



**Evergreen
Treatment
Services**

2017 IMPACT REPORT

LETTER FROM THE DIRECTOR

Dear Friends of ETS,

We are in the midst of a devastating opioid epidemic and an unprecedented homelessness crisis, but we have reasons for hope. Access to life-saving treatment is expanding. Evergreen Treatment Services (ETS) has grown in the last four years, nearly doubling the number of patients we serve. We've built two new clinics in Grays Harbor and Renton, and have expanded our Seattle and Olympia clinics. Our opioid treatment programs now help nearly 3,000 people get their lives back, one day at a time.

Partners, collaborators, and allies across the greater Seattle region are also helping to turn the tide of the opioid epidemic by piloting new solutions. The King County Heroin and Prescription Opiate Addiction Task Force, of which I was a member, recommended several initiatives – including prevention, treatment, and drug user safety – that will provide a way to save lives in Washington state, and a model for other states across the country to follow.

Our REACH program has also more than doubled in size in the last four years, running more innovative programs that link more than 3,000 homeless adults to outreach, case management, housing, and partnering with the city and county to expand those options. REACH is also collaborating with law enforcement and other civic stakeholders to break the cycle of incarceration that traps many people who struggle with the twin issues of substance use disorder and homelessness.



Executive Director Molly Carney, featured in the August 2017 Puget Sound Business Journal. *"Molly Carney and her team hope every day that their hard work is saving people's lives."* Visit evergreentx.org/blog to read the full article.

"I was addicted to heroin for 12 years. I was homeless pretty much the entire time. I thought I was going to be a heroin addict the rest of my life. Recovery is a constant process. I'm grateful Evergreen is there for people when they decide to make a change. They've been there for me every time."

-ETS Patient

Finally, we're speaking up. For nearly 45 years, ETS and REACH have provided top-notch services, but we did not talk publicly about our work or the intense stigma faced by the people we serve. Those days are over. Through a range of communications initiatives, we are now educating people about homelessness, opioid use disorders, and the proven effectiveness of medication-assisted treatment. Please follow us on Facebook, read our blog, and share what you've learned with your networks. You never know who you could help.

Our goals are simple: we want people grappling with opioid use disorders and homelessness to get the help they need to rebuild their lives. Thank you for supporting this work. Every encouraging word, gift, or in-kind donation brings hope to the people we serve.

All my best,
Molly Carney

ADDRESSING AN URGENT NEED

Washington State is battling a deadly opioid epidemic that takes the lives of hundreds of people each year. Nationwide, more people die **annually** from drug overdose than the U.S. lost during the Vietnam War. Despite these tragedies, it is estimated that **less than half** of people in need of treatment actually receive it.

Exacerbating this issue, the entire West Coast is in the midst of an escalating homelessness problem. An estimated 40-60 percent of people living outside concurrently suffer from an opioid use disorder. These devastating twin crises are causing individuals and families to slip through the cracks of society, where they are stigmatized or ignored.



On August 31, 2017, International Overdose Awareness Day, ETS staff, board members, and volunteers joined community members to stand among over 300 balloons that represent people who died of an overdose in King County last year.



91 people die every day in the United States from an opioid overdose. (CDC)

REASONS FOR HOPE

There is reason for hope and there are solutions. In 2016 alone, 6,000 ETS patients and clients got the support they need to make significant improvement in their lives – overcoming substance use disorder, getting jobs, moving into housing, and reconnecting with family. Our programs and services help people reclaim their lives.

ETS was founded in 1973 with the mission of **transforming the lives of individuals and their communities through innovative and effective addiction services and social services.** We advance this mission through a four-pronged approach: medication-assisted treatment (MAT), outreach to people living outside, research to test the most effective treatment options, and training practitioners to provide top-notch care.

Our interdisciplinary team includes clinicians with degrees in medicine, psychiatry, nursing, psychology, social work, counseling, and acupuncture as well as licensed chemical dependency professionals, licensed mental health care providers, and case managers. ETS offers a continuum of care and uses a comprehensive approach to treatment which combines medication with essential wraparound services such as medical monitoring, counseling, and drug screens. Our REACH team provides street-based case management and outreach services to homeless adults in the greater King County. Together, we can turn this epidemic around.



Last year, **1,921 people** found the courage to change and started treatment for their opioid use disorder at ETS.



THE GOLD STANDARD OF CARE

Medication-assisted treatment (MAT) and REACH provide a safety net for people with substance use disorder.

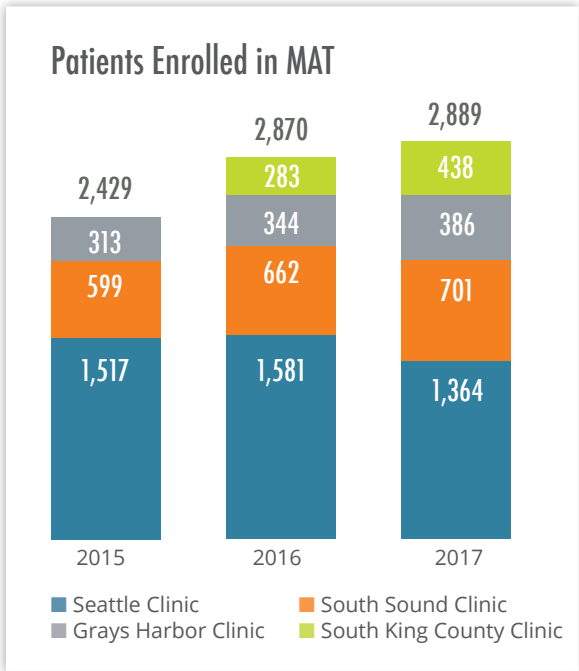
MAT

Medication-assisted treatment (MAT) is an evidence-based approach that recognizes the physiological effects that prolonged heroin or other opioid use has on a person's body. Treatment begins with stabilizing the patient's brain function with approved medications like methadone or buprenorphine (suboxone). Once stable, patients are able to begin addressing the psychological, emotional, and environmental circumstances surrounding their use and working towards recovery.



Risk of death from opioid overdose is **reduced by 50%** for individuals in medication-assisted treatment.

The **Flex Care** program increases our capacity to treat patients who need more flexibility, such as weekly rather than daily clinic visits. Patients are better able to work or go to school, take care of themselves, and take care of their families.



REACH

REACH is a program of ETS serving nearly 3,400 clients throughout King County each year. REACH offers street-based case management and outreach services to adults living outside, most of whom have substance use disorders. REACH provides a continuum of care for clients that is unique. Relationships between staff and clients are critically important to client success and are a hallmark of the REACH program. Living outside results from a variety of factors ranging from unlucky circumstance to systemic discrimination based on class, race, substance use, or mental health. It may take time for people to be ready for services like shelter, mental health care, or substance use disorder treatment, so we meet people where they are and work with them to meet the goals that they define. Our interdisciplinary team is made up of case managers, social workers, counselors, nurses, and other compassionate staff who are devoted to our clients.



The REACH team also provides the case management services for the internationally-recognized Law Enforcement Assisted Diversion (LEAD) program in collaboration with The Defender Association, Seattle Police Department, the King County Prosecutor's office, and other stakeholders.



REACH visited **1,091** encampments at **245** different sites. **395** were referred to a shelter or sanctioned tent encampment.*

191 people living outside moved into permanent or transitional housing.*

* numbers are from FY2017

A POSITIVE INFLUENCE

Our patients and clients show us every day that treatment works and recovery is possible. Meet Stolch – a young man who is reclaiming his life through persistence, courage, and commitment to medication-assisted treatment.

Stolch is 35 years old, and describes himself as an American Indian or Alaska native. He knew he needed to stop using, but he couldn't do it on his own. He attempted to get into treatment at Evergreen Treatment Services, but unfortunately there was a waiting list when he initially visited the clinic. He ended up quitting his job with the Nisqually tribe and moving home to Neah Bay to live with his mother.

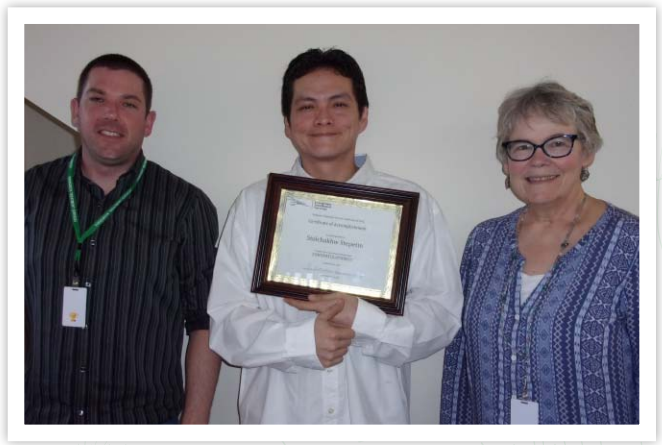
To support his addiction, Stolch did a lot of things he isn't proud of, including stealing money from his family. Eventually his mother caught on and gave him an ultimatum – quit or move out. He left Neah Bay and moved back to the Olympia area. After living in a tent for a few months, he went back to ETS South Sound Clinic and thanks to expanded capacity, the clinic was able to admit him.

Despite desperately wanting to be in recovery, Stolch admits that he would have used again without medication-assisted treatment (MAT). He had tried to stop using on his own before, but was afraid of the withdrawal symptoms.



"I do this work because of the memories I have of amazing people like my friend Andres, a young, vibrant, fun-loving man who died of a drug overdose; someone who was consistently fighting for the under-represented, standing up for those who lacked the ability to stand for themselves, and loving those around him simply for being human. It is his perspective that drives me daily; meeting people where they are at, loving people for who they are, and advocating for those who lack the resources to advocate for themselves. His memory motivates me to continue the fight and to know that impacting just one life is a worthwhile lifetime of work."

- Sean Soth, ETS Staff Member



Stolch, with his ETS support team, receiving a certificate of achievement for his recovery from opioid use disorder.

When they hit, he would just do drugs again. Stolch is proud to say that he has quit using all substances since day one of treatment at ETS.

Stolch says, "MAT gave me my life back. When I was on drugs, 99 percent of my time was spent seeking or doing drugs. This program allowed me to spend time doing other things."

Stolch is now back up to a normal weight, exercises regularly, and has his own home. Despite all of this progress, Stolch knows that the work of recovery is not done. He's building a healthy daily routine and focuses his energy on taking care of himself, his girlfriend, and their dogs. He's looking forward to getting out and being more social, including spending time with his family and repairing the relationships that were damaged when he was using.

Stolch is excited about the future. He's considering a Master's program in tribal and community government at Evergreen State College, and is exploring employment options.

Stolch's biggest change has been his attitude. "I want to be a positive influence on people's lives."

UNLEASHING POTENTIAL

News headlines serve as a bleak reminder of the toll the opioid epidemic has had on our cities and nation. But organizations like ETS are addressing these crises in ways that are grounded in science and compassion, not stigma.

Charmaine's story provides a hopeful look at effective programs that work to address the opioid epidemic and homelessness.

Charmaine is a REACH client, and has been in medication-assisted treatment at ETS' Seattle clinic for over a year and a half. Prior to this, she was homeless with an active opioid use disorder. In the spring of 2015, she chose to become a participant in REACH's program, and was referred to a case manager.

The stability gained from daily treatment for opioid use and support from her friends and family has helped Charmaine take huge steps forward. She has stopped using drugs and now lives in transitional housing in the Nicklesville Tiny House Village. Like many people with substance use disorders, her drug use left her with a number of challenges. One challenge was outstanding legal issues that could potentially land her in jail.

Charmaine felt stuck and unable to move forward because of these issues, but she was afraid of taking the next step to address them. She was unsure what charges had been filed against her, and if these charges would affect her future employment opportunities. She'd also been to jail before and, while there, suffered severe opioid withdrawal symptoms.

Through discussion with her REACH case manager, Charmaine decided to face these legal barriers head on. The REACH case manager helped Charmaine understand that she was in a better place than the last time she was in jail; because of medication-assisted treatment, she didn't have to worry about withdrawal. So, Charmaine took a courageous step forward and went to the municipal court and scheduled a hearing.

Her case manager worked with her – one court date at a time. The King County prosecutor was so impressed with Charmaine's improvement that she recommended Charmaine's felony charges be completely thrown out – something the prosecutor has only done a handful of times in her career.

In addition, with help from her case manager, Charmaine's misdemeanor charges have also been deferred.

In a few months, when she completes her probation, Charmaine will have no criminal record.

Throughout her journey through recovery, Charmaine has become an advocate for those who continue to struggle with addiction. Charmaine began working 10- to 12-hour days as an organizer/staff member for Nicklesville, a 501(c)(3) non-profit organization who organizes, advocates for more affordable housing, and manages four city-sanctioned tiny house and tent encampments. She has been waiting so long for meaningful work that she has boundless energy to put in extra hours. She travels to each of the four encampments and attends their weekly camp meetings, and is working on a campaign to advocate for a bigger encampment space for the Ballard camp on her off time. She also regularly meets with members of Seattle City Council and many other community partners to advocate for the homeless population.

Now that Charmaine has courageously faced her past, she can look forward to a bright future. Her dream is to return to school, and eventually work with people with substance use disorders. She wants to help people like her – people who have boundless potential, but just need a little support to realize it.



"Opioid addiction is not someone else's issue; it affects all of our lives in some way. Each of us is just one or two degrees removed from knowing someone in our family, someone we work with, or someone we employ who is in the fight of their lives battling this addiction. We must do something, and soon."

- Ron Severt, President & CEO
of Space Needle Foundation

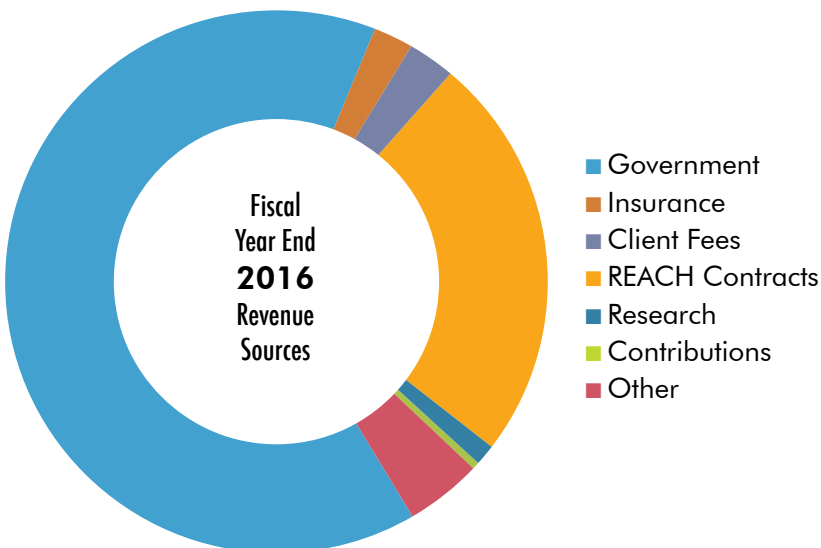
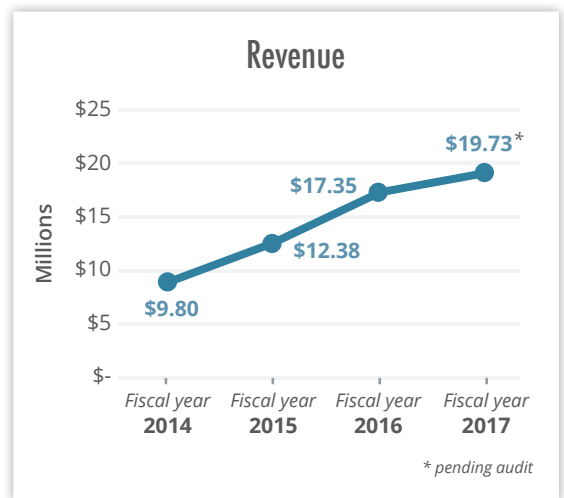
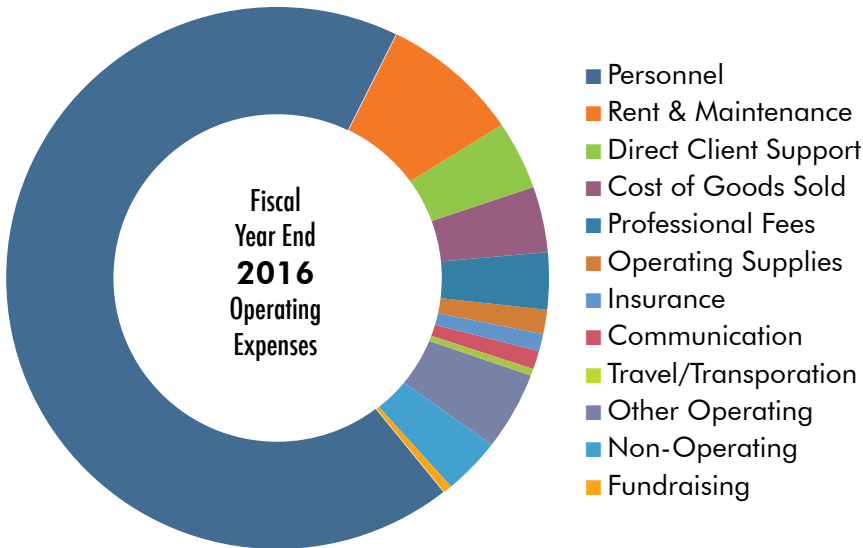
A TRANSFORMATIVE GIFT



Entering into recovery from opioid use disorders is about more than clinical treatment. The people and places we surround ourselves with have a tremendous impact on our sense of well-being. Some places can fill us with hope and energy, simply by entering the building. ETS' Opioid Treatment Program in Seattle is now one of these spaces, thanks to the Space Needle Foundation and former KIRO-TV News Anchor Penny LeGate, who partnered to have uplifting murals painted on the dispensary walls.



90% of patients in our opioid treatment program have Hepatitis C, a fatal disease that effects the liver. Since 2016 ETS has partnered with Harborview Medical Center to bring physicians on-site to provide care for these patients. Today nearly all patients can be cured of hepatitis C with 2-3 months of medication with few side effects. Many lives will be saved because of this groundbreaking treatment.



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For more information, to make a gift, or to add ETS to your estate plan, please contact:

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Give online at evergreentx.org/donate.



Evergreen Treatment Services

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