



Millennium Fund Annual Report

For the Period July 1, 2016, through June 30, 2017

The Idaho Legislature appropriates funding from the Idaho Millennium Fund to eligible applicants who provide services that help individuals to never start, to quit, or to receive treatment for, tobacco or substance use. This process begins with a submitted application to the Joint Legislative Millennium Fund Committee. Applicants that are awarded a Millennium Fund Grant must submit an annual report detailing the project, and any outcomes and expenses, using the criteria listed below. The report is to be submitted by October 13, 2017. Please contact Jared Tatro, Legislative Services Office, with any questions at (208) 334-4740 or email jtatro@lso.idaho.gov.

Idaho Youth Ranch: Anchor House

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Millennium Fund Grant Award

\$50,000

Report Date

October 12, 2017

I. Overview, Rationale, and Justification for the Project/Program: Funds from the Millennium Fund were used to support substance abuse and tobacco cessation/prevention and intervention programs at Anchor House, a family therapy and support center located in Coeur d'Alene serving children, teens and families from the north Idaho area. The project objectives were to provide 1) an array of interventions and supports that can be “bundled” for the greatest impact and change, 2) services to children and families in need of therapy who are facing behavioral and psychological issues including substance use and 3) substance abuse prevention for children who are at a greater risk of abusing drugs and alcohol.

As reported in our grant application, the teenage years are a critical window of vulnerability to substance use disorders, because the brain is still developing and malleable (a property known as neuroplasticity), and some brain areas are less mature than others. Additional research indicates access to comprehensive assessment, treatment, case management, and family-support services that are developmentally, culturally, and gender-appropriate is integral when addressing adolescent addiction.

Surveys in Idaho showed that more than 40% of 12th graders in Idaho reported use of alcohol and more than 20% reported the use of cigarettes within the previous 30 days. While more current studies are hard to find, the U.S. Department of Health and Human Services reported in 2009 that “approximately 12,000 adolescents in Idaho used an illicit drug in the past month, and 6,000 of those adolescents needed but did not receive treatment for drug problems in the past year.

Approximately 80% of the children and adults we treat through our family therapy programs struggle with substance use. Treating the causes of substance use early is critical, and affordable options that specifically target the whole family for treatment are extremely limited in north Idaho. Anchor House uses evidence-based treatment models not found anywhere else in north Idaho.

The typical youth referred to Anchor House is a victim of abuse, has poor school performance, has experienced conflict in the home, has poor social supports and/or is getting in trouble in the community. Most families with children who need help do not have the financial resources to pay for treatment.

Anchor House serves children and families from anywhere in north Idaho, regardless of their ability to pay. The Millennium Fund Grant funded services to those who couldn't afford treatment.

II. Distribution:

The objectives of Anchor House are to deter at-risk children from continued escalation of problem behavior, divert them from using drugs and alcohol, and increase the skills and competencies of parents to promote healthier lifestyles.

We achieved our objective through three key components:

1. Interventions that addressed substance use (including tobacco abuse)

Programming at Anchor House is comprehensive. We used a combination of therapy, classes, case management, equine therapy, group sessions and community connections to provide education and hands-on experience to help children, teens and families gain the necessary skills to reduce substance use and increase pro-social behaviors. Treatment tools listed above were combined to match the needs of the child and family. The therapy models included:

- Functional Family Therapy (FFT). FFT is a highly respected, evidenced-based family therapy model that addresses the whole family and the patterns of behavior that each family member contributes to maintain problematic behavior. The Idaho Youth Ranch is the only certified FFT site in Idaho. In some cases, FFT was used with couples and individuals with a focus on improving overall family functioning.

- Dialectical Behavior Therapy (DBT). DBT is an evidenced-based, cognitive-behavioral treatment model for moderate to severe behavior in adults, adolescents and children. DBT was used to compliment FFT when the presenting problems required a more skill-based and individual approach. DBT was used with individuals, couples, groups of clients, and with parent education groups.

2. Equine therapy and equine related activities. Equine therapy utilizes a family counselor, a certified equine therapist and a horse to help children and families work through difficult issues when traditional talk therapies are not enough. Through a partnership with the Mica Foundation Stables, Anchor House equine-certified counselors and an equine specialist provided individual, group and/or family equine therapy as often, and as long, as needed.

3. Community supports and linkages. Therapies are not successful in a vacuum and the role of the community as part of the intervention package is essential. Peer support, mentoring, after-school programs and case management are vital to helping address and maintain behavior change. We coordinated with several local organizations and strengthened these collaborations during the funded period. Our partners include: Idaho Department of Health and Welfare Child Protection and Children's Mental Health Services, Kootenai County Juvenile Probation, local Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) groups, Kootenai Behavioral Health, First District Juvenile Justice Agencies, Idaho Drug Free Youth (IDFY), Alliance Family Services, Restored Paths, KROC Center, Boys and Girls Club of Kootenai County, Coeur d'Alene School District, Heritage Health; St. Vincent DePaul Transitional Housing; CASA: Coeur d'Alene Tribe, and Community Action Partnership.

During the funding period we served youth and families from seven cities in four counties including: Coeur d'Alene, Hayden, Post Falls, Plummer, Athol and Smelterville in the Counties of Kootenai, Shoshone, Benewah, and Bonner. Youth from the following entities participated in Anchor House programming: Department of Health & Welfare, Kootenai County Juvenile Probation, and the Coeur d'Alene Tribe. In total, we helped 64 clients during the funding period.

During the funding period, Anchor House provided services to youth, families and other entities as broken out below:

1. Total youth directly helped: 72
2. Additional siblings and parents helped indirectly (via family counseling): 57
3. Number of youth helped in private families: 41 (a subset of the total youth helped)
4. Number of youth helped through Equine Therapy contract with the Coeur d'Alene Tribe: 6 (a subset of the total youth helped; contract began in January 2017)
5. Number of youth helped through Equine Therapy contract with Kootenai County Probation: 13 (a subset of the total youth helped)
6. Number of youth helped through Department of Health & Welfare contract: 11 (a subset of the total youth helped)
7. Number of youth helped through Coeur d'Alene School District: 1 (a subset of the total youth helped)

III. Goals:

The goal of Anchor House is to help vulnerable and struggling children and families acquire the knowledge, skills, and experience to avoid increased problems that would occur without intervention. Designed for families and children who will end up in our substance abuse, mental health, criminal justice, and/or child welfare public systems if they don't receive help, the Anchor House program offered a healing, structured environment to provide a holistic, comprehensive, research-based, approach to treatment. Our specific goals for this program, as outlined in our original grant proposal included:

As compared to baseline data (profile of our clients prior to receiving services), our outcomes one year after completing services were:

Target Goals

1. 70% of clients are not using substances
2. 90% of children/teens are in school/working
3. 80% of those helped know how to access help

Actual Results

- 80% not using drugs; 82% not using alcohol
97% in school or working
91% know how to access help

Results of the data collected through our outcome study in partnership with Boise State University include the following:

1. The Strengths & Difficulties Questionnaire (SDQ) describes the difference in average youth behavior on pre- and post-responses from the SDQ scores. Assessment in this area deals with levels of distress and social impairment; more specifically the variables measured are Emotion Symptoms, Conduct Problems, Hyperactivity, Peer Problems, and Prosocial (positive behavior). The assessment also features an aggregate measurement called Total Difficulties and a supplemental variable that measures overall distress and social impairment called Impact. These last two variables are most useful with regards to evaluating overall client outcomes.

The results indicate improvement in every category. Youth show the greatest improvement in Hyperactivity and Prosocial. Parents/guardians show the greatest improvement in Emotional Symptoms, Conduct Problems, and Pro Social. Both the Total Difficulties and Impact scores showed overall improvement.

2. The Family Assessment Measure III (FAM III) focuses on measuring overall family functioning and family health from both the youth and parent/guardian perspective. More specifically it measures Task Accomplishment, Role Performance, Communication, Affect Expression, Involvement, Control, and Values/Norms. T-score and Percentile (%) are metrics that standardize each of the aforementioned variable subscale scores and total score and are most useful with regards to evaluating overall outcomes in clients.

All categories showed improvement in average youth behavior. The biggest areas of improvement from the youth's perspective were in the areas of Involvement and Control. For the parent, the biggest gains were in Task Accomplishment and Control.

3. The Outcomes Questionnaire describes changes in education, recreational activities, family and non-family relationships, and health based on pre- and post-responses from Program Outcomes Questionnaire (POQ) scores. This questionnaire is given to Anchor House youth/families at intake and again 6 months post-discharge.

The majority of youth were either in school or working. For those youth remaining in school, there was improvement in Behavior in School. Youth reported more positive relationships as evidenced by improvements in Relationship with Adult Female Family Member and Relationship with Adult Male Family Member.

Of particular interest for this grant are the questions about substance abuse. 80% reported that 6 months after services they were not using illegal drugs, and 82% reported they were not using alcohol.

In summary, the Program Outcomes Questionnaire indicated overall improvement in substance use, youths' education, and family relationships.

4. Substance Abuse survey. The Substance Abuse Subtle Screening Inventory (SASSI) is a brief, easily administered psychological questionnaire given to youth at intake to assess the severity of substance use issues. Survey results are divided into two categories: either a low or high probability of having a substance use problem. Results show that 21% of those treated in FY17 had a high probability of having a substance use or substance dependence disorder. This survey only identifies those clients with a high propensity for substance use. We know from other assessments that many other youth and families have experimented with substances or that parents are actively using.

5. A satisfaction questionnaire is given to the youth, parent/guardian and referral source at the completion of services. The scores range from 1 (strongly disagree) to 7 (strongly agree). The higher the score the greater the satisfaction. Average scores were 6.33 (Strongly Agree). Highest scores were for the question, "Staff treated me with respect" (avg 6.9) and the lowest scores were for the question, Staff connected me to other community resources (avg. 4.6, Neither agree or disagree).

In addition to our goals of improving client functioning, a primary effort during the funding period was to seek out additional partners to increase our reach to vulnerable youth. In January 2017, we successfully entered into a contract with the Coeur d'Alene Tribe, and are currently discussing expanded services with them. We continue to explore other partners.

IV. Financial Statement: The total deviation between budgeted and actual expenses was \$23,942 more than budget. The primary reason for the deviation in several categories was due to the fact that the FY17 Budget was not developed and approved at the time the Millennium Fund grant was submitted. So, the FY16 Budget was included as the baseline for the proposal. The FY17 Budget included increases in several line items including:

1. An additional therapist
2. Additional training and certification for existing and new therapists to meet standards for certification in Functional Family Therapy, Dialectical Behavioral Therapy and Equine Therapy
3. Travel related to this out-of-state training
4. Back filling a program administrative position that was vacant in the prior year

Savings were realized in the categories of Materials and Supplies and Contracts

V. Entities Visited/Sponsored and Participants in the Project/Program:

Services provide by Anchor House occur primarily on-site at the Anchor House campus, or at the Mica Stables or at a family's private home. Anchor House provided services directly to private families and to youth and families through contracts for services with the Department of Health & Welfare, Kootenai County Juvenile Probation and the Coeur d'Alene Tribe. Refer to the detail under Section II. Distribution on page 3.



Idaho Youth Ranch								
PERSONNEL COSTS	Request for Grant Award				ACTUAL EXPENDITURES			
	Millennium Fund	Other Fund Sources	Project Total	In-Kind Contributions	Millennium Fund	Other Fund Sources	Project Total	In-Kind Contributions
Organization Hired Staff								
Number of Staff			0.0				0.0	
Hours Worked			0.0				0.0	
Salaries	\$40,000.00	\$177,270.00	\$217,270.00		\$40,000.00	\$201,936.94	\$241,936.94	
Benefits	\$10,000.00	\$39,794.00	\$49,794.00		\$10,000.00	\$38,528.96	\$48,528.96	
Contract Hired Staff								
Number of Staff			0.0				0.0	
Hours Worked			0.0				0.0	
Salaries			\$0.00			#REF!	#REF!	
Benefits			\$0.00				\$0.00	
TOTAL PERSONNEL STAFF	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
TOTAL PERSONNEL HOURS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
TOTAL PERSONNEL COSTS	\$50,000.00	\$217,064.00	\$267,064.00	\$0.00	\$50,000.00	#REF!	#REF!	\$0.00
OPERATING EXPENDITURES	Millennium Fund	Other Fund Sources	Project Total	In-Kind Contributions	Millennium Fund	Other Fund Sources	Project Total	In-Kind Contributions
Program Evaluation (not already counted)		\$ -	\$0.00				\$0.00	
Travel		\$ 9,603	\$9,603.00			#REF!	#REF!	
Marketing		\$ -	\$0.00			\$0.00	\$0.00	
Advertising		\$ 1,425	\$1,425.00			#REF!	#REF!	
Insurance		\$ 6,629	\$6,629.00			#REF!	#REF!	
Rent/Bldg. Lease		\$ 2,091	\$2,091.00			#REF!	#REF!	
Utilities		\$ 19,927	\$19,927.00			#REF!	#REF!	
Organization Overhead		\$ 128,445	\$128,445.00			#REF!	#REF!	
Lobbying Activities/ Organization Awareness		\$ -	\$0.00				\$0.00	
Materials & Supplies		\$ 54,943	\$54,943.00	\$7,382.00		#REF!	#REF!	
Contracts (not already counted)		\$ 17,917	\$17,917.00			#REF!	#REF!	
Employee Development/Training		\$ 8,822	\$8,822.00			#REF!	#REF!	
Other*		\$ 6,389	\$6,389.00			#REF!	#REF!	

Idaho Youth Ranch					Client expenses, scholarship, bank and credit card fees, and miscellaneous expenses.			
<Include a written description of all * Other: "other" costs.>								
TOTAL OPERATING EXPENDITURES	\$0.00	\$256,191.00	\$256,191.00	\$7,382.00	\$0.00	#REF!	#REF!	\$0.00
EQUIPMENT/CAPITAL OUTLAY COSTS	Millennium Fund	Other Fund Sources	Project Total	In-Kind Contributions	Millennium Fund	Other Fund Sources	Project Total	In-Kind Contributions
Computers			\$0.00				\$0.00	
Printers			\$0.00				\$0.00	
Projectors			\$0.00				\$0.00	
Furniture			\$0.00				\$0.00	
Software			\$0.00				\$0.00	
Other (routers, servers)			\$0.00				\$0.00	
TOTAL CAPITAL OUTLAY	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
TOTAL MILLENNIUM FUND REPORT COMPARISON	\$50,000.00	\$473,255.00	\$523,255.00	\$7,382.00	\$50,000.00	#REF!	#REF!	\$0.00

TRANSFERS TO OTHER ORGANIZATIONS/AGENCIES

<copy/paste new transfer rows as necessary>

Organization Name _____
 Amount _____
 Purpose <replace with own text, briefly explain what the transfer was for and how it met the mission of prevention/cessation/treatment> _____

SUBCONTRACTING/SUBGRANTING INFORMATION

<copy/paste new sub-contract/grant rows as necessary>

Organization Name _____
 Amount _____
 Purpose <replace with own text, briefly explain what the subgrant was for and how it met the mission of prevention/cessation/treatment> _____