

## **Nicasa Agency Narrative**

### **Introduction**

Nicasa, NFP, is a not-for-profit behavioral health services, prevention and treatment agency founded in 1966. The agency is licensed by the State of Illinois Department of Human Services Division of Alcoholism and Substance Abuse (DASA) and governed by a volunteer Board of Directors. Funding for Nicasa's Prevention, Early Intervention, Treatment, and Recovery Support services comes from a variety of sources including DASA, client fees, United Way of Lake County, local government entities, foundations, corporations, and community contributions. The operating policies and procedures of Nicasa are developed, reviewed, and implemented under the authority of the Board of Directors to carry out the objectives of the agency.

### **History and Background of Nicasa**

Founded in 1966, as a one-employee storefront to provide advocacy for members of Alcoholics' Anonymous and their families, Nicasa's purpose was to remove the stigma connected to the disease of alcoholism and to provide information, referral, and supportive services for families in recovery.

By 1972, firmly rooted in the recovery community, with well-established linkages and relationships with area social service agencies, Nicasa opened its Bridge House Halfway Recovery program to provide the highest quality residential rehabilitation services for adult men and women in recovery. That same year, Nicasa piloted bilingual, bicultural Latino Services that reflected and celebrated the values, traditions, and strengths of this population.

In 1975, The Illinois Department of Transportation awarded Nicasa one of the state's first grants to develop DUI services including evaluations and risk reduction education. By the late 70's Nicasa was developing community-based prevention strategies that included community awareness and education campaigns.

Throughout the 1980's Nicasa began to increase and expand its services, adding Adult and Youth Outpatient treatment services, conducting county-wide public awareness campaigns, and staging educational seminars. In 1988, it was awarded a grant from the state to launch the workplace-based Parent Project. This parent education and support program equips parents with the skills necessary to raise healthy children. It has been named an exemplary model program and replicated in multiple sites nationwide. Additional state prevention grants soon followed.

In 1994, to overcome the barriers many women face when entering treatment, Nicasa opened its Judy H. Fried Center in North Chicago. This award-winning program provides on-site child care and transportation as it empowers families to overcome addiction.

Nicasa is certified for Medicaid reimbursement for both substance abuse treatment (2060) and mental health (132) services. We augment our treatment services with technology to improve treatment outcomes.

Today, Nicasa's network of dedicated and caring professionals has pioneered award-winning efforts in prevention, early intervention, treatment, and recovery for almost 50 years. Core services include substance abuse treatment programs, in-school and after-school programs, Teen Court, parent education classes, family advocacy services, individual and family counseling,

comprehensive women’s services and a residential recovery program. These services are delivered from eight Lake County locations: Waukegan (2), North Chicago, Highland Park, Buffalo Grove, Mundelein, Zion, and our administrative headquarters in Round Lake. Our programs serve uninsured and underinsured individuals and families as well as the county’s underserved neighborhoods and communities.

Nicasa’s vision is to be the premier behavioral and social health organization for individuals, families, and communities in northern Illinois and beyond. This vision fuels our mission to empower and promote healthy lifestyles to prevent and treat substance abuse, addiction, and other risky behaviors. Our services are culturally competent, evidenced-based, client-focused and build on the strengths inherent in each individual, family, and community.

The overarching goal of the agency is to build brighter futures for individuals, families, and communities. Through our prevention and early intervention programs we seek to promote positive choices and lifelong healthy solutions. Our treatment programs seek to promote recovery from substance abuse, mental illness, and other challenges. Nicasa sees recovery as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Nicasa offers a full continuum of services from prevention through early intervention to treatment and recovery support.

### **Prevention Services**

Client Population: Nicasa’s prevention programming serves school children, parents, families, and communities. Programming occurs at schools, workplaces, and convenient community settings and includes in-school and after-school programming, parent education, and community prevention activities. Prevention programming is funded by DASA, school contracts, United Way funding, and corporate and foundation grants.

### **Early Intervention Services**

#### **Teen Court**

Early Intervention Services at Nicasa include **Teen Court** which serves adolescents between the ages of 12 and 17 (18 if still in school) who have committed a misdemeanor offense. Youth are referred to Teen Court by participating police departments and the Lake County Sheriff’s office. Teen Court takes place once a month at the following locations:

<b>Teen Court Location</b>	<b>Referring Police Departments</b>
Lindenhurst City Hall	Antioch
	Lindenhurst
	Lake Villa
Lake Forest City Hall	Lake Forest
	Lake Bluff
Round Lake Beach Village Hall	Round Lake
	Round Lake Beach
	Round Lake Heights

<b>Teen Court Location</b>	<b>Referring Police Departments</b>
	Round Lake Park
	Grayslake/Hainesville
Gurnee Village Hall	Gurnee
Wauconda Village Hall	Wauconda
	Hawthorn Woods
	Island Lake
Waukegan City Hall	Waukegan
Beach Park Village Hall	Zion
	Winthrop Harbor
	Lake County Sheriff (Beach Park)

Constructive sentencing always includes hours of community service and participation in a three-hour decision-making class – TRACK (Taking Responsibility and Accepting Choices through Knowledge). If the offense is drug or alcohol related, a referral for a Nicasa Youth Assessment is mandatory – as is following the recommendations of that assessment. Additional sentencing options may include letters of apology, essays, or something deemed appropriate by the juror. Upon completion of all sentencing requirements, the youth returns to court to discuss lessons learned. The offense is not on his permanent record and the youth now has a “clean slate.” If a youth fails to complete all sentencing requirements, he or she is referred back to the original police department for further action.

Teen Court is funded by the United Way of Lake County, client fees, deferred prosecution fees, Bond Court fines, and corporate and foundation support.

### **8-hour TRACK**

Serving youth between the ages of 12 and 17 (18 if still in school) that are referred by area Administrative Hearings, this expanded TRACK class’ goals are to reduce recidivism, improve decision-making skills, improve the youth’s problem solving ability and provide basic substance abuse education. It is typically delivered on a Saturday morning over a two-week period in either Nicasa’s Round Lake or Waukegan office, but this schedule varies based on the needs of participating youth. It is funded by client fees.

### **GOALS**

The GOALS program targets young adults 18 to 21-years-of-age who are referred by the criminal justice system and some colleges. In GOALS, clients can utilize a web-based program that is theoretically grounded in the model Community Reinforcement Approach (CRA) to behavioral therapy. The program is composed of interactive, multimedia modules, including those focused on cognitive behavioral skills training, e.g., effective strategies for refusing drugs, managing thoughts about drug use, functional analysis/self-management planning, etc.). The program also includes modules to prevent sexually transmitted infections (STIs). Additional

modules teach skills to improve psychosocial functioning (e.g., family/social relations, managing negative moods, etc.). It can be customized to build an individualized treatment plan.

GOALS takes place at Nicasa's Round Lake facility. It is self-paced. The number of hours is individualized based on each client's situation and/or the recommendation of the referral source. It is funded by client fees.

### **DUI Services – Risk Reduction Education**

Risk Reduction Education targets adult DUI offenders who have been assessed at minimal, moderate, or significant risk. It is funded by client fees, Lake County CDBG monies, and DASA. The 10-hour Risk Reduction education follows the *DUI Risk Education Program* created by the Change Companies to comply with Illinois Code 2060.505. It is designed for groups that typically make high risk choices such as impaired driving. Its goal is to educate the driver on the risks and consequences of alcohol and other drug use. These services are offered at Nicasa's Round Lake, Waukegan, Buffalo Grove, Highland Park, Mundelein, and Zion locations. It is offered in English or Spanish. The days and format of the 10-hour program vary by location and client demand.

### **Substance Abuse, Gambling, and Mental Health Counseling Services**

Nicasa's counseling services are designed for youth and adults who are experiencing mild to significant dysfunction in their lives due to gambling, substance abuse, and/or mental illness. Referral sources include self, family, the criminal justice system, and other social service agencies. Clients are referred to the appropriate level of treatment based on the results of a comprehensive assessment. Length of time in treatment varies based on the assessment, clients' needs, and the individualized treatment plan. All Nicasa treatment services are strength-based, client-focused, and evidence-based. Hours of operation vary by facility.

Gambling Intervention programming is offered in individual sessions, Outpatient treatment for mental illness and/or substance abuse consists of less than 9 hours per week of group sessions (individual sessions are held when indicated). Days of the week and number of hours per week vary by location. Outpatient counseling is offered at every Nicasa facility except Bridge House.

Intensive Outpatient counseling meets 9 or more hours per week (days vary by location) and is offered at Nicasa's Round Lake, North Chicago, Buffalo Grove, and Zion location.

### **Case Management/Family Advocacy**

In May of 2010, with funding from the Illinois Department of Children and Family Services (DCFS), Nicasa opened its Family Advocacy program to serve Lake County families who are in crisis. It is DCFS' belief that many cases of child abuse and neglect stem from sudden and unexpected crises – loss of employment, divorce, illness, etc. – that leaves a family alone and struggling. Having an advocate that intensively case manages each family and links them with available community resources has proven to be invaluable in keeping families intact and reducing the likelihood of child abuse and neglect. The program's goals are to help them weather their personal storm, provide parent education and support, and enable them to return to productive lives. It is funded by DCFS monies and grant funding. Clients are referred by DCFS, other social service agencies, and by themselves.

### **Residential Recovery Support**

Opened in 1972, Bridge House provides post-primary therapy for adult men and women (18 years and older) who are in need of residential supportive services in order to sustain abstinence from alcohol and other drugs. Referral sources include self and family, the criminal justice system, and other social service agencies. Length of time at Bridge House varies according to the individual's continuing recovery plan.

Bridge House is funded by client rent, DASA, and foundation grants. Rent is \$125/week

### **Staff Coverage**

Nicasa's clinical staff includes a Clinical Director, Certified Alcohol and Drug Abuse Counselors, Licensed Professional Counselors, Licensed Certified Professional Counselors, Licensed Clinical Social Workers, Masters of Social Work, Certified Addiction Referral Specialist. The Medical Director is contracted position.

### **Location and Hours of Operation:**

Administrative Headquarters, Prevention, and Counseling office  
31979 N. Fish Lake Road  
Round Lake, IL 60073  
Monday through Friday: 8:00 am to 8:00 pm  
Saturday: 8:00 am to 5:00 pm

Counseling and Prevention  
1113 Greenwood Ave  
Waukegan, IL 60085  
Monday through Thursday: 8:00 am to 8:00 pm  
Friday: 8:00 am to 3:30 PM  
Saturday: 8:00 am. To 12:00

Judy H. Fried Center  
2031 Dugdale Ave  
North Chicago, IL 60064  
Monday, Wednesday, Friday: 8:00 am to 4:00 pm  
Tuesday and Thursday: 12:00 pm to 8:00 pm

Counseling  
2900 Main St.  
Buffalo Grove, IL 60089  
Monday to Wednesday: 7:30 am to 8:00 pm  
Thursday 7:30 am to 4:00 pm  
Closed Friday

Counseling  
1724 First Street  
Highland Park, IL 60035

Tuesday 8:00 am to 8:30 pm, Wednesday: 9:00 am to 6:00 pm, Thursday: 9:00 am to 4:00 pm  
Closed Monday, Friday, and Saturday

Bridge House Halfway Recovery Home  
3016 Grand Ave  
Waukegan, IL 60085  
Open 24-hours/day

Counseling  
1632 23<sup>rd</sup> St.  
Zion, IL 60099  
Monday and Tuesday: 9 am to 8 pm, Wednesday: 9:00 am to 6:00 pm, Thursday: 9:00 am to 4:00 pm  
Closed Friday

Counseling  
1401 S. Lake St.  
Mundelein, IL 60060  
Monday: 10:00 am to 8:30 pm, Tuesday: 9:30 am to 5:00 pm, Wednesday: 9:00 am to 4:00 pm  
Closed Thursday through Saturday)