



**Substance Abuse Services for Clayton County, Inc.**  
**Here to Serve...Here to Help**

Substance Abuse Services for Clayton County, Inc. (SASCC) is a community based and operated substance abuse agency that was founded in December 1981 by a concerned group of county citizens.

SASCC is a private non-profit agency that is primarily funded by state and county grants. Additional monies come from municipalities, donations and service fees.

SASCC's primary purpose is to provide education and assistance to the residents of Clayton County to inspire them to make positive decision regarding substances and choices and to ultimately lead healthy lives. We do this by offering accurate information, proven programming and support services which best meet the needs of Clayton County.

**Information Programs** – Our professional staff provides presentations on a wide variety of substance abuse and related topics such as: low risk drinking choices, consequences associated with binge drinking, drug-free workplace, how substance abuse impacts other areas of functioning, effects of substance abuse on families, recovery from chemical dependency, and interpersonal communications. Presentations are developed to meet the needs of the audience.

**Evaluation and support** – SASCC program director performs substance abuse evaluations for those charged with OWI or other substance related offenses. Evaluations are also available for work-related issues and for those who feel they may need help. Information and resources are available for family members and appropriate treatment referrals are made through our cooperative relationships with other agencies. Ongoing recovery services are available for those who have already received primary treatment and are in need of support.

**Education** – SASCC staff facilitates evidence-based programs for youth to provide accurate information and assist them in making positive choices. Examples include All-Stars, Life Skills and Draw the Line/Respect the Line. Other programs, such as Peer Helping or specialty courses are available upon request.

**Consultation and collaboration** – Our staff are available for consultation and collaboration with businesses, healthcare agencies and community coalitions. We provide current resources, information and technical assistance to help communities and other entities more effectively address choices and problems associated with substance use and abuse. We are available to assist family members who are seeking help for their loved ones. SASCC staff also provides assistance in policy development.

Since its inception, SASCC has provided assistance and educational programs to thousands of people. We look forward to working with others to reduce this serious public health problem.

Behavioral Health is Essential to Health  
Prevention Works – People Recover – Treatment is Effective.

## **SASCC Philosophy**

It is the mission of Substance Abuse Services for Clayton County, Inc. to provide education and assistance to the residents of Clayton County to inspire them to make positive decision regarding substances and choices and to ultimately lead healthy lives.

It is our vision that SASCC will make a positive impact on the residents of Clayton County by offering accurate information, proven programming and support services which best meet the needs of Clayton County and the surrounding area.

It is our philosophy that strong community leadership is necessary to build the momentum and encourage community investment in the solution of its social and health problems. This is particularly true in the struggle against substance abuse.

SASCC prevention strategies, goals and objectives are based in the assumption of this philosophy.

### **SUBSTANCE ABUSE PHILOSOPHY FOR CLAYTON COUNTY, IOWA**

1. Alcohol and other drug dependencies are health problems needing evaluation and treatment.
2. Lawful, responsible use of alcohol is a right and privilege, and abusers of alcohol and other drugs need to face the consequences of their behavior.
3. The 'pursuit of happiness' in regards to substance use includes social responsibility. This means respecting the rights and welfare of others and their property.
4. Alcohol and other drug use can be harmful; therefore preventative education is necessary, especially for young people.
5. Other affected by alcohol and other drug abuse, especially families, need and deserve help.
6. Alcohol, other drugs, and driving do not mix and should not be tolerated.
7. Prospective parents should abstain from alcohol and other drugs.
8. Those who choose to or need to abstain should not be pressured to use alcohol and other drugs.

*The Clayton County Board of Supervisors initially endorsed a philosophy statement regarding alcohol/drug abuse on September 15, 1982 and updated that endorsement on April 22, 2013. This philosophy represents a set of principles used to provide direction to all that must deal with the reality of substance abuse in community life.*

**2017-2018**  
***Board of Directors***

- President:** Jay Moser, Pharmacist, 908 Carter St. Elkader IA 52043  
Employed by Moser Pharmacy
- Vice – President:** Zach Herrmann, Asst. County Attorney, 16515 Cty Rd. St. Olaf IA 52072  
Employed by Clayton County
- Secretary:** Vickie Schmidt, Retired, 511 A Westwood Ave Strawberry Pt IA 52076
- Clayton Co. Supervisor:** Ray Peterson, 32126 Evergreen Rd, Elkader IA 52043  
Employed by Clayton County & Ray’s Excavating LLC
- Board Member: Maggie Tucker, Teacher, 202 Mechanic Street, Strawberry Point, IA 52076  
Employed by Starmont School District
- Board Member: Laurie Klosterboer, Pharmacy Tech., 619 C St. McGregor IA 52157  
Employed by Moser Pharmacy
- Board Member: Laura Manson, Retired, 130 N. River Park Dr. Guttenberg IA 52052
- Board Member: Megan Schellhorn, Teacher, 308 N Page St. Monona IA 52159  
Employed by MFL MAR MAC School District &  
Outdoor Creations Landscape & Garden Ctr. & Floral
- Board Member: Tricia Koeller, Community Member, 131 Center St. McGregor IA 52157
- Outgoing Members:** Pat Krapfl, Retired, 378 Estes Ridge Trail, Guttenberg IA 52052  
Guttenberg

No board members have a family relationship with any staff member.

There are no owners or controlling parties.

Conflict of interest –

‘None reported/known’

‘A purchase of memorial items from business may be considered.’

***Staff***

Program Director	Merry French
Prevention Coordinator	Adam Sadewasser
IPFS Coordinator	Patti Mittelstadt
Administrative Assistant	Milly Stewart
DFC Coordinator	Tracy Yelden

**Board President's Message – FY18**

It's time for the annual president's report but I was reflecting on the past few years as this is my last hurrah. There has been a lot of changes and some remain the same. When I started it was an old office building which made us a little nervous as a fire hazard, now it's a modern up to date office the county provides for us. There was very little if any computer work, now it's most everything. There were more things too numerous to mention.

Board members came and went, but Merry, Milly and Adam remained constant through thick and thin. Thank you for all your help over the years –they went quickly.

I'm not going to go through a chronological year long report. It was a busy year. We were able to update our job descriptions and make them better for fitting the needs of the organization. Some manual changes were needed to meet licensure requirements such as job description, itemized receipts, staff development and evaluation for persons coming to SASCC. These were done and approved. The conflict of interest were filled out and signed.

We devised a means for people traveling or other needs to have access to a credit card and the information on the proper use of the cards. After some glitches it seems to be working well. We decided to change our auditing of finances to Hacker and Nelson from Decorah. They are currently working on the audit which should be done by March 2019. We also retained Anna Moser to help with bookkeeping and also to do our 990 forms.

We added Zach Hermann and Merry French to the stocks and bonds for Edward D Jones Investments in West Union.

The Hidden in Plain Sight traveled quite a bit and 5C is doing really well. Also, the Mannequin video was accepted really well and did a great job.

The finances are doing well and Merry is active in finding grants. I could go on and on but this is enough.

I would like to give great thanks to Merry, Milly, Adam, Tracy and Patti for all the good work they do. It's challenging, and they meet it very well. I would also like to thank the board of supervisors for the office space, monetary support and board member. I would also like to thank all the board members for taking time out of their schedules to make this organization run smoothly.

Good luck and may God be with you,  
Jay Moser

**Program Director's Report - FY18**

Substance Abuse Services for Clayton County, Inc. (SASCC) has seemed to be a popular place in the past year – we have seen an increase in clients and people requesting resources; experienced growth in programming; had numerous site visits; and seen both staff and board members come and go. This is all related to the inevitable changes associated with the agency and life in general.

The increase in clients has been steady. Though some of this is specifically related to required circumstances, we have also seen more people coming in of their own free will. At the same time, we have had an increase in family and friends seeking information and resources for those they care about, who struggle with substance misuse. Although this can be seen as a bad thing - the increase in people in need of assistance – I choose to view it differently. People make mistakes and experience difficulties, that is part of what makes us human. The fact that more people are reaching out for assistance with those problems can be viewed as positive, and I think it is. Everyone needs help at some point in their life and if SASCC can provide assistance then we are doing what we should be! After all, our catch phrase is Here to Help, Here to Serve. I always tell clients coming in for an evaluation that it is a pleasure to meet them, but I hope not to meet them again in the same circumstances – I wish better for them; that their lives improve, and they can utilize our services in a healthier manner.

We experienced a number of site visits related to grant funding this year. The Iowa Department of Public Health came to visit us on numerous occasions in different capacities – to review files and policies for program licensure; to appraise our financial practices; to assess our programs and procedures and to offer feedback on all of the above. We even received a visitor from Washington, D.C. who came to meet 5C Coalition Members and review the Drug Free Communities (DFC) program. All in all, these visits are time consuming, but informative and help the agency and staff to make improvements.

This has been an especially chaotic year for the IPFS (Iowa Partnerships for Success) grant. We have had three coordinators for the grant over the past fiscal year and this has proved challenging for programming and strategies. Members of the 5C Coalition (Clayton County Community Collaboration Council) provided a great deal of knowledge and volunteer hours in making sure the project moved forward and I am grateful for their help. Although we were sad to see Rachael Hach and Anne Moore move on to different positions, they are still involved with the coalition and help when they can. In June, we welcomed Patti Mittelstadt as our newest IPFS Coordinator.

Regarding 5C, the relationship between the coalition and the agency continues to grow and be a positive partnership. The DFC grant and the Community Coalition grant are providing services in Clayton County, only because 5C exists – SASCC alone could not apply for these grants. Coalition members are ‘boots on the ground’ - providing and arranging for programs, activities and strategies to be implemented in the community. SASCC provides financial services, some staff time and oversight with reporting requirements. The most sustainable changes within

## SASCC - FY2018 Annual Report

communities come from having people in those communities actively involved in the process and 5C members are active in a variety of ways.

Adam, Tracy, and Patti can often be seen within schools and the community providing programming, participating in community ,and coalition events, and delivering resources. They are the most easily recognizable faces of the agency. Just as Milly is easily the most recognizable voice – even though she works only in the office, her voice usually welcomes people who call or visit the agency. I appreciate staff dedication to the people of Clayton County and their dedication in constantly looking for new and better ways to serve the people here.

Our board of directors have been extremely active and supportive this year of agency services, changes in staff and operations in general. They have provided input, feedback and leadership for the agency. The board of supervisors continue to provide support and office space to aid in the reduction of substance misuse within the county. I don't know what the agency would do without them and I hope we never have to find out.

Change is inevitable; nothing ever stays the same. However, growth and progress depend on what we do with those changes. SASCC sees change as an opportunity – whether it comes in the form of undesirable events; the need for a change on a personal level; or the desire to make an impact in the lives of others – opportunities for growth and progress abound. I hope we can continue to be of service to others as change occurs.

Submitted by - Merry French, Program Director

### **Prevention Coordinator's Report - FY18**

The 2017-18 school year was filled with continued programming and new challenges. Since I work under multiple grants I divide my programming into four categories; (Comp) Comprehensive Substance Abuse Prevention, Tobacco, IPFS Iowa Partnerships for the Future and County.

Mid way through the summer of 2017 SASCC was informed that subcontracting for CAPP programming in Clayton during the 2017-18 school year would not take place. CAPP programming was provided in the country during the 2017-18 school year.

My COMP programming in the high school consisted of Drivers Ed classes at MFL Mar-MAC, Central and Clayton Ridge. All high school classes focused on brain development, legal fines and impact on their future. Students were very perceptive to the amount of money they could lose being caught using drugs and alcohol. In the middle school, I teach the All-Stars program to the 6<sup>th</sup>-8<sup>th</sup> grades at Central and St. Mary. All-Stars is a three-year class that forces student to think about their future and set goals for themselves. The classes at Central are taught during their six-week exploratory guidance class. Classes at Guttenberg St. Mary are taught with fidelity during their guidance class. I provide weekly substance abuse prevention classes at Starmont for 9<sup>th</sup> and 7<sup>th</sup> grade health classes at Starmont. I also taught a weekly class at the alternative school in Elkader. This class was open to any student and if they completed the nine-class course they were given a health credit.

Tobacco prevention is centered on youth groups at area schools. The only school in the county that has a youth groups is MFL MAR-MAC. The group has over 60 active members; the goal of the program is to bring awareness to tobacco prevention. The groups made signs to promote our group, held street marketing events at the school. 9 students from Clayton County attended the annual EWALU tobacco leadership day. Fourth graders from Postville, MFL, Central Elkader, ED-CO and Clayton Ridge attended the annual safety fair at National. Iowa Quitline was promoted throughout the year and packets were given to area health providers in November promoting the Great American Smoke Out.

During Red Ribbon Week I provided programming to 6<sup>th</sup>-8<sup>th</sup> grade at Central Elkader, Clayton Ridge, MFL MAR-MAC and Guttenberg St. Mary. I used the time to talk about brain development and showed students how companies use advertisement to sell products like tobacco and alcohol to middle school aged student.

Life Skills was taught with fidelity to 6<sup>th</sup> grade at Starmont and Central Elkader. The program has a variety of topics that help students make healthy decision and explore options as they grow. The teachers were happy with the program and plan to have me teach it in the fall.

The loss of CAPP funding was a disappointment but SASCC staff have been able to find new teachers to collaborate with and new programs to implement in several of the school.

-Submitted by Adam Sadewasser, Certified Prevention Specialist

**IPFS Coordinator's Report - FY18**

The Iowa Partnerships for Success (IPFS) Grant underwent a few transitions over the past year – primarily with regard to the person charged with the “care and feeding” of its five selected strategies due to turnover in the IPFS Coordinator position. Fortunately, these transitions passed nearly without notice thanks to the steady hand of a capable coalition and our program director.

Positive strides were evident in each of the IPFS Grant strategies. Our IPFS Media Campaign, titled, “What Do You Throw Away When You Drink?” continued to have broad impact on Clayton County youth. This message has been utilized in a variety of venues and 519 students in grades 7 through 10 across four school districts reported seeing the campaign.

Efforts to develop and implement one county-wide Youth Referral Process were successful. Collaborative meetings were held between school districts, city and county law enforcement, juvenile court officials, substance abuse agency representatives, and 5C Coalition members. Adoption of one universal process to be followed throughout Clayton County when a minor age 12-17 is found to be in possession of alcohol, was agreed upon. That process was then written as a flowchart, clearly identifying, step-by-step, the process for underage drinking incidents at home/community or school. This flowchart has been distributed to all school districts in the county for ready reference.

Safety checkpoints on county roadways and river saturation patrols continued under the IPFS grant as countermeasure to underage drinking. Meetings were held with the Clayton County Sheriff's Department to discuss patrols, data collection, and any barriers such as inclement weather, flooding, or staffing concerns. Information on checkpoints and patrols was shared with radio, print and social media in Clayton County, to increase public awareness.

Attention was also directed toward public education and awareness of Iowa's Social Host ordinance. Formal opinion polls and informal surveys were completed in several venues across the county to gauge knowledge of the law, as well as support for increased penalties in our county. The county attorney was engaged to assist in creating an informational sheet to use for educational presentations or as handouts, as well as for drafting a sample proposed ordinance. Both items were presented to the County Board of Supervisors by members of Substance Abuse Services and the 5C Coalition. Focus remains on public awareness and education.

Implementation of the LifeSkills curriculum continued in two county school districts, with each holding two separate sessions for their 6<sup>th</sup> graders. Students who receive this program are not only less likely to drink, smoke, or use drugs, they are better prepared to deal with the challenges of life. Pre-and-post-training surveys illustrate the effectiveness this program has on its participants.

As the IPFS grant enters its sustainability phase, we will continue to face the challenge of not only meeting, but exceeding, our short and long-term goals and objectives. With the support many, I look forward to being an active partner in prevention as we strive to celebrate success.

- Submitted by Patti Mittelstadt, IPFS Coordinator

**DFC Coordinator's Report – FY18**  
**(DFC – Drug Free Communities)**

The following list contains highlights from the past year where I have helped the coalition plan, organize, facilitate, and evaluate drug prevention efforts; all in an effort to reduce substance misuse in our county and raise community awareness to the issue.

- Monitor and help with coalition subcommittees (Minors in Possession, Hidden In Plain Sight, Social Host, Neighborhood Night Out, Evaluation, Enforced Impaired Driving Laws, Clayton Ridge IMPACT Group, Funding, Sustainability, Capacity)
- Provide reports and field questions at monthly 5C Coalition & Board Meetings
- Trainings Attended:
  - o CADCA Mid-Year in Atlanta
  - o National Coalition Academy Week 3 in Gulfport (required)
  - o CADCA Leadership Forum in DC (required)
  - o ECS “7 Strategies” Coalition Training in Elkader
- Events:
  - o Community Presentations/Booth of Info
    - Faith Group x2
    - Fair Booth
    - Rotary Group
    - MFL Basketball Game – social host poll and 5C booth
    - Facilitated Youth Group listening session in MFL MarMac, Central, & Clayton Ridge
    - National Drug and Alcohol Facts Week Assembly at Central
    - IMPACT Group presentation to elementary students on drugs
    - Assisted with drug indicator presentation at Independence
    - Kick Butts Day Assembly at Starmont
    - Wellness Fair booth
    - Safety Day – alcohol topic for area 4<sup>th</sup> grade students
  - o 5C Directional Drug Fact Signs (K9 5K, Sweet Corn Days, Germanfest, Backbone 5K)
  - o Neighborhood Night Out (Elkader & Monona)
  - o Hidden In Plain Sight exhibit – nine locations over six months
  - o Clayton Ridge Homecoming Kickoff (alternative after-school activity with community partners)
  - o Red Ribbon Week
    - Board of Supervisors Proclamation signing with community partners
    - Community Sponsors with certificates
    - Trivia for high school students in the Clayton Ridge lobby
    - Mannequin Challenge video and presentation at Postville
    - PSAs on KCTN on Red Ribbon Week awareness
  - o Met with Board of Supervisors on Social Host plan (September)
  - o Green Out Game at Clayton Ridge (Drug free messages)

## SASCC - FY2018 Annual Report

- Helped get community-based mentoring program started in Clayton Ridge
- Quarterly alcohol compliance checks – coordination, reports, certificates
- Planned and facilitated 5C Coalition Planning Retreat
- Teen Night at Clayton Ridge
- Scheduled radio ads throughout the year (Those Who Host & What Do You Throw Away)
- Scheduled and managed Facebook ads throughout the year
- Arranged and managed Day on the Hill for area youth to attend the capital event on drug prevention
- Arranged PSAs for Alcohol Awareness Month through recording with Clayton Ridge and KCTN
- Arranged ARIDE Training for area law enforcement (sobriety testing and drug recognition)
- Trivia at Clayton Ridge High School for Alcohol Awareness Month
- Alcohol Awareness Event at Elkader (Hidden In Plain Sight and Go-Cart)
- IMPACT group hosted a field day at Clayton Ridge
- Designed and distributed drink coasters with messages for National Prevention Week

I have greatly enjoyed the coalition's commitment and volunteers' time to support each of these events and make them possible in our community. The highlights show the continued popularity of the Hidden In Plain Sight exhibit as well as the Clayton Ridge IMPACT group's beginning efforts in their school to address substance misuse issues. I believe we have, and will, continue to make strides in our community regarding substance misuse awareness and improve prevention across the county. We have new supporters in areas that were not originally pursued (like the use of the 5C Directional Signs at area 5Ks) and schools are recognizing area resources to reach out to for assemblies or presentations.

While grant management continues to be a day-to-day necessity and comes with its own hiccups from time to time, the Drug Free Communities Grant has allowed the agency and coalition to expand their efforts like never before with new partners and resources. In FY18 alone, we had over 4,910 volunteer hours for all 5C Coalition related events with area partners. This averages to just over 13 hours per day of volunteer time devoted to supporting drug prevention in the county.

I look forward to continuing my work with the coalition and surrounding communities to address substance misuse as well as build up our coalition members so that they can be agents of change in their community.

- Submitted by Tracy Yelden, DFC Coordinator

SUBSTANCE ABUSE SERVICES FOR CLAYTON COUNTY INC

FINANCIAL STATEMENTS

Year Ended June 30, 2018

SASCC - FY2018 Annual Report

SUBSTANCE ABUSE SERVICES FOR CLAYTON COUNTY INC  
BALANCE SHEET  
June 30, 2018

ASSETS	
CURRENT ASSETS	
Cash and Petty Cash	\$ 130,760
Accounts Receivable	33,746
Certificates of deposit	<u>67,564</u>
TOTAL CURRENT ASSETS	\$ 232,070
FIXED ASSETS	
Furniture and Equipment	\$ 9,503
Less: Accumulated depreciation	<u>(3,998)</u>
NET FIXED ASSETS	\$ 5,505
TOTAL ASSETS	<u>\$ 237,575</u>
LIABILITIES AND EQUITY	
CURRENT LIABILITIES	
Accounts Payable	\$ 12,275
Coalition Funds Held	9,658
Other Funds Held	50
Accrued paid time off	<u>48,261</u>
TOTAL CURRENT LIABILITIES	\$ <u>70,244</u>
TOTAL LIABILITIES	\$ 70,244
UNRESTRICTED NET ASSETS	<u>167,331</u>
TOTAL LIABILITIES AND NET ASSETS	\$ <u>237,575</u>

These financial statements have not been subjected to an audit or review or compilation engagement, and no assurance is provided on them.

SASCC - FY2018 Annual Report

SUBSTANCE ABUSE SERVICES FOR CLAYTON COUNTY INC  
INCREASE (DECREASE) IN NET ASSETS  
Year Ended June 30, 2018

REVENUES	
Grants	\$ 220,870
Contributions in Kind – County	43,176
Contributions	320
Municipality Income	11,657
Program Income	7,985
Interest Income	<u>1,298</u>
TOTAL REVENUES	\$ 285,306
EXPENSES	
Advertising	\$ 1,290
Depreciation	1,900
Membership and Dues	100
Payroll Expense	201,164
Rent	43,176
Travel	<u>7,291</u>
TOTAL EXPENSES	\$ <u>254,921</u>
INCREASE IN NET ASSETS	\$ 30,385
NET ASSETS BEGINNING OF PERIOD	<u>136,946</u>
NET ASSETS END OF PERIOD	<u>\$ 167,331</u>

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SASCC - FY2018 Annual Report

SUBSTANCE ABUSE SERVICES FOR CLAYTON COUNTY INC  
STATEMENT OF CASH FLOW  
Year Ended June 30, 2018

CASH FLOW FROM OPERATING ACTIVITIES	
Increase (Decrease) in Net Assets	\$ 30,385
Adjustments to reconcile increase in net assets to net cash provided by operating activities:	
Depreciation	1,900
Change in assets and liabilities net of effects of acquisition:	
(Increase) Decrease in accounts receivable	(5,340)
(Increase) Decrease in certificates of deposit	(6,238)
Increase (Decrease) in accounts payable	3,858
Increase (Decrease) in accrued paid time off	(10,713)
Increase (Decrease) in coalition funds held	<u>5,364</u>
NET CASH PROVIDED BY OPERATING ACTIVITIES	\$ 19,216
CASH FLOWS FROM INVESTING ACTIVITIES	
NET CASH PROVIDED BY INVESTING ACTIVITIES	\$ <u>0</u>
CASH FLOWS FROM FINANCING ACTIVITIES	
NET CASH PROVIDED BY FINANCING ACTIVITIES	\$ <u>0</u>
NET INCREASE IN CASH	\$ 19,216
BEGINNING CASH	<u>111,544</u>
ENDING CASH	\$ <u>130,760</u>

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**Donations and Memorials**

**FY 2018**

July 1, 2017 – June 30, 2018

**Business and Private**

Mary Newbern  
Proteus – Elkader  
St. Paul’s Lutheran Church Guttenberg W.E.L.C.A.  
Norway Lutheran Church W.E.L.C.A.  
Alpine Communications

**County and Municipalities**

Clayton County  
City of Edgewood  
City of Elkader  
City of  
Farmersburg  
City of Garnavillo  
City of Luana  
City of Marquette  
City of McGregor  
City of Monona  
City of Osterdock  
City of St. Olaf  
City of Volga  
City of Guttenberg