



SANTA BARBARA PROFILE



Alcohol,
Tobacco,
and Other
Drugs

The *Santa Barbara Profile* is part of a series of city profiles supported by a grant from the Robert Wood Johnson Foundation that includes Detroit, Michigan, and Washington, D.C. Drug Strategies also has produced profiles of alcohol, tobacco and other drug problems in Arizona, California, rural Indiana, Kansas, Massachusetts, Ohio and South Carolina.

Table of Contents

I. Introduction 1

II. The Context:
A Profile of South County..... 2

III. Substance Abuse in
South County 4

IV. Impact on Crime 11

V. Impact on Health..... 18

VI. Looking to the Future..... 26

Santa Barbara Resources 29

Appendix 32

Data Tables 33

Sources 35

This report is designed to inform the people of the southern region of Santa Barbara County (South County) about the dimensions of local problems caused by alcohol, tobacco and other drugs, and about public and private initiatives to reduce these problems. South County includes the city of Santa Barbara, which is bordered by the small, unincorporated city of Carpinteria and unincorporated communities of Montecito and Summerland to the south, as well as the Goleta Valley and Isla Vista to the north, home of the University of California, Santa Barbara (UCSB). The intent is not to evaluate local efforts, but to highlight positive developments and identify areas to be strengthened.

This profile focuses on:

- use and abuse of alcohol, tobacco and other drugs;
- the impact of substance abuse on health;
- drug and alcohol-related crime;
- costs of substance abuse; and
- South County's response to these problems.

Drug Strategies worked closely with Santa Barbara County Alcohol, Drug and Mental Health Services and Fighting Back Santa Barbara, a community-wide prevention initiative funded by the Robert Wood Johnson Foundation to reduce the demand for drugs. Other agencies consulted include the Santa Barbara County Public Health Department, the Santa Barbara Police Department, the Santa Barbara County Department of Probation, the County District Attorney's Office, the Santa Barbara Superior Court, the Santa Barbara and Carpinteria Unified School Districts and the Santa Barbara United Way, along with other experts in prevention, education, treatment and law enforcement throughout the community. Drug Strategies also worked closely with Join Together, a national resource center for communities working to reduce substance abuse. A distinguished Advisory Panel helped guide the project. In addition, interviews with local program officials, representatives from treatment and prevention programs, coalitions and community leaders helped provide a comprehensive picture of public and private initiatives.

While we are grateful for the insight and wisdom of those who contributed, Drug Strategies is solely responsible for the content of this report.

Drug Strategies will distribute this profile broadly to Santa Barbara County officials, researchers, business leaders, private organizations, government agencies, community groups and the media. We hope it will increase public understanding of substance abuse problems in South County and generate political and financial support for more effective policies and programs.

South County's extensive prevention efforts provide important lessons for other communities. Innovative private programs can augment publicly-funded efforts and play a major role in addressing substance abuse. In South County, private support plays a particularly important role. However, most communities do not receive the level of private funding invested in South County and therefore the reach of their prevention efforts may be more limited. Nonetheless, South County's initiatives present a blueprint for cities of comparable size whose leaders are committed to reducing substance abuse.

Since 1991, rates of alcohol, tobacco and other drug use have decreased among South County youth, indicating that prevention efforts are working. Many of South County's existing responses to substance abuse merit national attention. Those that are working can provide excellent models for other counties and communities around the country. However, adult alcohol and other drug use rates in South County are higher than those statewide and nationally.

As in many counties nationwide, public efforts to combat substance abuse in South County are constrained by insufficient financial resources. Thus, local initiatives are unlikely to achieve full success without substantial changes in national and state funding and policy. This is particularly true in terms of treatment, which has received far less attention and funding than prevention. In South County, access to treatment services is extremely limited, indicating that many residents without private health insurance or Medi-Cal (California's Medicaid program) benefits must wait for treatment or go without it.

II. The Context: A Profile of South County

In 1995, alcohol and other drug abuse cost the nation \$276 billion (including health care expenditures, premature death, impaired productivity, motor vehicle crashes, crime and social welfare costs), according to the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism. Based strictly on South County's share of the U.S. population, costs to the area would be about \$140 million.

Understanding South County's geography, demographics, economy and agency structure is essential to comprehending how substance abuse affects local residents and how the county addresses the problem.

Geography and Economy. Santa Barbara County is located on the southern coast of California, 92 miles northwest of Los Angeles. Renowned for its temperate climate, beautiful beaches and resorts, Santa Barbara County is a popular vacation destination. The San Rafael mountains divide Santa Barbara County into north and south sections.

South County relies on tourism for a significant part of its income, and service and trade industries employ many local residents. Major employers include UCSB, Cottage Hospital, Santa Barbara City College and Raytheon Systems Company. Some companies, including Cottage Hospital, the *Santa Barbara News-Press* and the Four Seasons Biltmore, offer employee assistance programs and other health benefits often unavailable to workers in small businesses.

Demography. South County has a population of approximately 200,000 residents, comprising about half of Santa Barbara County's population. Eight in 10 South County residents are white, while 4 percent are Asian, 2 percent African American and 1 percent Native American. Approximately 31 percent of South County residents are identified as Hispanic. As with other cities in the state, Santa Barbara's growth and cultural diversity is largely influenced by a history of immigration. California—which borders Mexico—has the largest Hispanic population in the country.

Local Poverty. Local leaders are concerned that Santa Barbara's perceived wealth often results in denial that substance abuse is a serious problem in South County. The California Legislative Analyst's Office has

suggested that wealthy counties are less likely to be dependent on public services such as welfare, mental health, substance abuse and children's programs than lower-income areas.

However, this is not the case in Santa Barbara County. Although Santa Barbara is among California's wealthiest counties, 15 percent of all Santa Barbara residents live in poverty; this includes 20 percent of those under age 18, the same figure as the national youth poverty rate. In fact, youth participation in Santa Barbara's public school lunch programs—which provide free and reduced-priced lunches to children from low-income families—has increased each year since 1991. This is particularly true in the city of Santa Barbara; between 1991 and 1997, a 24 percent increase occurred among Santa Barbara Elementary District students receiving free or reduced-priced lunches.

Local Public Agency Structure. In 1998, the Santa Barbara County Department of Alcohol and Drug Programs merged with the County Department of Mental Health to form the Santa Barbara County Alcohol, Drug and Mental Health Services (ADMHS). The new agency is responsible for alcohol and other drug prevention and treatment services throughout Santa Barbara County. ADMHS' Alcohol and Drug Programs section is funded by the California Department of Alcohol and Drug Programs, while Mental Health Services are funded by the California Department of Mental Health.

Reasons for the merger included efforts to improve collaboration between Alcohol and Drug Programs and other local public agencies. ADMHS also was created to address problems of dually diagnosed clients. Currently, however, services for this population continue to be offered separately, by either Alcohol and Drug Programs or Mental Health Services.

South County Public Schools implement school-based prevention programs of their choice with Federal Safe and Drug-Free Schools and Communities funds. Other public agencies that work to reduce substance abuse in South County include the Santa Barbara County Public Health Department, the Santa Barbara Police Department and the Santa Barbara County Sheriff's Department.

Fighting Back. The largest private prevention initiative in South County is Fighting Back Santa Barbara (FBSB), funded by the Robert Wood Johnson Foundation (see Appendix for more information). Fighting Back was established as a catalyst to help community organizations reduce substance abuse in South County through prevention, education and intervention efforts. The initiative is governed by a Task Force of public agency officials, educators, and local business leaders, with an 18-member Steering Committee that acts as an executive board to run daily activities. Fighting Back works in conjunction with its lead agency, the Council on Alcoholism and Drug Abuse (CADA).

Fighting Back emphasizes a collaborative approach to combating alcohol and other drug use, and has developed a comprehensive network of volunteer leaders and programs. Through Fighting Back's efforts, Criminal Justice, Treatment, Secondary School, Media, Rotary Club and Evaluation Advisory Boards have been established to reduce substance abuse in South County.

Fighting Back Santa Barbara has three major goals:

- to reduce substance abuse among youth aged 12-17;
- to increase treatment services for youth and their families; and
- to reduce excessive drinking and related problems in the downtown corridor.

To achieve these goals, FBSB has focused on increasing family involvement in prevention and has created school-based prevention and intervention programs, including the Youth Service System (which consists of Youth Service Specialists on all secondary school campuses) and a Mentoring Resource Center. Fighting Back also has been instrumental in developing a comprehensive drug court model treatment program as well as the Substance Abuse Treatment Court (funded in part by ADMHS). FBSB public policy initiatives address the downtown Santa Barbara area, including a downtown sobering center and training for alcoholic beverage servers. Other initiatives include early intervention teams in local hospitals and efforts to increase employee assistance programs at local businesses. In addition to facilitating prevention

efforts, FBSB works closely with two universities to measure local alcohol, tobacco and other drug use: the University of California, Santa Barbara Graduate School of Education conducts local youth surveys while the City University of New York Graduate Center conducts local adult surveys. The availability of such information provides the community with an overall context of trends in youth and adult alcohol, tobacco or other drug use in South County.

Although FBSB is not funded to provide direct treatment services, the initiative strives to improve access to treatment for adolescents, adults and families through collaborative strategies, including efforts to enhance public funding streams.

Some Notes on Data Resources

Although this report describes patterns of alcohol, tobacco and other drug use in South County, data for some key indicators are unavailable. Where information specific to South County is not available, overall county statistics (including both north and south areas), city, state or national level data have been used.

Statewide comparisons of youth-related data in South County are provided wherever time periods correspond (e.g., past six months, lifetime). National comparisons cannot be made, because age groups annually surveyed in the United States as part of the Monitoring the Future Study or the National Household Survey differ from those surveyed in California and South County.

III. Substance Abuse in South County

Alcohol, tobacco and other drug use is declining among South County youth, who are less likely to use these substances than are young people statewide. Declining rates of use among South County youth differ from nationwide trends, which indicate few instances of decreased use by age group and type of drug.

Alcohol is the most commonly used drug among South County youth of all ages, most of whom obtain it from stores or homes rather than at public bars. By the time South County youth become young adults, drinking becomes a greater problem. South County young adults drink regularly and binge drink more than those nationwide. One-quarter of all South County adults report past-month binge drinking, and 6 percent are alcohol-dependent.

Tobacco

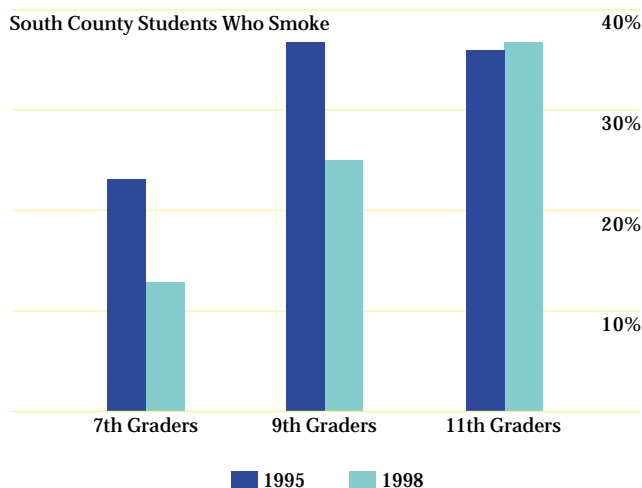
Key Findings

- Smoking among South County youth dropped significantly between 1995 and 1998.
- Tobacco sales to minors in South County have decreased dramatically since 1993.
- However, smoking rates among students in higher grade levels have not declined, suggesting that tobacco prevention efforts must target older youth more effectively.
- Lower adult smoking rates among South County adults than adults state or nationwide suggest that aggressive local anti-smoking measures are working.
- California's cigarette excise tax, now among the nation's highest, is helping fund effective anti-smoking programs in South County.

Youth Smoking. Smoking among South County youth dropped significantly between 1995 and 1998. In 1995, 23 percent of 7th graders reported smoking in the six months prior to the survey, compared to 13 percent in 1998; 9th grade smoking rates dropped from 37 percent to 25 percent during the same period. However, smoking among 11th graders rose from 36

percent to 37 percent, indicating that prevention efforts need to target older youth. As in South County, smoking is declining among 7th graders statewide, while 11th grade use has risen slightly.

Smoking Declines Among Younger Students



Fighting Back Santa Barbara Student Survey, 1998

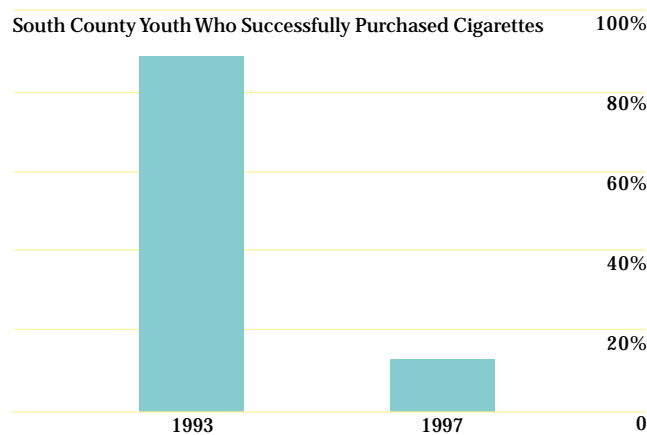
Adult Smoking. Twenty percent of South County adults (ages 16 to 44) currently smoke. In California, 22 percent of adults (age 18 and over) reported smoking in the past month and nationally, 30 percent of those surveyed (ages 12 and over) smoked. Age breakdowns for South County and California are not available. However, low smoking rates among South County's younger adult population compared to the broader national survey indicate that California's aggressive anti-smoking measures—including increased tobacco taxes, the banning of smoking in public places and a large health-care initiative funded by increased cigarette taxes—are contributing to the reduction of adult smoking.

Youth Access to Tobacco. In 1992, Congress passed the Synar Amendment, requiring state agencies to enforce laws prohibiting tobacco sales to minors or risk losing federal prevention and treatment funds. The national goal is to have no more than 20 percent noncompliance by the year 2000.

In California, the Stop Tobacco Access to Kids Enforcement Act (STAKE Act) was created as a state law in 1996 to help retailers comply with Synar requirements. While statewide STAKE Act efforts reach Santa Barbara County, underage smoking became a serious concern in the early 1990s throughout all of Santa Barbara.

The Tobacco Prevention Program at the Santa Barbara County Public Health Department, established with funding from an earmarked cigarette excise tax, addresses tobacco-related issues. Among these is the reduction of tobacco sales to minors by encouraging restrictions on access to cigarettes and implementing undercover youth buys to monitor sales. Since the Tobacco Prevention Program began these efforts, sales to minors in South County have been dramatically reduced. In 1993, 94 percent of minors who attempted to purchase tobacco were successful; by 1997, that number had dropped to 11 percent—far below the national target of 20 percent.

Youth Access to Cigarettes Drops Dramatically



Tobacco Prevention Program, Santa Barbara Public Health Department

In addition, the Tobacco Prevention Program has helped increase media attention, educate merchants and recommend policy, such as the requirement of behind-the-counter tobacco sales. Carpinteria—located in South County—became the first city in Southern California to enact a self-service display ban, requiring vendors to place cigarettes behind the sales counter.

Undercover buys are continuing in conjunction with the Sheriff's Department, which targets merchants who repeatedly sell tobacco to minors. Between 1999 and 2002, two surveys will be conducted to measure the sale rate of tobacco to minors. While officials enforcing the STAKE Act have called upon the Tobacco Prevention Program for assistance in local surveys, South County independently installed more aggressive measures than those statewide.

Tobacco Taxes. In 1988, California's cigarette excise tax increased from 10¢ to 35¢ per pack. Effective January 1, 1994, the overall excise tax for cigarettes increased from 35¢ to 37¢, in order to raise funds for breast cancer research. The majority of the tax revenue (32¢) goes to statewide medical and health costs related to cigarettes, while the remaining 5¢ is divided among agencies for research, state media campaigns, school prevention programs and tobacco control efforts. From fiscal year 1996 to fiscal year 1997, California revenues from cigarette excise taxes totaled \$630 million.

Effective January 1, 1998, California raised cigarette excise taxes again, this time by 50¢ for a pack of 20 cigarettes (from 37¢ to 87¢). The increase made California's cigarette excise tax among the highest in the country. The additional tax will be allocated for early childhood development research and programs. Eighty percent of the revenue will be distributed to newly established county commissions, while the other 20 percent will go to statewide commissions.

Youth Drinking. Drinking among South County youth decreased between 1991 and 1998. However, alcohol remains the number one drug used by South County teenagers.

Eleventh graders in South County are more likely to drink than their younger counterparts, and rates of use dramatically increase as youth grow older. Beer is the most common choice of alcohol among 11th graders (53 percent).

Wine consumption has decreased among South County youth. In 1991, one out of two 9th graders (52 percent) drank wine in the six months prior to being surveyed; this figure dropped to 41 percent in 1998. Among 7th graders, wine consumption dropped

from 41 percent in 1991 to 24 percent in 1998. However, 7th and 9th graders are still more likely to drink wine than any other alcoholic beverage. Wine is less expensive and more available than other alcoholic beverages, resulting in higher rates of its use among South County youth. For example, national studies show that wine is more commonly served at home with dinner than coffee, and other studies indicating that wine has health benefits have received widespread publicity. In addition, wine production in California has established a wine culture in areas including South County that is not found in other parts of the country.

Alcohol

Key Findings

- **Drinking among South County youth decreased between 1991 and 1998, and fewer South County youth drink than their statewide peers. However, alcohol remains the number one drug used by South County teenagers.**
- **More South County adults drink regularly and binge drink than those nationwide.**
- **More than 40 percent of all South County residents are at risk of alcohol dependence, while 6 percent are, in fact, dependent.**
- **Excessive drinking in South County is facilitated by more than 400 alcohol licenses in the city of Santa Barbara, including 33 that have been identified by police as “problem establishments.”**
- **Prevention efforts to reach adults, particularly young adults, should be expanded.**

Overall, fewer South County youth drink alcohol than their state counterparts. In 1997-1998, almost twice as many California 7th graders drank alcohol (47 percent) in the six months prior to being surveyed than 7th graders in South County (24 percent).

Binge drinking (consuming five or more drinks at a time in the past two weeks) is also more common among youth throughout California than those in South County. The greatest difference is among 11th

graders, 20 percent of whom reported binge drinking two weeks before being surveyed, compared to 26 percent statewide.

Adult Drinking. In 1997, one out of four South County adults reported binge drinking (more than five drinks in any day during the month) prior to being surveyed.

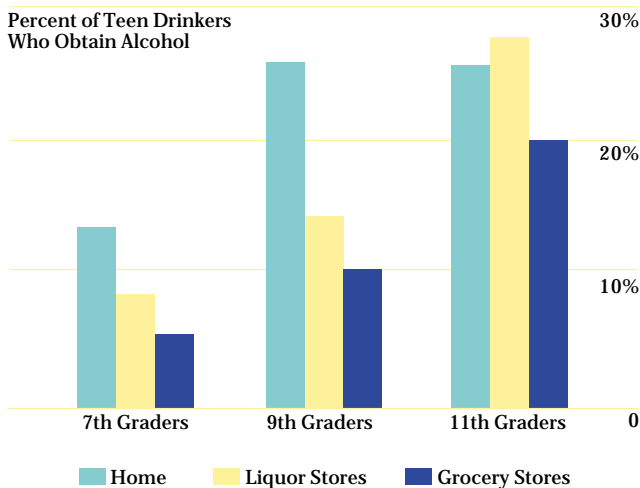
More South County young adults drink regularly than those nationwide. In 1997, 71 percent of 18-to-25 year olds in South County drank alcohol in the month before being surveyed, compared to 58 percent of the same age group in the United States. During the same year, 34 percent of 18-to-25 year olds in South County reported binge drinking, compared to 28 percent of adults of the same age nationwide.

Survey data also indicate that more than 40 percent of all South County residents are at risk of alcohol dependence, while 6 percent are, in fact, dependent on alcohol. Although prevention efforts appear to be reaching school-age youth, high drinking rates and risk of alcohol dependence among South County adults—particularly young adults—suggest that efforts should be expanded to reach older age groups.

Alcohol Access. Excessive drinking in South County is facilitated by 421 alcohol licenses in the city of Santa Barbara. Some alcohol outlets are considered to be “problem establishments” because they have committed alcohol infractions including serving underage youth, not enforcing a drinking limit and being the site of numerous alcohol-induced fights. Such establishments are more heavily patrolled by police than those establishments which enforce drinking laws.

However, underage drinking is not strictly a product of alcohol access at local bars and restaurants. On the contrary, more than 45 percent of South County youth surveyed report they obtained alcohol at parties without parental supervision. Liquor and convenience stores are also common sources of alcohol products for youth. Ninth and 11th graders are more likely to purchase alcohol from such outlets than are 7th graders. South County youth—particularly 7th graders—are least likely to obtain alcoholic beverages from public bars.

Youth Access to Alcohol Increases With Age



Fighting Back Santa Barbara Student Survey, 1998

Youth also obtain alcohol at home or the home of friends where a parent is present. In 1998, 26 percent of 9th and 11th graders reported their homes as a general source of alcohol, while even more claimed they obtained alcohol at the homes of friends. Throughout the nation, some parents believe that providing a safe place for teens to drink helps mitigate the harm which often results from underage alcohol consumption. However, a 1998 study by the National Institute on Alcohol Abuse and Alcoholism shows that drinking by young teens is often a precursor to alcoholism in adulthood. These findings indicate that education geared to teach parents about the potential long-term harm of youth alcohol consumption may be an instrumental method to help reduce underage drinking.

Alcohol Taxes. In 1997, California collected approximately \$271 million in alcoholic beverage excise taxes. The excise tax on liquor is \$3.30 per gallon, while wine and beer are taxed at 20¢ per gallon. Information on alcohol sales in Santa Barbara is not available. Profits from alcoholic beverage excise taxes are not earmarked for substance abuse prevention.

In a national survey conducted in 1997 by the Robert Wood Johnson Foundation, 96 percent of Americans reported they are concerned about underage drinking.

Most of them (82 percent) would be willing to raise alcohol taxes to 5 cents per drink if the additional funds were used to support alcohol treatment and prevention programs for youth.

Illicit Drugs

Key Findings

- In contrast to rising statewide rates, marijuana use declined among youth in South County between 1991 and 1998. However, marijuana remains second to alcohol as the most widely used drug by South County youth.
- Rates of marijuana, inhalant, methamphetamine and cocaine use among South County youth are lower than those among youth statewide. Thus, local prevention efforts appear to be reaching more youth than efforts throughout the state.
- More South County adults use marijuana and cocaine than adults nationwide, indicating that prevention efforts must target older age groups.

Youth Drug Use. Marijuana use declined among South County youth between 1991 and 1998. However, marijuana remains second to alcohol as the drug most widely used by local youth. As with alcohol, prevalence rates increase as youth get older. In 1998, 36 percent of 11th graders used marijuana in the six months prior to being surveyed, compared to 5 percent of 7th graders.

Rates of marijuana use among South County youth are lower than those statewide. In fact, in contrast to South County's declining marijuana use rates, statewide marijuana use rates have climbed among all grades since 1991. In 1998, 7th graders in California were more than twice as likely (11 percent) to have used marijuana in the past six months than their South County counterparts. During the same time period, 23 percent of 9th graders in South County used marijuana compared to 33 percent of 9th graders statewide. Nationwide, marijuana use among high school youth has declined slightly over the past few years.

Rates of inhalant use in South County vary among grade levels. Between 1991 and 1998, 7th grade and 9th

grade inhalant use increased, with a greater rise among 9th graders (7 percent to 13 percent). Inhalant use among 11th graders dropped by half during this same time period (from 8 percent in 1991 to 4 percent in 1998). Twice as many 7th graders statewide (18 percent) used inhalants as South County youth (9 percent) in the six months prior to being surveyed, while four times as many 11th graders (15 percent) statewide used inhalants as youth in South County. California's high rates of marijuana and inhalant use compared to use rates in South County indicate that local prevention efforts are reaching more youth than efforts throughout the state.

Since 1991, cocaine use among South County youth has declined among all grade levels. The most dramatic decrease occurred among 9th graders, 5 percent of whom reported past six month cocaine use in 1991, compared to 2 percent in 1998. Eleventh graders reported the highest past-six-month use rates, at 5 percent. With the exception of 7th grade use rates (3 percent for both South County and state), statewide cocaine use rates are higher among California youth than those in South County. Overall, California youth are three times more likely to use cocaine than South County youth.

Methamphetamine use trends vary by grade level. Past six month use among 7th graders decreased by more than half between 1991 (5 percent) and 1998 (2 percent), while 9th grade methamphetamine use remained the same. Rates of use almost doubled among 11th graders (4 percent in 1991 to 7 percent in 1998). Fewer South County youth use methamphetamine than do youth in California. In fact, 9th graders throughout the state are more than twice as likely (9 percent) to use methamphetamine than are youth in South County (4 percent).

Use of other drugs, including LSD, tranquilizers and sedatives also is declining among all grade levels. However, use of other psychedelics (not including LSD) has increased among older students, and almost doubled among 11th graders from 6 percent in 1991 to 11 percent in 1998.

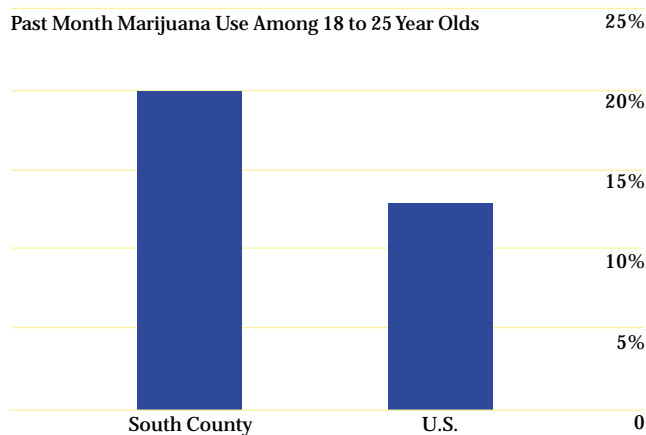
Attitudes and Perceptions. When youth perceive less risk in drug use, their rates of use tend to increase. Santa Barbara youth consider cigarette smoking to be more dangerous than alcohol or marijuana use. In 1998,

76 percent of 11th graders perceived tobacco use as extremely harmful compared to 64 percent who perceived alcohol as extremely harmful.

Perceptions of marijuana use vary by grade. In 1998, 82 percent of South County 7th graders perceived frequent marijuana use as extremely harmful, compared to 54 percent of 11th graders. Correspondingly, rates of use are significantly higher among 11th graders.

Adult Drug Use. In 1997, 16 percent of South County adults used illicit drugs. More South County adults between the ages of 18 and 25 use marijuana (20 percent) than those nationwide (13 percent). Six percent of South County adults between the ages of 26 and 34 report past-month marijuana use, the same figure as adults of that age group nationwide. Three percent of South County adults reported past-year cocaine use. Adults statewide and nationally used cocaine at the same rates—2 percent—in the past year.

Adult Marijuana Use More Common in South County than Nation



*Fighting Back Evaluation Survey, 1998
National Household Survey Data, 1997*

As with alcohol use rates, South County's high rates of marijuana use suggest that prevention efforts must target older age groups, not just individuals in school. The effective outcome of aggressive anti-smoking efforts throughout South County and California indicate that, like youth, adults respond to prevention and education messages.

Prevention Programs

Alternative Night Life. For some teens, finding social activities that don't involve alcohol or drugs can be a challenge. To give youth more drug-free choices, three citizens created the Living Room, a program that provides a drug-free environment where youth can socialize and enjoy entertainment. Since its inception in 1993, this small program has grown into a nonprofit organization called Drug Alternative Nights and Counseling Events (DANCE). The organization attracts Santa Barbara youth with dancing, casino nights, movies and live bands every weekend, as well as special weekday activities. DANCE reaches out to all Santa Barbara youth with activities that include cultural nights and sponsorship of up to four Latino dances each year. Youth who participate in DANCE activities are required to maintain the program's alcohol and drug-free environment. They also can help plan future activities and raise funds on the Youth Advisory Committee, which further enforces the program's drug-free policy. Small admission fees supplement public and private donations from organizations including the Goleta National Bank, Kiwanis Club and Rotary Club. Housed in numerous venues over the years, including the Boys and Girls Club of Goleta, the Living Room lost its rented space in late October 1998 and is currently seeking new space. To learn more about the Living Room and DANCE, call (805) 564-0130.

Free for the Weekend. Every April, Alcohol Awareness Month, more than 8,000 South County students vow to abstain from drugs for one weekend—and hopefully for life—as part of “I’m Free 4 the Weekend,” an innovative program designed to encourage drug-free recreation for youth. Sponsored by seven South County Rotary Clubs and Fighting Back Santa Barbara, “I’m Free 4 the Weekend” requires participants to sign an agreement stating they’ll remain free of alcohol, tobacco and other drugs for a designated weekend in April. Students solidify their commitment by wearing wristbands and co-signing pledges with friends. Parents and teachers often pledge as well. In 1999, the Rotary Clubs persuaded 110 businesses to offer participants free merchandise and services, ranging from movie passes to free tickets for the

zoo and local museums. The Santa Barbara Family YMCA hosted two drug-free celebrations, attracting more than 1,400 students—including members of rival gangs—to engage in activities from swimming to basketball. Additional support comes from the media. For instance, *The Santa Barbara News-Press* published a photo of one student from each participating school along with that student's winning essay on why he or she is “Free 4 the Weekend.” Some students also appeared in a Public Service Announcement on local cable TV. The program's popularity has resulted in increased community collaboration, and participating local organizations have established other drug-free activities throughout the rest of the year. To learn more, call (805) 963-1433.

Networking for Kids. Alcohol, tobacco and other drug use poses serious harm to the healthy development of young people. Twenty percent of Santa Barbara's youth are poor, increasing their vulnerability to health and other problems including substance abuse. In 1991, the Kids Interagency Delivery System, or KIDS Network, was created to help improve services for impoverished youth and minimize risk by linking local youth programs. The KIDS Network, established by Santa Barbara's County Board of Supervisors, is directed by an advisory committee of community members and local public and private agencies. By forming research task forces, the committee helps the KIDS Network advise local children's organizations on prioritizing issues and services. In addition, the Network encourages collaboration among local agencies to enhance their services, avoid duplication and maximize funding. Since its inception, the Network has inspired improved service delivery for Santa Barbara youth among numerous agencies, including the Multi-Agency System of Care, the FAMILY Child Abuse Prevention Program and eight Healthy Start programs. The Network's advisory committee also published a Parent Resource Guide that was disseminated to more than 50,000 readers, launched a Family Preservation pilot project and started a school-based social service center. To learn more about the KIDS Network, call (805) 346-8356.

Prevention Programs

Connecting Youth to Their Schools and Community.

Research confirms that adolescents who feel connected to their family and school are less vulnerable to drug use and other behavioral problems than those who feel disconnected. In 1992, Fighting Back Santa Barbara, a community-wide prevention initiative, created the Youth Service Specialists (YSS) system to enhance these vital connections for youth in South County. Specialists assigned to each middle school, junior high and high school organize and manage in-school prevention and intervention programs as well as community-based efforts. Student involvement—including participation and assistance with administration—is critical to the program's success. YSS provides students, parents and schools with a variety of drug education, prevention and referral services in addition to peer mediation, academic support and truancy prevention. Specialists teach Life Skills Training and Reconnecting Youth in school health classes. Students can seek assistance from specialists at drop-in centers on each of the 10 South County campuses, and two specialists provide counseling at South County's El Puente Community School, mainly attended by students expelled from public high schools. Students suspended from school for alcohol or other drug offenses are required to attend educational programs with their parents. There, specialists teach the parents about family communication as well as the legal and psychological aspects of substance abuse. In addition to school-based prevention efforts, Youth Service Specialists are involved in community-based activities such as Friday Night Live and Red Ribbon Week. The YSS program receives support from the Robert Wood Johnson Foundation and the Santa Barbara and Carpinteria school districts and local private foundations. To learn more, call (805) 963-4331.

Saddle Up for Sobriety! Youth experiencing emotional or behavioral problems are often at high risk for substance abuse. In fact, 50 percent of South County's juvenile probation population has a substance abuse problem. To help enhance the well-being of these and other at-risk youth, the Santa Barbara Youth Project, established in 1998, introduces them to a range of learning

adventures. Youth are referred through public and private agencies, including the Juvenile Probation Department and the Multi-Agency Integrated System of Care. Many are directed to the Youth Project's annual, three-day Horse Camp, designed to foster self-esteem and re-establish trust in adults. In addition, Horse Camp staff have found that working with horses helps young participants cope with life challenges. Young people between the ages of 7 and 14 learn to ride and care for horses with help from volunteer counselors and a clinical psychologist. The Youth Project also enriches the lives of participating youth through other outdoor activities, such as camping, river rafting and sailing. In addition, youth attend cultural events and concerts to broaden their positive experiences and discover their own creative talents. Based on participant evaluations, the Youth Project's staff reports that the activities have a long-term positive impact and facilitate healthy socialization. The Horse Camp has been praised by numerous local organizations. Funding comes from the Sunshine Fund, private citizens and various corporations. For more information, call (805) 965-1332.

IV. Impact on Crime

Local criminal justice experts believe that enforcement measures and innovative programs may have reduced overall drug arrests and drunk driving offenses since 1990. Through collaboration with prevention and treatment programs, the Santa Barbara Police Department and other local criminal justice agencies are investing time and resources to help reduce substance abuse and related crime in the area.

Drug Arrests and Seizures

Key Findings

- Overall, local drug arrests have been declining over the past few years. However, juvenile drug arrests have been increasing. Rising juvenile heroin arrests are a particularly serious cause for concern.
- Local marijuana arrests are on the rise among youth and adults, as they are nationwide.
- Adult and youth DUI arrests decreased between 1990 and 1997.
- Between 1997 and 1998, the Santa Barbara Sheriff's Department nearly doubled the amount of drugs seized from local dealers.

Adult Drug Arrests. South County's jurisdictions are divided between the Santa Barbara Police Department and the Santa Barbara Sheriff's Department. Arrest data for Sheriff's Department jurisdictions are unavailable, but city data are available through the Police Department. According to police, city figures reflect trends in South County, as the city of Santa Barbara is the area's hub.

Drug arrests in the city of Santa Barbara have declined in the past few years. From 1993 to 1997, adult drug arrests dropped 28 percent (from 1,447 to 1,048). Local leaders attribute the drop in drug arrests in part to the success of Fighting Back's Clean and Sober Calendar initiative, which has provided comprehensive outpatient treatment to more than 250 offenders since 1993.

Despite a decline in drug arrests, alcohol and other drug crimes continue to be a problem. In fact, marijuana

arrests are on the rise in Santa Barbara, as they are across the country. Between 1990 and 1997, the number of adults arrested on marijuana charges increased by 28 percent (from 327 to 418 arrests). In 1996, adult marijuana arrests surpassed cocaine arrests for the first time, with 408 marijuana arrests compared to 238 for cocaine offenses.

In contrast, cocaine arrests in Santa Barbara dropped from 503 in 1993 to 214 in 1997—a 58 percent decrease. In spite of this reduction, cocaine remains second to marijuana as the most common drug of arrest. This problem is particularly evident among drug users targeted by Fighting Back's Clean and Sober Calendar.

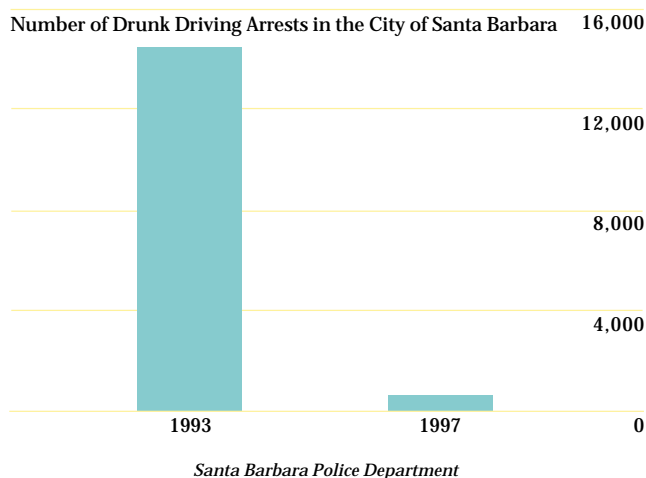
The number of adult arrests involving heroin or methamphetamine has remained steady since 1994. Santa Barbara police arrest an average of 201 adults for heroin offenses each year, while less than 100 methamphetamine arrests have been reported in any given year since 1991. The absence of both methamphetamine labs and gang trafficking of the drug in South County partially explains the city's low methamphetamine arrest rates compared to other areas of the western United States.

Juvenile Drug Arrests. While adult drug arrests have been declining, overall juvenile drug arrests in Santa Barbara have increased since 1990. Marijuana arrests more than doubled from 42 in 1990 to 93 in 1997. Youth arrested for heroin offenses accounted for one in five juvenile drug arrests in 1997, compared to one in 25 in 1990. Between 1990 and 1997, however, cocaine arrests decreased by 67 percent (from 46 to 15 arrests).

Rising heroin-related arrests raise a red flag for South County leaders and residents. National statistics indicate heroin is emerging in cities throughout the country and increasingly endangering youth. The Office of National Drug Control Policy attributes increasing rates of youth heroin use to the fact that the drug can now be smoked rather than injected, making it appear less threatening to youth.

Drinking and Driving. Between 1993 and 1997, the number of DUI arrests in the city of Santa Barbara dropped from 1,480 to 404—a 73 percent reduction. DUI arrests among Santa Barbara's youth also are declining. In 1997, city police arrested 22 youth for drunk driving compared to 93 youth in 1990—a 76 percent decrease.

DUI Arrests Decline by 73 Percent



This decline has been attributed in part to heightened police attention toward drunk driving and Fighting Back’s Early Identification Specialist Program. In 1992, police began reporting to the Alcoholic Beverage Commission (ABC) drinking establishments that repeatedly serve customers with one or more DUI arrests. Santa Barbara Police also have established checkpoints—near bars, restaurants and parking garages—where they look for signs of public inebriation or drunk driving. With initial assistance from a Fighting Back Early Identification Specialist, police escort publicly-intoxicated individuals to the Community Sobering Center, where they stay for at least four hours. No arrest is made during detention, and after their stay clients are free to leave. Repeat offenders are typically referred to the treatment program of the Clean and Sober Calendar.

Under statewide legislation, the Santa Barbara Police Department has created one of California’s most aggressive impound programs. Cars identified by the Santa Barbara Police Department as belonging to repeat DUI offenders driving with suspended licenses are impounded. In addition, California has increased the costs associated with drunk driving offenses, charging repeat DUI offenders as much as \$10,000 in court fees and fines. Since the implementation of these fines, the number of offenders with three prior DUI arrests in Santa Barbara declined from 24 in 1990 to 3 in 1997.

Drug Seizures.

The Santa Barbara Sheriff’s Department almost doubled the amount of drugs seized from local dealers between 1997, when \$5.6 million worth was seized, and 1998, when \$11.3 million worth was seized.

The Sheriff’s Department estimates 1999 street prices of drugs at approximately \$69 per gram of heroin, \$45 per gram of crack or \$40 per gram of powder cocaine, \$46 per gram of methamphetamine and \$40 per gram of marijuana. Ecstasy costs approximately \$20 per tablet.

Alcohol and Other Drug-Related Crime

Key Findings

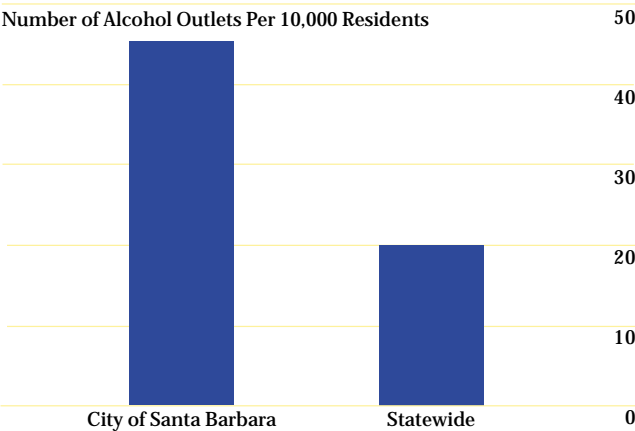
- The majority of Santa Barbara’s alcohol-related crimes occur downtown.
- There are 46 alcohol outlets per 10,000 people in the city of Santa Barbara, compared to 20 outlets per 10,000 people statewide.
- South County’s homeless population accounts for a significant portion of public intoxication arrests in South County. Homeless persons who successfully complete alcohol or other drug programs often end up back on drugs or in jail because they lack a permanent place to live.

Alcohol-Related Crime. The majority of Santa Barbara’s alcohol-related crimes occur in the downtown area. There are 46 alcohol outlets for every 10,000 people in the city of Santa Barbara, compared to 20 outlets per 10,000 statewide. In 1996, more than 2,700 alcohol-related crimes occurred in this area—twice as many as those reported in the rest of the city.

The Community Alcohol Problem Prevention Project (CAPPP), a statewide project of the University of California designed to improve community alcohol policies, has a field office in Santa Barbara. CAPPP staff recommend that the City Council limit the number of beer and wine licenses downtown. The group also suggests that the city impose a requirement of 500 feet

between bars and liquor stores. The City Council has appointed a Downtown Task Force comprising local bar owners, CAPPP, Fighting Back Santa Barbara, police and other community members to study these recommendations and propose these or alternative measures.

Concentration of Alcohol Outlets Double Statewide Figure



Community Alcohol Problem Prevention Program, 1998

CAPPP recommended server training for all employees at local restaurants and bars. In 1998, Santa Barbara Police and the Council on Alcoholism and Drug Abuse created a free training program to teach restaurant and bar owners and employees how to handle client overconsumption of alcohol. More than half of the 47 identified alcohol-serving sites have participated.

Substance Abuse, Homelessness and Crime.

Homelessness is a pressing social problem across the United States. In South County, those who work with the homeless attribute increasing area homelessness to the county's 0.1 percent vacancy rate, lack of program funding, gentrification and welfare cuts. In addition, local homeless advocates believe a lack of city and county collaboration and the absence of a full-time coordinator to work on homeless issues in Santa Barbara—a position found in most California counties—also contributes to the worsening homeless situation.

The homeless have multiple service needs and many require substance abuse and mental health treatment. According to local leaders, the homeless population

accounts for a significant portion of public intoxication arrests (and other drug-related offenses) in South County. Santa Barbara has alternatives to jail for publicly intoxicated homeless individuals, including the Clean and Sober Calendar and Project Recovery. However, homeless shelter staff in Santa Barbara find that clients who complete alcohol or other drug programs often end up back on drugs or in jail because they lack a permanent place to live as well as the stability that helps foster a drug-free lifestyle.

Domestic Violence. Alcohol and other drug abuse is common in households with domestic violence. According to the National Research Council, 75 percent of domestic violence offenders arrested in the United States test positive for alcohol or other drugs. In 1997, Santa Barbara police estimate only one-fifth of 482 local domestic violence offenses in the city involved alcohol or other drugs. Police attribute these low rates to underreporting.

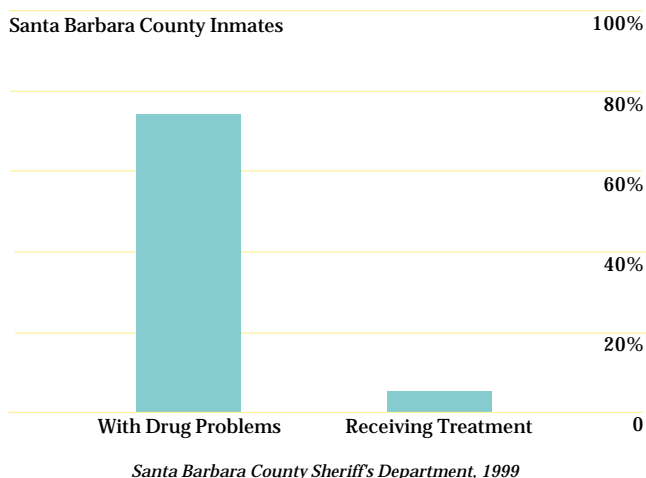
Treatment for Criminals

Key Findings

- While approximately 75 percent of Santa Barbara County jail inmates have substance abuse problems, only 3 percent receive treatment.
- Almost three-quarters of the individuals on active probation in South County have alcohol or other drug problems.
- Treatment referrals for juveniles on probation nearly doubled between 1993 and 1997.
- Juveniles in the criminal justice system in Santa Barbara have very few substance abuse treatment options.
- South County's two drug courts have retention rates of 50 to 65 percent.

Treatment for Adult Offenders. There is a substantial need for drug treatment among offenders in Santa Barbara. The County Sheriff's Department estimates that 75 percent of jail inmates have substance abuse problems; however, only 3 percent receive treatment.

Inadequate Treatment for Inmates



Approximately 14,500 inmates passed through the Santa Barbara County Jail System in 1998, most serving sentences of less than one year. The system (directed by the Santa Barbara County Sheriff's Department) consists of one maximum security facility, one medium security facility and two minimum security facilities, which house a total of up to 1,000 inmates at any time.

The Santa Barbara Sheriff's Department is the first in the state to have an in-house alcohol and other drug program that employs permanent staff to treat inmates rather than relying on outside grants. Prior to the spring of 1996, inmates were provided individual counseling for substance abuse. Since then, the Inmate Services Department has created an intensive inpatient substance abuse treatment program in the medium and minimum security facilities for men, and an outpatient treatment program for women in custody. The program's 61 slots are divided between the male and female facilities.

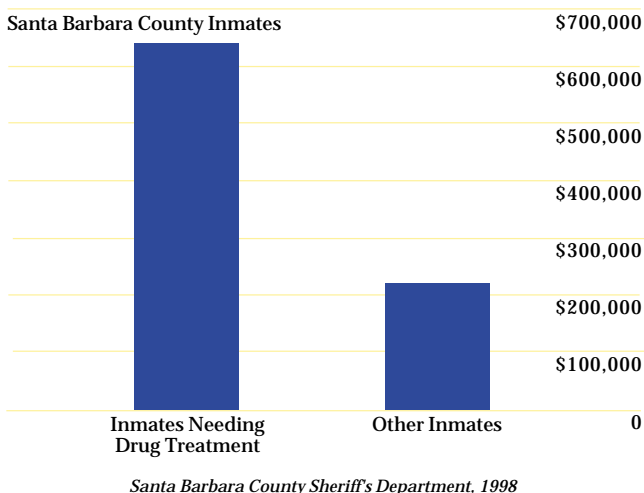
Treatment time ranges from 30 to 90 days; inmates with longer sentences are encouraged to remain in treatment until released from jail. Services include individual counseling, relapse prevention, pre-release exit planning, group therapy, drug and alcohol education and yoga. The program works collaboratively with the local drug courts, the Santa Barbara District Attorney's Office and the Public Defender's Office. It also makes referrals to providers throughout Santa Barbara County for aftercare.

The program serves an estimated 300 inmates annually with a waiting list of approximately 30 inmates. The yearly treatment budget for inmates totals \$175,000. The County Sheriff's Department is expanding its budget and staff to provide treatment to additional inmates.

To date, the program has a 90 percent completion rate. Since its inception more than two years ago, 38 percent of inmates who completed the program have been re-arrested, almost half the national recidivism rate. While these figures indicate effectiveness, recidivism is best measured over a longer period.

In 1998 Santa Barbara County's jail system spent approximately \$857,000 to house inmates. The cost of incarcerating inmates with substance abuse problems is approximately \$642,500 a year.

Substance Abusers Account for Bulk of Corrections Costs



The majority of offenders on probation in South County have substance abuse problems. As of January 1, 1999, almost three-quarters (1,400) of the 1,896 individuals on active probation in South County had alcohol or other drug problems. Of the 1,400 with alcohol or other drug problems, 1,000 were referred to substance abuse treatment programs around the county. While the Probation Department actively seeks treatment for all of its clients, many cannot afford fees required by local providers, while others are placed on a waiting list until

services become available. In turn, the Probation Department is always seeking new treatment services.

The Santa Barbara Parole and Community Services Division of the California Department of Corrections currently supervises approximately 650 active parolee cases in South County (and Lompoc). At least 80 percent of this population have alcohol or other drug problems. While Parole and Community Services refers as many incoming clients as possible to counseling, 12-step programs or other services, the state does not formally require the agency to track those who actually receive treatment.

Treatment for Juvenile Offenders. Although the number of youth referred for treatment is increasing, juveniles in the criminal justice system in Santa Barbara have very few substance abuse treatment options. This problem confronts jurisdictions nationwide.

Department of Probation officials conduct assessments of all nonviolent juveniles entering Santa Barbara's probation system. Drug tests are administered to juveniles identified by probation officials as having a substance abuse problem. Approximately 50 percent of the 1,298 juveniles on probation have terms and conditions of problems related to alcohol or other drugs.

All youth identified with alcohol or other drug problems are referred to some type of treatment such as 12-step programs, group or family counseling and acupuncture. However, juveniles on probation who are identified as needing treatment do not have the same options as adults. South County has only one public intensive outpatient treatment program for youth on probation, with a capacity of 35 treatment slots, and no local residential treatment. Hospitals are the only option for inpatient detoxification services. While various group homes provide some type of alcohol or other drug-related services, they are not specifically designed for youth in need of alcohol or other drug treatment.

Drug Courts. Through intensive court-supervised drug treatment, drug courts offer alternatives to incarceration and traditional probation for nonviolent drug abusing offenders. There are two drug courts in South County: the Clean and Sober Calendar and the Substance Abuse Treatment Court. Fighting Back played an instrumental role in developing both programs.

The Clean and Sober Calendar began in 1993 to help individuals repeatedly arrested for public drunkenness obtain treatment. Repeat offenders are offered probation with treatment in lieu of a jail sentence. The court has been expanded to include violent offenders and others not eligible for a pre-conviction drug court.

The program uses a variety of treatment providers and modalities based on individual need. Treatment and drug testing last at least one year. Those who do not complete the program are typically terminated from treatment and placed in custody. Clients pay for their own treatment (\$50 per week), and the program receives no public funding.

The Clean and Sober Calendar has a 50 to 65 percent success rate. More than 50 percent of the program's 454 participants have graduated or are still in treatment.

The Substance Abuse Treatment Court (SATC) was established in 1995 with a one-year grant from the U.S. Department of Justice. In 1996, the court continued with funding from the Santa Barbara Department of Alcohol, Drug and Mental Health Services.

SATC is a pre-conviction diversion program for felony and misdemeanor offenders in the cities of Santa Barbara and Santa Maria (felony cases involving arrests for drunk driving, violent crimes, sex crimes, drug sales and some burglary offenses are not included; however, some are referred to the Clean and Sober Calendar). The treatment program lasts 18 months and has had an average annual retention rate of 63 percent.

In September of 1998, Santa Barbara County received a \$50,000 planning grant from the U.S. Department of Justice to plan for a juvenile drug court. The County plans to apply for federal funds to implement a juvenile drug court in the fall of 2000. The Council on Alcoholism and Drug Abuse operates an intensive adolescent treatment program with court reviews for adjudicated adolescents.

Getting Treatment Instead of Serving Time.

In jurisdictions throughout the country, the percentage of criminal offenders who receive drug treatment is far exceeded by those who need it. Yet many offenders who commit crimes to feed their drug habit end up in jail repeatedly. Santa Barbara offers a better solution. The Clean and Sober Calendar (CSC), created in 1994, is a post-conviction court that provides treatment alternatives to jail time. CSC refers offenders—over half of whom have been detained at least five times for alcohol or other drug-related offenses—to a treatment program that best meets their needs. During treatment, offenders are tested for drugs randomly at least twice a week. Those who test positive are kept in custody for 72 hours. The program costs participants approximately \$50 per week and receives funding from Fighting Back and Santa Barbara Police Department drug forfeitures. To date, more than 50 percent of CSC's 454 participants have graduated or currently receive treatment. In addition to CSC, other South County calendars focus on arraignments, felonies, misdemeanors and trial court. Building on CSC, Santa Barbara created the pre-conviction Substance Abuse Treatment Court in March 1995. For more information about the Clean and Sober Calendar, call (805) 568-0089.

A Sobering Alternative. In the early 1990s, public intoxication and disorderliness presented overwhelming problems for Santa Barbara's Police Department (SBPD). To alleviate the burden, the SBPD established California's fourth Community Sobering Center in 1994 with assistance from Fighting Back Santa Barbara. Administered by Thresholds to Recovery—a nonprofit employment agency for recovering alcoholics and addicts—the Sobering Center provides a diversion for intoxicated individuals who otherwise would be charged with disorderly conduct or first-time driving-under-the-influence offenses. After being picked up by local police, intoxicated individuals are taken to the center for a minimum stay of four hours. Santa Barbara citizens are allowed a maximum of five visits per year without arrest. The Sobering Center's high volume of cases (more than 6,000 between 1994 and 1998) allows police officers to spend more time on the streets and less time in the office

with paperwork. Although the program has not been formally evaluated, more than 600 individuals have accepted substance abuse treatment referrals since its inception. The Community Sobering Center is funded by the Santa Barbara Police Department. For more information, call (805) 966-3017.

Teens Face Jury of Their Peers.

Three out of four first-time juvenile offenders in Santa Barbara commit drug-related offenses. To target this population, Judge Thomas Adams, in collaboration with the County of Santa Barbara Juvenile Courts, Santa Barbara Juvenile Probation Services and community-based organizations, established the Santa Barbara Teen Court in 1993. Administered by the Santa Barbara Council on Alcoholism and Drug Abuse (CADA), Teen Court is a diversion from prosecution program for first-time offenders. The Teen Court jury does not determine guilt or innocence, but consequences for the juvenile's actions. The juvenile must admit guilt to the committing offense to participate in the program. It is an opportunity for juveniles to take responsibility for their actions while avoiding a juvenile record. Teens throughout the county volunteer to serve as master jurors, bailiffs, case reporters or court interpreters. Although county judges preside over hearings, all decisions are made by teens. Sentencing options determined by the peer jury may include: jury duty, community service, fines, restitution, education programs, counseling, letters of apology, drug testing or treatment. The goal of the program is for teens to hold each other accountable for their illegal actions, to involve the offender's parents throughout the entire process, and not only to address the crime but also to help these youth in all areas where they may be experiencing difficulties. Since its inception, Teen Court has served more than 2,000 teens throughout the county, and more than 90 percent have fulfilled their contracts. In addition, less than 20 percent of program graduates have had further contact with law enforcement—far less than the national recidivism rate for first-time juvenile offenders. To learn more, call (805) 963-1433.

Class Action. According to the U.S. Department of Justice, truancy is a first step toward juvenile delinquency and crime, including drug use. Consequently, coordinated efforts to curb truancy are developing nationwide. In 1997, the Santa Barbara District Attorney's office established the Parent Accountability and Truancy Prevention Program to keep youth in school and reduce juvenile crime. Within a year, local truancy rates dropped by 37 percent. In collaboration with nine junior high and high school districts, the District Attorney's office monitors unexcused class absences. Students with more than 24 must attend an on-campus group meeting to discuss truancy. Thirty-six unexcused absences require a contractual attendance agreement between the student and his or her school as well as a parent/principal meeting. Forty-two unexcused absences trigger more intensive intervention. A mediation team meets with the student and his or her parents. The team consists of the District Attorney, the school vice principal, the school district's special education services director, the school psychologist, law enforcement personnel, and representatives from probation, mental health, health care and private drug and alcohol agencies. Students are referred to various agencies for help and must sign an agreement of attendance with the District Attorney's Office, which is kept on file for the School Attendance Review Board. If absences persist, students are placed on probation. In some cases, the District Attorney files charges against the student and/or the parents. In South County, one attorney, a social worker and a secretary work with 2,500 truant youth. To learn more, call (805) 568-2300.

An Integrated Solution. Studies show that teenagers rarely talk to their parents or teachers about alcohol and other drug use. This lack of communication often prevents teens—particularly those with emotional or behavioral problems—from receiving the substance abuse services they need. In 1993, Santa Barbara Alcohol, Drug and Mental Health Services (ADMHS) partnered with numerous public agencies and school districts to create the Multi-Agency Integrated System of Care (MISC). MISC links teens with staff and services from the Child Protective Services Division, ADMHS, the Departments

of Probation, Public Health and Social Services and five private organizations and schools. Using an interdisciplinary approach, MISC staff from the partner entities provide intensive outreach, alcohol and drug services, and family mentoring. Since the inception of MISC, 34 percent of participants have improved their scholastic performance and 24 percent have reported a decrease in severe emotional and behavioral problems. After participating in MISC, youth with a history of criminal behavior are 68 percent less likely to be referred to the criminal justice system for felonies, misdemeanors or other violations. Moreover, federal and state group home expenditures have decreased by \$2 million. MISC receives funding from the Center for Mental Health Services. To find out more, call (805) 681-5220.

V. Impact on Health

In South County and across the country, alcohol, tobacco and other drugs threaten the well-being of individuals who use them as well as those who do not, adding substantially to health care costs. Substance abuse plays a significant role in chronic illness, deaths, newborn health problems and the spread of infectious diseases.

Key Findings

- Deaths directly related to illicit drug use have more than tripled in recent years.
- Twenty-three percent of all AIDS cases in South County are related to injection drug use. Rising use of methamphetamine and heroin—two drugs that can be injected—may result in increased HIV cases.
- Alcohol-related crashes in Santa Barbara County have declined since 1993.

Deaths from Substance Abuse. Alcohol, tobacco and other drug-related data specific to South County are not available. However, information for the city of Santa Barbara indicates that, as a result of its small population, deaths from alcohol and tobacco-related diseases are generally very few. Less than 50 deaths directly related to alcohol occurred in the city of Santa Barbara during any given year between 1992 and 1996.

An average of 173 people in the city die each year from tobacco-related deaths, including oral cancer, lung cancer and heart disease. Between 1992 and 1996, deaths directly related to illicit drug use more than tripled. In 1992, 14 illicit drug-related deaths were reported, compared to 45 in 1996.

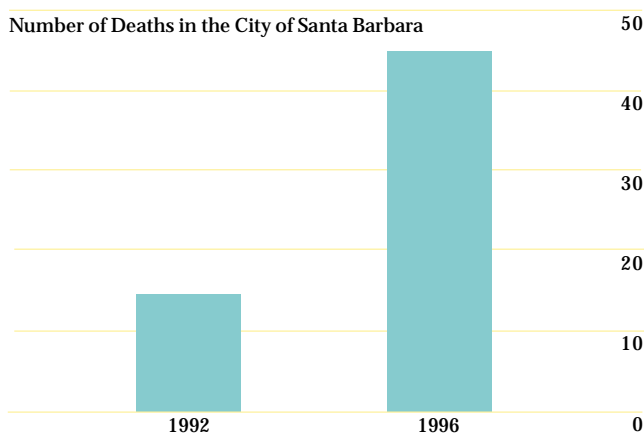
These figures are conservative estimates, since they include only deaths directly attributable to alcohol or other drug use, such as cirrhosis of the liver. Alcohol and other drug use contributes to a portion of deaths attributed to other causes, but the percentages are unclear.

HIV and AIDS. Injection drug users are at heightened risk of contracting HIV, the virus that causes AIDS. Since 1991, 330 people in South County have developed AIDS, and more than half of those have died from the

disease. Twenty-three percent of all AIDS cases in South County are related to injection drug use, compared to 26 percent nationwide. However, drug-related HIV/AIDS exposure in South County is most likely underestimated, as undetermined exposure to HIV/AIDS is a growing problem not only in South County, but also nationwide.

For January 1999, six new AIDS cases in South County were reported to the Santa Barbara County Public Health Department—half the number of the previous year, and a 92 percent decrease since 1993. As elsewhere, use of methamphetamine and heroin—two drugs that can be injected—may result in increased HIV cases throughout South County. In 1995, more than 40 percent of Santa Barbara residents seeking public substance abuse treatment were injection drug users. The estimated cost of HIV Early Intervention Program Services in 1998 totaled more than \$950,000. Historically, HIV costs specific to the substance-using population has not been tracked as a separate data set in Santa Barbara County. As the Public Health Department and the Santa Barbara County Alcohol, Drug and Mental Health Services continue to strengthen collaboration, and as resources become available, the agencies hope to track this information.

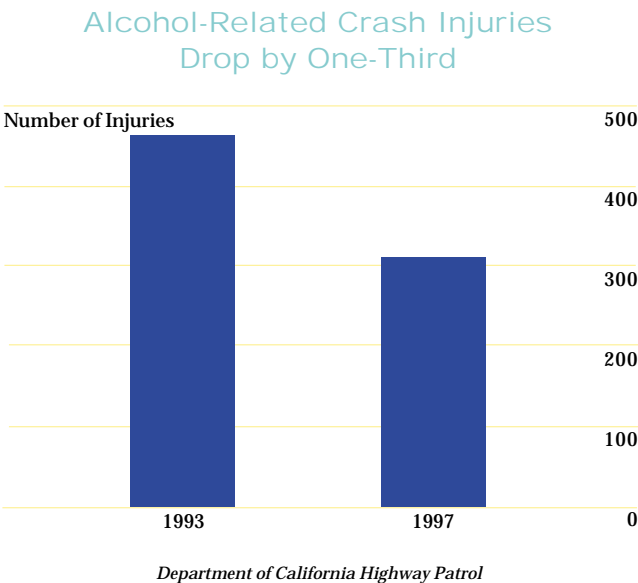
Drug-Related Deaths Triple



Santa Barbara County Public Health Department

Alcohol-Related Crashes. The percentage of deaths on Santa Barbara County roads from alcohol-related crashes dropped from 44 percent of all fatal crashes in

1993 to 17 percent in 1997. Similarly, alcohol-related injuries have decreased. In 1997, 302 (11 percent of all crashes) individuals in Santa Barbara County were injured in alcohol-related crashes, compared to 467 (15 percent of all crashes) in 1993, a drop of 35 percent.



According to the California Highway Patrol, alcohol-related crashes cost Santa Barbara County an estimated \$93 million, including lost productivity and medical expenditures. Although alcohol-related crashes in Santa Barbara County are declining, drinking continues to compromise safety on local roads.

Foster Care. According to the U.S. General Accounting Office, substance abuse is a primary factor in 78 percent of foster care cases nationwide. While foster care figures specific to South County are unavailable, the number of children in foster care in all of Santa Barbara County climbed from 422 in 1997 to 464 in 1998.

Meanwhile, the number of youth reported to the Santa Barbara County Child Protective Services dropped 10 percent—from 5,841 in 1996-1997 to 5,416 in 1997-1998. One of the many positive implications in this decline is that fewer youth may be at risk for substance abuse in the future, as maltreated youth are at greater risk of alcohol and other drug involvement than youth who have not been abused.

In 1998, each child in Santa Barbara County’s foster care system cost approximately \$1,626, for a total estimated cost of \$588,500 for alcohol- or drug-related cases.

Prevention and Treatment

South County’s prevention efforts are supported by both public and private efforts. In FY 1998, ADMHS spent an estimated \$1.7 million on prevention and treatment programs in Santa Barbara County, including state and federal dollars. Approximately \$1.4 million went toward treatment, while \$371,355 funded prevention in South County. In addition, the U.S. Center for Substance Abuse Prevention allocated approximately \$275,000 toward ADP’s prevention programs.

Considerable private funding has allowed Fighting Back to explore and develop innovative prevention efforts. Between 1990 and 1997, the Robert Wood Johnson Foundation invested \$3.3 million in Fighting Back Santa Barbara (FBSB), one of the Foundation’s seven current community-wide projects throughout the country. An additional \$1.9 million will go into the program by 2000. Additional funds for Fighting Back Santa Barbara are provided by other private foundations and public agencies, including Cottage Health Systems, the California Office of Criminal Justice Planning and the Santa Barbara and Carpinteria School Districts.

FBSB is not funded to provide direct treatment services, although the initiative tries to facilitate access to treatment for adolescents, adults and families. For example, FBSB is currently collaborating with the Santa Barbara District Attorney’s Office, the Santa Barbara County Department of Probation and ADMHS to develop a comprehensive adolescent and family outpatient treatment. The adolescent recovery community, treatment professionals and private and public agencies all are providing input as well as support services including job training, recreation and health care.

Collaboration is central to South County’s substance abuse prevention efforts. Local partnerships between organizations including Fighting Back Santa Barbara, the Santa Barbara School District, the Santa Barbara County Public Health Department, the Santa Barbara Police

Department and the Santa Barbara District Attorney's office exemplify a community-wide effort to tackle substance abuse. These prevention efforts involve the promotion of healthy lifestyles among youth through education, tutoring, drug-free recreational activities, personal and social skills training, mediation, truancy intervention and public awareness campaigns.

Key Findings

- South County is home to a variety of drug prevention programs, and trend data suggest that they are working.
- Collaboration between public and private entities are central to prevention efforts in South County.
- In 1997, less than 1 percent of South County's population received publicly-funded treatment. The percent of South County residents in need of AOD treatment is not measured; however, approximately 9 percent of Americans need alcohol or other drug treatment.
- The number of county treatment slots in South County has dropped by 50 percent (from approximately 1,800 to 900) in the past decade.
- Since 1995, the number of South County youth who receive treatment has declined, and support for juvenile treatment is severely lacking.

Community-Based Prevention Programs. In California, counties are responsible for planning and implementing local prevention programs. Santa Barbara County's Alcohol, Drug and Mental Health Services (ADMHS) contracts with prevention program providers throughout Santa Barbara, who offer a wide variety of prevention and intervention strategies.

Currently, ADMHS' Alcohol and Drug Programs funds 11 community-based prevention programs in Santa Barbara County, eight of which are in South County. Mental Health Services offers a wide range of community-based programs for people with mental illness, the majority of which have alcohol and drug problems. ADMHS supports the concept of outcome funding and

demonstrates its commitment by educating providers about acquiring essential data sets, designing reporting tools and gaining a better understanding of the outcome and evaluation process. Beginning in January 2000, providers will be required to track outcomes in order to receive funding from ADMHS. ADMHS currently is developing a Prevention Plan that will guide Santa Barbara County prevention providers interested in working with or obtaining funding from Alcohol and Drug Programs in expanding their reach into the local community and incorporating outcome measures.

Fighting Back and its partners place an emphasis on measuring the effectiveness of their prevention programs, more than most substance abuse initiatives across the country. Some of this evaluation research is quite sophisticated, but for a number of the South County programs being studied, data collection is still ongoing. The results will be extremely helpful for future program planning. Efforts that are working can be replicated, while those that are not can be modified or eliminated. The City Parks and Recreation Department also provides prevention opportunities in South County by offering drug-free activities for young people through the Summer Nights program, as well as through collaborations with Fighting Back, Girls, Inc., and other community-based agencies working on prevention activities.

School-Based Prevention Programs. Classroom-based prevention programs in Santa Barbara public schools are supported by Federal Safe and Drug-Free Schools and Communities funds; funding is distributed on a per capita basis by the California State Department of Education. In 1998, Santa Barbara schools received \$80,606 for prevention programming, less than \$5 per student.

Prevention efforts in the elementary schools include the Second Steps Violence Prevention Program and the Families and Schools Together Program (FAST). Second Steps is taught by a Fighting Back Prevention Specialist in collaboration with law enforcement. The program teaches children refusal skills in an effort to make them more resilient to substance abuse. The Family Services Agency (FSA) administers FAST, an intensive eight week early intervention and prevention program which targets at-risk elementary and middle school students and their

families. Upon completing the FAST program, families can participate in FASTWORKS, a program that offers support meetings for graduates of FAST. Both programs are free. FAST has been cited by the United Way and Harvard University for its effectiveness and successful parental involvement.

The major prevention program taught in South County junior high schools is Life Skills Training curriculum. Other prevention curricula taught in South County elementary and junior high schools include the Santa Barbara Police Department Drug Abuse Resistance Education (DARE).

The major system for delivering prevention and intervention services in South County public middle, junior and high schools centers around Fighting Back's Youth Service Specialists, who provide a wide range of prevention, education and intervention services, including on-campus mentoring, truancy intervention, sober activities, drop-in counseling, peer mediation and health education.

In the 1998-99 school year, the Youth Service Specialists, in collaboration with health education teachers, piloted the implementation of Reconnecting Youth curriculum, which has been shown to reduce substance abuse among high school students. The program will be a daily class for small groups of 12 students who will receive elective credit for participating. More than a curriculum, Reconnecting Youth involves life skills training and is structured to increase bonding to school through interactive activities. Youth Service Specialists also conduct parent conferences as well as the SUPER Program to teach parents and children the legal, psychological and physical effects of substance abuse.

In addition to these activities, the Santa Barbara Police Department provides School Resource Officers on each high school campus who serve as another resource for at-risk students and who assist in maintaining a substance-free environment. Also, the Santa Barbara Public School District, in collaboration with Fighting Back, the District Attorney and community-based agencies, has developed a truancy intervention program, which includes graduated interventions and sanctions designed to deter truant behavior and mandate parental involvement. Truancy Mediation Teams assess the needs of truants and

their families—including alcohol and drug problems—and mandate their participation in appropriate services.

High-risk students who have been expelled from public high schools attend El Puente Community School, operated by the County Office of Education. Those with serious substance abuse problems receive treatment and relapse prevention services, including individual and group counseling and acupuncture. Counseling services are provided by two on-site Youth Service Specialists who work with eight volunteer Marriage and Family Child Counselor interns. Acupuncture treatments are provided by Project Recovery, a local substance abuse treatment program. A collaborative project with the Santa Barbara Police Department, the YMCA and the City Parks and Recreation Department, called Partnership for Youth, has expanded activities at El Puente Community School to include recreation and job training.

Treatment Needs and Utilization. Currently, information regarding the number of South County residents in need of treatment and the number who receive treatment is unavailable through ADMHS. In 1995, Alcohol and Drug Programs developed a county planning process to measure treatment needs throughout Santa Barbara County. However, the plan was not implemented by the previous administration. With the establishment of ADMHS in 1998, Alcohol and Drug Programs hopes to review the original plan and apply relevant findings and recommendations to any future opportunity to gauge treatment needs in Santa Barbara County.

Nationwide statistics indicate that approximately 9 percent of Americans are in need of alcohol or other drug treatment. However, less than half of the nation's addicts get treatment, unless they are insured or can pay for private care.

ADMHS aims to offer treatment to those South County residents who most urgently need it. However, in 1997, less than 1 percent (883 residents) of South County's total population received publicly-funded treatment. More residents (42 percent) received treatment for heroin addiction than for any other drug, including alcohol (31 percent). Thirteen percent of residents received treatment for marijuana addiction, compared to 10 percent for cocaine addiction. Methamphetamine

addiction comprised 2 percent of all South County treatment addiction services.

Findings from a 1997 Fighting Back telephone survey of South County residents indicate that 6 percent of individuals between the ages of 16 and 44 are alcohol dependent, while 4 percent are drug dependent. Among those surveyed, 4 percent had attended an alcohol or other drug meeting while 2 percent received treatment (public versus private services are not identified). Almost one-third (29 percent) of survey respondents knew someone receiving alcohol or other drug treatment.

In 1999, the Council on Alcoholism and Drug Abuse launched the Recovery Community Network with federal funding from the Center for Substance Abuse Treatment. The Network is designed to organize recovering persons, consumers and families into an effective advocacy coalition. The Network plans to develop a thorough assessment of treatment capacity versus prevalence trends and treatment needs in South County in its first year. Outcomes will be published in a report that will feature consumer and family input on optimum treatment services and design, and will be used as an educational tool for policy makers.

Treatment Services. In 1998, the County Department of Alcohol and Drug Programs and the County Department of Mental Health were consolidated into the Santa Barbara County Alcohol, Drug and Mental Health Services (ADMHS). The aim was to improve public treatment access and service delivery. However, making this reorganization a success requires addressing the limited funds—federal, state and private insurance—that have resulted in a 50 percent reduction in county treatment slots in the last 10 years.

Strengthening relations between the Alcohol and Drug Programs and other local agencies is one step toward improving services. As a result of the merger, some public agencies, including the Probation Department and the Sheriff's Department, are offering funds to ADMHS to increase treatments slots.

While the merger was initiated in part to increase the dual-diagnosis treatment services offered to Santa Barbara residents, treatment continues to be offered separately by each agency. ADMHS' Alcohol and Drug Programs con-

tracts with 17 treatment services—10 in South County—at 34 sites. Acupuncture is not integrated throughout Alcohol and Drug Programs' system of care, but is carried out through the Council on Alcoholism in South County.

Since the merger, Alcohol and Drug Programs has been collaborating with the Santa Barbara Public Health Department to improve data collection, training and services for pregnant and parenting women. ADMHS also has re-established provider meetings in an effort to enhance understanding of policy and improve reporting to public sector referral agencies, in order to avoid service duplication in the South County. A management information system in the Mental Health Division will be implemented in 1999 to help improve information services, resources for treatment services and program administration.

With the exception of a residential jail treatment program jointly funded by ADMHS' Alcohol and Drug Programs and the Sheriff's Department, publicly-funded adult and juvenile treatment options in South County are limited to outpatient services. ADMHS attributes this to:

- Santa Barbara's long history of not funding residential services;
- an increasing body of research demonstrates that intensive outpatient treatment results are as effective as residential services; and
- the elimination of discretionary funding for residential services throughout California as a result of a lawsuit against the state.

Despite this, ADMHS recognizes the value of having residential support and is currently negotiating the implementation of residential services through existing outpatient service providers such as the Salvation Army and the Rescue Mission.

Detoxification is a vital first step toward treatment, yet no publicly-funded detoxification programs are available for South County residents. Recent funding cuts forced the county's few detoxification services to close. Currently, individuals in the criminal justice system are the most likely to find publicly-funded detoxification services through incarceration. Outside of the criminal justice system, hospital emergency rooms often are used for detoxification. In fact, emergency rooms are the provider

of choice among homeless and low-income residents, but they are a very expensive choice for the county.

California has moved to a system funded largely by Medi-Cal; federal and local discretionary funding continues to support indigent county residents. In turn, Medi-Cal recipients are the first to receive treatment, followed by injection drug users. Once these individuals have been offered treatment, any remaining slots can be accessed by the general public. The limited number of treatment slots suggests that those who are not prioritized under these guidelines—such as the homeless or youth—are least likely to receive treatment. Recent changes in Medi-Cal legislation have reduced access to services for many of those who need treatment; those without Medi-Cal benefits or private insurance are particularly affected. Currently, there are limited resources in South County to create new inpatient treatment services for adults. However, opportunities exist for existing outpatient treatment providers to work with ADMHS.

Treatment for Youth. Increasing the availability of treatment services—particularly for juveniles—is a primary goal among local leaders. Options for juveniles needing treatment in South County include four publicly-funded outpatient counseling programs. These programs served approximately 170 youth (18 years of age and younger) during 1997 and 39 young adults between the ages of 18 and 20 (these figures do not include early intervention contacts). Figures indicating the types of drugs used by youth at the time of admission are unavailable.

No publicly funded residential treatment services exist for youth, and intensive outpatient treatment is limited to a pilot program administered by CADA with a capacity of 35 slots (primarily for court-referred clients). Since 1995, the number of South County youth who receive treatment has declined. The reduction in treatment is a result of reduced federal block grant spending for alcohol and drug treatment and state-imposed limitations on medical coverage for alcohol and other drug problems. A large portion of the remaining federal funds is set aside for particular populations, such as pregnant women and women with children. In 1999, ADMHS will begin investing additional funds toward enhanced early intervention treatment services for youth and their families.

ADMHS is currently exploring the option of allowing adult residential treatment programs to treat teens through a special waiver process, a strategy adopted in other areas of California. Figures indicating the number of youth awaiting treatment are unavailable through ADMHS.

In an effort to address the gap in juvenile treatment services, Fighting Back Santa Barbara is focusing its attention on increasing treatment capacity for adolescents. Through the facilitation of collaboration and outreach between various agencies within Santa Barbara, Fighting Back hopes to expand treatment capacity and develop a coordinated system of care for alcohol or other drug-addicted juveniles (as well as their family members). Increased attention is a step toward the availability of juvenile services, but support for juvenile treatment remains severely lacking.

Treatment for Special Populations. Nationally, only a small fraction of women with serious alcohol and other drug problems are able to get publicly-funded treatment. Programs that treat pregnant addicts are even more limited across the United States, particularly those that allow women to live with their children during treatment. Female-specific publicly-funded treatment services in South County target pregnant women and those who are intravenous drug users. However, there are no residential treatment programs for women and their children.

ADMHS federal block grant funding is prioritized for intravenous drug users (including pregnant women). Federal funds also are used for homeless, gays and lesbians, inmates, minorities and youth with substance abuse problems. Statistics on substance abuse treatment needs among welfare and Medicaid populations in Santa Barbara are unavailable due to several factors, including lack of funding for data collection. Nationally, alcohol and other drug use affects the job security and parenting skills of up to 39 percent of welfare recipients.

Treatment Programs

A House of Hope for Women. Since 1959, Santa Barbara's Casa Serena has provided a much-needed sober living facility for female alcoholics and addicts, a population that has historically been underserved nationwide. A nonprofit residential facility, Casa Serena consists of two programs: the Main House, a 90-day program that accommodates up to 21 women, and the Grad House, a program for up to 10 clients who have three months sobriety at the Main House or a similar facility. Women in the Main House learn about sober living from Casa Serena's staff, most of whom are also recovering substance abusers. Through daily 12-step meetings and other activities, residents and staff work together to reduce relapse and facilitate the residents' gradual re-entry into the community. Main House residents are encouraged to find employment, attend school or volunteer in the community after one month of program participation. Grad House residents are encouraged to do the same, but they require less 12-step meeting attendance and counseling than they did during treatment. Residents and staff in both houses undergo random drug testing; those who fail are expelled. The program is funded with resident fees (\$450 to \$850 per month) and private donations. No federal or state funds are accepted. To learn more about Casa Serena, call (805) 966-1260.

Unique Treatment Modality. Project Recovery provides a variety of low-cost, intensive outpatient treatment programs to help individuals and their families overcome addiction. Acupuncture treatment plays a key role in Project Recovery's approach, reducing participants' cravings for alcohol and other drugs while alleviating withdrawal symptoms. Established in 1987 by the Council on Alcoholism and Drug Abuse, Project Recovery offers individual and group counseling, 12-step meetings and outpatient detoxification services. A prenatal program provides parenting classes, transportation and meals, computer classes and day care services for current and expecting mothers. Since 1998, Project Recovery also has provided critically needed services for youth in Santa Barbara, including educational seminars and therapy sessions that focus on family, school and personal relationships. Most of Project Recovery's participants (85 to 90

percent) are mandated into the program by the court system, while others are self-referrals; the majority of youth clients are on probation. Approximately 60 percent of the program's participants graduate, and many continue to attend a relapse prevention group for up to 18 months. Project Recovery is funded through Medi-Cal, ADMHS and client fees, which often are based on a sliding scale. To learn more, call (805) 564-6057.

A Hotel for the Homeless. South County's warm climate and pleasant surroundings attract not only tourists but also a large homeless population. Many homeless people suffer from multidimensional problems, including unemployment, mental illness and substance abuse. However, few comprehensive services exist in South County to provide the help they need. That's why the Santa Barbara County Mental Health Agency, Work Training, the Community Housing Corporation (CHC) and the Council on Alcoholism and Drug Abuse partnered in 1997 to create the Riviera Hotel—a safe, transitional housing program for homeless individuals diagnosed with both mental health and substance abuse problems. Located in downtown Santa Barbara, the renovated hotel houses as many as 31 men and women for up to 24 months. Clients are treated on the premises by a clinically trained staff, and Mission Employment Resources provides job training workshops as part of the program's transitional services. Once clients find employment, they contribute 30 percent of their income for rent and program costs. The hotel also receives funding from CHC. For more information about the Riviera Hotel, call (805) 681-5387.

Turning Emergencies into Opportunities.

Cottage Hospital is all too familiar with the health hazards related to substance abuse. After realizing that the majority of its emergency room (ER) patients had alcohol and other drug-related injuries, Cottage Hospital created the Early Identification Program (CHEIP). The hospital hired psychologists and counselors to identify patients with substance abuse problems and offer treatment options. These interventionists are accessible to the entire hospital, not just the ER. CHEIP also trains physicians and other staff to identify signs of addiction. The program currently operates 24 hours a day, seven days a week, and offers both short-and long-term treatment options. Since 1994, CHEIP's interventionists have successfully identified more than 350 potential treatment cases per month. In the future, CHEIP plans to screen all ER patients for alcohol and drug abuse. Originally funded by a start-up grant from the Robert Wood Johnson Foundation, CHEIP currently receives funding from the hospital itself. To learn more about the Early Identification Program or Cottage Hospital's other substance abuse treatment services, call (805) 569-7290.

Working Hard to Help Employees.

Substance abuse costs U.S. businesses an estimated \$100 billion annually in the form of increased absenteeism, accidents, medical liability and health care costs. Since 1980, Save A Valuable Employee (SAVE) has provided comprehensive services designed to reduce the incidence and the cost of drug problems, both within and outside the workplace, in South County. Funded by the Council on Alcoholism and Drug Abuse (CADA) and participating employers, SAVE is a nonprofit organization staffed with substance abuse, mental health and employee assistance professionals. Services include orientation for all employees and their families, substance abuse assessment, individual counseling, educational seminars and treatment referrals. Most SAVE clients seek help for matters involving financial pressures, marital problems and depression—hardships that often place individuals at increased risk for alcohol and other drug abuse. One in 10 clients seeks drug or alcohol treatment. Employees are allowed three free visits and are referred to the appropriate service

agencies for additional help if necessary. Various Santa Barbara school districts and 52 companies participate in SAVE, and approximately 8,800 employees are covered under the program. Between 1998 and 1999, approximately 2,000 client sessions were held. Although a program evaluation has not been conducted, positive client survey outcomes endorse SAVE. For more information, call (805) 962-5387.

Culturally Customized Services.

Because differences in language, beliefs and customs can create barriers to effective service delivery, cultural sensitivity is essential in preventing and treating substance abuse. To provide culturally appropriate services, the Community Health Task Force of Santa Barbara created Zona Seca ("the dry zone") in 1985. The program provides a variety of bilingual drug prevention, intervention and treatment services specifically for youth and adults in the local Latino community.

Started by a grant from the National Institute of Alcohol Abuse and Alcoholism, Zona Seca offers after-school tutoring, tobacco prevention, gang-violence reduction, mentoring, drug diversion and parent seminars, as well as a Youth Offenders Program and a first-offender drunk-driving program. Zona Seca also offers drug-testing services for local businesses. In addition to its prevention efforts, Zona Seca offers a six- to 18-month outpatient drug treatment program tailored to meet the needs of Spanish-speaking clients, particularly those without homes or who are dually diagnosed with other problems. Aftercare is provided through individual and group counseling. Zona Seca aims to reach Latinos countywide by advertising weekly on local Spanish-language radio. *The Santa Barbara News-Press* has publicly praised the organization's collaborative approach, as has Santa Barbara's mayor. For more information about Zona Seca, call (805) 963-8961.

VI. Looking to the Future

South County is home to a number of excellent public and private sector substance abuse prevention efforts. For example, the Santa Barbara Police Department is working extensively to reduce drinking in the city's downtown area, while Fighting Back is facilitating prevention efforts focusing on building youth resiliency, strengthening families and increasing parental involvement in drug and alcohol prevention.

While Fighting Back and its partners are engaged in several sophisticated research projects to measure the effectiveness of their prevention programs, less rigorous outcome measures exist in the public sector. Moreover, for certain segments of the population, it is clear that intensified prevention efforts are needed. For instance, while drunk driving arrests have decreased, adult binge drinking rates indicate that alcoholism remains a serious problem in South County. Therefore:

- Prevention efforts need to reach older students and adults more extensively. The expansion of substance abuse prevention efforts to include adults through job skills training, transitional assistance, transportation assistance and media-based education may be useful.
- ADMHS must continue to promote outcomes research among local service providers to ensure that prevention efforts are effective and consistent.
- Fighting Back should consider expanding the circle of organizations with which it shares its outcomes research expertise. While many South County programs are conducting research, the quantity and quality of data almost always can be improved.
- Based on the results of outcome research, efforts that are working should be replicated, while those that are not should be modified or eliminated.
- In addition to efforts focused on downtown Santa Barbara, education regarding high rates of adult drinking should reach adults at the workplace and other venues. Local newspapers and other media sources can play a key role in educating South County adults about alcoholism.

Treatment. South County has demonstrated admirable energy and creativity in regard to substance abuse prevention. Wherever possible, the county should apply those same strengths to treatment. Currently, treatment services are delivered through diverse public and private systems in South County, and only a fraction of residents who need treatment receive it. Youth, women, the homeless and the uninsured are among the underserved, and a greater understanding of these groups' treatment needs would significantly facilitate the delivery of public services.

People who are dually diagnosed with substance abuse and mental health problems also need attention in South County. Since the merger between Alcohol and Drug Programs and Mental Health Services, there has been no integration process to train and recruit staff in order to better address this population's needs. In fact, substance abuse and mental health services continue to be offered separately.

ADMHS staff have brought treatment providers together to familiarize them with each other's work and learn about issues specific to mental health and substance abuse. Alcohol and Drug Programs staff have met with every adult and children's services team in Mental Health Services in order to better understand these concerns. And some mental health staff are making an informal effort to become more familiar with alcohol and other drug treatment issues. However, local leaders are concerned that the integration of Alcohol and Other Drug Services into Mental Health Services will be impeded by various factors, including a lack of training for mental health psychiatrists.

Juvenile treatment is another area of need. Access to publicly-funded treatment for juveniles is limited to four outpatient counseling programs in South County. Treatment services for juvenile offenders and youth involved in the criminal justice system are also limited.

South County's lack of publicly-funded detoxification programs is of particular concern to local service providers and substance abuse leaders. Many also are concerned that the creation of inpatient treatment services would negatively affect South County's outpatient system of care and

significantly reduce treatment availability (by approximately 75 percent).

Finally, South County must increase services to meet the treatment needs of its growing homeless population. Therefore:

- ADMHS should conduct an adult treatment needs survey. Such a survey not only would help measure how many treatment beds and services are needed, but also would help ADMHS and local providers better understand the varying needs of Medi-Cal versus non-Medi-Cal populations.
- Public and private partners must develop strategies to reach adults outside of the criminal justice system who struggle with alcohol abuse.
- The county should review the entire continuum of local treatment services and determine which services are priorities. For instance, detoxification is an important first step before patients can enter treatment and, therefore, a publicly-funded detoxification facility may be an important priority.
- Alcohol and Drug Programs and Mental Health Services should combine their efforts and programs to treat the dually diagnosed. The county must develop a written strategy and substance abuse treatment plan to meet the needs of the dually diagnosed. Suggested elements include:
 - Cross-training mental health and substance abuse counselors to treat dually-diagnosed patients;
 - Recruiting staff with dual-diagnosis training;
 - Mandating training for Mental Health Services psychiatrists; and
 - Requiring medical compliance for clients.
- Youth services must be expanded to include intensive outpatient and inpatient treatment.
- Juvenile offenders in need of publicly-funded substance abuse treatment must be given more options.

- The county's Department of Social Services must appoint a full-time coordinator to work on local homeless issues, including substance abuse.
- The county must increase the funding allocated toward year-round, residential treatment, in order to offer an alternative to jail-based treatment for people who do not have permanent housing.

Criminal Justice. Santa Barbara Police have partnered successfully with various organizations, including CAPPP and Fighting Back, to help reduce substance abuse. For example, Fighting Back's Clean and Sober Calendar initiative has helped reduce alcohol and drug-related arrests by providing outpatient services to offenders. This strategy has resulted in cost savings and treatment referrals that otherwise would not have occurred.

Just as the police have stepped up activities targeting the problem areas of substance abuse in downtown Santa Barbara, they must work with their partners to keep a vigilant eye on signs of potential future problems, such as increases in heroin or methamphetamine arrests. The Santa Barbara Police Department also helps local agencies write grants to fund collaborative efforts. Over the past five years, police have obtained \$5 million in grants for mentoring, gang-violence suppression and other programs. These funds were recently supplemented with a three-year grant of \$750,000 per year from the State Office of Criminal Justice Planning.

Further, in 1998, the Santa Barbara Department of Probation received a \$50,000 planning grant from the U.S. Department of Justice to start a juvenile drug court, and will apply for federal funding with the goal of implementation in the fall of 2000.

However, as in many jurisdictions nationwide, only a small portion of criminal justice system funding has been devoted to treatment. Consequently, South County's prisoners and probationers all lack adequate access to substance abuse treatment. The situation is unfortunate, because studies have shown that the criminal justice system is an ideal place to provide treatment.

Therefore:

- South County's criminal justice system should re-evaluate funding allocations in order to increase the percentage of prisoners who get treatment.
- In addition to keeping a close watch on heroin and methamphetamine arrest trends, the police and local partner organizations should take proactive steps to prevent these problems from flaring up, especially among young people. For instance, placing op-eds with strong prevention messages in local newspapers can help alert the public to these dangers, and undertaking special prevention activities in schools and on college campuses can help dissuade young people from starting to use these drugs.
- The City Council's Downtown Task Force should give careful consideration to CAPPP's recommendations to limit the number of beer and wine licenses in downtown Santa Barbara and require that bars and liquor stores be at least 500 feet apart. If the task force does not propose these recommendations, it should put forward viable alternative measures.

Collaboration and Partnership. Fighting Back

Santa Barbara plays a key role in encouraging collaboration that has helped focus the resources of many interested agencies and groups on shared concerns. The initiative's collaboration with the Santa Barbara Police Department and other prevention groups is a model of successful cooperation. This kind of public-private collaboration helps reduce alcohol, tobacco and other drug problems, while optimizing expenditures and minimizing duplication of efforts.

ADMHS' limited funding means partnerships that leverage private-sector resources are crucial. But the agency, particularly Alcohol and Drug Programs, needs to collaborate more effectively with entities from South County's private sector to expand its treatment or prevention services.

ADMHS has established an employee university to train workers through workshops to address substance abuse problems. The university provides an opportunity to bridge services such as criminal justice, mental health and substance abuse. Therefore:

- ADMHS and private-sector organizations should intensify their efforts to work as equal partners to capitalize on available prevention and treatment opportunities.
- Public and private sector agencies should make every effort to share program outcome data and plan future efforts collaboratively.

As these strategies develop, South County will be well-positioned to expand its prevention and treatment efforts. Continued collaboration will enable public and private agencies to reduce and prevent alcohol, tobacco and other drug abuse.

The following are key resources in combating alcohol, tobacco and other drug problems in South County.

The Bethel House, (805) 962-7822, is a 30-day residential alcohol and drug treatment program for women and their children. Services include counseling (Christian-based), job training, GED preparation, food and clothing. **The Rescue Mission of Santa Barbara**, (805) 966-1316, provides the same services for men in a one-year program.

The Boys & Girls Club of Santa Barbara, (805) 962-2382, offers recreational, educational and prevention programs for youth, as well as a safe place for them to spend their time and meet friends. Among the programs offered is S.M.A.R.T. Moves, which teaches youth about the harms and consequences of alcohol, tobacco and other drugs. The Boys & Girls Club of Santa Barbara is one of many national chapters.

Child Abuse Listening Mediation (CALM), (805) 963-2376, provides support for individuals and families who suffer from a history of physical, sexual or emotional abuse or neglect. Through bilingual parent education and family aid programs, CALM helps parents and children strengthen their relationships.

The Child Development Center, (805) 964-8857, ext. 144, provides subsidized child care services for children between the ages of 2½ and 5 whose parents are low-income, working, in school or training programs or receiving Child Protective Services.

Children's Resource and Referral Program, (805) 962-6631, assists Santa Barbara families by providing numerous services geared to enhance the well-being of children. Efforts include specialized workshops for parents and the child care community, a Child Care Food Program, financial help for children who are at risk of abuse or neglect and a Resource and Child Development Lending Library for parents and providers.

Community Alcohol Problem Prevention Project (CAPPP), (805) 681-5449, is a community coalition dedicated to reducing alcohol-related problems in Santa Barbara, with a focus on youth access, DUI and public inebriation. To tackle alcohol problems, CAPPP has developed various tools including a planning system to identify where AOD-related incidents are occurring, community organizing efforts to reduce problems and a task force to review problems and recommendations.

Cottage Hospital, (805) 682-7111, is a local health care facility that provides medical services to Santa Barbara residents. Cottage Hospital houses an early identification and response substance abuse treatment program. Originally a Fighting Back program, Cottage Hospital adopted the early response team to identify substance abuse-related cases within its comprehensive healthcare approach in 1994.

The Council on Alcoholism and Drug Abuse (CADA), (805) 963-1433, strives to reduce alcoholism and drug abuse in Santa Barbara by providing prevention, intervention, treatment and relapse prevention programs. CADA offers school-based and after-school prevention programs and other educational services. Other youth services include mediation, mentoring and other non-alcoholic activities. CADA also operates Project Recovery, the Drinking Driver Education Program, Employee Assistance Programs, Perinatal Treatment and a Drop-In Center for assessment and counseling. CADA is the umbrella organization for Fighting Back Santa Barbara.

Drug Abuse Prevention Center, (805) 965-6591, offers residential drug abuse prevention and counseling to individuals and families. The Center also offers assistance to Santa Barbara schools and provides speakers to interested agencies.

The Family Service Agency (FSA), (805) 965-1001, counsels individuals and families in need of therapy and provides employee assistance. In 1998, FSA published the Community Resources Directory, a comprehensive guide to Santa Barbara County's public and private organizations.

Fighting Back of Santa Barbara, (805) 682-6667, is one of 7 Robert Wood Johnson Foundation community coalitions committed to reducing substance abuse in cities throughout the United States. The group is governed by a Citizen's Task Force and has a Steering Committee that acts as an Executive Board to run daily activities. Fighting Back Santa Barbara focuses on substance abuse prevention, intervention and treatment in South County and is housed under the Council on Alcoholism and Drug Abuse.

The Kids Network of Santa Barbara County, (805) 346-8356, links efforts surrounding education, crime, welfare, substance abuse and mental health in order to facilitate service delivery to youth. The Network publishes the annual *Santa Barbara County Children's Scorecard* which helps measure youth-related trends.

New House, (805) 962-8248, provides a sober living facility for Santa Barbara's adult male residents in recovery. Alcoholics Anonymous groups are offered as in-house therapy.

Responsible Beverage Service Training, (805) 897-2395, is a voluntary program directed by the Santa Barbara Police Department and CADA to reduce drunk driving and public drunkenness. Police encourage responsible alcohol service by bartenders and waiters in local establishments. Bar and restaurant employees may attend free training sessions to learn prevention strategies.

Saint Vincent's, (805) 683-6381, offers residential rehabilitation assistance for girls between the ages of 12 and 17. Services include behavioral training, parenting classes and family therapy. Saint Vincent's also provides affordable housing for low-income women with children, including individual therapy, parenting classes and education and job referral services.

The Salvation Army, (805) 922-4179, provides counseling and general assistance to individuals and families. Services include alcohol and other drug recovery for both men and women, as well as a Clean and Sober Living program.

Santa Barbara Catholic Charities, (805) 965-7045, provides information, food, clothing and limited financial assistance to Santa Barbara County residents in need of help. Bilingual counseling services are provided for individuals and families, as well as referrals for substance abuse treatment.

Santa Barbara City College (SBCC) Health Services and Wellness Program and Student Athletic Assistance Program (SAAP), (805) 965-0581, x2298, offers classes, educational programming, resources, counseling and referrals for students seeking help for alcohol or drug abuse problems. SAAP offers peer health education through Project HOPE, an in-house program led by SBCC students. Through presentations, campus events and media advocacy, Project Hope staff provide information to students and community youth on alcohol and other drug abuse, HIV/AIDS, stress management and sexuality.

Santa Barbara County Alcohol, Drug and Mental Health Services (ADMHS), (805) 681-5220, delivers prevention, treatment and supportive services for Santa Barbara County residents with substance abuse or mental health

problems. ADMHS' efforts include improved collaboration between Alcohol and Drug Programs and other local public agencies and services for dually diagnosed clients. ADMHS contracts with prevention program providers throughout Santa Barbara who offer a wide variety of prevention and intervention strategies.

Santa Barbara County Department of Social Services, (805) 681-4401, helps Santa Barbara County residents become self-sufficient by administering federal, state and county projects. Assistance includes services and programs for needy families with children such as Temporary Assistance to Needy Families, foster care assistance, outreach for abused and neglected children and foster care. In addition, the Department works with individuals and families impacted by substance abuse.

Santa Barbara County Education Office, (805) 964-4711, offers educational support and training to Santa Barbara residents. Services include computer skills training, data processing, career development programs, migrant education and child development programs.

Santa Barbara County Public Health Department, (805) 681-5102, strives to improve community health through disease prevention, the promotion of well-being and facilitating access to health care. The Department administers health care programs and services for Santa Barbara residents and gathers vital statistics on alcohol, tobacco and other drug use. The Department houses the County Tobacco Program, which promotes prevention and cessation messages. The Department of Health also works with maternal and child health issues and provides breast cancer testing and perinatal education.

Santa Barbara County Probation Department, (805) 882-3700, works with adult and juvenile probationers in Santa Barbara by enforcing court orders and promoting responsible behavior. The Probation Department also provides information and recommendations to the courts, including information regarding probationers referred to alcohol and drug treatment.

Santa Barbara County Sheriff's Department, (805) 681-4100, is responsible for law enforcement throughout Santa Barbara County, including patrol, narcotic enforcement and crime prevention. The Sheriff's Department supports Neighborhood Watch and oversees

both county inmate facilities and supports the Sheriff's Treatment Program.

Santa Barbara District Attorney's Office, (805) 568-2300, is responsible for prosecuting criminal cases in Santa Barbara County, and is actively involved in juvenile justice issues and environmental matters. The District Attorney's Office established the Parent Accountability and Truancy Prevention Program in 1997 to reduce juvenile crime committed during school hours and keep youth in school.

Santa Barbara Parks and Recreation, (805) 564-5433, administers community-based programs, facilities and leisure services for Santa Barbara County residents. Santa Barbara Parks and Recreation provides alcohol-and other drug-free activities for young people, including the Summer Nights program and collaborates with Fighting Back, Girls, Inc., and other community-based agencies working on prevention activities. Other responsibilities include the operation and maintenance of county parks, open spaces and grounds throughout the county.

Santa Barbara Police Department (SBPD), (805) 897-2395, provides law enforcement in Santa Barbara County and protects residents from crime. Objectives include crime prevention and deterrence, apprehension of offenders and community service. The Santa Barbara Police Department actively supports and is involved in efforts to reduce alcohol and other drug problems in Santa Barbara County.

Santa Barbara Region Chamber of Commerce, (805) 965-3023, promotes economic well-being in Santa Barbara County. The Chamber identifies and supports development and implementation of programs and public policies to improve educational, civic and cultural conditions as they affect quality of life in Santa Barbara.

Sexual Abuse Response Team (SART), (805) 568-3395, offers psychological, medical, forensic and legal support to victims of sexual abuse and assault. The team was established in 1987 by the Santa Barbara District Attorney's Office with help from Santa Barbara's Witness Protection Program, Department of Health, Department of Social Services, Rape Crisis, and Child Abuse Listening and Mediation. In 1994, SART became a stand-alone agency located in its own building next to Cottage Hospital. Each year, SART serves almost 200 sexual abuse and assault victims.

Shelter Services for Women, Inc., (805) 965-0500, provides in-person and telephone counseling and shelter for battered women and their children. Services also include transitional housing, available for women leaving a shelter. Shelter staff offer free presentations and training sessions regarding their services to agencies, community groups and high schools.

Transition House, (805) 682-6808, is a 60-day residential program for homeless families. Services include counseling, meals, career development assistance, infant care and an after-school program. Firehouse, (805) 682-6808, offers transitional services for clients referred by the Transition House.

United Way of Santa Barbara, (805) 965-8591, supports substance abuse prevention programs and other social services throughout Santa Barbara County with funding and general assistance. The agency encourages local prevention programs to evaluate their services. United Way of Santa Barbara is one of many national chapters.

University of California, Santa Barbara, Alcohol and Other Drug Program, (805) 893-2914, is part of a student Health Education program that was developed to enhance students' academic and personal development. Through clinical services, volunteer opportunities and academic classes, students learn about alcohol and other drugs, nutrition and eating disorders, sexual health and stress management.

University of California, Santa Barbara, Graduate School of Education, (805) 893-3375, collects and coordinates data for Fighting Back Santa Barbara's Student Survey. Findings are used to educate South County residents about youth alcohol, tobacco and other drug use. In addition, findings are published in nationally read academic journals.

Appendix

Fighting Back Santa Barbara is one of seven Robert Wood Johnson Foundation community coalitions committed to reducing substance abuse in cities throughout the United States.

Fighting Back Santa Barbara (FBSB) has a 72 member Task Force comprised of public agency officials, educators and local business people, and is overseen by an 18 member Steering Committee of community leaders. In addition, FBSB has created Criminal Justice, Treatment, Secondary Schools, Media, Rotary Clubs and Evaluation Advisory Boards, which are cross-disciplinary panels that meet to develop specific initiatives to reduce substance abuse in the greater Santa Barbara area.

The initiative currently has three primary goals: (1) to reduce substance abuse among youth aged 12 to 17, (2) to increase treatment services for youth and families and (3) to reduce excessive alcohol use and the related mayhem.

In addressing youth substance abuse, FBSB has focused on increasing family involvement in drug and alcohol prevention through a parent-focused media campaign (currently in development), parent education programs in the workplace and school settings, and truancy and suspension programs that hold parents accountable for their children's behavior. The initiative's Youth Service System provides school-based prevention and intervention programs that incorporate skill-based prevention education with on-site counseling, peer mediation programs, sober activities and academic support. The Youth Service Specialists, trained prevention specialists who are part of the school culture (but not school employees), are able to provide students with confidential assistance in addressing substance abuse problems. FBSB also provides a Mentor Resource Center and school-based mentoring program, with a goal of completing 2000 mentor hours by the year 2000. This effort has been supported by a telethon to recruit mentors hosted by KEYT-TV, the local ABC affiliate, along with celebrity public service announcements and newspaper campaigns.

In its effort to increase treatment services, Fighting Back has been instrumental in developing a comprehensive Drug Court model treatment program, initially targeting public inebriates and later expanded to adult

multiple offenders (administered without public funds), as well as the Substance Abuse Treatment Court, funded initially by a federal drug court grant. Fighting Back has enlisted the support of the District Attorney, the Santa Barbara Probation Department and ADMHS to spearhead a comprehensive adolescent and family outpatient treatment program. The model is presently under development with extensive input from the adolescent recovery community, treatment professionals and private and public agencies interested in providing support services such as job training, recreation and health care.

Fighting Back's efforts to address excessive alcohol use and related mayhem has focused largely on public policy initiatives to address the downtown Santa Barbara area, developing a downtown Sobering Center designed as a gateway to treatment for repeat alcohol offenders, and beverage server training for local alcohol outlets. Other initiatives include early intervention teams in local hospitals and efforts to increase Employee Assistance Programs at local businesses.

For more information, call (805) 682-6667.

South County Youth Substance Use, 1998 (past 6 months)

	7th Grade		9th Grade		11th Grade	
	1991	1998	1991	1998	1991	1998
Beer	42%	22%	57%	35%	65%	53%
Wine	41%	24%	53%	41%	59%	44%
Liquor	22%	8%	39%	27%	49%	41%
Marijuana	16%	5%	24%	23%	37%	36%
Hashish	6%	1%	7%	2%	11%	12%
Methamphetamines	5%	2%	4%	4%	4%	7%
Cocaine	5%	3%	5%	2%	7%	5%
LSD	6%	2%	9%	5%	13%	10%
Other Psychedelics	2%	1%	4%	5%	6%	11%
Barbiturates	3%	1%	3%	1%	2%	1%
Sedatives	2%	2%	3%	1%	3%	2%
Tranquilizers	2%	1%	6%	2%	6%	5%
Inhalants	8%	9%	7%	13%	8%	4%
PCP	4%	3%	3%	2%	3%	1%
Heroin	4%	2%	2%	1%	2%	2%
Other Narcotics	3%	1%	5%	4%	8%	4%

Source: Fighting Back Santa Barbara Student Survey, 1998

South County Youth Tobacco Use, 1998 (past 6 months)

	7th Grade		9th Grade		11th Grade	
	1995	1998	1995	1998	1995	1998
Smoking Tobacco	23%	13%	37%	25%	36%	37%
Smokeless Tobacco	4%	3%	7%	2%	12%	12%

Source: Fighting Back Santa Barbara Student Survey, 1998

General and Public Alcohol Sources for South County Youth

	7th Grade	9th Grade	11th Grade
Home	13%	26%	26%
Home of a friend	8%	32%	41%
Party, parent present	9%	12%	26%
Party, parent not present	11%	26%	46%
Convenience/Gas Station	7%	13%	28%
Grocery	5%	10%	20%
Liquor	8%	14%	28%
Bar	5%	3%	10%
Restaurant	8%	6%	13%

Source: Fighting Back Santa Barbara Student Survey, 1998

General Drug Sources for South County Youth

	7th Grade	9th Grade	11th Grade
Home	2%	8%	6%
Home of a friend	8%	23%	31%
Party, parent present	2%	7%	8%
Party, parent not present	5%	20%	27%
Drug dealer	2%	10%	19%

Source: Fighting Back Santa Barbara Student Survey, 1998

South County Youth Attitudes Regarding Frequent Cigarette Use

	7th Grade	9th Grade	11th Grade
Extremely Harmful	66%	62%	76%
Harmful	26%	29%	22%
Somewhat Harmful	4%	7%	2%
Mainly Harmless	1%	1%	1%
Harmless	3%	1%	0%

Source: *Fighting Back Santa Barbara Student Survey, 1998*

South County Youth Attitudes Regarding Frequent Alcohol Use

	7th Grade	9th Grade	11th Grade
Extremely Harmful	62%	60%	64%
Harmful	24%	25%	30%
Somewhat Harmful	7%	9%	4%
Mainly Harmless	2%	5%	1%
Harmless	4%	1%	1%

Source: *Fighting Back Santa Barbara Student Survey, 1998*

South County Youth Attitudes Regarding Frequent Marijuana Use

	7th Grade	9th Grade	11th Grade
Extremely Harmful	82%	64%	54%
Harmful	10%	23%	23%
Somewhat Harmful	3%	7%	15%
Mainly Harmless	1%	3%	5%
Harmless	4%	3%	2%

Source: *Fighting Back Santa Barbara Student Survey, 1998*

This is a partial list of the sources used in the Santa Barbara Profile. Detailed citations are available on Drug Strategies' website: www.drugstrategies.org

General

Eating Patterns in America. The NPD Group, Port Washington, New York, 1998.

Kadushin, C., Livert, D., Ford, J., Barreras, R., Hoffman, J., Kelner, S., Trudeau, K. & Saxe, J. *Fighting Back Evaluation Survey: Wave Two Codebook.* City University of New York Graduate Center, 1998.

Scientific Sketch of Year End Research Developments on Wine, Alcohol and Health. *The Wine Institute Newsflash, Health & Social Issues*, 4 (26), 1999.

Young, N.K. *Alcohol and Other Drug Treatment: Policy Choices in Welfare Reform.* Washington, D.C.: Center for Substance Abuse Treatment and the National Association of State Alcohol and Drug Abuse Directors, 1999.

Youth Access to Alcohol Survey. Prepared for the Robert Wood Johnson Foundation. Minneapolis, Minnesota: University of Minnesota Alcohol Epidemiology Program, 1998.

South County and Santa Barbara County

Children's Scorecard '98. KIDS Network and the University of California, Santa Barbara, Graduate School of Education, November 1998.

"Cold Comfort: Agencies Struggle to Help the Homeless Among Us." *Santa Barbara News-Press*, Sunday, December 13, 1998, page A1.

Cosden, M., Peerson, S. and Crothers, L. *Year 1 Evaluation of the Santa Barbara Substance Abuse Treatment Courts.* University of California, Santa Barbara, 1997.

Facts About Alcohol-Related Experiences and Retail Alcohol Outlets in Santa Barbara, Santa Barbara Community Alcohol Prevention Project Fact Sheet. Santa Barbara Community Alcohol Prevention Project, University of California, Santa Barbara, 1998.

1998 Title III HIV Early Intervention Program Services Data Report. Santa Barbara Public Health Services.

Reducing Youth Access to Tobacco Products: Results from the 1997 Underage Tobacco Purchases. Santa Barbara County Public Health Department, Tobacco Prevention Program.

Santa Barbara Student Survey 1998. A report on the results of the 1998 survey completed by youths attending secondary schools in Santa Barbara, Goleta and Carpinteria. Santa Barbara Fighting Back Program and the University of California, Santa Barbara Graduate School of Education, 1998.

"Top 120 Employers, Santa Barbara County." *The 1998 Santa Barbara County Economic Outlook.* Santa Barbara County Association of Governments, March 1998.

Youth Tobacco Sales Data, Santa Barbara County 1993-1996.

Tobacco Prevention Project, Santa Barbara County Public Health Department, Tobacco Prevention Program, 1998.

State of California

Acquired Immunodeficiency Syndrome (AIDS), Santa Barbara County (South County), Surveillance Report, Jan 1, 1991 to Jan 31, 1999. California Department of Health Services, Office of AIDS.

California Substance Use Survey (CSUS) Technical Report. State of California Department of Alcohol and Drug Programs, 1997.

Hill, E. G. *California Counties: A Look At Program Performance.* Legislative Analyst's Office, California Legislature, May 1998.

The 1990 Census of Population and Housing. The California State Census Data Center.

1997 Annual Report of Fatal and Injury Motor Vehicle Traffic Collisions. Department of California Highway Patrol, Statewide Integrated Traffic Records System.

1997/98 Drug-Free Entitlement Data, Santa Barbara County. California Department of Education, Healthy Kids Program Office. Safe and Drug-Free Schools Program.

Santa Barbara County (South County) Number of AIDS Cases per year by Mode of Exposure, Jan 1, 1991 to Jan 31, 1999. California Department of Health Services, Office of AIDS.

Sorenson, E.L. *1996-97 Annual Report.* California State Board of Equalization, March 1998.

The STAKE Act: A New Law for California Retailers. California Department of Health Services, October 1995.

Federal Government

Age of Drinking Onset Predicts Future of Alcohol Abuse and Dependence. National Institute of Alcohol Abuse and Alcoholism, January 14, 1998.

County Estimates for Median Household Income for California: 1993. U.S. Census Bureau, Small Area and Poverty Estimates Program, January 1998.

County Estimates for People of All Ages in Poverty for California: 1993. U.S. Bureau of the Census, Small Area and Poverty Estimates Program.

The Economic Costs of Alcohol and Drug Abuse in the United States, 1992. National Institute on Drug Abuse and National Institute on Alcohol Abuse and Alcoholism, 1998.

National Survey Results on Drug Abuse from The Monitoring the Future Study, 1975-1997. Volume I, Secondary School Students. National Institute on Drug Abuse.

National Household Survey on Drug Abuse, 1996 and 1997. Substance Abuse and Mental Health Services Agency.

Parental Drug Abuse Has Alarming Impact on Young Children. General Accounting Office, April 1994.

Drug Strategies, a nonprofit research institute, is supported by grants from:

Abell Foundation
 Bonderman Family Foundation
 Carnegie Corporation of New York
 Annie E. Casey Foundation
 Edna McConnell Clark Foundation
 Fannie Mae Foundation
 William T. Grant Foundation
 Miriam and Peter Haas Fund
 Robert Wood Johnson Foundation
 Henry J. Kaiser Family Foundation
 Kansas Health Foundation
 Joseph P. Kennedy, Jr. Foundation
 John D. and Catherine T. MacArthur Foundation
 Open Society Institute
 Spencer Foundation
 STAR Alliance for Drug-Free Youth

Drug Strategies Publications

Drug Courts: A Revolution in Criminal Justice (1999)
 City Profiles on Alcohol, Tobacco and Other Drug Use and Programs that Reduce These Problems:
Facing Facts: Drugs and the Future of Washington, D.C. (1999)
Detroit Profile (1999)
Santa Barbara Profile (1999)
Making the Grade: A Guide to School Drug Prevention Programs (1996, 1999)
City Views on Drug Abuse: A Washington D.C. Survey (1998)
Keeping Score: What We Are Getting for Our Federal Drug Control Dollars (1995, 1996, 1997, 1998)
Passing Judgement: The U.S. Drug Certification Process (1998)
Safe Schools, Safe Students: A Guide to Violence Prevention Strategies (1998)
 State Profiles on Alcohol, Tobacco and Other Drug Use and Programs that Reduce These Problems:
Kansas Profile (1998)
Rural Indiana Profile (1998)
South Carolina Profile (1998)
Arizona Profile (1997)
California Profile (1995)
Massachusetts Profile (1995)
Ohio Profile (1995)
Americans Look at the Drug Problem (1994, 1995, 1997)
Cutting Crime: Drug Courts in Action (1997)
Forging New Links: Police, Communities and the Drug Problem (1997)
Implementing Welfare Reform: Solutions to the Substance Abuse Problem (1997)
Rethinking International Drug Control: New Directions for U.S. Policy (1997)
Drugs and Crime Across America: Police Chiefs Speak Out (1996)
Drugs, Crime and Campaign '96 (1996)
Investing in the Workplace: How Business and Labor Address Substance Abuse (1996)
Drugs and Crime: Questions and Some Answers for Broadcasters (1995)

Drug Strategies

Drug Strategies, a nonprofit research institute, promotes more effective approaches to the nation's drug problems and supports private and public initiatives that reduce the demand for drugs through prevention, education, treatment and law enforcement.

Officers:

Neil Goldschmidt
Former Governor of Oregon
Chair

Mathea Falco
President

Directors:

Robert Carswell
Senior Partner
Shearman & Sterling

Dr. Michael Crichton
Author

Marian Wright Edelman
President
Children's Defense Fund

Dr. Avram Goldstein
Professor Emeritus of Pharmacology
Stanford University

Dr. Pedro José Greer
University of Miami
School of Medicine

Lee Hamilton
Director
The Woodrow Wilson Center

Philip B. Heymann
Harvard Law School

Dr. Dean T. Jamison
Center for Pacific Rim Studies
UCLA

Robert S. McNamara
Former President
World Bank

Dr. Robert Millman
New York Hospital-Cornell
Medical Center

Norval Morris
University of Chicago Law School

Howard E. Prunty
Former President
National Association of
Black Social Workers

Herbert Sturz
Former President
Vera Institute of Justice

Hubert Williams
President
Police Foundation

Emeritus:
Dr. Margaret Hamburg

Charles Ruff

Hope Taft

Nancy Dickerson Whitehead
(1927-1997)

Santa Barbara Advisory Panel:
Richard Abney
Santa Barbara Police Department

Steve Ainsley
Santa Barbara News-Press

James Ash
Cottage Hospital

Helene Beaver
Community Volunteer

Richard Breza
Santa Barbara Police Department

Dr. Michael Caston
Santa Barbara School District

Bill Cirone
Santa Barbara County Schools

G. Paul Didier
United Way

Byron Elton
KEYT Television

Dr. Michael Furlong
Graduate School of Education
University of California,
Santa Barbara

Gil Garcia
Santa Barbara City Council

Susan Gionfriddo
County of Santa Barbara
Probation Department

Jeanne Graffy
Santa Barbara County Administration
(1995-1999)

Gregg Hackethal
Van Deventer & Hoch

Roger Heroux
Santa Barbara Public
Health Department

Penny Jenkins
Fighting Back Santa Barbara

Dr. Peter MacDougall
Santa Barbara City College

John McGrath
Santa Barbara Bank & Trust

Mayor Harriet Miller
City of Santa Barbara

Hon. Frank Ochoa
Santa Barbara County
Superior Court

Van W. Riley
Carpinteria Unified School District

Al Rodriguez
Santa Barbara Alcohol,
Drug and Mental Health Services

Tom W. Sneddon
Santa Barbara County District
Attorney's Office

Design and Production:
Levine & Associates, Inc.
Washington, D.C.



Drug Strategies
1575 Eye Street, NW
Suite 210
Washington, D.C. 20005
202-289-9070
Fax 202-414-6199
dspolicy@aol.com
www.drugstrategies.org

