

## **Excerpt from Common Grant Application for Rise Recovery**

### **1. Problem or Need.**

Texas is ranked 49<sup>th</sup> in mental health spending; only \$38.99 is spent per person compared to the national average of \$125 per person leaving those who have an addiction with little to no options. In *America's Dropout Crisis: The Unrecognized Connection to Adolescent Substance Abuse Use*, research determined that "Substance using students...are at increased risk for academic failure, including dropout..." To begin to combat statistics like this, the well-known gap between substance abuse and treatment in our society needs to be narrowed especially in a state with such a lack in funding. Results from the 2012 National Survey on Drug Use and Health shows this problem of people needing treatment and not receiving it when stating, "the primary reason for not receiving treatment...was a lack of insurance coverage and inability to pay the cost (of care)." So many at or below the poverty line cannot pay for addiction treatment and similar services. At Rise Recovery, we focus on youth substance abuse, using is abusing; we take this stance because the sooner a person begins using, the quicker they become addicted. While it takes adults about a year of drug use to become addicted, for children between 9 and 13 it only takes between 0 to 5 weeks and for teenagers (around 15), it takes 15 weeks. Every year that substance abuse is delayed during this time of brain development, the risk of addiction decreases significantly.

### **4. Program/Project Description**

Rise Recovery is the home of the Palmer Drug Abuse Program; PDAP is one of four free programs offered at Rise. PDAP is a spiritual program that focuses primarily on youth and their families but also accepts adults since the need for these services has risen since the closing of similar programs for adults over the past 2-3 years. PDAP, specifically, offers Rise's Direct Services; these include Individual Counseling, Group Meetings, Education Classes, and Chemical-Free Social Activities. To start the program, all one must do is come to a group meeting and start working our 12 step system. We focus on counseling and group meetings, which employ the Alternative Peer Group Model; the APG model was created by PDAP and combines important peer connections with clinical practice through education, support, and parent involvement. The APG model works well because it is more effective to hear from your peers that substance abuse is dangerous than coming from an adult and it is easier to build empowerment and drug resistant skills in a group of peers. PDAP also has a heavy focus on family involvement and we have The Younger (ages 17 and under), The Older (18 and older), The Family, and The New Generations Group (9-17). All of these groups are for substance abusers but The New Generations Group focuses on children and siblings of substance abusers.

### **10. Organization Description/Background**

Rise Recovery, then known as PDAP, started providing direct recovery services to adolescent substance abusers in 1977 in San Antonio; we received 501 (c) (3) non-profit status in 1984. With a staff of 18 and a board of 12, Rise Recovery reaches over 3,000 individuals per year; these are the people who stay and work our programs. We encounter almost 30,000 people annually and focus on reaching families and adolescents. Rise offers the Palmer Drug Abuse Program, the Rise Education and Prevention, the Rise Early Intervention, and the Rise Youth Leadership. We provide individual and family counseling, coaching, ongoing support, encouragement, education, and accountability. We focus on family involvement because it has been shown that youths have an 80% higher chance of receiving treatment and not relapsing when the family is involved and when everyone learns the tools to recovery and understands how hard recovery can be, it helps families support their loved one and manage expectations while the body and spirit are recovering. Rise is a non-sectarian, spiritually based program that will never turn away an individual or family and at no cost to the clients.