

INSTITUTE FOR RESEARCH, EDUCATION & TRAINING IN ADDICTIONS



ireta

2012-13 ANNUAL REPORT

“Whatever your life’s work is, do it well. A man should do his job so well that the living, the dead, and the unborn could do it no better.”

— Martin Luther King, Jr.

Message from the Executive Director



HOW DO YOU KNOW when you are doing your life’s work well? Is there a standard? How is it set? How is performance judged? What is the result of a life’s work not well done? Well done? How can you learn to do it better, if it is not going so well, or to keep it going if it is?

These questions are not meant to be abstractions, nor points for philosophical elaboration. Yet, they are difficult to answer. The emerging reality is that organizations and practitioners working to improve the lives of individuals, families and communities affected by substance use need to grapple with these questions. And get to answers.

Why now?

Health care is evolving into a performance-, rather than procedure-, driven industry. Changes in practice will soon be primarily motivated by the need to demonstrate improved individual and community outcomes to both consumers and payors of services. And this often means improving performance at all levels in an organization.

In the past year, IRETA’s practice has continued to evolve beyond its traditional training and education activities to provide consultation and expert assistance for states, agencies and systems seeking to improve their practice.

We do this by applying a diverse, distinct and expanding body of knowledge to tackle clinical, administrative, process improvement, measurement and information systems problems that inhibit organizations from getting to outcomes that will now be expectations, not merely aspirations.

IRETA’s clients and projects of the past year are discussed in this Annual Report. They are a diverse group that we have assisted by understanding how they saw their problem, how they tried to solve it, what outcomes they wanted to achieve and then fitting practical solutions that were self reinforcing and sustainable.

This work has a theme to it, “Helping helpers do what they do...better.”

Coupled with IRETA’s strong base in training, education and applied research, this practical approach to helping has resulted in a second consecutive year of a budget surplus and growth in net assets.

My profound thanks to the Board and the creative, energetic and dedicated staff at IRETA for making this past year so professionally and personally rewarding for me.

A handwritten signature in black ink that reads "Peter F. Luongo".

Peter F. Luongo, PhD
Executive Director IRETA

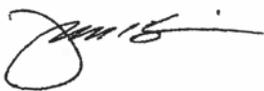
Message from the IRETA Board of Directors

I CONTINUE TO BE VERY PROUD of the Board and staff members at IRETA who behaved judiciously and gracefully during our leadership transition last year. The Board chose well: Dr. Luongo's vision for the company is a good one and it has been an exciting year. In all respects, we are in good shape.

This was our first fiscal year entirely under Dr. Luongo's leadership and financially, IRETA is doing exceptionally well. Dr. Luongo and our Board Finance Committee wisely set out to reduce unnecessary costs and diversify our income streams and those efforts have paid off, resulting in two consecutive years of budgetary surplus. Here, I also tip my hat to the members of IRETA's staff, who are, as I like to say, "lean and mean." I am always impressed with our small, dedicated team who produce an enormous and diverse body of work.

Firm financial footing doesn't just help us now—it helps us for the future. When we have the freedom to choose our projects carefully and ensure that they align with our mission and vision, IRETA remains the forward-thinking, nimble organization that we have always been. I am very pleased that today, the company is running so well that we leaders are empowered to continually consider our direction and steer accordingly.

And finally, as a long time Pittsburgher, I am delighted by our additions to the Board this year, Susan Weiner and Bruce Kraus. Both have deep roots in our city and a vested interest in aligning addiction research and practice to improve outcomes for individuals, families and communities. Their energy and perspectives have further enhanced our ability to do good work.



Rev. Dr. James Simms
IRETA Board Chair



Training and Education

Face-to-face and online training, curriculum development, and educational tools

SBIRT ATTC

On October 1, 2012, IRETA was funded by SAMHSA to be the National SBIRT ATTC until 2017.



Screening, Brief Intervention and Referral to Treatment (SBIRT) is a public health model of screening for substance use and providing advice or counseling to their patients who use alcohol or other drugs in risky or harmful ways.

As a National Focus Area ATTC, IRETA works with Regional ATTCs to serve as subject matter experts, provides information on the latest research-based best practices, and coordinates efforts in the area of SBIRT.

Formerly the Northeast ATTC for Pennsylvania and New York, IRETA was designated a national SBIRT focus center because of our decade-long work to promote its use in a range of settings among a variety of professionals.

With our partners at the University of Chicago's National Opinion Research Center (NORC), we offer:

- A monthly webinar series on topics related to SBIRT
- A Suite of Services for individuals and organizations interested in SBIRT including a National Trainers Registry, a downloadable Toolkit for Practice, a monthly e-newsletter, and personalized request & response training and technical assistance for stakeholders throughout the nation.



National Screening, Brief Intervention & Referral to Treatment

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



NORC

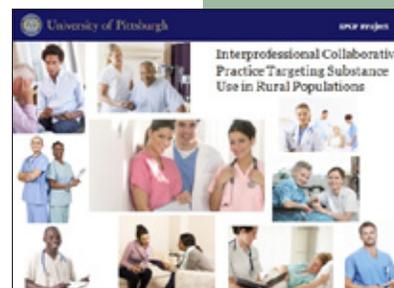
at the UNIVERSITY of CHICAGO

Other SBIRT Projects

In 2012, IRETA's ongoing partnership with the University of Pittsburgh generated two new projects:

- InterProfessional Collaborative Practice Targeting Substance Use in Rural Populations: SBIRT for a team of nurses, public health workers and behavioral health specialists.
- SBIRT for InterProfessional Groups of Anesthesia Students: SBIRT for student registered nurse anesthetists, dental anesthesiologists, dental students and dental hygienist students.

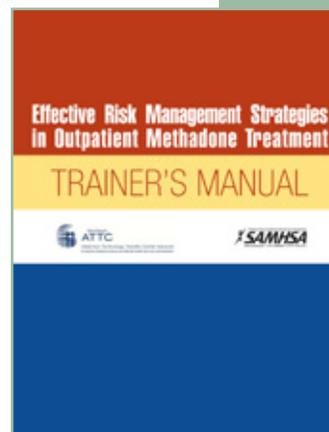
IRETA also continued our work with the University of Pittsburgh providing SBIRT training for Emergency Department Registered Nurses (EDRNs) in five western Pennsylvania ERs.



Dawn Lindsay, PhD (IRETA), Holly Hagle, PhD (IRETA), and Ann Mitchell, PhD (University of Pittsburgh School of Nursing) present research on SBIRT training at the National Prevention Network Conference in Pittsburgh.

Curriculum Development

In 2012, under a special supplement from SAMHSA, IRETA developed and released a free curriculum titled "Effective Risk Management Strategies in Outpatient Methadone Treatment." Since its release, it has been downloaded nearly 300 times from ireta.org.



Evaluation services and guideline development for public and private systems

Allegheny County Community Epidemiological Work Group



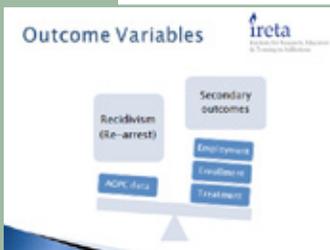
In the spring of 2013, IRETA began facilitating a Community Epidemiological Work Group with Allegheny County. The purpose of the group is to review data from multiple agencies across the county to detect emerging drug trends using the NIDA model described in the publication “Assessing Drug Abuse Within and Across Communities” (2006). The group is comprised of representatives from DHS, OBH, DARE, CCBH, and AHCI. The group’s initial focus has been to compile data on adolescent alcohol and drug use in the county.

Clinical Decision Support Tool



IRETA is developing a clinical decision support (CDS) tool to facilitate the diagnosis and treatment planning for opioid dependent individuals presenting at county assessment centers for Southwest Behavioral Health Management (SBHM). Staff members designed and implemented an online CDS tool during 2012-13 and are currently overseeing a pilot test in five Pennsylvania counties that will run through the end of 2013.

Evaluation of Renewal Treatment, Inc.

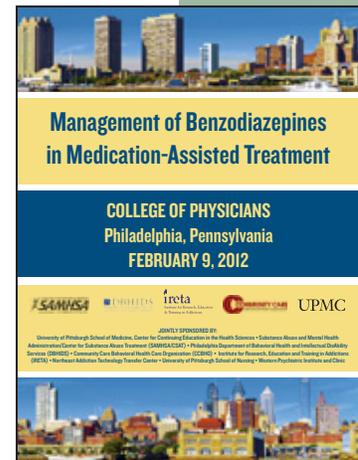


In June 2013, IRETA began a one-year project to conduct a program evaluation of Renewal Treatment Inc’s (RTI’s) Residential Substance Abuse Treatment Program. Target population will be males and females who were discharged from RTI’s Residential Treatment Program during the two years prior to the project start date. IRETA will analyze recidivism and substance use outcomes including re-arrest, re-conviction, re-incarceration, and abstinence.

Evaluation services and guideline development for public and private systems, continued

Management of Benzodiazepines in Medication-Assisted Treatment

In 2012, IRETA developed clinical guidelines for the management of benzodiazepines in the context of medication-assisted treatment for the Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) in Philadelphia. Staff from IRETA, DBHIDS, and Community Care Behavioral Health will present the results of this project at the meeting of the American Association for the Treatment of Opioid Dependence (AATOD) in November 2013.



Problem Gambling Treatment Performance Measures

In 2013, IRETA completed a project for the Commonwealth of Pennsylvania to develop a statewide problem gambling prevention and treatment performance measurement system. The final report includes a comprehensive literature review on the problem gambling research literature, and proposed performance measures in prevention, screening and recognition, and treatment of problem gambling. Proposed performance measures are designed to be implemented utilizing data that Pennsylvania collects through the Performance Based Prevention System (PBPS) and the Strengthening Treatment and Recovery (STAR) system.

Process improvement and technical assistance to help organizations do what they do... better

Federal Judicial Center



Since 2012, IRETA has offered quality improvement consultation to federal re-entry courts through the Federal Judicial Center. In February 2013, we commenced a new year-long project working with four federal courts in Texas, California, Maine, and Florida.

Baltimore Substance Abuse Systems



IRETA is developing a Clinical Quality Improvement plan as part of Baltimore Substance Abuse System's (bsAS's) Buprenorphine Initiative. For participating sites, IRETA measured baseline Organizational Readiness for Change and patient outcomes from FY2011. We also analyzed treatment variables including frequency and intensity (i.e., "treatment dose") for 900+ bsAS clients between and across eight agencies, as well as the outcome of transfer to PCP. This project will conclude in September 2013.

In 2012-13, IRETA also provided consultation services to assess the efficiency, effectiveness and quality of the High Impact Drug Trafficking Area (HIDTA)-funded bsAS program.

Pew Charitable Trusts Public Safety Performance Project



In spring 2013, the Pew Charitable Trusts Public Safety Performance Project contracted with IRETA to assist the Pennsylvania Department of Corrections to develop performance based compensation for an RFP for prison mental health services.

Pre-service training to build skills for future healthcare professionals

Advanced Medical Student Fellowship

Sponsored by the Scaife Family Foundation, our Advanced Medical Student Fellowship was held in summer 2013, the 13th consecutive year that IRETA has hosted it. There were a total of 16 students in this year's cohort representing medical schools from across the nation. In spring 2013, IRETA presented data from the Fellowship at the annual College on Problem of Drug Dependence conference in San Diego.

Medical student fellows join program faculty for dinner in Market square.

Front row from left: Peter R. Cohen, MD, Karina Vazquez, Sheema Gaffar, Elena Nguyen

Back row from left: Angel Vega, Peter F. Luongo, PhD, Chase Jones, Shannon Looney, Macy Rupprecht, Aaron Hohn



Addiction Training for Nurses

For the third year, IRETA and the University of Pittsburgh School of Nursing conducted the Addiction Training for Nurses (ATN) SBIRT project, innovative because it trains at a pre-service level and teaches nursing students SBIRT before they are credentialed as professionals. By integrating SBIRT training into university curriculum, IRETA and the University of Pittsburgh will affect the clinical practices of nurses for many years in the future.



Connecting with organizations and individuals

In 2012-2013, IRETA made a significant effort to utilize web-based technology to enhance communications. We leverage online communications for two purposes: professional development and public outreach. That is,

- 1) helping people do their jobs better and
- 2) helping expand the conversation about addiction and substance use.

Toward these goals, this year we have improved our use of social media, e-newsletters, and web-based education and training.

Social Media

IRETA on Facebook - Institute for Research, Education and Training in Addictions (IRETA)



We use **Facebook** to create dialogue and connection with individual followers and to share images and photos of the work we do.

IRETA on Twitter - @IRETApgh



We use **Twitter** to quickly and broadly disseminate our own information and opportunities, as well as those of others.

IRETA on LinkedIn - Institute for Research, Education and Training in Addictions (IRETA)



We use **LinkedIn** to participate in online discussion groups and succinctly convey our organizational biography.

IRETA on YouTube - TheIRETAchannel



We use **YouTube** to share videos, including previously recorded webinars and conference presentations.

IRETA on Wordpress - The Institute Blog



We use the **Wordpress** blogging platform to weave together research, best practices, and personal perspectives. We showcase individual staff viewpoints as well as content submitted by our many stakeholders.



E-Newsletters

In 2012-13, we launched two additional e-newsletters. IRETA now distributes three free newsletters to stakeholders across the country.

The **IRETA Current** e-newsletter is disseminated twice monthly to addiction and allied health and human service providers, as well as policymakers, advocates, and researchers interested in prevention, treatment, and recovery.

The **SBIRT Alert** e-newsletter is an occasional email update from the National SBIRT-ATTC with webinars, trainings, news, and resources.

IRETA's **Social Media Mashup** is a weekly e-newsletter that features the best of our social media content.

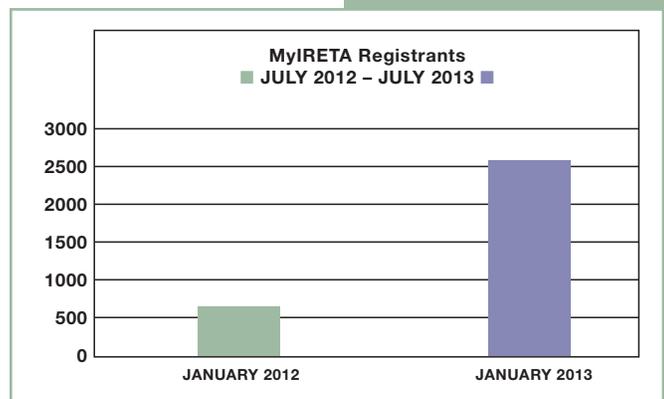
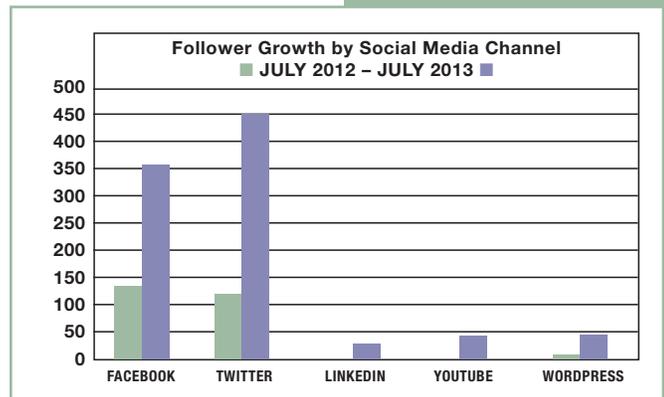
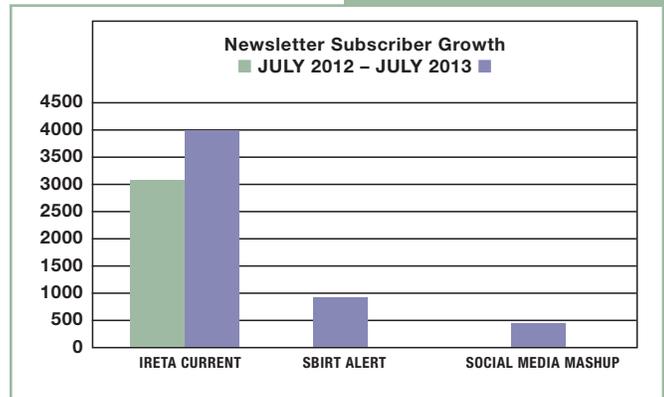
Web-based Education and Training

IRETA's Website - ireta.org

Our website offers resources on key topics and ongoing training opportunities. This year, we created new downloadable Toolkits for Practice and enhanced our resource repository, especially surrounding SBIRT. We also conducted user testing to determine how to improve our online interface—ireta.org will get a facelift in 2014!

IRETA's Online Education and Collaboration

In 2012-13, we hosted three courses on our online learning platform: **The Science of Opioid Dependence Treatment and Recovery**, **SBIRT for Interprofessional Collaborative Practice**, and **SBIRT for InterProfessional Groups of Anesthesia Students**. We created and continue to host four new online collaborative discussion groups through our user portal, myIRETA.



IRETA FINANCIAL SNAPSHOT

THREE YEAR COMPARISON: IRETA Expenses vs. Revenue



THREE YEAR COMPARISON: IRETA Net Assets



NEW STAFF

Piper Lincoln, MS, Research Associate

Piper Lincoln holds a Master of Science in Behavioral Decision Research from Carnegie Mellon University and has been involved in research projects examining risk prediction and group decision making. She joined IRETA in September 2012 as a Research Associate and works on research and evaluation projects in the Evaluation Services department.

STAFF

Jim Aiello, MA, MEd

Project Associate

Julius J. Habjanetz

Financial Officer

Holly Hagle, PhD

National SBIRT ATTC Director

Piper Lincoln, MS

Research Associate

Dawn Lindsay, PhD

Director of Evaluation Services

Peter F. Luongo, PhD

Executive Director

Melva Hogan

Administrative Assistant

Kristine Pond

Logistics Coordinator

Jessica Williams

Project Manager

NEW BOARD MEMBERS

Bruce Kraus

Councilman, City of Pittsburgh's District 3

Bruce Kraus has been a proponent of key civil rights issues, including the Allegheny County Human Relations Commission, and the city's first uniform Domestic Partner Registry, in order to combat discrimination in housing, public accommodation, and employment. He also designed stricter open-container laws and passed the first municipal ban on public urination, which carry fines of up to one thousand dollars, and has been at the head of Responsible Hospitality initiatives in the South Side.

Susan Weiner

Founder and CEO: Forging Futures, Inc

Susan Weiner is an entrepreneur, philanthropist, and mother who has made it her mission to ensure that families with a struggling adolescent or young adult have access to the country's best resources. Her extensive experience with the mental health industry and youth resources has convinced her that with the right support, families have an excellent chance of finding exactly the resources they need for lasting change and harmony. Susan holds a bachelor's degree in secondary education, as well as a master's degree in business administration.

BOARD OF DIRECTORS

Arthur C. Evans, Jr., PhD

Philadelphia Department of Behavioral Health and Intellectual disAbility Services

Cheryl Floyd-Brown, LSW, CCDP

The Miracle Group, Inc.

Michael Harle, MHS

Gaudenzia Foundation

Henrick Harwood - Vice Chairman

The National Association of State Alcohol and Drug Abuse Directors, Inc.

Bruce Kraus

Pittsburgh City Council

Toussaint King Hill, Jr., D.Min.

West Hunter Street Baptist Church

David C. McAdoo, MBA - Treasurer

Southwest Behavioral Health Management, Inc.

Jesse Scheck

James Simms, D.Min. - Chairman

St. Paul Baptist Church

Susan Weiner

Forging Futures, Inc.

IRETA SNAPSHOTS



IRETA staff celebrates the holidays, December 2012

Back row: Kristine Pond, Dawn Lindsay, Julius Habjanetz, Jim Aiello, Melva Hogan, Peter Luongo

Front row: Holly Hagle, Jessica Williams, Piper Lincoln, Kelechi Anyadiegwu



IRETA gathers for the 9th Annual Recovery Sports Link baseball game at PNC Park, September 2012

Back row: Jim Aiello, Piper Lincoln, Peter Luongo

Front row: Melva Hogan, Holly Hagle, Dawn Lindsay, Jessica Williams

PARTNERS

Allegheny Health Choices, Inc.

Allegheny County Department of Human Services

Inflexion, Inc.

National Association of Alcoholism and Drug Abuse Counselors
(NAADAC)

NORC at the University of Chicago

Scaife Family Foundation

Substance Abuse and Mental Health Services Administration
(SAMHSA)

University of Pittsburgh School of Nursing

University of Pittsburgh School of Public Health

CLIENTS

Baltimore Substance Abuse Systems, Inc.

Community Care Behavioral Health

Federal Judicial Center

Pennsylvania Department of Corrections

Pennsylvania Department of Drug and Alcohol Programs

Pew Charitable Trusts

Philadelphia Department of Behavioral Health and disAbility
Services

Renewal Treatment, Inc.

Southwest Behavioral Health Management



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