



P.O. Box 40119, Long Beach, CA 90804 • [www.choicesoflongbeach.com](http://www.choicesoflongbeach.com)  
 Business Office: 562-590-9010 • FAX: 562-590-8045  
 Intake Office: 562-930-0565 • FAX: 562-856-2630  
 Program Office: 562-218-3639 • FAX: 562-218-5310

DELIVERED VIA EMAIL AND FAX

## Semiannual Program Report

July 22, 2007

*The new statement is always hated by the old, and, to those dwelling in the old, comes like an abyss of skepticism.*

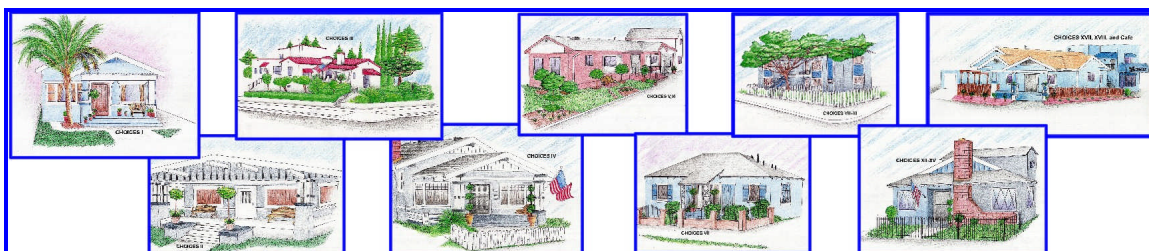
*Ralph Waldo Emerson*

It is with great pleasure that I report the continued success of Choices Program Model (CPM) during the first half of 2007. In 2005, Choices Longitudinal Study was granted IRB approval, and Choices continues to track a variety of outcome measures for the purpose of program development, quality control, documentation of policies and procedures, and verification of evidence-based program practices. This analysis has proved invaluable in the continued development of CPM as an innovative treatment and rehabilitation program.

Recent study analysis confirms CPM completion rates continue to be significantly higher than national averages and markedly improved over Choices' results for the same period last year. Completion rates are only one of the standardized measures of program outcomes utilized by Choices. Others indicators include; hospitalization days, days homeless, days in custody (jail or prison), incidence of criminal activities, and a variety of indirect socio-economic costs. Current study analysis conservatively estimates CPM cost savings ranging from 100s of thousand to 10s of millions for the first six months of 2007. The continued increase of these cost savings over the previous period confirms improvements in the program's monetary cost/benefit from a purely financial viewpoint.

### Program Development Highlights:

- **Program Compliance-** Improvements in attendance monitoring, the variety of program locations, and the mixture of interesting, engaging, and challenging program activities all contributed to near 100% program participation.
- **Medication** - Continued improvements with medication compliance strategies, reporting cross checks, and physician integration/participation/coordination were continued. During the last 60 days Choices maintained 100% medication compliance among ALL residents independent of program service level.



- **Outreach and Engagement** – Choices Youth Trailer in operation and participating in multiple community events; neighborhood clean-ups, urban art projects, outreach events with the specific goal of increasing the awareness of substance abuse and mental illness impact/treatment options.
- **Program Development**-Currently, CPM includes 40 hours of programming each week. Regular hours for program, offices, and staff are; 9am-6pm 7 days per week. Staff are on duty 24 hours.
- **Staff Development**- Professional staff include; MDs, PhDs, Therapists, Counselors, and Interns. All program staff (including interns) maintain a minimum of 1 year experience with CPM. Over 100 hours of professional staff training during the first half of 2007 were conducted. Currently, 4 hours per week are earmarked for staff development.
- **Work** – All residents work and are paid. All program participants have the ability to earn a weekly (performance based) allowance. The work may include kitchen help, gardening, cleaning, or attending and contributing to program activities. Everyone has a job at Choices, people are up early each morning, beds are made, and the day starts. A tight schedule of daily activities, exercise, healthy meals, and daily challenges produce a good night's sleep. Late-night drama is very low.
- **Treatment Teams** - Interagency collaboration and communication are a paramount program component. Priority placed on the development of collaborative multidisciplinary treatment teams.
- **“Extra-Special Needs” Placements**- Choices perfected a “front-loaded” service approach for those program participants who require crisis stabilization. Many times quick action may arrest decompensation, relapse, or hospitalization.

The Choices Program continues to produce anecdotal and quantifiable positive program outcomes. Future innovations will continue to improve the value of services provided to our program participants and partner agencies. These partnerships have allowed Choices to develop and implement innovative approaches quickly to our mutual benefit. As we further develop and refine our treatment approach, naturally, some agencies' philosophies will diverge from our approach. This was to be expected, and we welcome all feedback during this process.

I am extremely proud of the Recovery Community that has developed at Choices. The staff and residents of this community have produced amazing results. The human spirit can overcome insurmountable obstacles. Great things are planned for the second half of 2007, and I invite you to join us.



Sean E. Zullo CPRS, NCRS, CAS, CCDC, CFC\*  
 Executive Director/Founder  
 Choices Recovery Services  
 Choices of Long Beach, Inc.

### **About Choices of Long Beach, Inc. dba Choices Recovery Services, “Choices”**

*Choices Recovery Services, a division of Choices of Long Beach, Inc. is a leader in the mental health rehabilitation and substance abuse treatment fields. Choices Program Model incorporates a multidisciplinary treatment “team” approach. Choices was recently recognized in three state-wide publications, and offers a complete range of recovery solutions including a menu of program components and a variety of both; licensed, certified, and approved residential options all with varying levels of supervision, program requirements, and program involvement. This allows for a continuum of services based on the needs of the individual program participant. Choices specialize in serving the “Special Needs” recovery community. Choices Recovery Services operates ten properties: eight in Long Beach, one in Los Angeles and one in Santa Ana. All homes meet or exceed the standards required by the CA State Department of Alcohol and Drug Programs, CA Department of Social Services-Community Care Licensing Division, CA Department of Mental Health, California Department of Corrections and Rehabilitation, Los Angeles and Orange County Sober Living Coalition (s), Orange County Sheriff's Facility Certification Program, California Association of Addiction Recovery Resources.*

\* (Nationally) Certified Psychiatric Rehabilitation Practitioner, Nationally Certified Recovery Specialist, (CA) Certified Addiction Specialist, (CA) Chemical Dependency Counselor, (Nationally) Certified Forensic Counselor