

Drug Abuse  
Comprehensive  
Coordinating Office,  
Inc. (DACCO)

4422 East Columbus  
Drive, Tampa, FL  
33605

(813) 984-1818  
[www.dacco.org](http://www.dacco.org)

DACCO's Registration is #CH410. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-435-7352. Registration does not imply endorsement, approval, or recommendation by the state. DACCO is a 501(c)(3) non-profit organization.

DACCO is always  
in need of  
charitable  
donations for  
clients and  
programs.

Donations are tax  
deductible.

For more  
information on  
how you can help,  
please call  
813-384-4216.

## Employee Wellness Program Kicks Off

As a new counselor supervisor in the Women's Residential Program, Maydean found that by participating in the recent Biggest Loser Challenge, an event sponsored by the DACCO Wellness Committee, she not only was able to continue her journey of becoming more healthy but also to meet and form lasting friendships with other DACCO employees.

The Wellness Committee is currently in the process of developing a number of activities, programs and benefits that will be available to all DACCO employees. The Committee also recently submitted a nomination to be recognized as one of Tampa Bay's Healthiest Employers – stayed thus as the results are announced!



Wellness Members: Angela Jack, Maydean Yates & Shabana Churruca

With many activities already underway, this month's special event will be the opening of a staff gym which will provide onsite YOGA and ZUMBA classes. The grand opening event is planned for August 31<sup>st</sup> at 2:30 p.m. and will include wellness tips, refreshments and a staff activity! Please come join the fun and learn about more ways to MOVE \* BREATHE \* LIVE WELL!

## Board of Trustees

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Fall 2010  
Version 5

Working for a Drug Free Community: One Person, One Family at a Time

## Satisfying a Promise and Fulfilling a Dream

At 35, Lilly had experienced more in her lifetime than many of us can imagine. Having received the news that she was HIV positive in early 2010, Lilly channeled her initial despair into hope and empowerment by becoming a Peer Advocate in DACCO's Community Promise program. With the help of individuals like Lilly, this prevention program (funded by the Florida Department of Health), uses outreach through Peer Advocates and role model stories to help build trust and educate those at risk about safe choices known to reduce and prevent the spread of HIV. By taking her story to targeted community Hillsborough County locations, Lilly feels that "by sharing my story I am satisfying my desire to help and reach others - so that perhaps others may avoid going down the same roads I have travelled."

Given up for adoption as an infant, Lilly felt fortunate that she and her two brothers were placed together with a family in Ohio. Unfortunately, on her 5<sup>th</sup> birthday, she was separated from her brothers who went to live with other families.



Lilly with DACCO Community Promise Outreach Workers Natalia Bair & Shirley Bejarano



Lilly reunited with her brother, Bill

At 19, Lilly moved to Tampa with a woman she met on the streets performing ministry work in Ohio. Lilly was able to achieve several goals during this time, including graduating from high school, finishing a graphic arts/production training program, and securing work at a local supermarket chain. But she wasn't able to kick her addiction to cocaine and was arrested for prostitution when she was 22. Even though she was offered treatment instead of jail time, she "wasn't ready to admit" she had a problem and violated her probation. After completing her sentence, Lilly left Tampa and moved

out of state, returning to Tampa again in 2009. Unfortunately Lilly's life began to again spiral out of control through her drug use, and she was arrested again. This time, however, she successfully completed DACCO's Women's Residential Program, graduating in July 2010. Lilly now plans to spend time with her brothers (with whom she was reunited after almost 30 years through the assistance of her DACCO counseling staff), pursue her love of poetry, and open a shelter to help others. "While my addiction led me to becoming HIV+, the support and love I have received here has helped me live with and not die from it – I now have the desire to stay clean and live a life of sobriety. I am both empowered and honored to touch other people's lives through the advocacy work I started here at DACCO through the Community Promise program - work I hope to continue in other communities."

Through substance abuse prevention, intervention, and treatment, DACCO saves Hillsborough County thousands of tax dollars annually by reducing accidents, criminal activity and incarceration, referrals to the child welfare system and the use of hospital services. While addressing substance abuse and mental health issues, DACCO's comprehensive programs encourage job productivity and family stability – with the mission of working toward a drug-free community, one person, one family at a time. For more information visit [www.DACCO.org](http://www.DACCO.org).

## Our Funding Partners



## DACCO Now Accepting Private Insurance

DACCO has recently become an in-network provider for the following insurance private insurance plans:



Contact us at 813-384-4216 if we can assist you or a family member in verifying coverage and benefits

Since 1973 Working for a Drug Free Community: One Person, One Family at a Time

Join the Voices for recovery  
 now more than ever



## Promises of Recovery

Join us as we share stories of inspiration and courage

Keynote Speaker:

Representative Darryl E. Rouson

When: September 23rd, 2010

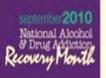
10:00 a.m. – 11:30 a.m.

Where: DACCO Community Café

4422 East Columbus Drive

Tampa, FL

Staff, Clients, Family and the Community are Invited



## New Brandon Location!

DACCO's Brandon Outpatient facility has moved! Now located at:

**1463 Oakfield Drive, Suite 113  
 (813) 413-1065**

The new facility offers a larger lobby, more group rooms and offices, and a bus stop on the property. Come visit our new, fresh space!

## Did you know?

Clients who receive treatment have been shown to **reduce:**



ER visits by **39%**

Hospital stays by **35%**

Total medical costs by **26%**

when compared to a control group.

## Keeping the Focus – Robert's Journey to Sobriety

With alcohol use that began at age 10, 48-year old Robert is the first client to successfully complete DACCO's Prison Diversion Program (PDP). Exposed to his father's alcoholism, Robert's early use eventually led to "social" cocaine use and then a highly-addictive crack addiction. With the help of the innovative PDP program, Robert has now found the focus and determination he needs to lead a drug-free life.

Started in 2009 and funded by the FL Dept. of Corrections, PDP offers an alternative to prison. Participants work on maintaining housing, employment, and financial stability, and developing the skills to meet supervision guidelines, improve coping, reduce criminal thinking, and access community supports.

Raised on a strong work ethic, Robert worked twice as hard as he partied. But with continued alcohol and drug use, his health, work, and relationships suffered. Having been in several treatment programs in the past 20 years, Robert found PDP's highly structured format based on a "behavioral contract" was just what he needed. Within the first month, clients unable to stand up and admit to their addiction risk being discharged. Reflecting on the supportive but no-nonsense program atmosphere, Robert quips, "If you don't want to change, we can refund your misery."

PDP offers an individualized approach where clients live on campus or at home and participate in group sessions, life skills education, employment support, and recreation activities at DACCO. PDP focuses on the individual taking responsibility for his actions and addressing issues like anger and resentment. Weekly, clients share their treatment plan with other participants for feedback and support. With staff and peers continuously monitoring and supporting one another, Robert says "you just can't con each other."

Due to several non-violent, drug-related charges, Robert faced 5 years in prison. In addition to providing an alternative to incarceration, PDP has supported his various needs such as providing transportation to doctor's appointments and 12-step meetings. While PDP's work phase requires participants to obtain employment, Robert currently cannot work due to health issues. But, as a career cabinet-maker, he has applied his skills by painting DACCO offices and assisting with general maintenance while in the program.

Robert cites family as a major influence in his recovery. His "rock" and wife of 28 years joins him at groups to tell others about the benefits of Al-Anon for family members of those with addiction. Watching his father suffer from alcoholism and later pass away with a "beer can in his hand", Robert is confirmed in his belief that there is no such thing as a "functional addict." Dedicated to breaking the cycle, Robert is open with his daughter about the risks of alcohol and its role as a "gateway" drug; he is pleased she attends Alateen for support.

After completing 90 days of PDP plus elements of DACCO's standard residential treatment (e.g., individual counseling and urine drug screens), Robert is back at home attending DACCO's aftercare program which provides access to counselors and support groups to help maintain sobriety. Call-ins to his counselor on Friday and Monday (and whenever needed) provide extra support each weekend. Robert's short-term goals are staying clean and completing his Hepatitis C treatment. His long-term goal is to start a new career as a Behavioral Health Therapist. He calls his reason for this aspiration "selfish", as he wants to keep himself in a positive environment. We congratulate Robert on his success and his aspirations to pursue a career helping others find the joy of recovery.



Robert with Andrea Martinez, Counselor Supervisor, & Phillip Jackson, Diversion Facilitator



Robert brightened up this DACCO room by painting and hanging artwork

## Food Bank Awarded Foundation Grant

In order to supplement funding currently received through the Ryan White program for the provision of food bank services, DACCO applied for and received a \$30,000 grant award from the MAC AIDS fund.

This funding will allow the expansion of:

- supplemental food assistance to HIV-positive individuals and their families
- HIV-specific nutritional guidance
- linkage to related services



### HOW IT WORKS

Every cent of the selling price of M-A-C VIVA GLAM lipstick and lipglass is donated to the M-A-C AIDS Fund.



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**1** WEEK'S WORTH OF GROCERIES (ABOUT 4 BAGS OF FOOD) FOR 2 CLIENTS

For every \$100,000 spent on treatment,  
 \$487,000 of health care costs<sup>4</sup> and \$700,000 of crime costs were shown to be avoided<sup>5</sup>.

### RECOVERY PICNIC

Come Celebrate Recovery!

**Saturday, September 25th**  
 11 a.m. to 4 p.m.

Rowlett Park  
 2401 East Yukon  
 Tampa, FL 33604  
 Shelter #218

Covered Dishes & Desserts Welcome

A Day of Prizes, Fun & Food

Everyone is Welcome To come!

Call Patti @ (813) 451-9769 or Dave F @ (813) 995-6126 for more information

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