Change Is A Good Thing At Janus

It seems like every few months when I write my message for the newsletter, it is about the changes happening in the field of substance use disorder treatment. Once again, there is a lot of activity at Janus and most of it is brought about by changes in the landscape in which we live and work. You have all read for the past year or so about the opioid abuse epidemic in America. However, this time its not focused on heroin abuse but on prescription pain medications that have created a new group of folks affected by opioids. Janus has ramped up its efforts in this area by recently co-sponsoring all-day conferences in Merced and Salinas with the Central California Alliance for Health and the Health Improvement Partnership on ways medical communities and treatment programs can help prevent the abuse of prescription pain medications. To support this mission, we are currently writing a proposal for funding of a program to improve and expand treatment access for those suffering from opioid use disorders.

And there is more change coming, of course. We just finished a proposal to the federal government for a program to boost services to the women and babies in our Perinatal Treatment program. We are also awaiting a 'go' date on the waiver that will allow Medi-Cal reimbursement for treatment programs not currently covered—creating increased access to care for a greater number of Santa Cruz County residents. Finally, Janus staff has worked on the Safe Rx program in the County, which includes training residents, agency staff and first responders on the use of naloxone kits through our SCOPE overdose prevention program.

As always, Janus stands at the forefront of providing a high standard of care and access to treatment resources to all populations in our community. And, we will continue our commitment to educating community members and providers while serving those individuals and families in need of quality SUD treatment programs and mental health services. - Rod Libbey, Janus CEO

“You may have to fight a battle more than once to win it.”

- Margaret Thatcher
Janus Clients Are Swimming Toward A Brighter Future

Swimming a few laps is a fun way to cool down on a hot day, but it can also encourage long-term recovery

Learning to replace unhealthy habits with healthy alternatives is one of the many ways those in recovery can support their efforts to make better life choices. Studies show that people in drug or alcohol treatment programs who include exercise into their weekly routine are more likely to stay sober than those who don’t.

In 2012, Bill and Brigid Simpkins partnered with Janus of Santa Cruz to start a swimming program at the Simpkins Family Swim Center in Live Oak. Their generous grants have paid for professional instructors to help experienced swimmers and beginners discover the joys of swimming. Janus clients visit the swim center for 30-minute lessons twice a week.

“For many of our clients, exercise has never even been on their radar,” said Rod Libbey, Janus CEO. “This program is helping them learn exercise skills and healthy habits that will last a lifetime. We are so grateful to the Simpkins family for giving our clients this opportunity.”

An avid swimmer himself, Bill Simpkins has seen first-hand how the program helps our clients.

“It’s a different drug,” said Bill Simpkins. “They’re not just exercising. They’re learning a skill: How to swim.”

Clients offer positive feedback about the program:

“It gives me other options in life besides doing drugs. It makes me feel like I’ve achieved something and worked out,” said Janet

Christina said, “It’s therapeutic, it releases stress, and it’s just really comforting being in the water.”

“I was really angry before,” said Robert. “Now I feel relaxed.”

“Swimming is truly the highlight of my week! Going to the pool makes such a positive impact on my recovery,” said Erika. “My housemates even tell me they see a change in my mood and attitude after swimming. I am so grateful for the program.”

Department Spotlight: Janus Food Services

Janus Food Services Coordinator, Nate Calderon, and his team work hard to create delicious and nutritious meals to support our clients on their journey of recovery. In addition to serving daily meals in our residential unit, the Janus Food Services team also provides healthy food and snacks for our staff meetings, board meetings and family day visitors.

“My team and I have a vision of a healthier future for our clients, planting the seeds of good nutrition and healthy habits. Many of our clients haven’t had good access to fresh fruits and vegetables. Introducing organic and whole foods, sharing new experiences and positive life choices warms our hearts,” says Nate. “I work closely with my team, meeting daily to accomplish our goal of making nutritious foods approachable and available to clients and staff.”
SCOPE
Santa Cruz Overdose Prevention & Education

The Janus Santa Cruz Overdose Prevention & Education program (SCOPE) provides overdose prevention kits and education to individuals and community organizations. Kits contain Naloxone, which can reverse opiate overdoses when administered promptly. Anyone who uses opiates or lives with or near anyone who uses opiates is urged to obtain a kit. Contact us at (831) 462-1060 to inquire about obtaining a SCOPE kit or to set up a training for your organization.

Investing In Treatment Saves Lives and Reduces Crime

When you think of substance use disorder, you generally think about the toll it takes on an individual, their family and friends. But society also faces a burden through increased crime. According to NBER, more than 50% of violent offenders and 30% of property offenders say they committed crimes while under the influence of alcohol or drugs. Researchers with the Centers for Disease Control estimated that prescription opioid abuse and overdoses cost the public sector $23 billion a year, with a third of that attributable to crime. Offering treatment to those in need can help reduce these costs:

- A 10% increase in SUD treatment rates can reduce robberies by 3%, reduce aggravated assaults by 9% and reduce larceny thefts by 3%.
- For every dollar invested in treatment, up to $7 is saved in reduced crime. When healthcare-related costs are included, the total savings can exceed costs by a ratio of 12 to 1.
- For every 100 people receiving methadone treatment, communities experienced 12 fewer robberies, 57 fewer break-and-enters and 56 fewer auto thefts per year.
- Treatment is cheaper than jail. The per person, annual cost of methadone maintenance is approximately $4,700 compared to $24,000 for incarceration.

In a recent editorial accompanying a CDC study, co-director of the University of Chicago Crime Lab, Harold Pollack, says “The most important reason to support treatment is to improve the well-being and social function of people with addiction disorders.” But he added, when those in need get help, “the economic value of crime reduction largely or totally offsets the costs of treatment.”


What Are The Principles of Effective SUD Treatment?

According to the National Institute on Drug Abuse, the following key principles should form the basis of any effective treatment program:

- People need to have quick access to treatment.
- No single treatment is right for everyone.
- Effective treatment addresses all patient needs, not just drug use.
- Staying in treatment long enough is critical.
- Counseling and other behavioral therapies are the most common forms of treatment.
- Medications are often an important part of treatment, especially when combined with behavioral therapies.
- Treatment should address other possible mental disorders. Medically assisted detoxification is only the first stage of treatment.
- Treatment plans must be reviewed often and modified to fit a patient’s changing needs.
- Treatment doesn’t need to be voluntary to be effective.

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Upcoming Events at Janus

Please join us for these special events:

**A Better Day**—Friday, July 21st, 8am-9am

Enjoy a light breakfast while you learn more about Janus services, meet our staff and tour the main residential facility. *Location: 200 7th Avenue, Santa Cruz.* Call (831) 462-1060, ext. 206 to RSVP.

If you would prefer to receive this newsletter electronically, please send an email request to: andrea_gifford@janussc.org