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Valuable Resources for Spanish-Speakers & Non-Residents of Monterey County in Addiction Recovery

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Abstract

Sun Street Centers in King City is a non-profit organization that offers a residential treatment program for men and women experiencing addiction. Their mission is to prevent alcohol and drug addiction by providing resources to individuals and families despite their income level. The main issue was that Spanish-speaking clients and clients that are non-residents of Monterey County were in need of resources to guide them during their recovery process. The idea for this project is to provide resources to all residential clients in both English and Spanish and also offer them to clients who are non-residents of Monterey County. The resource binder will provide resources at a glance for all clients that come into Sun Street Centers despite their residential status and will be offered in two languages. The resource binder was an opportunity to gather a great amount of valuable information in one binder and give residents the opportunity to use it during the program, after completion of the program, or in case of a relapse. My hope is to spread awareness that addiction is not by choice, addiction is the inability to cope with life.

Keywords: Substance Use, Prevention, Sunstreet Center, Resources, Addiction, Spanish-Speakers, Non-County Residents

Agency and Communities Served

Sun Street Centers of King City, California is a non-profit organization that offers a residential treatment program for men and women. They have many locations throughout Monterey County in which they offer prevention services, education, and recovery of drug abuse and alcohol addiction. Their mission is to prevent alcohol and drug addiction by services to individuals and families regardless of their income level. The vision is to inspire participants and community members to value an alcohol-free and drug-free life. Sun Street Centers in King City offers many programs within the agency to assist with prevention, recovery, and awareness. The population served are women, men, and the youth which consists of diverse groups such as African Americans, Whites, Hispanics, and others. The age group served at the residential program can be anywhere from the age of 18 to the advancing years. The intern is part of the Men's Residential Program, which serves individuals with substance or alcohol addictions. The Men's Residential Program provides a supportive environment by providing clients with a full recovery-based program schedule that includes recovery planning, communication skills, and relapse information. In 2021, King City Men's Residential served 59 men by occupying the 12 beds available throughout the year. A percentage of 68 % of the residents were between the ages of 25-45 years old and 54% of them identified themselves as Hispanic (CARF, 2023).

Problem Model Background and Literature Review

Problem Statement

The social problem that will be addressed is the recurring drug/alcohol use after treatment in Monterey County. According to CornerstoneSoCal, “ More than 85% of people relapse and return to old habits of drug or alcohol use within one year of treatment” (CornerstoneSoCal, 2023). The recurring drug/alcohol use after treatment in Monterey County is a social problem because this indicates that clients are not receiving or having access to the resources they need to continue their recovery. Individuals who do not receive the same resources

as Monterey County residents are clients from outside of the county. Because these individuals are not residents of Monterey County they do not have access to many resources that can be beneficial to them in their recovery process. According to Ashford et.al (2018), there are many barriers that prevent easy access to resources “ The newly identified barriers of a lack of treatment services, lack of technological resources, lack of recovery support services, lack of collaboration and leadership, and the increasing unethical practices in the field should be studied in-depth moving forward” (p.68). Another group of individuals who are obtaining insufficient resources are Spanish speakers. In South County, the majority of the population is Hispanic and Sun Street Centers at times serves at least 40% of Spanish-speaking clients. Due to the lack of Spanish-speaking counselors or presenters, Spanish-speaking clients are not receiving fully translated services that would also be beneficial for them in their recovery process. Often, when there are no bilingual services available during their daily meetings, Spanish speakers feel lost and are losing out on valuable information. According to McKay et.al (2011), “ Practical barriers to treatment may prevent or discourage patients from participating in continuing care, such as problems organizing childcare or scheduling work around treatment appointments as well as lack of appropriate self help groups in the patient’s vicinity” (p.357).

Contributing factors

Lack of Affordable Sober Living Options

One of the contributing factors is the lack of affordable sober living options which contributes to why so many individuals after the completion of the program relapse. Having affordable sober living options is a very important step once the client has completed their 90 days of sober living. Having access to sober living options can either make or break them, especially if they do not have somewhere to continue their sobriety. If affordable sober living arrangements are not available to the clients, most of the time they have no other option than to go back to the streets. By going back to the streets or back to their previous place they are at risk of relapsing after attending a three-month program. Many clients who have come in to receive services have come in to receive help with their ongoing cycle of addiction and homelessness. Though many clients have their family’s homes to

go back to most of the time the relationships either with parents or their significant other are toxic and will do more harm than good. According to SAMHSA (2022), “Oxford Houses found that people who enter recovery housing when compared to people returning to their community directly after treatment typically have decreased rates of substance use and incarceration. They are also more likely to have increased rates of employment, according to a 2010 study on recovery outcomes of people living in sober living houses”(para. 3).

Lack of Access to Job Programs for Non-County Population

In connection with the contributing factors to why there is recurring drug/alcohol use after treatment in Monterey County, many individuals do not have access to job programs due to not being residents of Monterey County. At times about half of the residents at Sun Street Centers in King City have either been previously incarcerated or have had some type of problem with law enforcement due to substance/ alcohol use. Being incarcerated and not having access to job programs due to being from out of the county makes it twice as harder to obtain a job position for these individuals. Lack of access to job programs during or after completion of the program creates obstacles for the clients to pursue their life goals and maintain sobriety. According to Publications and Digital Products (n.d.), “A longitudinal study of Government Performance and Results Act (GPRA) survey data indicated that clients who are employed while in treatment are significantly more likely to successfully complete treatment than unemployed clients. Regardless of whether work is paid or volunteer, individuals who work are more likely to reduce their substance use and better able to maintain sobriety” (p.4). Having equal job opportunities would not only make the clients successful but also the communities and states. According to Gateway Foundation (2022), “For those who have previously abstained from substance abuse because it did not align with their goals, job loss can make drugs and alcohol seem less dangerous and more appealing”(para. 8).

Lack of Bilingual/General Resources

The lack of bilingual resources can contribute to the reason why individuals in Monterey County relapse

after treatment. Having resource barriers not only affects clients' opportunities to obtain resources but also affects their understanding of the program. The lack of resource information specifically in Spanish is an essential tool that Spanish speakers should have access to. As claimed by the conduct of a trial Suarez (2007), mentioned, "several barriers to the successful implementation of a Spanish-language multi-site trial had to be addressed, including the appropriate translation of assessment instruments, shortage of appropriately trained Spanish-speaking clinical staff, and barriers to recruitment and retention of this population"(para. 1). The lack of Spanish resources specifically in the south county is an issue that needs to be addressed and resolved. Many clients who are coming into the program are Spanish speaking and are in need of services that they will understand and information that they will take back with them on their road to recovery.

Consequences

Homelessness

A significant consequence of relapse is homelessness. Homelessness is a huge problem that clients face and are worried about upon the completion of their program. Most clients at Sunstreet Center have had to face homelessness and have dealt with it for years when they are faced with the reality of what happens next after the program they are unaware of what will be their next step will be. Many times because of the waitlist and lack of affordable sober living options, the client's only option is to go back to the streets and wait until there is an opening. Unfortunately, most of those times the client has relapsed. According to Affordable housing models and recovery (2022), "Ultimately, safe and healthy living environments are needed and important for people in recovery" (para. 6). Having a home upon completion of the program is an essential part of recovery that should be offered to all clients to give them a head start on their new life.

Unemployment

The second consequence of relapse is unemployment. If a client continues with the recurring drug/alcohol use after treatment they are less likely to obtain a job position depending on the level of usage.

According to Badel (2021), “Drug abuse can reduce a person's employment prospects, both by reducing productivity and by decreasing the chance of getting a job in the first place, especially if an employer tests applicants for illegal drug consumption”(para. 2). Being unemployed can either take consumption to another level or keep the cycle of unemployment going. Being unemployed and left with free time gives clients the opportunity to relapse and continue their addiction than improve it.

Increased Stigma of Addiction by Society

The third consequence of relapse is the increase in the stigma of addiction by society. Having resources is an essential part of recovery to help clients overcome issues from the past, stressors, and deal with their mental health. An increase in the stigma of addiction can come from family, friends, and society and can take a toll on the client’s mental health by having them doubt themselves in thinking that they cannot overcome their addiction. According to Addiction Relapse (2022), “If you have high levels of stress and poor coping skills, you may turn to drugs and alcohol for relief. Negative emotions, such as anger, anxiety, depression, and boredom, sometimes increase your risk for relapse (para. 9). Clients at Sunstreet Centers are either there voluntarily or ordered by court/probation officers, therefore, their time in the residential setting is an essential part of their recovery that needs to be accessed to the fullest. Providing all resources available in both/all languages can benefit the client in having a successful recovery and will demonstrate to society that they can overcome their addiction and be part of society in a positive way. According to Asghar (2012), “ A large proportion of individuals who have been treated for addiction tend to re-use drugs shortly after treatment. Factors such as stress, depression, anxiety, positive mood, social pressure, adverse life events, work stress, marital conflict, family dysfunction, and a lower level of social support have been reported as relapse reasons” (para. 2).

Contributing Factors	Problem	Consequences
Lack of affordable sober living options	Recurring drug/alcohol use after treatment in Monterey County	Homelessness
Lack of access to job programs for the non-county population		Unemployment
Lack of bilingual/general		Increased stigma of addiction by

resources		society
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Capstone Project Description and Justification

The primary purpose of this project is to give all clients, specifically clients who are not from Monterey County or are Spanish speakers, the opportunity to access resources that can help them with their recovery and prevent a relapse. The goal of implementing this project is to ensure that the clients have accessible resources. By having accessible resources, clients who are not part of Monterey County or are Spanish speakers will have the opportunity to search for housing, have resume-building skills, be good job candidates, and acquire many new skills. This proposed project will meet the best practice standard because it is a resource binder that the clients will be able to stay with even after a relapse and it will produce great outcomes in obtaining services.

The benefits resulting from this project are that clients will have the resources in the palm of their hands. If a client can complete the program they will have resources that they can use to improve their new lives. On the contrary, if a client is not ready to complete the program or is unable to for any reason, they will have the resources to look back on when ready. According to Hilliard (2021), “One of the most important benefits of rehab is the continued support that is offered to patients even after they have left the facility”(para.9). Therefore, if the support is in person or in the resource binder the clients will have the support and easy access. Also, Spanish speakers will be given all information in Spanish and obtain translated documents pertaining to their program. The agency will benefit from this project by having more clients complete the program and having a greater success rate of sober living clients. The community can expect to see these individuals who have been out in the community under the influence or incarcerated positively contributing to society and will decrease the stigma of addiction by society. Community members from Monterey County and surrounding counties will see a decrease in homelessness, incarceration, and unemployment rates.

Project Description and Implementation Process

The intern counselor will create a resource binder to provide valuable resources. This resource binder will provide resources at a glance for clients that come into Sun Street Centers from outside counties and inside Monterey County. This resource binder will have all resources printed in English and translated into Spanish. The resource binder will be given to clients upon arrival and will remain in their possession throughout their stay and after no matter the outcome. Clients will use this resource binder for development, planning, record keeping, and easy access to community/agency information.

The Resource Binder is a project that will help residents at Sunstreet Centers with their recovery process. The resource binder will have all resources needed and will keep information organized with the required information at their fingertips. The intern counselor will contact agencies to ensure they accept Medi-Cal patients, requirements for recovery centers, contact local housing opportunities, contact local food pantries, and meet with clients to ensure they can access the resources. The resource binder will have a table of contents, an introduction letter of how resources can be accessed, information on mental health offices, recovery centers, medical care services, food banks, simple recipes, a list of telephone numbers of positive influences (clients will fill in), erasable calendar, medication log, job applications, housing applications or list of numbers, resume template, and additional information on substance abuse. The steps that will be taken to implement the resource binder are to first have the intern-counselor introduce the resource binder to the management team and counselors. Second, the intern will introduce and distribute the binder to the clients and explain how the resources can be easily accessed. The last step for implementation will be to check in with the clients within two weeks to see how the resource binder has helped them access the resources they need and what can be done to improve the resource binder.

Expected Outcomes & Assessment Plan

The expected outcome for this capstone project is that 8 out of the 10 participating clients will gain knowledge of resources to help them through their recovery process. By gaining knowledge of resources clients

will be able to prevent relapse due to stressful situations arising from not having access to resources. The measures that were used to ensure a successful project were attendance, client participation, counselor, and client involvement. The assessment plan for this capstone project is to collect an attendance record of the clients who participated in the introduction meeting of the resource binder and received a resource binder. After the resource binder is passed out to the clients the student and counselors will make daily/weekly observations of how the clients are implementing their new binder. Two weeks after the resource binder is implemented the student will develop a survey that will be passed out to the clients and meet with them to ask them questions regarding their satisfaction with the resources binder. By collecting the survey information the student will be able to know what resources are benefiting the clients and which resources are inaccessible. The student will obtain their objective by having clients sign a sign-in sheet if the resource binder has benefitted them on their road to recovery.

Results

The expected outcome of implementing the resource binder was to have clients gain more knowledge regarding resources available to them that can help them out during stressful situations in their recovery. The measures that were used to assess the resource binder's success were to collect the attendance of the clients who participated in the introduction meeting and received a resource binder. During a couple of weeks, the student and counselors made daily/ weekly observations of the clients using the resources binder during their meetings and throughout the day. After two weeks of implementing the resource binder, the method that was used to gather evidence of the project's success was to give a survey to the clients who received a resource binder. The student developed a survey to hand out to the clients in which the student was able to find out how valuable the resources provided were and what could be improved.

The expected outcome for this capstone project was for 8 out of the 10 clients participating to gain knowledge of resources to help them through their recovery process. Unfortunately, the results came out to only 2 out of the 10 clients gaining knowledge of these valuable resources. These results were determined based on

the survey that was only completed by four clients who received the resource binder. In the survey, only two clients indicated that the resource binder helped them gain knowledge of valuable resources. Other clients who received the binder either left the program, graduated from the program, or were discharged from the program. Since most of the clients who received the binder were not present it was difficult to know if the results benefitted them or not. The results were obtained by giving the survey to the clients that had received the binder and also receiving feedback from new clients. In my opinion, even though it was difficult to know if all the clients who received the resource binder benefitted from the resource binder, I believe that the binder did achieve its purpose of having resources in the palm of their hands if they are ever in need of resources.

Conclusions and Recommendations

By completing this resource binder I was able to learn and understand more about recurring drug/alcohol use after treatment in Monterey County. I was able to see how many clients are not obtaining resources due to certain obstacles. The clients who received the resource binder received an important tool that they can use during their time at the program, once they graduate from the program, and can be used when they are ready to complete the program. If the clients who received the binder do use the binder during the program or in the future they will be able to receive the resources that will help them have a stronger recovery. From the couple of clients that did appreciate the resource binder, I received comments of appreciation and motivation. If I was to do this capstone project again, I would change a few things to make it more efficient.

One of the biggest things that I would do is go to the internship more than once a week. I believe the resource binder could have been used more if clients were instructed to bring the binder with them to every meeting. The next thing I would change would be to survey clients to see what changes can be done or resources that can be offered to encourage them to stay in the program. My last change would be to create a workshop in which clients put the resource binder together and add the resources that they know they will use and will benefit from. During the workshop, clients will be able to include their opinions and suggestions. Overall, I believe that even though I could not gather opinions from clients who were no longer in the program I

know that the resource binder will be used at one point when they are in need of resources and do not have access to the internet to look them up. The clients that did receive the binder and were still in the program were hopeful that once they graduated the binder would be useful in their continued recovery.

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Appendix A

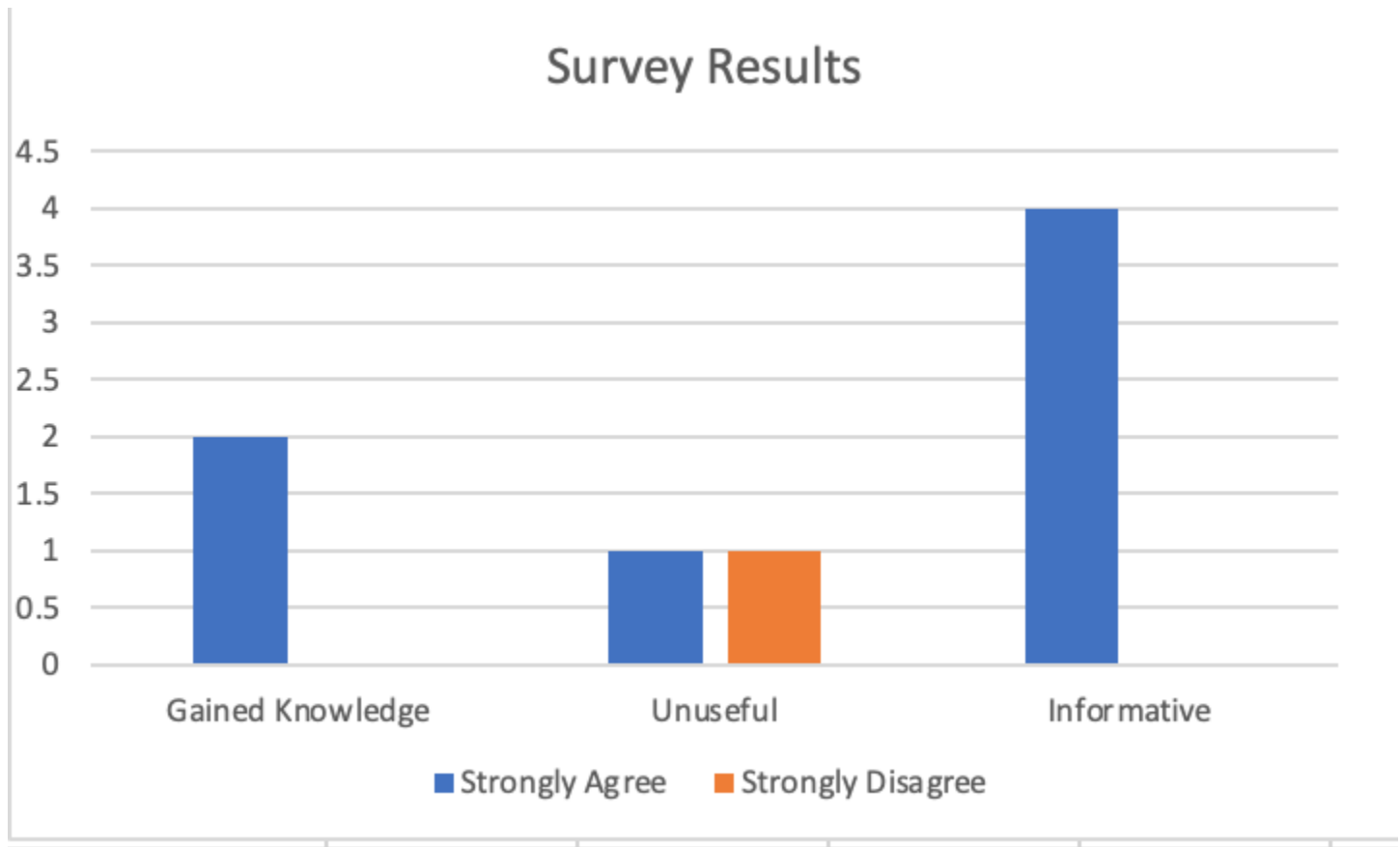
Project Implementation Plan

Task	Timeline	Parties Involved	Materials/Services Needed	Completed Product
Reach out to community partners	By March 10 2023	Student & Monterey County	Task list & Laptop	Task assignments
Make phone calls to resources to ensure that information is up to date.	By March 10, 2023	Student & Monterey County	Task list & Laptop	Task assignments

Put together resource binder and distribute to each client.	By March 24, 2023	Student & Mentor	Binder, paper, copy machine, laminator, erasable markers, and resources.	Resource binder
Intern counselor will perform daily/weekly observations on usage of resource binder per client	March 24- April 7, 2023	Student & Counselors	Notebook/Laptop	Resource binder
Intern counselor will observe if clients are using the resource binder in their daily activities	March 24- April 7, 2023	Student and counselors	Notebook for notes on observation.	Resource binder observation
Create a survey with mentor to distribute to clients	April 7, 2023	Student & mentor	Observation notes/laptop	Task assignment

Prepare supplies needed to meet with clients to distribute survey	By April 14, 2023	Student & mentor	Laptop, paper, and pencils.	Survey
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Meet with new/existing clients to get feedback/ideas on the resource binder.	By April 14, 2023	Student & Counselor	Laptop	Task Assignment
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Capstone Resource Binder Survey 4/14/2023

Please check off your answers.

Question 1:

How many times a day/week did you use the resource binder?

- None
- 1-3 times a week/day
- 4-6 times a week/day
- More than 7 times a week/day

Question 2:

What resources did you use and gain knowledge of?

- Mental Health
- Addiction Services
- Housing
- Resume Building
- Food Banks
- Other _____
- None

Question 3:

How likely are you to use the resource binder in the future?

- Very Likely
- Likely
- Unlikely
- Very Unlikely
- Not Sure

Question 4:

What can be improved /added in the resource binder? Please write your comment below.

Thank you for Participating

