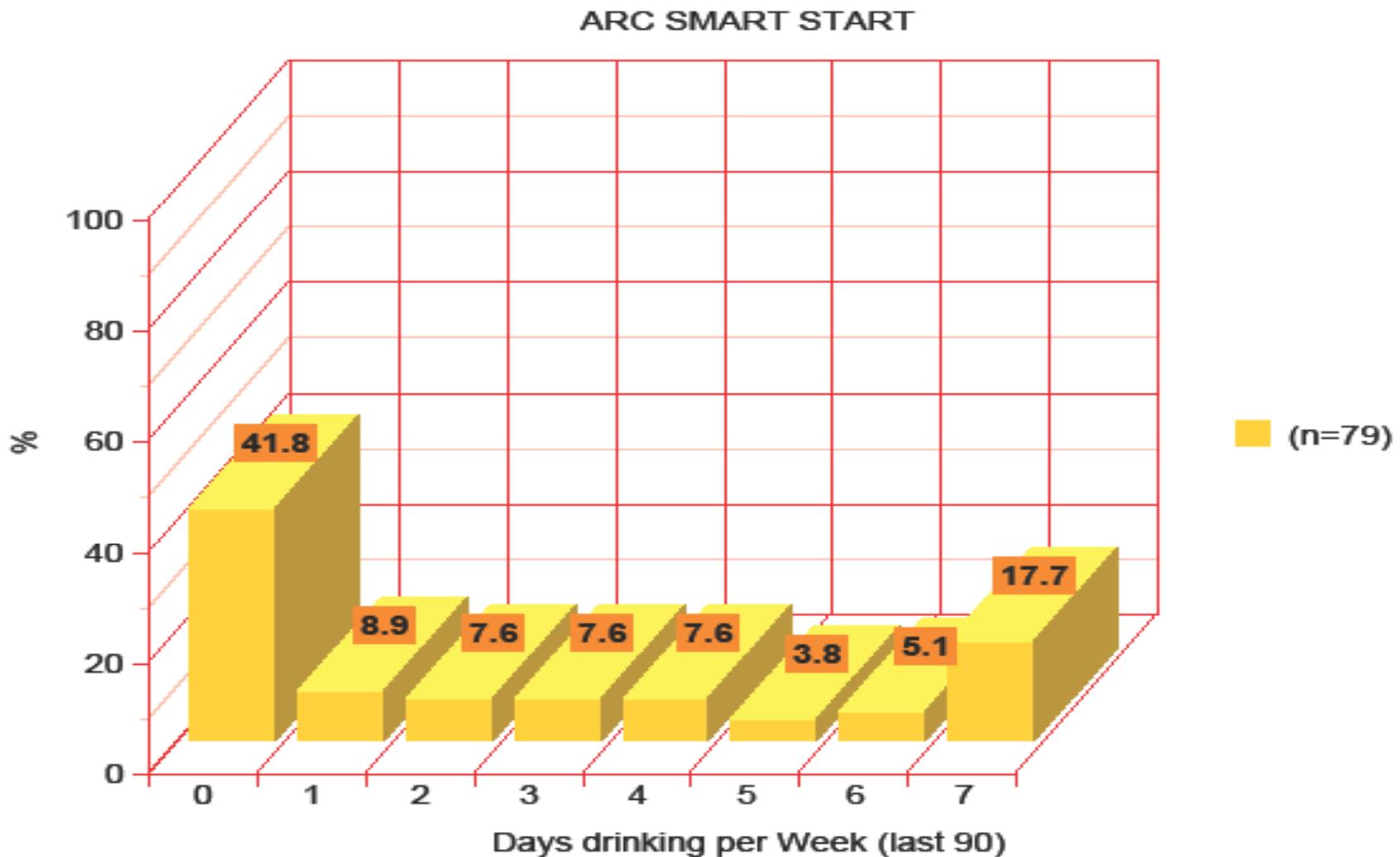
Qualify on the Basis of Drinking



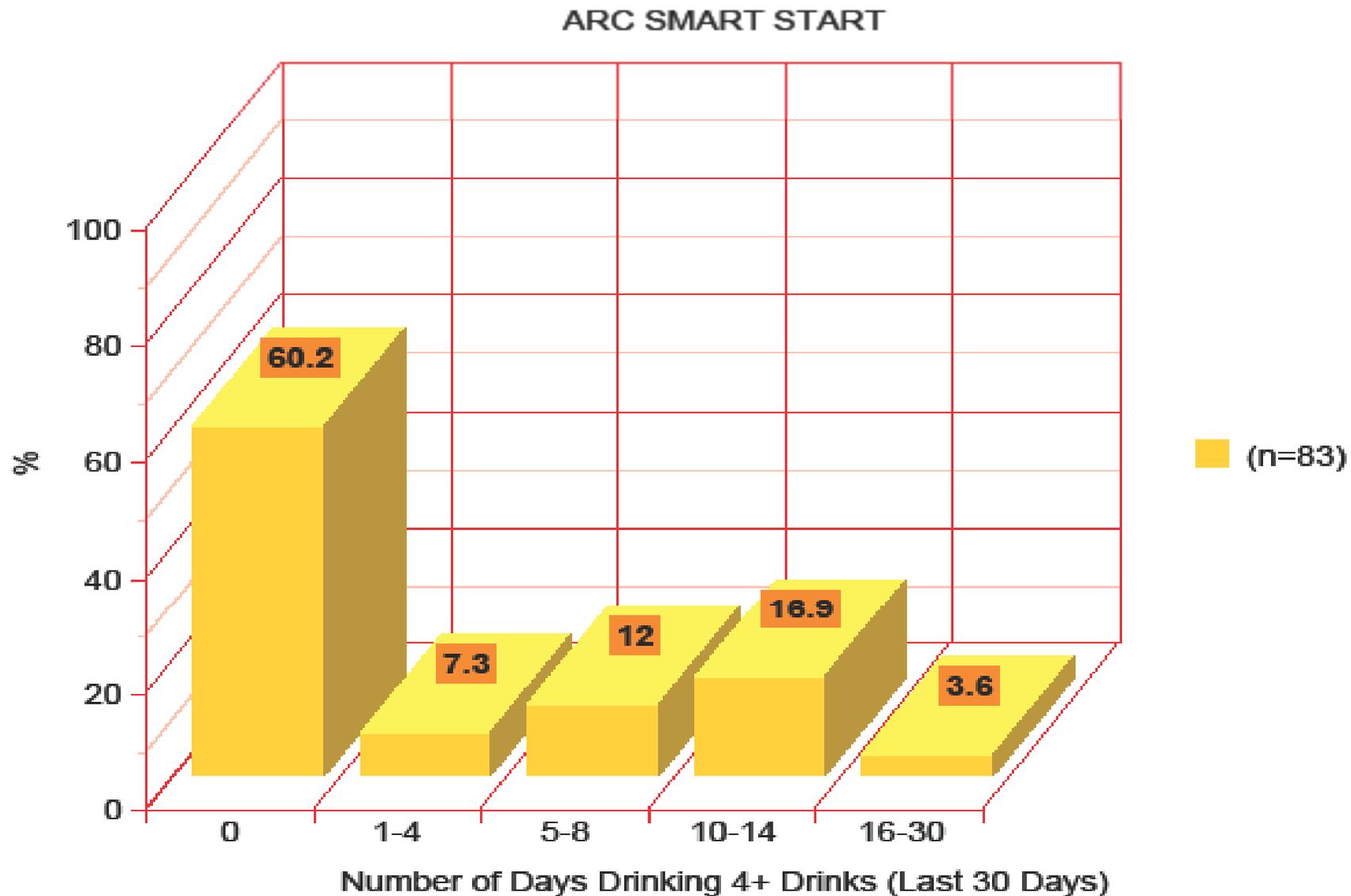
Average Number of Drinks Per Day (Last 30 Days)



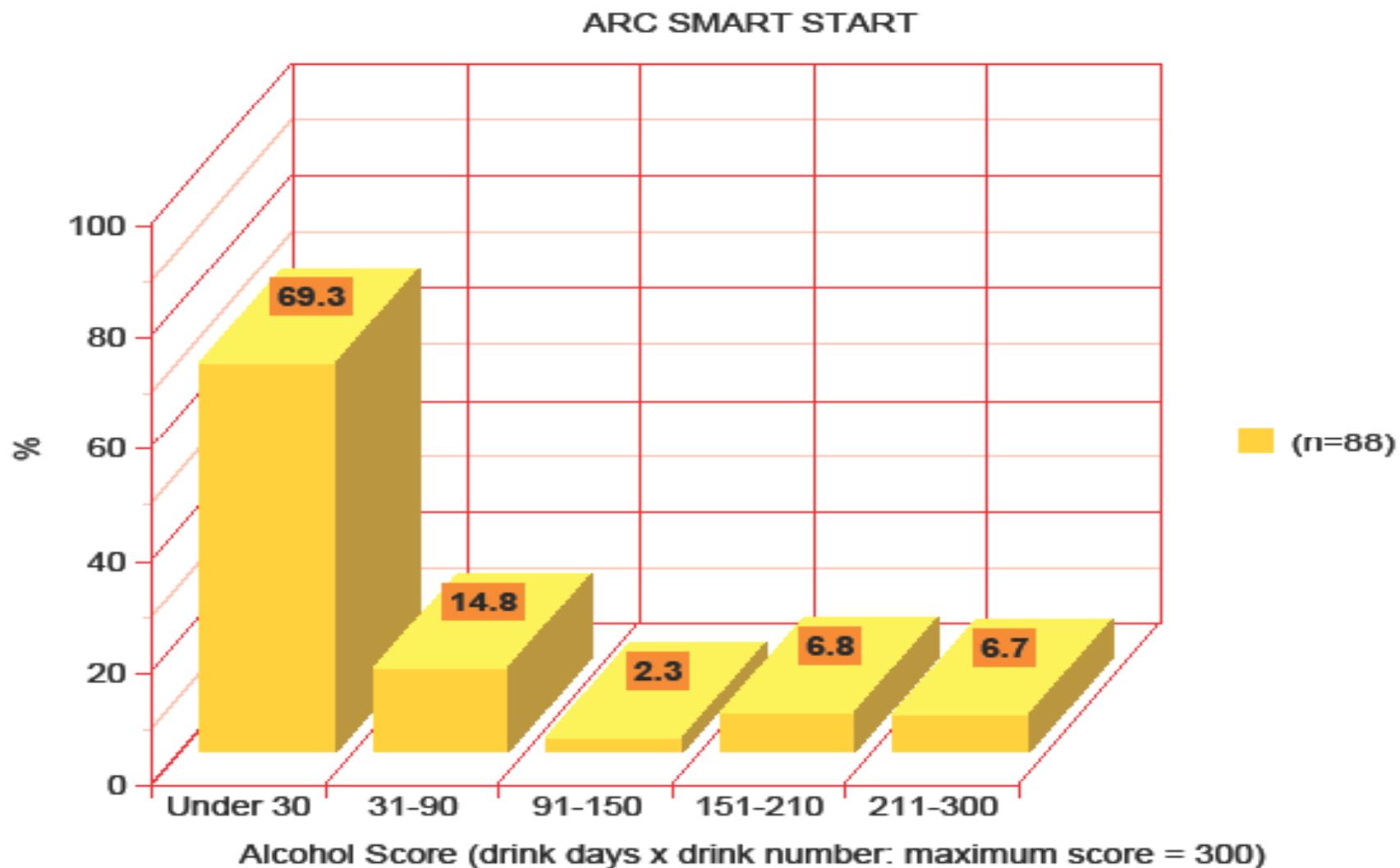
Days Drinking Per Week (Last 90 Days)



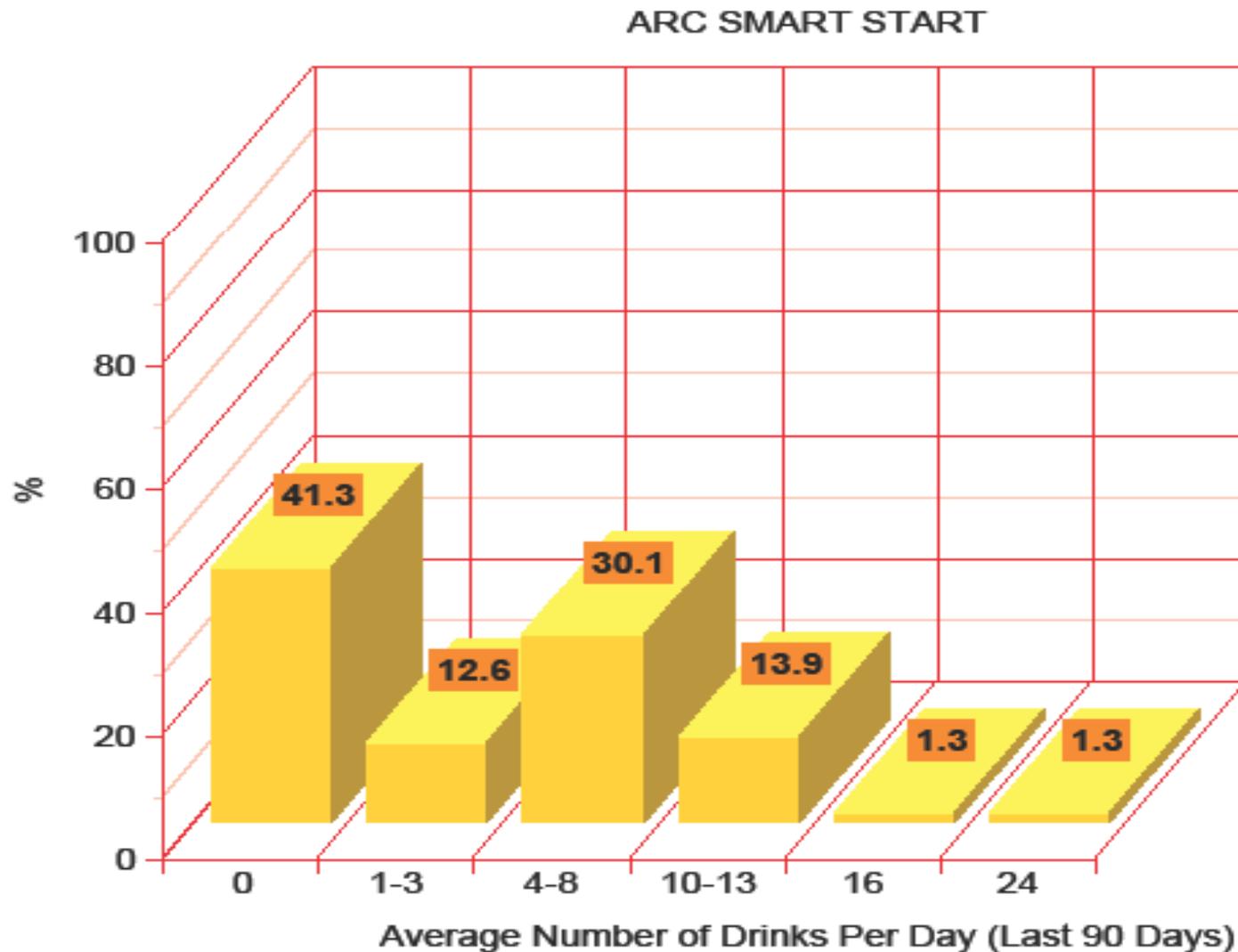
Number of Days Drinking 4+ Drinks



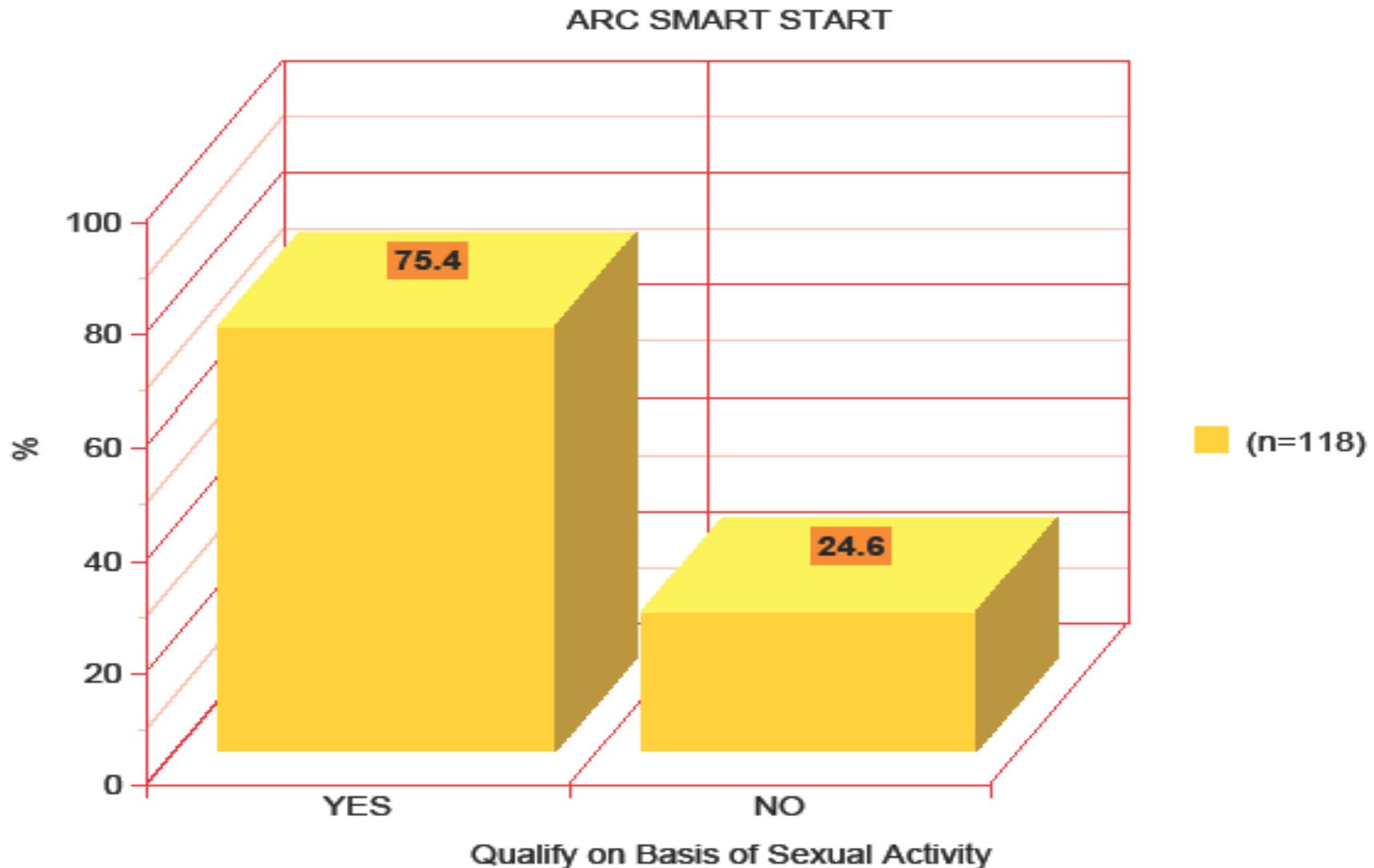
Alcohol Score



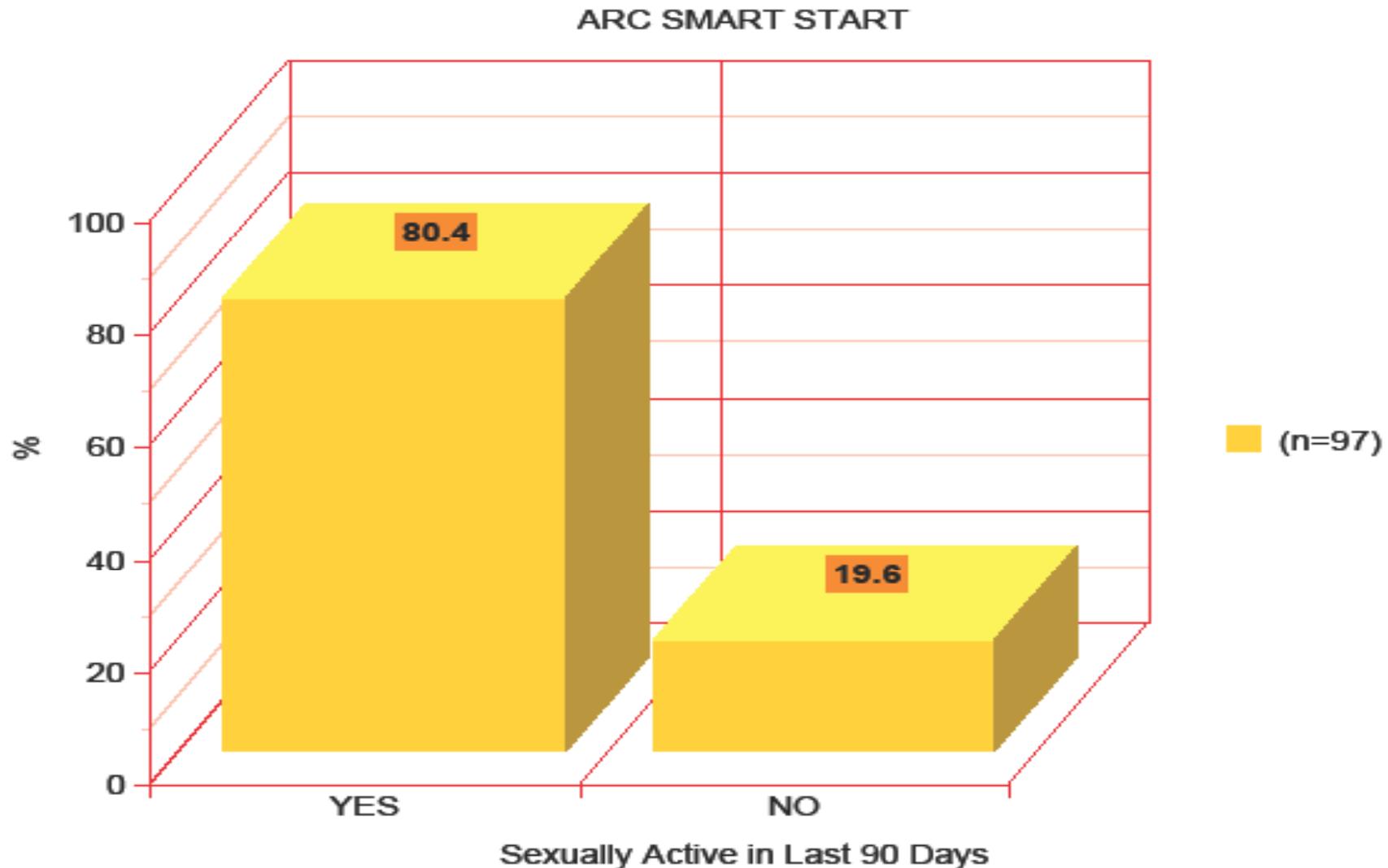
Average Number of Drinks Per Days (Last 90 Days)



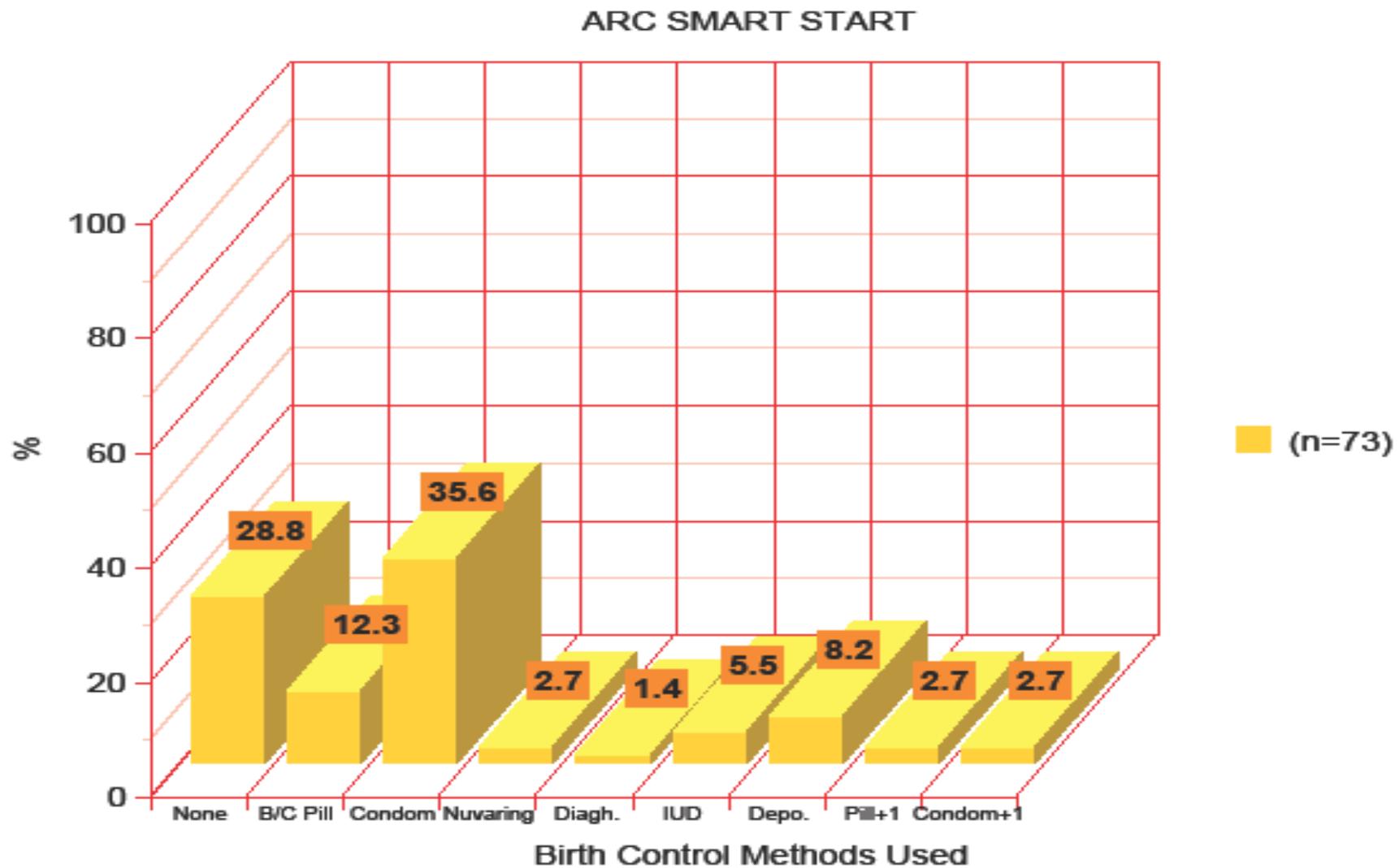
Qualify on Basis of Sexual Activity



Sexually Active in the Last 90 Days

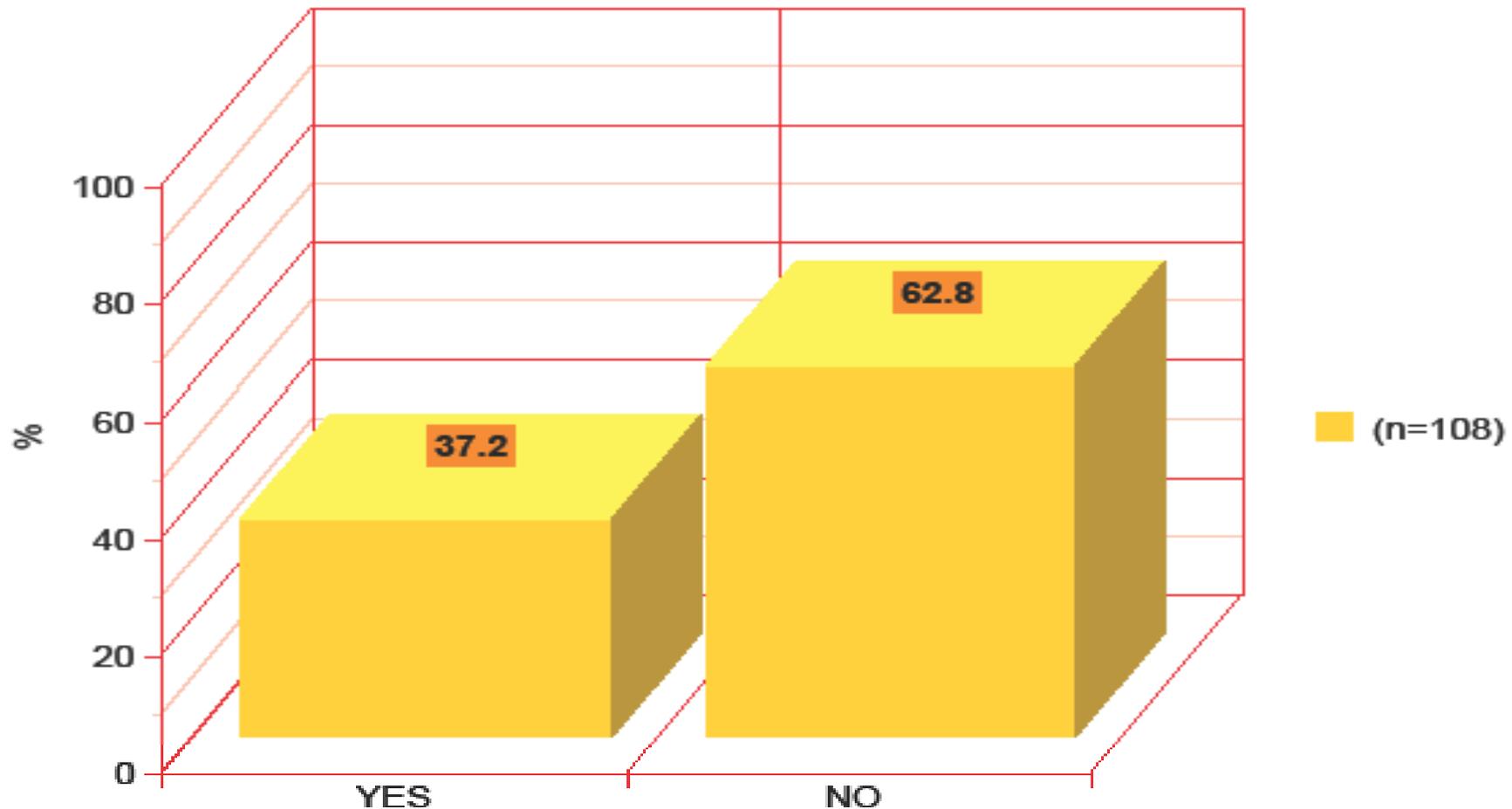


Birth Control Methods Used



Qualify on the Basis of Ineffective Birth Control Methods

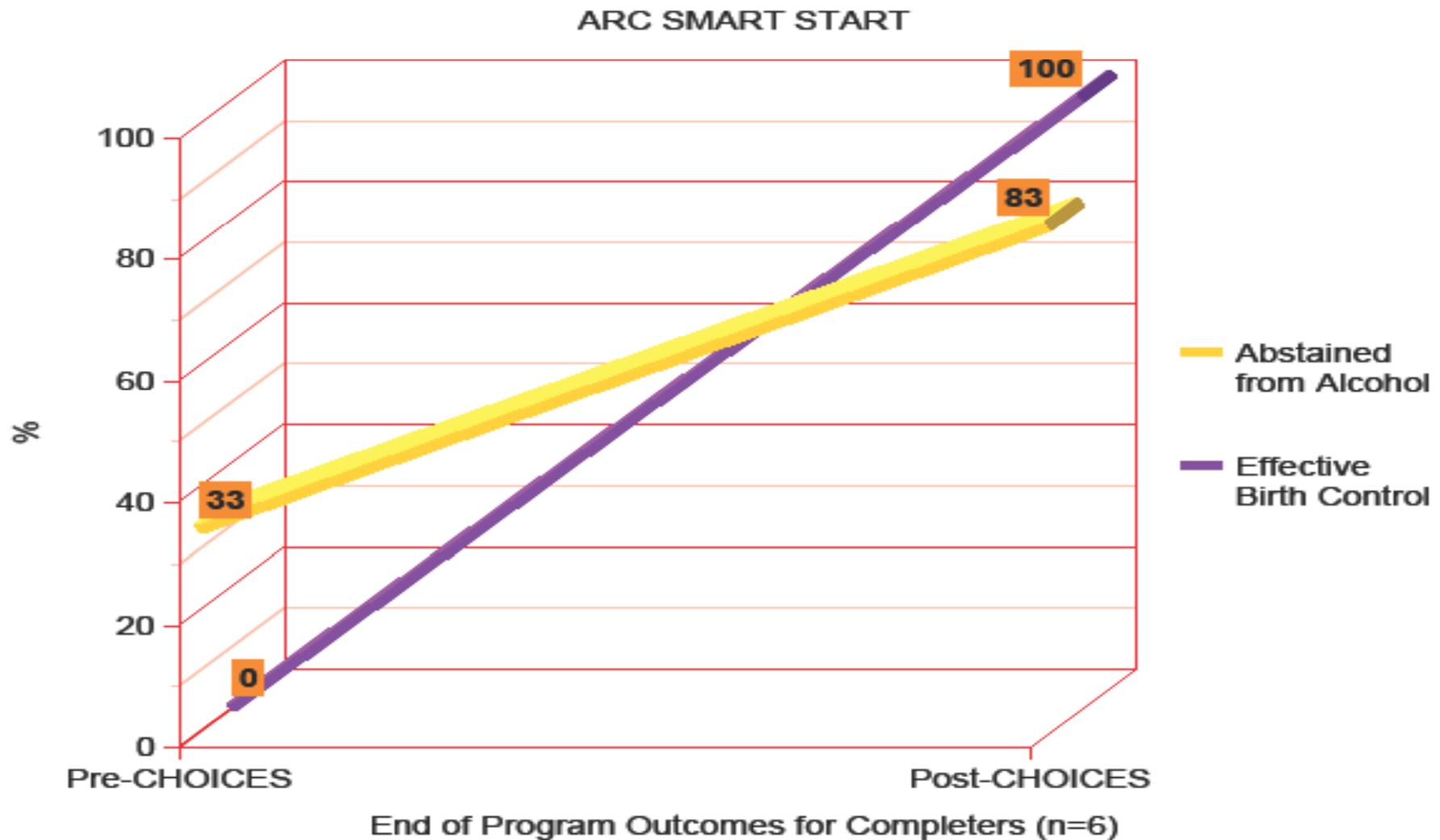
ARC SMART START



Qualify on Basis of Ineffective Birth Control (NO response includes women unable to become pregnant)

PRELIMINARY RESULTS

End of Program Assessment Outcomes



Lessons Learned So Far

- Enrollment data highlighted ARC's effectiveness in promoting increased use of birth control by post-partum women experiencing treatment at ARC's Healthy Beginnings Program.
- Screening data confirms the high risk of an alcohol exposed pregnancy by women entering ARC treatment programs.

Lessons Learned So Far

- **Providing incentives (gift cards) increased the willingness of women to participate in Project CHOICES.**
- **Shortening the time between Motivational Interviewing Sessions increased participation in Motivational Interviewing sessions.**

Lessons Learned So Far

- **Future FASD intervention is needed to address the needs of pregnant women coming into treatment based on ARC's experience with women coming into treatment during serial pregnancies. Fidelity to Project CHOICES currently precludes their involvement.**