

## Annual Report 2010

### *Paving the Way*

Working to eliminate the disease of substance addiction in youth by advancing research, education and treatment.

## ACCOMPLISHMENTS

*Innovating across disciplines*

### Treatment & Recovery Services

SAMA provided CRAFT family groups, individual counseling and referrals, Youth in Recovery events and the Family Navigator phone line—all free of charge.

### Research

Through the Recovery Services for Adolescents and Families (RSAF) pilot project, SAMA worked with organizations nationwide to test effective continuing care.

### Advocacy

Members of the board and Family Action Council (FAC) helped pass the 911 Good Samaritan Law and the Federal Safe & Secure Drug Disposal Act.

### Education

SAMA raised awareness of treatment needs and resources at government panels, schools, our annual Recovery Summit and the Knowledge is Power luncheon.

## 2010 Numbers



4

new strategic  
collaborations

457

youth and  
families directly  
served

3,100

individuals  
educated about  
addiction

5

free family support  
programs

2

laws passed to  
foster a safer  
community

## SAMA Community BRITTANY

*“I feel a sense of accomplishment every day I stay clean.”*



Now in recovery, Brittany relies on weekly SAMA calls for support.

Brittany, 19, is a different person now that she's clean and sober. After years of drug use and an intensive period of treatment, she lives with a new sense of purpose. Brittany is working on a degree in accounting and planning for the future. She no longer needs substances to hide from her emotions. Instead, she uses tools she gained in treatment and SAMA's recovery management resources to stay on track.

*“SAMA's weekly phone calls help me keep myself responsible when I make goals. You feel their encouragement. They are so supportive about the littlest things and it really gives you hope.”*



## Letter from the EXECUTIVE DIRECTOR

We at SAMA share a vision: a future without youth addiction.

In this vision, addiction to alcohol and other drugs is recognized as a chronic disease—not a moral failing. Families can access plentiful resources and continuous care. Communities rally around young people—without stigma—to create a safe environment for everyone. Providers use proven methods to foster recovery.

We are getting there. In 2010, your support helped SAMA pave the way. We debuted new treatment and recovery programs, and stepped up our efforts across the board: in research, advocacy and education. The Family Action Council—a group of parents who have experienced the trauma of their child’s addiction—guided us along the way.

SAMA also focused on partnering for better support. The Recovery Services for Adolescents and Families (RSAF) program broke barriers in interdisciplinary care, while the research-based ENCOMPASS program treated substance and mental health issues holistically. We reached out across the state to understand the need and share what works.

Meanwhile, SAMA moved the needle of change through 1,500 hours of grassroots advocacy. We campaigned for Representative Jay Inslee’s federal medicine take-back legislation and taught the community how to save lives with the 911 Good Samaritan Law, which encourages people to get help when witnessing an overdose. That’s not all:

our supporters testified at FDA hearings, collaborated with the WA Attorney General’s office and represented SAMA at events throughout the Puget Sound. As a result, we are reaching our goals of awareness and accountability.

The state recently certified SAMA as an outpatient treatment agency, catapulting us into 2011. We can now meet even more urgent needs with comprehensive care. SAMA will continue to complement our programs with “translational” research this year, bringing promising study into practice. Finally, we will empower others to replicate and expand our cutting-edge work.

**I like to think of SAMA’s mission as “open source.”** Our challenges, our victories, our progress toward a healthy future—they belong to our entire community. *Your* passion powers innovation, and reinforces our commitment to eliminating youth addiction. I invite you to connect even more deeply in the coming year: educate yourself at [www.samafoundation.org](http://www.samafoundation.org) and share what you know with others. Thank you for supporting our shared vision.

Sincerely,

Gina Grappone



### SAMA Board of Directors

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Gina Grappone,  
Executive Director

# PARTNERING for Individual Care

*ENCOMPASS is a  
“best practice” integrated  
treatment*

**Research-based is more than a catch phrase: it is our touchstone.** When we discover an extraordinary model like the 16-week ENCOMPASS program—with proven results from a respected clinician—we collaborate to bring it to our community.

In 2010, we partnered with Therapeutic Health Services (THS) to launch ENCOMPASS in the Seattle area for young people with co-occurring substance and mental health disorders. In the program, clients access a personalized treatment plan that includes cognitive behavioral therapy, motivational techniques and medical monitoring. THS and SAMA partner for post-ENCOMPASS continuing care services to ensure long-term recovery management.

Why are we so proud of ENCOMPASS? Because it translates research to the real world. Dr. Paula Riggs and her team at the University of Colorado School of Medicine spent more than 15 years researching and developing ENCOMPASS. It now offers hope to youth with the challenges of co-occurring mental health and substance abuse disorders. The program is part of a larger effort in the field of addiction management to address substance abuse holistically, recognizing the individual challenges of each client.

**ENCOMPASS represents real progress toward youth recovery.**



Sheriff John Lovick and Commander Pat Slack of Snohomish County join with Rep. Jay Inslee to get prescription drugs out of homes.



## 2010 SAMA Public Service Award

### *Snohomish County Partnership for Secure Medicine Disposal*

**Snohomish County is blazing a trail to keep our families safe.** Their Regional Drug Task Force, Health District and local government have partnered with local law enforcement for safe medicine take-back.

Keep unwanted, unused or expired prescription drugs out of our homes to cut down on abuse and overdose. How? By providing residents with an easy, responsible way to get rid of

medicines without harming the environment. The Snohomish County Partnership is leading the way. Through an innovative, multi-agency effort, they now offer 28 secure drop-off locations for local residents. County leaders are protecting their community proactively and ensuring true public health.

**We are proud to honor their work with the 2010 SAMA Award Public Service Award.**

## SAMA Community DAVID

*“SAMA is positioned to do things right.”*

According to David Jefferson, SAMA is shaping the future of long-term addiction care. David, MSW, CDP, is a 22-year veteran in the field of chemical dependency treatment. He has directed youth service programs, led efficacy research and developed both statewide and national strategies for providing treatment.

After a recent three-year study of what works in youth addiction treatment, Jefferson came to a troubling conclusion: **our system is falling short for young people.** Most who need treatment never receive it. Those who do usually end up in the revolving door of “acute care episodes”: they enter a 30- to 90-day program, leave, then fall back into substance use within a few months. The reason? Lack of long-term support.

“We need a system of care and services that promote long-term recovery,” states David. “SAMA is on the front lines of providing adaptive continuing care—there is no one else in the state like them.”

How do we effectively treat youth and address the disease of chronic addiction to alcohol and other drugs? David Jefferson believes we need robust recovery management programs—and organizations like SAMA.

## Research with IMPACT

*Does research translate to reality?*

For SAMA, it has to. Every initiative must matter, directly supporting our clients and our community while helping us learn. We put research into practice last year to provide continuing care while testing its effectiveness.

**Recovery Support for Adolescents and Families (RSAF)** is a pilot project funded by the U.S. Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Treatment.

SAMA reached out to local organizations that provide chemical dependency treatment to youth. Together, we recruited 56 adolescents and their families to participate in the



nationwide RSAF project. Youth received weekly phone calls and connected via social media; parents attended weekly support groups. We connected with clients in groundbreaking, sustainable ways.

As a result of RSAF, SAMA has emerged as a leader in long-term recovery management. Other organizations are taking notice, and youth and family feedback is positive. One participant notes, “every week when I get that call, it just makes me want to stick with it and reach my goals.” Our challenge now is to fund the next phase of the project: extending direct support for participants, evaluating outcomes and expanding across Washington.

Help us continue this vital work by visiting [www.samafoundation.org/RSAF](http://www.samafoundation.org/RSAF).



Researcher Dr. Paula Riggs educates the community about research-based treatment at the 2010 Knowledge is Power luncheon.

*“Treatment for addiction doesn’t work in isolated episodes—research shows that recovery is only possible through long-term support and care. SAMA is a leader in this approach.”*

- David Jefferson, MSW, CDP

# CAUSE & EFFECT

*Is SAMA making a difference?*

**We take a fresh, research-based approach to care.** We advocate for a strong community of support. We educate the public about addiction and its devastating effects on families, and we share our best practices in treatment and recovery. What are the results of our work in 2010 and beyond?

## The real headway

- Hope for hundreds of young people and parents coping with substance addiction.
- A consistent safehaven for youth in recovery.
- An increased emphasis on the recovery phase of treatment.
- Two laws that prevent overdoses and save lives.
- Partnerships that multiply the impact of care.
- Research that can be applied *now* to improve outcomes for youth across the state.
- Growing awareness of the public health challenges of addiction to alcohol and other drugs.
- A better-informed community of parents, law enforcement, educators and social service providers.



SAMA board member John Gahagan in action: advocating for safe medicine take-back alongside Gil Kerlikowske, Director of the Office of National Drug Control Policy.

## SAMA Community JOHN

*“Everyone has the power to act.”*

John Gahagan lost his 17-year-old son, Sean, to substance addiction in 2008. John turned grief into action, making it his mission to save other youth from such a tragedy. As a member of the SAMA board, he advocates for state legislation that protects our families. A member of the SAMA Family Action Council, John also works to raise awareness about addiction and share SAMA resources with those in need.

Like you, he is a parent, a concerned community member and a SAMA supporter. He, too, dreams of a future in which no child dies from addiction. John believes it will take all of us to get there—educating our networks about the realities of addiction. Providing support for families early and consistently. Making the easy call to our representatives about issues that matter to us. Contributing to SAMA to support innovation.

John agrees with experts that addiction is a public health issue, but for him it is also personal. Working with other SAMA supporters makes him feel less alone with his tragedy, and shows him that **an entire community is working together.** In John's view, we owe it to our kids and families to cure this disease.



*“With SAMA, I will do all I can to save other kids from my son's fate.”*

- John Gahagan  
Parent, Board Member, Family Action Council Member

# SAMA Financials

## *Funding the battle against addiction*



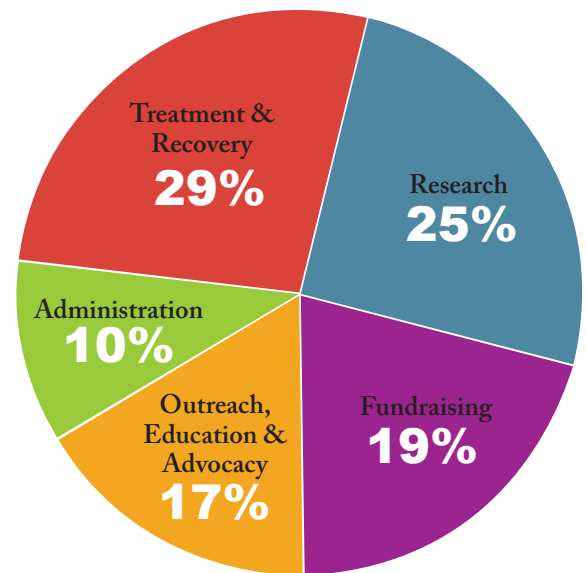
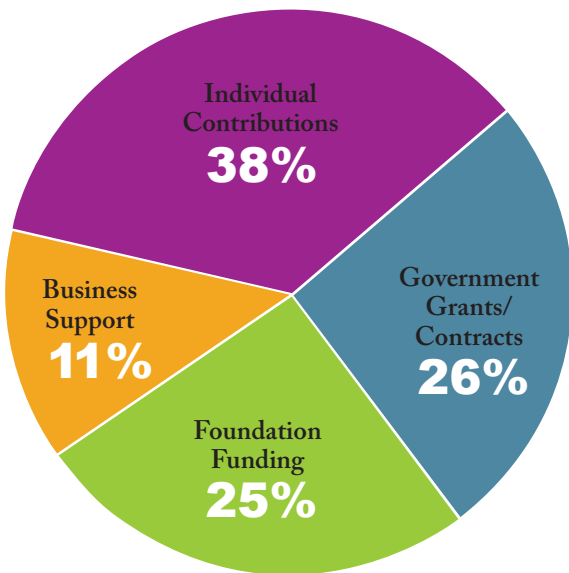
Our essential matrix of treatment, research, advocacy and education would not be possible without your contributions. Thank you for partnering with SAMA to magnify our impact.

### Revenue \$ 554,000

Individual Contributions	211,000
Government Grants/Contracts	143,000
Foundation Funding	136,000
Business Support	63,000
Other	1,000

### Expenses \$ 484,000

Treatment & Recovery Services	140,000
Research	119,000
Fundraising	94,000
Outreach, Education & Advocacy	82,000
Administration	49,000



*The total cost of alcohol and drug abuse in Washington State is over \$5.21 billion per year.*

- WA Department of Social & Health Services, Division of Alcohol and Substance Abuse

# Contributors

**Why do you give?** Your child or someone you are close to has battled addiction to alcohol or other drugs. You want to keep your community safe. You want to protect the future of our youth. You want to leverage cutting-edge research for recovery now. **Whatever the reason, we thank you for joining SAMA to advance our mission.**

## 10,000 and up

Robert Day and CJ Taylor  
Issaquah Rotary  
The Mick Lamb Foundation  
The Norcliffe Foundation  
The Todd and Donna Rosenberg Family Foundation  
Anonymous

## 5,000 to 9,999

Betty Bottler  
Keith and Mary Kay McCaw Family Foundation  
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Nintendo of America, Inc  
Washington Trust Bank  
Wyman Youth Trust

## 1,000 to 4,999

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Donna and Joseph Whitford  
George and Rosalie Whyel  
Kathy and Clyde Wilson  
Kathy Zufall

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Susan Caverly  
Ken Chandler  
Chevron Humankind  
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*(continued on next page)*

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(continued)

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This list reflects donations above \$250 received between October 1, 2009 and September 30, 2010. We apologize for errors and omissions, and ask that you contact us to correct our records at [info@samafoundation.org](mailto:info@samafoundation.org). Thank you.

Norman Johnson  
Barbara Johnston  
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Janet and Tom Jones  
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Julie Wong  
Wanda Wong  
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## Build the Future

### Learn

Visit our website to sign up for our e-newsletter and educate yourself. Tell your network about the chronic disease of addiction and SAMA's efforts to reshape the future for youth.

### Share

Refer anyone in need of information or services to SAMA.

### Support

Join our community: donate, advocate, host a SAMA houseparty or attend an event.

[www.samafoundation.org](http://www.samafoundation.org)

**FREE Family Navigator Line**  
**888.922.7262**

*SAMA is recognized by the IRS as a 501(c)3 nonprofit.*



**Thank you for empowering young people and their families to fight addiction.**