
Staff

Pat Ruda *Director*

Rita Von Haden *Prevention Educator*

Linda Frederick *Harm Reduction Coordinator,
Clinical Substance Abuse Counselor,
Clinical Supervisor-IT*

John Schulze *Clinical Substance Abuse Counselor*

Jennifer Vandavelde *Office Manager*

Tim Powers *Resource Center Coordinator*

Marci Oliphant *Resource Center Cook*

Special Thanks to the Board of Directors

*Mike Moen, President
Moen, Sheehan, Meyer, LTD.*

*Michael Mulroy
Reserve Circuit Court Judge*

*David Keck, Secretary/Treasurer
Trane*

*Tim Padesky, Member At Large
Padesky T D Electric, Inc.*

*David Amborn
Gundersen Lutheran Medical Foundation*

*Steve Tanke
Creative Risk Management, LLC*

*David Clark, Member At Large
Main Street Ingredients*

*Tom Thompson
Thompson Animal Medical Center*

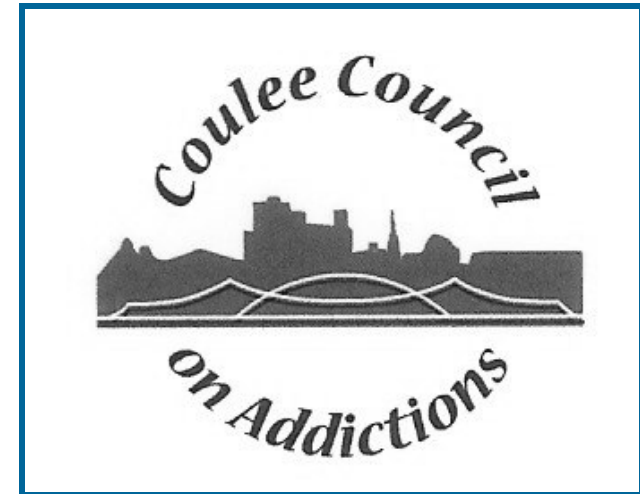
*Carla Dabl, Member At Large
Gundersen Lutheran*

*Todd Hoffe
Hoffe Counseling*

*Ronda Lettner
Gundersen Lutheran Behavioral Health*

*Bob Ruitzel
Johnson, Jaekel & Ruitzel*

*Sue Horne
Main Street Ingredients*



Annual Report

Mission Statement

**The Coulee Council on Addictions
provides confidential assistance,
information, education, and services to
people of all ages dealing with
substance abuse and other addictions.**

July 1, 2008—June 30, 2009

**921 West Avenue South
La Crosse, WI 54601
Phone: 608-784-4177
Fax: 608-784-6302
Website: www.couleecouncil.org**

Letter from the Director

Coulee Council Harm Reduction Program

Dear Coulee Council Supporters,

Our mission here at Coulee Council on Addictions is to provide confidential assistance, information, education and services to people of all ages dealing with substance abuse and other addictions. This mission has been our basic premise since 1968 and still holds true more than 40 years later. We have provided much support to our communities in the area of education. We deliver programs within the schools and in 2009 were guests in many classes and participated in diversity days and health fairs. In the area of education and prevention we work diligently to reduce underage drinking serving on prevention groups and coalitions. We provide expertise in coalition and advocacy work in many surrounding communities. We do many underage assessments and answer crisis and information calls in the greater area.

Our Resource Center continues to serve many in their recovery. We offer several meals and socialization each week as well as lecture series, and a new relapse prevention group and a how to get your loved one sober group. We are home to many support groups that meet every day here at CCA. We believe in self-sufficiency and assist people, and with that goal in mind we also offer many chances for socialization like dances, tailgate parties, picnics, guitar lessons and open mike nights. All of these activities help people in recovery socialize in a chemical free environment, which is so important in their recovery from substance abuse. We started an outpatient clinic this year. We offer low fees for AODA counseling. This provides services to people who may have not been able to access services in the past.

We look forward to 2010 and will stay true to our mission of education and serving people in recovery. Drop by and pay us a visit and enjoy a hot cup of coffee.

Pat Ruda
Director

Harm Reduction Program Description

The Harm Reduction Program serves community members whose use of chemicals has been identified, through La Crosse County Clinical Services, as being in a state of chronic relapse. The program consists of mostly males but some females have been assisted as well.

The Harm Reduction Program is in place to reduce the Alcohol and Other Drug use that contributes to frequent hospital admissions and ER detoxification services.

This program operates 24/7 with staff utilizing an on call schedule and daily work with the defined group. Basic goals are outlined each week with daily follow-up. Outcome of the program is measured through La Crosse County dollars saved in ER/hospital admissions.

Agency Collaboration

The Harm Reduction Program Collaborates with the following agencies: Area Law enforcement, Franciscan Skemp Hospital, Gundersen Lutheran Hospital, Independent Living Resources, La Crosse County Human Services, Local businesses, Open Door Ministries, Salvation Army and the Veterans Administration.

Linda Frederick, Harm Reduction Program Coordinator



Coulee Council on Addictions is funded by United Way

Counseling, Information and Referral

Counseling

Underage Assessment: Underage Assessment/Class is offered by the court as an alternative sentence.

This is a 1-1 meeting with the counselor. It is a one-hour appointment. It is an educational process, which may or may not involve a further referral.

General Assessment— This is an alcohol and drug assessment used for probation agents, diversion agreements, or any other legal situations. This assessment is also used by individuals concerned about their own usage.

This is a 1-1 meeting with the counselor. This is a two-hour appointment. After a history is taken, collateral individuals are contacted and recommendations are made.

John Schulze, Clinical Substance Abuse Counselor

Information and Referral

Coulee Council on Addictions provides immediate, accurate confidential information regarding substance abuse and other addictions.

Coulee Council also houses the region's largest chemical abuse and recovery library.

Linda Frederick, Clinical Substance Abuse Counselor
John Schulze, Clinical Substance Abuse Counselor

Outpatient Counseling

Coulee Council on Addictions now offers individual and group outpatient counseling. This program focuses on individuals who are in initial and early recovery as well as those transitioning to middle and long-term recovery. It also serves those adults who have a history of multiple treatments and relapses. These services are offered at a very low rate to serve a clientele that may not be able to receive services at other agencies.

Linda Frederick, Clinical Substance Abuse Counselor
John Schulze, Clinical Substance Abuse Counselor

Financial Statement

The Statement of Activities was prepared by Franke, Weisbrud & Turnbull, Certified Public Accountants of La Crosse, WI. The Statement of Activities was prepared for the period of July 1, 2008—June 30, 2009.

Unrestricted Net Assets

Public Contributions	46,980
United Way	55,853
La Crosse County—Harm Reduction	100,000
La Crosse County—Prevention	59,422
Trempealeau County	13,300
Classes and Sessions	29,297
Fundraising	7,564
Investment Income	4,288
Hall Rental	7,644
Grants	14,619
Other	948
Total unrestricted revenues	327,574

Expenses

Program services	
Crisis	77,617
Prevention	76,668
Recovery/CCHUM	144,719
Total program services	299,004
Supporting Services	
Management and general	0
Fundraising	12,180
Total supporting services	12,180
Total Expenses	311,184
Change in net assets	16,390

Prevention and Education

Program Description

The Prevention and Education Program serves youth in first through twelfth grade, as well as adults in La Crosse, Houston, Trempealeau and Monroe Counties. Youth are reached through the 3D (Decisions, Do's and Don'ts) (1st through 4th grade) Program, and the Leadership (5th grade) Program. Students in grades 6-12th, college students, and community members are educated by ATODA (Alcohol, Tobacco, and Other Drug Abuse) Programs, brought to their classrooms or community agencies. Topics range from addictions, specific substances (such as, but not limited to, alcohol, methamphetamines, ecstasy/club drugs, inhalants, prescription medication and cocaine), peer pressure, Fetal Alcohol Syndrome, leisure alternatives, parenting, violence prevention. Adults are also served in the community by information dissemination by way of health fairs and expos, and various media.

Ultimately, the goals of the prevention program are to reduce underage use and diminish abuse of substances, as well as educate the community on what they can do to help.

Programs Success

In 2009 the Prevention and Education Programs spent 1292 hours educating the community about ATODA (Alcohol, Tobacco, and Other Drug Abuse) issues. With these 1292 hours they saw 9656 individuals in 258 classrooms (up 22% from 2008), consisting of students and adults. These hours were spent in the classroom with the 3D (Decisions, Do's or Don'ts) Program, Leadership Program, and ATODA Programs. The hours were also spent in the community with ATODA education information dissemination.

Schools served

Holmen— Evergreen Elementary School, Sand Lake Elementary, Viking Elementary, Holmen High School

La Crosse— Logan High School, Viterbo University, Central High School

Melrose/Mindoro— Melrose Elementary School, Mindoro Elementary School, Melrose-Mindoro High School

Onalaska— Irving Pertzsch Elementary, Onalaska High School

G-E-T School District— Trempealeau Elementary School, G-E-T High School

West Salem— West Salem Elementary, West Salem Middle School, West Salem High School

Rita Von Haden, Prevention Educator

Thomas E. Noelke Resource Center

Program Description

The Resource Center offers programs, activities, and services that support the recovery process. The Thomas E. Noelke drop-in center offers participants a safe, welcoming, substance free environment in which to socialize and relax in a “home like” environment.

Programs

RDDG (Recovery Discovery Discussion Group) meets every Saturday after the AA meetings. Each week, different speakers present on topics related to substance abuse, recovery, mental health and wellness, along with a time for questions and discussion. RDDG offers an opportunity for people in recovery to learn more about addictions, common relapse triggers, and healthier ways to cope with and manage stress.

Java Jam- is a bimonthly social event that offers clients an opportunity to either participate in or observe and enjoy musical entertainment in a substance free environment.

Men's Sober Living Group-is a weekly program held throughout the year that offers men who are in recovery the chance to learn about topics and concepts they can apply to their day-to-day lives.

Guitar Lessons – Weekly lessons are provided.

Movie Nights – Occasional movie nights at the drop-in center

Meeting and a Meal (Tuesday/Thursday/Saturday) Provides a hot meal prior to or following an AA meeting. Participants seem to enjoy this time of sharing a meal and visiting with one another. The Resource Center serves approximately 250 people per week on average.

Football games-the drop-in center will be open during select Sundays during football season.

Seasonal picnics, potluck dinners, and dances.

Volunteers/Community Service

CCA often receives calls and inquiries from people who wish to volunteer at our agency. Most of those who volunteer donate their time as a component of either a university course requirement or for community service. Within the past year, we have seen an increased interest in volunteering at CCA from our college-age population. This trend seems to indicate that the young people in our community show an increased awareness to recovery and addiction issues. I would like to thank Darren McGuire and Jennifer Rolfing, who were our student volunteers this year. Both our volunteer staff and clients have noticed their positive attitudes and hard work.

Many thanks go out to our volunteer staff and community service workers who have donated their time here at CCA. All of your hard work and dedication has been noticed and greatly appreciated.

Tim Powers, Resource Center Coordinator
Marci Oliphant, Resource Center Cook