



OUR MISSION

To provide compassionate, holistic care to people suffering from substance use disorders in a safe and therapeutic environment. Focused on removing barriers to treatment, people will be empowered to engage in recovery and live life to its fullest potential.

OUR VISION

Our vision is to create a treatment center in the downtown Spokane area, focused on street outreach to those who are chronically homeless, suffering from substance use disorders. By engaging with our homeless, vulnerable community members in downtown Spokane, who may suffer with substance use disorders, we will help people reconnect with community and enter recovery. Compassionate Addiction Treatment (CAT) will be the only treatment center in the Spokane area that focuses on community first.

We believe that people living with the disease of addiction are faced with pain every day. Pain from not having the drug and experiencing withdrawals, pain due to the activities done to acquire the drug, pain from the reaction and responses towards them from family and community, pain from trauma that may have occurred earlier in life and at minimal, trauma that has occurred while in active use of substances. Due to this pain, relationships with family, friends and community has been fractured. A person finds themselves often feeling hopeless and disconnected. Our goal is to create a community that helps to heal this pain and reconnect with community. Trauma informed care will be used in all aspects of our work.

In building a Recovery Community based on the core values of respect, kindness, compassion, empathy, and inclusivity, our community members can reconnect, and begin to feel hopeful that life can be better. That they can be better. Based on research, peer leaders and peer support improve outcomes in the recovery from substance use disorders. Tapping into this will better support our clients and help them reconnect with community, as well as with hope.

Medication for Addiction Treatment, Intensive Outpatient and Outpatient programs, Case Management and Life Skills classes, Acupuncture, Yoga and Massage will be available for clients to engage in, when, and if they choose to. By putting our client's in charge of their own recovery, each client will be empowered to choose the recovery path that feels right to them. Engagement and success are improved due to true person-centered, trauma informed care.

WHAT THIS MEANS TO OUR DOWNTOWN BUSINESS COMMUNITY

Compassionate Addiction Treatment is a nonprofit organization opening in the downtown Spokane periphery. Currently we are fiscally sponsored by Smith-Barbieri Progressive Fund and have also received a grant from the Fund to cover our first year of rent and utilities in the sum of \$30,000. The Community Building Foundation has granted CAT \$1500 as well. Our target opening date is September of 2019.

CAT will use new evidence-based approaches for the treatment of substance use disorders, focused on supporting people who are homeless, who also suffer with addiction. At the center of our program is a Recovery Community, using peer counselors, with Substance Use Disorder services wrapped around to support members of our community in ongoing recovery from the disease of substance use disorder(s). According to Kathlene Tracy and Samantha Wallace, in a research paper on the Benefits of Peer Support Groups in the Treatment of Addiction, “Those who participated in treatments, including peer support groups, showed higher rates of abstinence than common in substance-abusing populations while also being more satisfied with the treatment. Furthermore, significant reductions in relapse rates were shown in addition to significant reductions in return to homelessness in a challenging population to treat”.

Due to the difficulties of homelessness, maintaining scheduled appointments is a challenge. CAT will offer drop in times for medication as well as counseling, to better support our homeless clients, thereby removing this barrier to care.

We will be the only treatment center in the Spokane area that focuses on community first and does on the street, direct outreach and provides drop in times for medication for addiction treatment and counseling for chemical dependency. Street outreach will occur daily. CAT staff and volunteers will engage with the downtown community, sharing needed items such as snacks and personal care items to help improve engagement opportunities. Building familiarity as well as trust and relationships, to support entry into recovery, is our goal in street outreach. Our street outreach area will include the area between Monroe Street to Division Street, and Mallon Avenue to 3rd Avenue. Our goal is to interact with a minimum of 10 people each day through street outreach.

Medication-assisted treatment (MAT) will be available, such as buprenorphine and Vivatrol. MAT is used to decrease cravings for individuals suffering with opioid use disorder and alcohol use disorder. As stated by ATTC (Addiction Technology Transfer Center Network), “Buprenorphine improves treatment engagement, reduces cravings and mortality, and improves psychosocial outcomes”. Currently, Spokane has very limited medical providers for medication-assisted treatment (buprenorphine). Dr. Mike Lemberger, a retired Addictionologist, has volunteered to mentor physicians at CAT who are new to medication-assisted treatment. Our goal, with the assistance of Dr. Lemberger, is to have two providers on staff each day, with the ability to see four or more new clients each day as well as maintain current clients. Our homeless population has difficulty accessing current locations due to transportation challenges. CAT will offer this service, thereby expanding availability, and bringing it within walking distance to the homeless population in downtown Spokane.

Intensive Outpatient, Outpatient services, which includes counseling and groups, as well as assessments will be offered both by appointment and during walk in hours. CAT will begin with one chemical dependency counselor with the goal of expanding to three counselors. Each counselor can support a case load of up to 40 clients; this is a standard caseload.

One measure of success will be completion of outpatient treatment. However, we will be tracking a separate measure as well. As clients become engaged in recovery, it is common to realize that being in the downtown homeless community is not healthy to ongoing recovery. Due to this, in order to measure success accurately, we will also track clients that choose to be transferred to treatment centers outside of the downtown periphery. A second measure of success will be decreasing positive UA's. UA's will be conducted at each appointment for medication-assisted treatment. Random UA's will also be done by counseling staff. Tracking these findings will assist us in identifying recovery success rates. A third measure of success can be tracking success within Community Court. CAT will have a resource table at Community Court and will engage in this process and track the closure of cases as a measure of success

The founders of Compassionate Addiction Treatment have worked in the field of recovery within Spokane, navigating clients in treatment, and have an extensive network and connections with other treatment providers. This network will benefit clients in accessing higher levels of care, such as residential inpatient treatment, as well as the sobering unit and detox.

Currently CAT is operating a transitional recovery housing program on the southeast end of Spokane that houses 8 single men in recovery, who were previously homeless. While in transitional living, CAT provides case management to help the clients meet their recovery goals as well as assist in locating permanent, independent housing. We are currently in negotiations to lease a home to create a transitional recovery program for pregnant and parenting moms that can house up to 4 clients.

Located at 215 W 2nd, our recovery community and treatment center are located within blocks of House of Charity, Donna Hansen Haven, and Hope House. Compassionate Addiction Treatment hopes to partner with locations downtown that currently offer low or no barrier housing, to support recovery for this population as well. At this time, services geared towards this population are virtually nonexistent. According to Health Care for the Homeless Clinicians' Network, "If possible, provide medication-assisted treatment where homeless people live (e.g., shelter-based treatment with buprenorphine)". CAT will be available to offer services to those sheltered nearby, eliminating transportation challenges that limit access to services.

It has been brought to our attention that there may be concern regarding adding another service downtown for our homeless population. I think it's important to be clear that the services we are offering aren't a service that will cause people to wish to be downtown. It is however a service that is vitally needed to better serve those that are currently homeless, in downtown and its periphery, so that they may have access to recovery and a better quality of life. We are committed to providing an environment that is safe and therapeutic for recovery, as well as being a positive addition to our community.

By providing a supportive, community environment, street outreach and low barrier access to care for substance use disorders, we will be helping people toward genuine recovery. Through this, we are helping the entire community. But we need your help. To open our doors, we need office equipment, including laptops, printer/fax, software, supplies and some furnishings. To acquire that, we need to raise \$17,700 in addition to the \$31,500 that we have currently raised. We are asking you to help us with \$10,000.

If you are looking for a solution-based mission, that will reduce the number of people struggling with active addiction and dying on our streets, we need your help. We hope you'll support Compassionate Addiction Treatment in working with our downtown homeless population who also have substance use disorders, in bringing much needed services to exactly where they are needed.

With Gratitude,

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