



Second Annual Report
2019-2020

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Forward



Dear New Hanover County Government and interested parties,

How can Tides already be in its third fiscal year? Time flies when you are busy and seeing results. It is time for our Second Annual Report to be issued. The report serves as a road map of where we have been, what we have accomplished and where we are going. The Second Annual report will be made public for

our participants, families, referring providers and clinics, our sponsors and for New Hanover County Board of Commissioners. Last year was a building year on the successes we had during our first year of existence. The Second Annual Report will deal with Tides' activity from July 1, 2019 through June 30, 2020.

I am proud to say that we are delivering the care and seeing the results that we anticipated at our inception. Our graduates are achieving personal goals that they themselves never thought possible. They are employed, maintaining child custody, are in stable relationships and are leasing and buying homes. The children born to the women of Tides are showing that medication assisted treatment for opioid use means shorter hospital stays, shorter NICU stays and near zero medication for Neonatal Abstinence Syndrome (NAS).

Because we are busier and thus have greater expenses, our funding is very much critical! Thank you to The New Hanover County Board of Commissioners, county officers and staff for continuing to support Tides. This fiscal year will require us to seek additional funding to supplement our budget. We are in the process of identifying available sources of funding and requesting sponsorship.

Our Executive Director, Debbie Kinsey, and her staff, along with our Board of Directors, remain committed to our mission, vision and purpose. We anticipate that Tides will touch many more women during their journeys of motherhood and addiction. As we grow, Tides looks to continue to improve, expand and provide a viable, excellent, evidenced-based treatment program for women with maternal opioid use disorder in Southeastern North Carolina and the surrounding areas.

Thank you,

A handwritten signature in black ink, appearing to read "William M. Johnstone, Jr.", written in a cursive style.

William M. Johnstone, Jr. MD JD MBA
Founder and President, Tides Inc.

Introduction

Tides, Inc., a North Carolina non-profit corporation was established on October 10, 2017 to offer New Hanover County's opioid addicted mothers a coordinated system of care that treats their addiction, creates conditions for the delivery of healthy babies, and helps keep the mother-baby dyad together. The purpose of Tides, as set forth in the bylaws, is to be

Committed to creating and providing services to expectant mothers and their unborn children which will help them to overcome and recover from opioid drug addiction by assisting with treatment through a comprehensive, multi-faceted program which includes, but is not limited to, access to medical professionals, clinicians, biological, psychological, social and spiritual care and healing, expert teams. This program will be available regardless of race, color, creed, sexual orientation, or national origin of the adult mother or child. The program will offer a variety of services to provide comprehensive evaluation, diagnosis, detoxification, treatment of co-morbid medical conditions, medication management, patient activities and support which will foster and promote a long term recovery success strategy through self-reliance, emotional growth, social adjustment and physical well-being of the expectant/new mothers and their children.

The program model reflects a collaborative community consortium where existing community partners integrate their services to engage women in the recovery process to keep the mother-child dyad intact.

Vision Statement

Healthy mothers having healthy babies

Mission Statement

Tides is a comprehensive, intensive, outpatient treatment program, integrating existing community partner services to engage pregnant/postpartum women with opioid use disorder in the recovery process.

Year 2 Annual Report

The Tides staff and governing board are focused on long-term change in program participants. In developing this year's annual report, we consider both population and program performance outcomes that were established last year.

Population Outcomes

The Tides staff, Board of Directors, and community partners work together to achieve a condition of well-being for opioid addicted mothers. Tides seeks to achieve the following population results:

1. Previously opioid addicted mothers following a recovery plan

Indicator: Percent of Tides program graduates who remain free of illicit drug use

2. Mother-child dyad remaining intact

Indicator: Percent of Tides program graduates' children who remain outside the foster care system

3. Healthy and developing babies

Indicator: Percent of Tides program graduates' children who complete scheduled well-baby checks

Indicator: Percent of Tides program graduates' children not readmitted to the hospital

How Did We Do?

The Tides program had 18 graduates in Year 2 which allowed for collection of post-graduation data using a Qualtrics survey. The survey link was sent to all graduates in August 2020. Survey completion by participants was voluntary and anonymous, and results reflect self-reported information. Nine graduates completed the entire survey and two graduates partially completed the survey (n=11). Survey results, relevant to each population outcome, are included below.

Population Result #1: Previously opioid addicted mothers following a recovery plan

Indicator: Percent of Tides program graduates who remain free of illicit drug use

- Seventy-three percent (73%) of respondents reported that they had not used opiates or other substances since completing the program.

- Twenty-seven percent (27%) of respondents reported using opiates or other substances monthly, since completing the program.

Population Result #2: Mother–child dyad remaining intact

Indicator: Percent of Tides program graduates’ children who remain outside the foster care system

- 100% of respondents who delivered a baby while in the Tides program (n=9) have full custody of their child/children and report not having any new Child Protective Services (CPS) involvement since completing the program.
- The cost of foster care in New Hanover County, in fiscal year 2019-2020, was \$13,357 per child (foster care maintenance payments and administrative costs) [T. Bradley, personal communication, September 1, 2020].
Having this information allows Tides staff and Board of Directors to consider cost savings of the program to the foster care system, not only related to children born to mothers while in the Tides program, but potential cost savings associated with mothers’ additional children who may exit the foster care system when mothers obtain full custody after completing the program.

Population Result #3: Healthy and developing babies

Indicator: Percent of Tides program graduates’ children who complete scheduled well-baby checks

- 100% of respondents who delivered a baby while in the Tides program (n=9) reported that the babies attended all Well-Care check-ups.
- Additionally, these respondents reported that there were no developmental difficulties with the babies.

Indicator: Percent of Tides program graduates’ children not readmitted to the hospital

- 100% of respondents who delivered a baby while in the Tides program (n=9) reported no hospital readmissions for the babies, after the mother completed the program.

- While we do not have the cost of NAS-related hospital readmissions, the Tides staff and Board of Directors could also consider cost savings of the program to New Hanover Regional Medical Center.

Program Performance Outcomes

In establishing performance accountability, we seek to answer questions of quantity and quality of effort (i.e. how much did we do and how well did we do it?), the extent to which the program's model can be operationalized, and fiscal management.

Quantity of Effort

During this second year of program implementation, 30 women were assessed for program admission with 27 (90%) accepted into the program. Adding these 27 women to the 30 who were admitted to the program in Year 1, yields a total of 57 women admitted to the Tides program since it began.

Women admitted to the program in Year 2 tended to be primarily Caucasian (81%), between the ages 20-35 (89%), pregnant (89%), and had Medicaid as the primary payor (74%). The majority of women reported having a heavy drug use history (70%), with opiates and heroin being the drugs of choice, and a criminal history (85%). Forty-eight percent of the women admitted in Year 2, who had previous children, had lost custody of their children (37%) or had partial custody (11%). See Appendix 1 for aggregate participant data.

In the program's first two years, a total of 36 babies were born to women in the Tides program. Of these births, 75% of babies were born between 36 to 42 weeks gestation and 61% were considered to have normal, healthy birth weights. Additionally, for the babies who needed extra care, the average length of stay in the NICU was reduced by three days from Year 1 to Year 2.

Quality of Effort

Assessing the program's quality of effort (*How well did we do it?*) can be seen in the length of time participants were in the program and their continued success after graduation. Of the women who are currently in the program or have graduated (n=33), 50% stayed in the program

for 12 to 18 months while 44% stayed for 6 to 12 months. We believe that remaining in the program for an extended period of time demonstrates program success, given that 97% of participants entered the program voluntarily. Women, in these cases, increase their chances for long-term change by cultivating new and healthy relationships and engaging in mentoring, counseling, and long-term reinforcements of positive habitual change.

Ninety-one percent of graduates who responded to the survey (n=11) reported continued engagement in their counseling and 73% not using illicit substances since completing the program. Of the nine respondents who completed the survey, 100% indicated they have remained outside of the criminal justice system, foster care system, and have continued with their medication assisted treatment. Eighty-nine percent of these respondents also indicated that their life was better after having completed the Tides program.

Operationalizing Program Model

We continued, in Year 2, to build on Year 1's foundation by implementing and expanding services and referral processes to support program elements (see Appendix 2, Tides Patient Flow and Appendix 6, Year 1 Annual Report Recommendations and Actions Taken). The following descriptions of both required and optional services highlight important attributes that directly contributed to the Tide's Year 2 program successes:

I. Required Services

A. Staff. The following staff members were in place at the end of fiscal Year 2:

- Executive Director, full-time
- Transitional Living Manager, full-time
- Case Manager, full-time
- Residential Managers (3), part-time
- Weekend Overnight Security, contracted
- Transportation Driver, contracted
- Team of volunteers
- Web Designer (as needed), contracted
- Certified Public Accountant (MOU on file)

B. Counseling

All Tides participants are required to work with our partner, Coastal Horizons, to receive counseling services through their Substance Abuse Intensive Outpatient Program (SAIOP). This is a 12-week course and participants attend the program three days a week for three hours per session. However, due to COVID-19, classes have been held virtually since mid-March and last one and one-half hours per session.

Participant costs for attending SAIOP are billed to each participant's Medicaid by Coastal Horizons. The Tides program pays for Coastal Horizons' Social Work Consultation for non-SAIOP treatment. At the end of Year 2, six women were in the SAIOP program, and 10 women were in post-SAIOP (weekly "After-Care" class led by a Social Worker, held virtually, in which participants must attend at least twice a month).

Bi-weekly case management meetings take place between Tides' Case Manager and Coastal Horizons' Social Worker. When needed, the Executive Director and/or Family Nurse Practitioner also attend. These meetings facilitate continuity of care and services as well as continued assessments of participant progress of outcomes, goals, and/or emerging needs.

C. Medication Assisted Treatment (MAT) for Opioid Use Disorder (OUD)

Tides participants are prescribed specific medication designed to diminish the desire for opioids. This greatly increases the chances of having a healthy baby. Participant's medication is managed by clinical providers at either the Physicians Specialist OB/GYN clinic or Coastal Horizons.

D. Prenatal Care

Prenatal care is provided at the Physicians Specialists OB/GYN clinic. High risk pregnant women also receive care and consultation at Atlantic Fetal Medicine. Prenatal care is billed to each participant's Medicaid by the OB/GYN Clinic.

E. Peer Support

Coastal Horizons provide peer support specialists for Tides participants upon request. Peer support costs are billed to each participant's Medicaid by Coastal

Horizons. Feedback on peer support effectiveness is provided by the participants to the Tides Executive Director.

F. Smoking Cessation

Smoking cessation continues to be an ongoing dilemma with participants. Most participants who enter the program are smokers (99.9%). The Transitional Living Facility became smoke-free in March 2020, thereby reducing the number of cigarettes smoked by residents. For women who are serious about completely quitting, NHRMC offers a Smoking Cessation class and mentors the attendees for 100 days after class to offer support and encouragement. Tides recently purchased a “You Can Quit Smoking While Pregnant” DVD program and will begin implementation for all participants to complete the program.

G. Parenting Training

With COVID-19 affecting the ability to train in person, most participants have completed the online *Smart Start Triple P*[®] training course free of charge. Tides has also joined with InJoy[®], a comprehensive, education network of DVDs, online eClasses and tutorials centered around birth and mother/baby care. Participants log into their own portal and take interactive training courses with pre and post testing. Tides is able to track progress and assist individuals as they move through the curriculum.

II. Optional Services

A. Housing

Tides opened its first transitional living facility in June 2019. At the end of Year 2, a total of 14 women and 12 babies have been cared for in our facility. At the beginning of 2020, Tides expanded its housing capacity by adding three additional apartments in an adjacent building to accommodate a total of 10 women and 10 babies at any one time.

B. Transportation

The Tides program utilizes various options for transportation. In August 2019, Tides purchased a 15-passenger van to transport its residential and off-site participants. A part-time, contracted driver currently transports approximately

80% of our transportation needs. COVID-19 brought many obstacles in using commercial transporters such as Circulation Lyft[®], taxicabs and Medicaid Transport. However, these services are still utilized when necessary.

C. Childcare

The Tides program utilizes and pays two organizations, Childcare Network and Kids & Co, to support Tides participant childcare needs. Participants are required to obtain DSS vouchers, which greatly reduce Tides' cost for childcare.

D. Psychiatric Care

Coastal Horizons provides psychiatric care to Tides participants, if indicated. Treatment costs are billed to each participant's Medicaid by Coastal Horizons.

E. Spiritual Care

Tides residential participants have the opportunity to attend weekly services at 828 Church in Wilmington, NC. Residents also take part in an onsite, faith-based support group once a week.

F. Job Training

Tides has partnered with StepUp[®] Wilmington to provide participants with a hands-on job training course. Due to COVID-19, the training has changed from a four day, in-person course to a three-day virtual course. The training assists participants in resume writing, teaches interview skills and how to navigate an interview with a questionable background report. After completing the course, each participant is assigned a Talent Manager to assist with locating potential jobs and navigating the process of obtaining employment.

G. Education Training

An individualized training plan is created for participants who have a desire to return to secondary or post-secondary school to complete their studies. Two of our participants are in the process of obtaining their GED.

H. Life Skills Training

Tides works to provide informal life skills training to its residents at the transitional living facility. These skills include budgeting/managing money, time management and organization skills.

I. Medical Care

Medac[®] Urgent Care is the Tides “go-to” for a participant’s non-emergency care needs. The Tides program pays the co-pay for care and initial prescriptions based on participant’s ability to pay.

Fiscal Management

The Tides program was funded in Year 2 primarily by New Hanover County (98%). A total of \$228,057 (41%) was rolled over from Year 1 (lower than expected expenditures in Year 1 due to establishing best practices for accepting participants and building corporate infrastructure) and added to the county’s Year 2 funding of \$315,360 (57%). Private donors contributed a total of \$13,727 (2%) to equal a revenue total of \$557,144 which was managed by the Tides Executive Director. At the end of Year 2, 87% percent of revenue was expensed (\$482,969) with 13% (\$74,174) remaining in cash flow. See Appendix 3 for the year-end finance report.

Recommendations

The Tides Board of Directors and staff spent Year 2 implementing all program elements and addressing Year 1 Annual Report recommendations (see Appendix 6), while continuing to accept women into the program and focus on their treatment to obtain goals and outcomes.

This second year’s evaluation continues to identify areas where program improvement should be made as we move into Year 3.

Recommendation 1: Develop a timeline for a strategic planning process

Recommendation 2: Hire or contract a grant writer to develop and implement a funding opportunity plan

Recommendation 3: Develop staff onboarding plan to include CPR Certification, Conflict Resolution, and Resiliency Training

Recommendation 4: Engage non-residential women in additional face-to-face mentoring, training, and positive relationships

Conclusion

The Tides program represents an innovative model of care for opioid addicted pregnant mothers in southeastern North Carolina. The significance of Tide’s work is to effectively treat pregnant

women's addiction, improve health and developmental outcomes related to NAS births, and increase the placement of newborns with mothers and out of the foster care system.

New Hanover County administration committed to financing the Tides for its first three years, as a pilot project, and set the goal of admitting 24 participants per year into the program. Tides has exceeded this expectation in each of its years of operation, admitting 30 women in Year 1 and 27 women in Year 2. We surmise that the COVID-19 pandemic adversely impacted the number of Year 2 assessments that otherwise would have been completed. See Appendix 5 for Tides Program Report for New Hanover County.

The Tides staff and governing board are focused on long-term change in program participants, and the results of the post-graduation survey point to progress being made (see also Appendix 4 for graduate testimonies). Forming relationships during the program, and sustaining them after graduation, have important benefits. Consider that the majority of respondents completed the survey after having graduated from the Tides program for at least 4-6 months (64%), with two respondents (18%) having graduated 7-12 months prior to completing the survey, demonstrating in part the impact of formed relationships while in the program. It is significant that 89% of respondents indicated their life was better after having completed the program.

While the Tides program has only been operational for two years, it has demonstrated early successes in achieving both population and program performance outcomes. Here are some statements our graduates wrote: *"I am more stable and structured."*, *"I have maintained my sobriety and life with my boy is beautiful."*, *"I am still in connection with my doctor and therapist...still clean and sober."*, *"Since completing the Tides program my life continues to improve. I have launched 2 businesses of my own, I am completely off of government assistance because I am able to provide for me and my daughter on my own as a single mother."*, and *"I have moved forward in my life as far as staying clean, getting an apartment, a car and employment."*

These women are working hard to be *Healthy Mothers Having Healthy Babies*.

This Second Annual Report was submitted to Dr. William Johnstone, Founder and President of Tides, Inc.

Evaluation Team

Dr. Stephanie Smith
Assistant Professor
UNCW School of Nursing

Ms. Debbie Kinsey
Executive Director
Tides, Inc.

Acknowledgements

A HUGE THANK YOU TO OUR PARTNERS AND MANY SUPPORTERS

New Hanover County Commissioners and Administration – Thank you for believing in our dream of making a difference in the opioid crisis here in New Hanover County. We cannot thank you enough for stepping in to fund our vision and successes and to reduce the footprint of this epidemic in our county.

Department of Health and Human Services – To all the social workers and coordinators that work so hard to give these mother’s a chance to reconcile and care for their children.

New Hanover Regional Medical Center (NHRMC) – Thank you for believing in our vision and supporting us in making the Tides program a reality.

Betty H. Cameron Mother’s & Children’s Hospital – NEST Units, Triage, Antepartum, Labor & Delivery and all the special clinicians who work so seamlessly to provide excellent care to these women and babies.

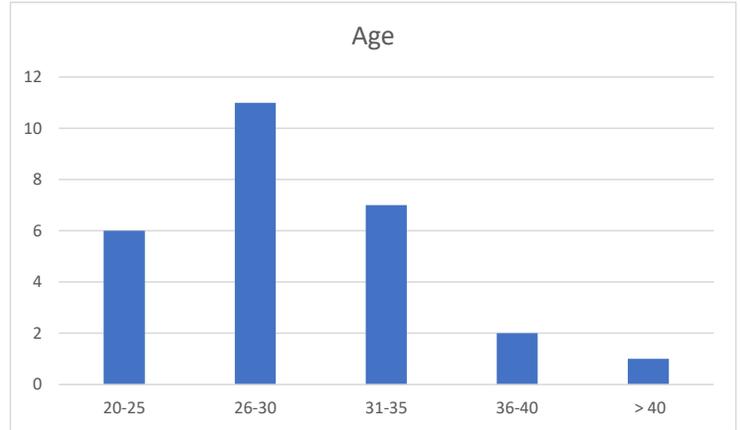
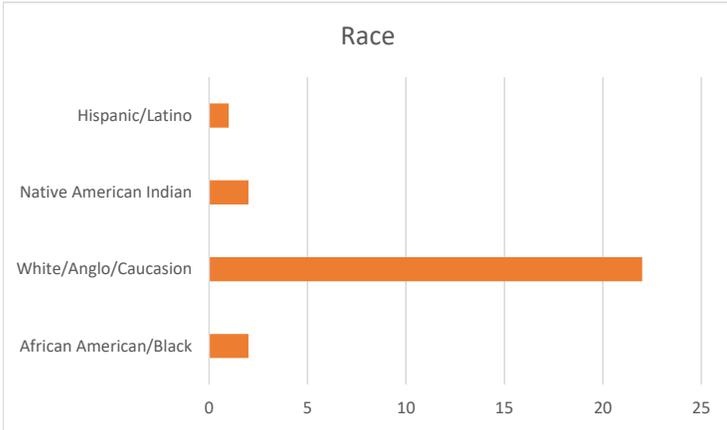
NHRMC Physician Specialists – OB/GYN Specialists – To Denise Neal, RN, MSN, FNP and Denise McNeil along with all of the staff and residents, thank you for always providing exceptional care for these women. Your love for your job is shown through your love for these women.

Community Partners:

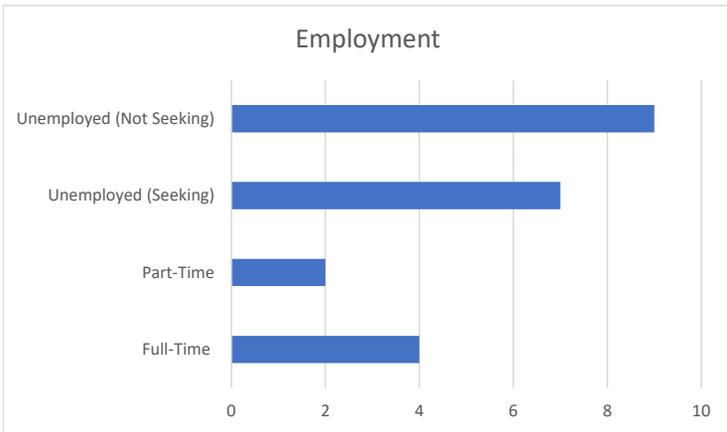
LINC, Inc.
Coastal Horizons
Smart Start
StepUp Wilmington
SHARE Cape Fear
828 Church
Wrightsville Beach United Methodist Church

Appendix 1: Year 2 Aggregate Participant Data

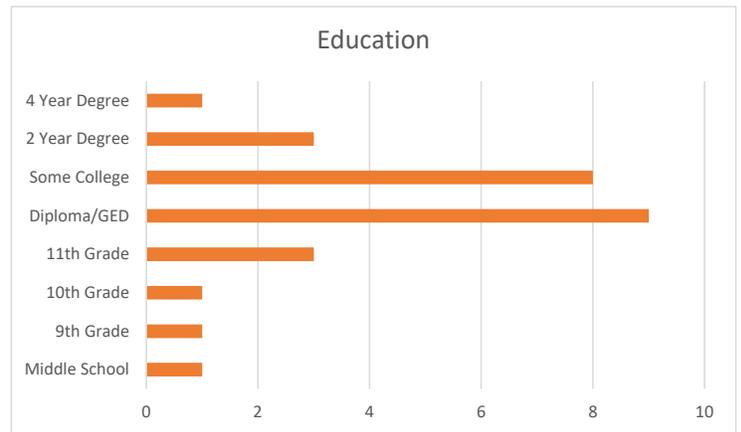
DEMOGRAPHICS



EMPLOYMENT & EDUCATION

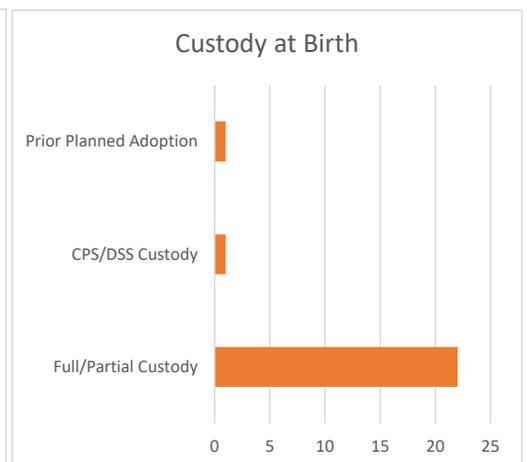
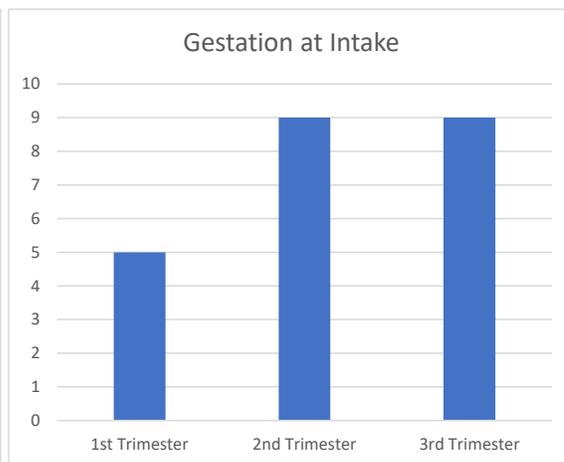
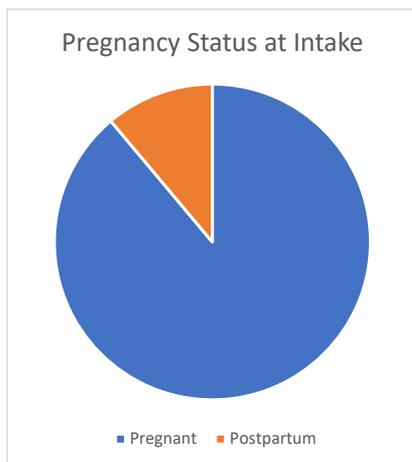


22% of participants employed at intake



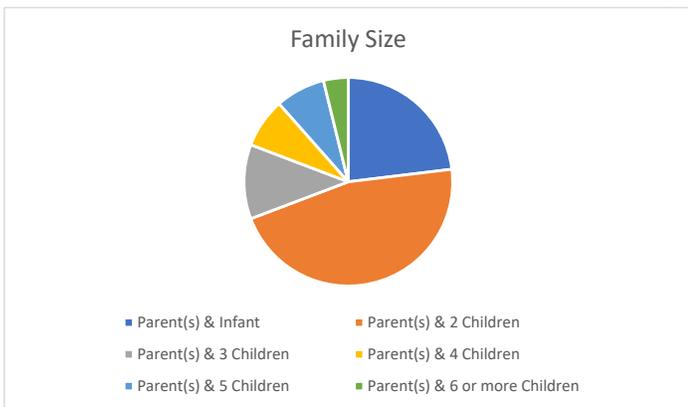
33% of participants have HS Diploma or GED while 30% have some college

PREGNANCY

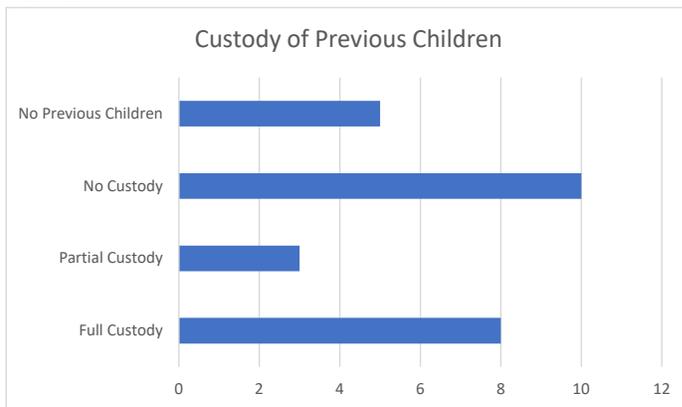


92% of mothers were given full or partial custody of their baby upon departure from the hospital

FAMILY & CHILDREN

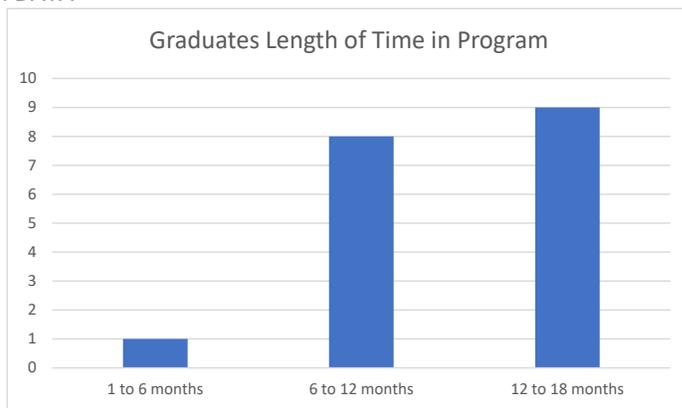
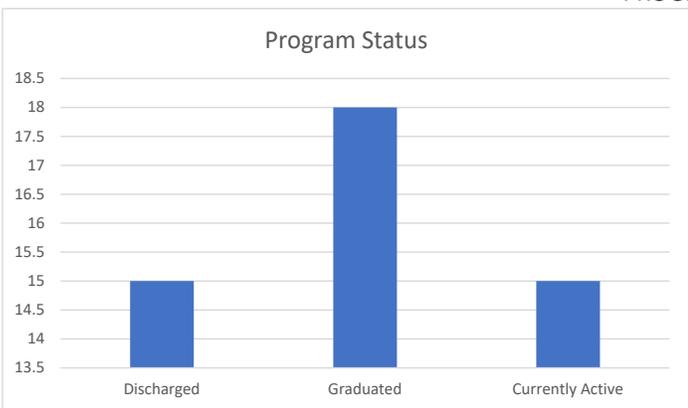


74% of women had previous children at intake

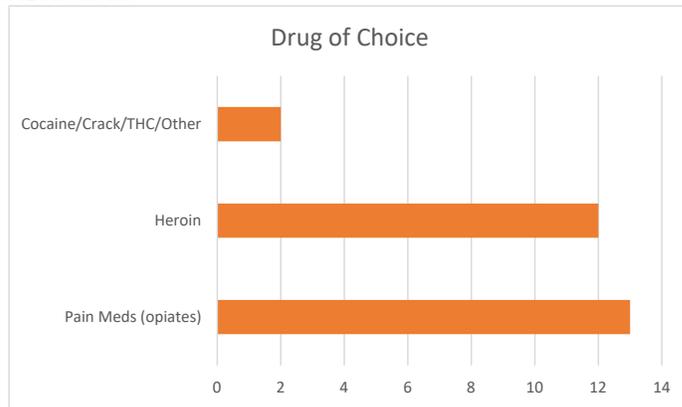
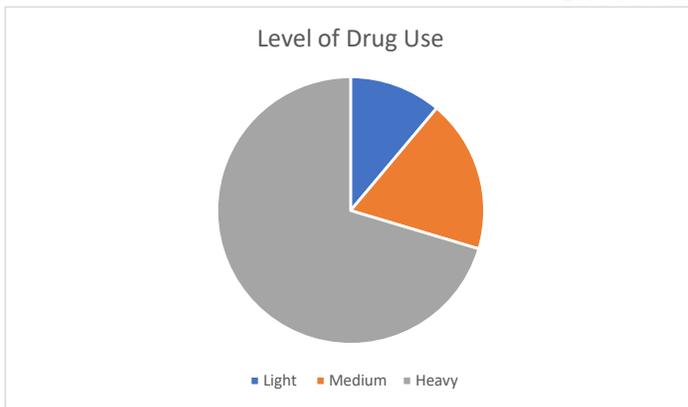


37% of women had no custody of their previous children at intake

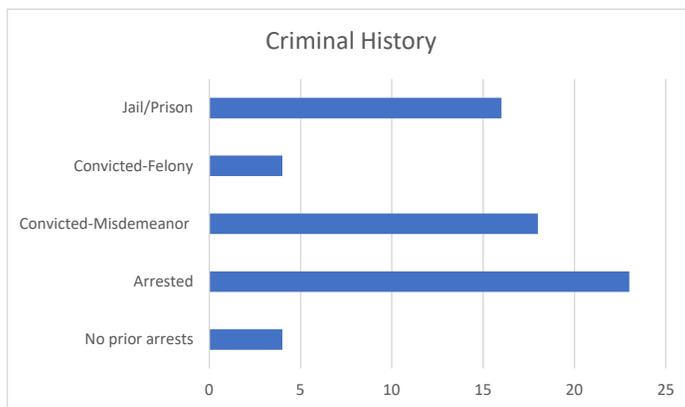
PROGRAM DATA



DRUG & CRIMINAL HISTORY



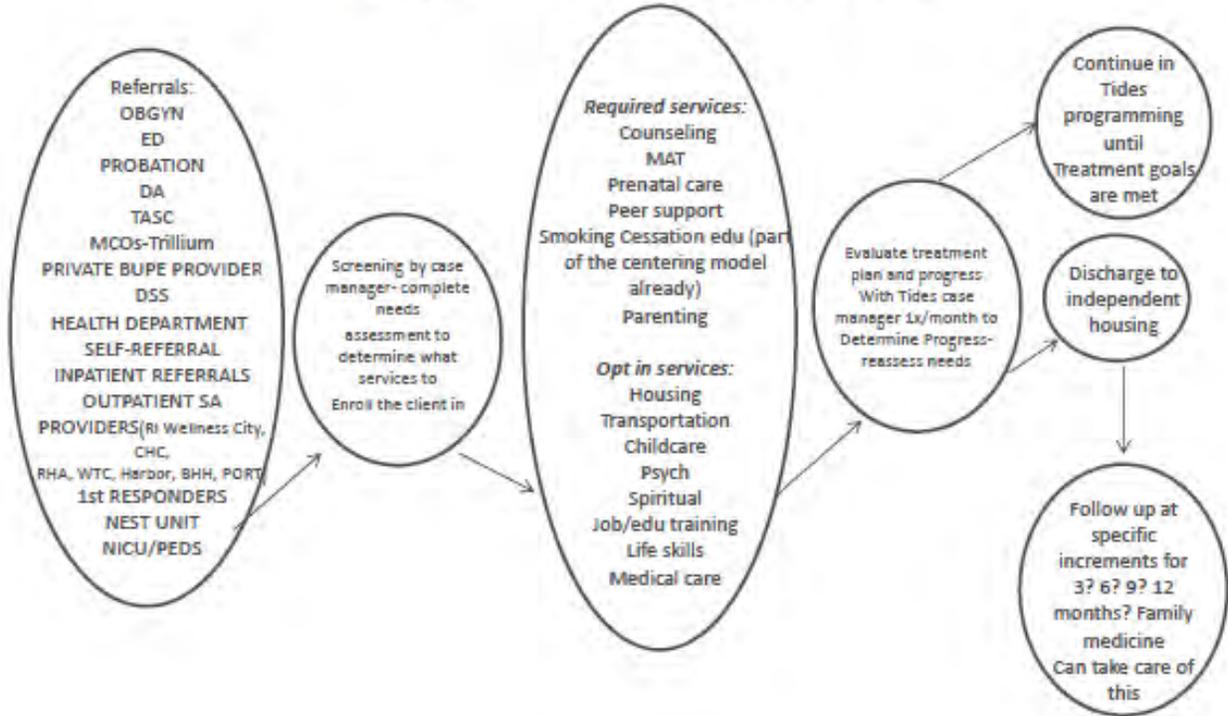
An overwhelming 93% of women stated opioids as their primary drug addiction



85% of women had been arrested while 59% spent time in jail or prison prior to intake

Appendix 2: Tides Patient Flow

Tides Patient Flow



Appendix 3: Year 2 Finance Report

	Fiscal Yr 2019-2020	
	Actual	Budget
Revenue		
New Hanover County	315,360.00	315,360.00
New Hanover County-Carry Over Yr 1	228,056.56	-
Personal Donations	13,727.23	-
Grant - NHRMC	-	-
Total Income	557,143.79	315,360.00
Administrative Costs		
Staff/Labor		
Full-Time Salaries	74,890.22	115,831.00
Part-Time Salaries	124,988.50	97,968.03
Contract Labor	25,209.90	-
Benefits (Medical Insurance)	9,791.09	21,064.68
HR Fees-Background Chks	399.94	1,425.00
Professional Development (Incl. Travel)	2,503.22	-
Staff/Labor	237,782.87	236,288.71
Office		
Lease/Rent	2,000.00	-
Utilities	5,228.04	1,800.00
Office Supplies/Furnishings	2,483.55	1,800.00
Hardware/Software	6,131.63	2,400.00
Marketing Materials	910.82	900.00
Advertising	-	-
Insurance (Auto, Liability, Rental, etc.)	45,898.55	11,230.00
BOD & Promotional Events	2,852.39	800.00
Office	65,504.98	18,930.00
Professional Fees		
Accounting & Banking Fees	6,097.78	4,800.00
Website/Graphic Design	1,093.01	600.00
Grant Writer	-	-
Partner's Consultation	-	-
Business & Attorney Fees	167.50	600.00
Professional Fees	7,358.29	6,000.00
Total Administrative Costs	310,646.14	261,218.71
Participant Costs		
Housing		
Tides Apt. Rent	67,000.00	49,800.00
Partner Rent	910.00	2,400.00
Furnishings/Supplies	6,634.85	2,400.00
Utilities	16,838.91	13,200.00
Repairs & Maintenance	4,157.52	1,200.00
Housing	95,541.28	69,000.00
Transportation		
3rd Party Transport (Drivers, Circulation)	13,394.80	13,248.00
Tides Van Purchase w/tax, title, tags, prop	45,200.01	-
Gas/Fuel	1,793.84	4,032.00
Repairs & Maintenance	407.64	500.00
Property Tax & Tags	496.78	-
Transportation	61,293.07	17,780.00
Training/Therapy		
IOP-Social Worker Consultation	5,640.00	7,200.00
Job Skills Training	-	1,200.00
Parenting Skills	-	1,200.00
Counseling/Mentoring/Sponsoring	-	1,200.00
Medical Expenses (Mother & Child)	633.61	1,200.00
Support Group/Therapy	150.00	900.00
Training/Therapy	6,423.61	12,900.00
Childcare		
Childcare Fees	800.00	13,600.00
Other Daycare Fees	-	-
Private Sitter Fees	-	600.00
Childcare	800.00	14,200.00
Misc. Mama/Baby Expenses		
Food	2,754.04	900.00
Supplies	5,249.12	2,400.00
Other	811.87	1,800.00
Participant Pay Backs	(550.00)	-
Misc. Mama/Baby Expenses	8,265.03	5,100.00
Total Participant Costs	172,322.99	118,980.00
Total Expenses	482,969.13	380,198.71
Running Total Revenue	74,174.66	(64,838.71)

Appendix 4: Year 2 Graduate Testimonies

July 10, 2020

My name is Maloree Capps, and I am 29 years old. During my early 20s I struggled with addiction and the lifestyle that came with it. After many rehabs, halfway-houses, and programs, I decided to move to Wilmington to find success.

After moving in 2015, I started cosmetology school. I still struggled being by myself. I stayed in a halfway house for about 9 months then got my own townhouse. I graduated from cosmetology school in 2017 and found out I was pregnant with my first baby. This was an extremely hard time for me. I was not happy with the father of my baby. I wanted out but was afraid to reach for help. This ended up becoming a trigger for me as my anxiety took its toll and I ended up back where I started. I lost everything, even my daughter to DSS, and ended up with a DUI and in jail for 6 weeks.



I am so grateful for this last experience because it led me to new beginnings. I have always loved the quote “When one door closes another one opens”. After getting out of jail I moved into LINC, a transitional living facility for those who have been incarcerated. While living there, I learned about kratom and began using that to cope with the unfamiliarity of my life at that point. I began seeing a great guy and it was not long before I found myself pregnant again.

I found out about Tides from another woman at LINC who was in the program. I met with Debbie, told her my story, and was accepted into the program. The first thing they did was wean me off of kratom and put me on a medication assisted treatment program.

So here I found myself in the Tides program with a new pregnancy, and a new partner in life. I was so scared and had no idea where it would take me or if it was even a good idea. I did not even know if I wanted another baby at the time. But, meeting Debbie and a couple other ladies in the Tides program inspired me tremendously to keep pushing forward and that this was God’s plan for me.

During my time in Tides, I continued to work my DSS plan to regain custody of my first daughter. I completed parenting classes and a 12-week SAIOP specifically for mama’s and babies. I got my job back in a hair salon and completed the LINC program and found my own apartment. I had my second daughter in October. Also, I am happy to say that I completed my DSS plan for my first daughter and was given back full custody of her in the same month!



All of these things happened so fast! I was so busy, and the women of Tides helped me stay grounded. We would meet for lunch and catch-up. Tides would help me with rides to get places. Simply, the Tides program pushed me to do what I knew I was capable of doing. I loved attending the mama baby IOP group with the ladies in Tides because it gave me the opportunity to share my experience and give others inspiration who had not made it as far as I had at that point.

Now only a year and a half later, we bought a home and I am able to stay home with my two girls who are growing and active. I have graduated from the Tides program but am still active in my recovery. I do sessions with a therapist I discovered while doing the SAIOP classes. My fiancé works and that is how we manage financially. When our girls get a little older and we are past Covid-19, I will return to cutting hair. I am so grateful I met him when I did because we have been so good together. I am so happy for all these experiences that have made me who I am today.

July 11, 2020

I would like to share with you how the Tides program in Wilmington changed my life, and the lives of my husband and my children. I am a 32 year old mother of four that has dealt with addiction, postpartum depression, and depression for all of my adult life.

In 2019, I found myself pregnant and addicted to opiates. Because of the stigma surrounding opiate abuse and pregnancy, I was too afraid to even go to the doctor. I found out about the Tides program after going to the ER for pregnancy related issues. Within a week, I met with Debbie Kinsey and was admitted to the program. She helped me set up an appointment with their OBGYN that specialized in women who were pregnant and on maintenance medication. She also helped me get connected with a mental health therapist and start their Substance Abuse Intensive Outpatient Program (SAIOP). The Tides program gave me hope and helped me to know that I was not alone. It gave me the courage to be the mother I dreamed that I could be.



After my daughter Khloe was born, I moved into the Tides apartments with my newborn and six year old son. During my time there they helped me enroll my son in kindergarten while I cared for my newborn daughter. I also completed SAIOP, job skills training, and attended three weekly recovery meetings and church. After five months, I was able to move into a new apartment with my husband and our eight year old daughter.

The staff of the Tides program helped me rebuild my marriage and relationships with my children, while teaching me that I was capable of being a good mother and wife. The person I am today, I truly owe to Tides. They were there for me during a time when I had no one else. Tides helped build the foundation of the person I am today. Although I have graduated from the program, they are going to be a part of my life forever.

Gabrielle Young

Tides, Inc.
Fiscal Year 2019-20 Data Prior Year Comparison

Updated on January 4, 2021

Program Data

Assessments	FY-1	FY-2	FY-2(%)	Total	Overall %
Total Assessments	34	30		64	---
Admitted	30	27	90%	57	89%
Not Admitted	4	3	10%	7	11%

**Assessment totals FY-2 lower due to Covid-19*

Program Status	FY-1	FY-2	FY-2(%)	Total	Overall %
Discharged	9	15	31%	24	42%
Graduated	0	18	32%	18	32%
Currently Active	21	15			26%

**Data presented for FY-1 varies slightly from 1st Annual Report*

Type of Admissions	FY-1	FY-2
Outpatient	27	20
Residential Adults	3	9
Residential Children	1	10

**Two Y-1 outpatient participants became residential in Y-2.
 Tides housing was not open in Y-1. Residents housed at partner sites.

Duration of Treatment (Graduates)	FY-2	FY-2(%)
Less than one month	0	
1 to 6 months	1	6%
6 to 12 months	8	44%
12 to 18 months	9	50%

Time in Program Before and After Delivery (Graduates)	Avg # months
Pregnant	4
Postpartum	8.1

Duration of Treatment (Discharged)	FY-1	FY-2	FY-2(%)	Total	Overall %
Less than one month	1	2	13%	3	13%
1 to 6 months	5	8	53%	13	54%
6 to 12 months	3	5	33%	8	33%

Mandated for Treatment	3	3	11%	6	11%
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Pregnancy Data (at intake)	FY-1	FY-2	FY-2(%)	Total	Overall %
Pregnant	29	24	89%	53	93%
Postpartum	1	3	11%	4	7%
1st Trimester	8	5	21%	13	25%
2nd Trimester	9	9	38%	18	34%
3rd Trimester	11	9	38%	20	38%

**Missing trimester count data on one individual in Y-1 and one individual in Y-2*

Tides, Inc.
Fiscal Year 2019-20 Data Prior Year Comparison

Infant & Family Data

Baby Born in Tides	FY-1	FY-2	FY-2(%)	Total	Overall %
Babies born (2 sets of twins)	12	24		36	
Babies born w/NAS	12	23	96%	35	97%
Babies positive for other substances at birth (Other than MAT)	1	0	0%	1	3%
Mothers positive for other substances at birth (Other than MAT)	1	0	0%	1	3%
<i>*Postpartum admission babies not included in count *One set of twins in Y-1; one set of twins in Y-2</i>					

Weight Categories	FY-1	FY-2	FY-2(%)	Total	Overall %
Normal (> 5.5)	7	15	63%	22	61%
Low (3.3 - 5.5)	4	6	25%	10	28%
Very Low (2.2 - 3.3)	0	3	13%	3	8%
<i>*Missing data from one individual in weight category count</i>					

Hospital Stay	FY-1	FY-2		Average
Average Length of Stay	9.6	6.6		8.1
# of Babies in NICU (two sets of twins)	1	8		5
Average Length of Stay in NICU	4	3		3.5
Withdrawal Meds Needed	1	1		1
% of women hospital stay represents	33%	92%		
<i>*avg stay in NICU does not include baby born at 27wks/not NAS/in NICU 84 days *Missing NICU data on Y-1 twins.</i>				

Current & Graduated Custody	FY-1	FY-2	FY-2(%)	Total	Overall %
Full/Partial Custody	12	22	92%	34	94%
CPS/DSS Custody		1	4%	1	3%
Prior Planned Adoption		1	4%	1	3%

Gestation at birth (wks)	FY-1	FY-2	FY-2(%)	Total	Overall %
20-30	0	1	4%	1	3%
30-35	3	4	17%	7	19%
36-40	7	18	75%	25	69%
> 40	1	1	4%	2	6%
<i>*Missing data from one individual in FY-1 count</i>					

Family Size	FY-1	FY-2	FY-2(%)	Total	Overall %
Parent(s) & Infant	5	6	22%	11	19%
Parent(s) & 2 Children	7	12	44%	19	33%
Parent(s) & 3 Children	7	3	11%	10	18%
Parent(s) & 4 Children	4	2	7%	6	11%
Parent(s) & 5 Children	1	2	7%	3	5%
Parent(s) & 6 or more Children	1	1	4%	2	4%
No Data	5	1	4%	6	11%

Custody-Previous Children	FY-1	FY-2	FY-2(%)	Total	Overall %
Full Custody	10	8	30%	18	32%
Partial Custody	0	3	11%	3	5%
No Custody	11	10	37%	21	37%
No Previous Children	9	5	19%	14	25%
<i>*Missing data from in category count</i>					

Tides, Inc.
Fiscal Year 2019-20 Data Prior Year Comparison

Participant & Demographic Data

Race	FY-1	FY-2	FY-2(%)	Total	Overall %
African American/Black	1	2	7.4%	3	5%
White/Anglo/Caucasian	24	22	81.5%	46	81%
Multiracial	2			2	4%
Native American Indian	3	2	7.4%	5	9%
Alaska Native					
Asian/ Asian American					
Hispanic/Latino		1	3.7%	1	2%

County of Residence	FY-1	FY-2	FY-2(%)	Total	Overall %
New Hanover	20	17	63%	37	65%
Brunswick	5	3	11%	8	14%
Columbus	1	0	0%	1	2%
Pender	4	3	11%	7	12%
Onslow	0	4	15%	4	7%

**County before entering Tides program. Some relocated after admission.*

Age Range	FY-1	FY-2	FY-2(%)	Total	Overall %
20-25	4	6	22%	10	18%
26-30	10	11	41%	21	37%
31-35	8	7	26%	15	26%
36-40	6	2	7%	8	14%
> 40	2	1	4%	3	5%

Employment	FY-1	FY-2	FY-2(%)	Total	Overall %
Full-Time	2	4	15%	6	11%
Part-Time	3	2	7%	5	9%
Unemployed (Seeking)	15	7	26%	22	39%
Unemployed (Not Seeking)	9	9	33%	18	32%

**Missing data in this category*

Education	FY-1	FY-2	FY-2(%)	Total	Overall %
9th Grade	2	1	4%	3	5%
10th Grade	4	1	4%	5	9%
11th Grade	0	3	11%	3	5%
12th Grade	0	0	0%	0	0%
Diploma/GED	11	9	33%	20	35%
Vocational School	0	0	0%	0	0%
Some College	8	8	30%	16	28%
2 Year Degree	1	3	11%	4	7%
4 Year Degree	1	1	4%	2	4%
Middle School		1	4%	1	2%
No Data	3			3	5%

Tides, Inc.
Fiscal Year 2019-20 Data Prior Year Comparison

Payment Source	FY-1	FY-2	FY-2(%)	Total	Overall %
Private Insurance	0	2	7%	2	4%
Medicaid (incl. pregnancy)	22	20	74%	42	74%
Uninsured	3	3	11%	6	11%
No Data	5	2	7%	7	12%

Drug Use History	FY-1	FY-2	FY-2(%)	Total	Overall %
Light	1	3	11%	4	7%
Medium	3	5	19%	8	14%
Heavy	20	19	70%	39	68%
No Data	6			6	11%

Drug of Choice	FY-1	FY-2	FY-2(%)	Total	Overall %
Pain Meds (opiates)	10	13	48%	23	40%
Heroin	11	12	44%	23	40%
Cocaine/Crack/THC/Other	4	2	7%	6	11%
No Data	5			5	9%

Criminal History	FY-1	FY-2	FY-2(%)	Total	Overall %
No prior arrests	6	4	15%	10	18%
Arrested	18	23	85%	41	72%
Convicted-Misdemeanor	12	18	67%	30	53%
Convicted-Felony	6	4	15%	10	18%
Jail/Prison	12	16	59%	28	49%
No Data	6			6	11%

Appendix 6: Year 1 Annual Report Recommendations and Actions Taken

Recommendation	Action in Year 2
1. Improve data quality (e.g. increase consistency and completion with data collection when completing assessments)	All staff members were trained on all aspects of data quality when obtaining information during assessments and post admission data collection. This has allowed us to achieve greater data quality than in Year 1.
2. Complete portfolio of assessments and set timeframe for assessments to be completed (e.g. initial, in-program, program completion/exit criteria, short/medium/long term follow-up)	Guidelines and procedures were put in place for initial assessments and in-program case notes. Also, integration of post program follow-up was implemented so graduates would expect follow-up for the 12 months following completion of the program.
3. Implement an EMR and referral tracking (e.g. NC 360) system	Implementation of a data management system was obtained and customized for the needs of the Tides participants. The software used was CharityTracker which allows for case management, data collection of demographics, financial needs, dependent information, case notes and outcomes and goals for the program.
4. Hire a case manager	Tides hired its first full-time case manager in August 2019. Our case manager interacts with all participants and ensures compliance with the program and forward movement in outcomes and goals.
5. Hire program administrative assistant	Tides hired its first full-time Administrative Assistant in March 2020. This has proven to be invaluable to the ED as she can focus on more corporate aspects of the organization.
6. Pursue purchase of a Tides vehicle to transport program participants to/from appointments	Tides purchased a 15-passenger van in August 2019. Currently, a contracted driver provides 70-80% of travel needs by transporting participants in the company van.
7. Develop and implement a Tides comprehensive training program (e.g. parenting, finance, life skills, etc.)	Tides works with various individuals and organizations to provide a comprehensive training program. Prior to Covid-19, participants went to Smart Start to complete the Triple P Parenting Class. With COVID-19 affecting the ability to train in person, the training is completed online. Also, Tides has partnered with InJoy [®] , a comprehensive, education network centered around birth and mother/baby care. Participants log into their own portal and take interactive training courses. Staff members also educate participants in the residential facility on budgeting and life skills.
8. Develop a timeline for a strategic planning process	Pending