

UTAH

Introduction

The National Association of State Alcohol and Drug Abuse Directors, Inc. (NASADAD) is a not-for-profit organization that works to promote effective and efficient State substance abuse service systems. NASADAD members include the State Substance Abuse Directors from the 50 States and five Territories. These State Directors, also known as Single State Authorities (SSAs), have the front-line responsibility for managing the nation's publicly funded substance abuse prevention, treatment and recovery systems.

Substance Abuse Prevention and Treatment Block Grant

The Substance Abuse Prevention and Treatment (SAPT) Block Grant is a formula grant awarded to every State and territory. It is the backbone of our publicly funded substance abuse prevention, treatment and recovery system. This flexible funding stream is designed to help States address their own unique needs related to addiction. In addition, 20 percent of the SAPT Block Grant is, by statute, dedicated to prevention services. Over the past four years, the overall SAPT Block Grant has been cut approximately \$20 million. Utah's FY 2007 allocation of approximately \$17.1 million represents nearly half of the State's budget for addiction related services.

SAPT Block Grant Yields Results: Through outcomes data, State substance abuse directors report that SAPT Block Grant-funded services help people remain alcohol and drug free; obtain or regain employment; stay out of the criminal justice system; find stable housing; and enter into recovery. For example, Utah reports the following **treatment outcomes**:

- 70.6% reported no use in the 30 days preceding discharge
- 15.9% increase in employment from admissions to discharge
- 18.5% decrease in homelessness from admissions to discharge
- 15.9% increase in employment from admissions to discharge
- 80.8% decrease in arrests

Prevention Services

Utah reaches an estimated 3,609,684 persons (this is a duplicated number) with **prevention** services funded in part by the twenty percent prevention set-aside of the SAPT Block Grant. A highlight of these services includes the Utah K-12 Prevention Dimensions Program. This program is a joint collaboration with the Utah State Office of Education that provides Statewide, age-appropriate curriculum resources to teachers to increase protective factors and decrease risk factors. Initial studies of the program demonstrate:

- Students show significant increases in knowledge of the effects of alcohol, tobacco and other drugs and show improvements in individual decision-making skills
- Significant reductions in the rate of initiation of alcohol, tobacco and marijuana

Family Treatment Services

Pregnancy and prenatal care information is collected on all female clients entering the publicly funded system. At the time of admission, 5.3% of the women entering treatment (395 women) were pregnant. This information aids the provider in planning successful treatment strategies for the woman.

Among other services for pregnant and parenting women, Utah offers residential treatment programs in which children are able to stay with their mother or father during treatment. In addition, day treatment services, Intensive Outpatient Programs (IOP) and Outpatient Programs (OP) programs are also available for women with children and families.

Utah Quick Facts

Treatment Admissions

- 19,602 clients served in FY 2006

➤ **Primary substance of abuse at admissions:**

Alcohol	31.2%
Methamphetamine	30.5%
Marijuana	15.3%
Heroin	8.5%
Cocaine/Crack	6.8%
Oxycodone	2.2%
Hallucinogens	2.2%
All others	3.3%

➤ **Gender:**

Male	61.7%
Female	38.3%

➤ **Age:**

Under 18	10.0%
18-24	23.5%
25-34	29.4%
35-44	22.2%
45-64	14.2%
65 and over	0.3%

➤ **Race/Ethnicity:**

White	66.7%
Pacific Islander	10.3%
Hispanic/Latino	12.6%
Black	4.1%
Amer.Ind./Alaskan Native	3.0%
All others	3.3%

Treatment Gap

- It is estimated that 4.7% of adults and 6.4% of youth in Utah are in need of treatment for drug and/or alcohol dependence or abuse.
- The public substance abuse system, at capacity, is only able to serve approximately 20% of the current need.

National Outcome Measures (NOMs)

- **Abstinence from Drug/Alcohol Use**
- **Employment/Education**
- **Crime and Criminal Justice Involvement**
- **Stability in Housing**
- **Social Connectedness**
- **Access / Capacity**
- **Retention**
- **Perception of Care**
- **Cost Effectiveness**
- **Use of Evidence-Based Practices**

National Outcome Measures (NOMs)

NASADAD strongly supports the use of performance and outcome data to help improve services and improve lives. In fact, States across the country already capture and utilize data to help manage their systems. This experience shows that in order to effectively shape policy and practice decisions, such data must be clear, relevant and timely. The development and implementation of NOMs should help improve this decision-making process and paint a better picture of our substance abuse prevention and treatment system. As NOMs moves forward, NASADAD remains committed to working with SAMHSA to ensure that this data initiative evolves over time to take advantage of advances in technology and clinical practice.

Accountability

Utah uses the following standards to measure performance by providers:

- Contract monitoring through yearly site reviews
- Balanced Scorecard, Treatment Outcomes Report Card
- MHSIP report card

If providers are not meeting standards, the following mechanisms used to improve performance and quality:

- Required responses from County Boards and Commissioners regarding Local Authority Site Reviews
- DSAMH sponsored Training and Education Seminars
- Scholarships to Training and Education Events

A Solid Economic Investment

According to the National Institute on Drug Abuse (NIDA) and the White House Office of National Drug Control Policy (ONDCP), the economic cost to U.S. society of alcohol and drug abuse was \$328 billion in 1998. Only 3.9 percent of the total economic costs were for alcohol and other drug treatment. Investing in addiction services reduces costs and helps Americans across the county regain their lives and families.

Utah reports the following cost savings:

- *Criminal justice costs*
 - Cost per year for incarceration: \$26,000. Cost per year for treatment: \$3,500 to \$4,200 per client.
- *Costs incurred by child welfare system due to addiction*
 - Cost to keep a child in foster care for one year in Utah: \$30,200.
- *Costs related to employment*
 - Utah's Statewide employment statistics show an average percentage point increase in those employed full/part time from admit to discharge at 5.1% which is above the National average of 4.1%. Certain populations demonstrate even higher increases (6.5% for women who receive treatment).

Utah Adult Consumer Satisfaction Survey 2006

Survey completed by adults in substance abuse and mental health treatment.

- General Satisfaction 85.7%
- Good Service Access 80.1%
- Quality and Appropriateness of Services 80.3%
- Participation in Treatment Plan 85.5%
- Positive Service Outcomes 72.5%

Level Funding of the SAPT Block Grant

As costs of providing services (both treatment and prevention) constantly increase, level funding would ultimately reduce the number of clients served. While no facilities would be closed immediately, in subsequent years, difficult decisions would have to be made.



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