



Drug and Alcohol Outpatient Program 2016-17 Annual Report

The Trehab Drug and Alcohol Outpatient Program has been dedicated to treating and educating individuals, families and communities impacted by addiction for over 30 years. The program welcomes adolescents, adults, and their families from all walks of life. Outpatient services were provided at three facilities located in Susquehanna and Wyoming Counties:

Susquehanna:

281 Church Street, Suite A, Montrose, PA, 18801 and 1224 Main Street, Susquehanna, PA, 18847

Wyoming:

70 Hollowcrest Road, Tunkhannock, PA 18657

www.trehab.org



Drug and Alcohol Outpatient Program 2016-17 Annual Report

Trehab’s Drug and Alcohol Outpatient Program is committed to helping individuals and families facing substance use disorder begin the process of recovery - one day at a time.

The program’s dedicated work provides hope and support to the individuals, families and communities served; we understand recovery from a substance use disorder is possible and together, we are all part of the solution.

The program serves individuals from all walks of life that are facing all types of circumstances. The program’s skilled and experienced staff recognizes everyone has strengths and inner resources and effective counseling develops these. The primary goal is to provide a treatment experience that fosters healing and supports the development of a healthy, sober lifestyle.

Individuals in treatment are partners in and accountable for their recovery. To accomplish this, the program utilizes an integrated approach to counseling including cognitive-behavioral therapy (CBT), motivational interviewing (MI), rational emotive behavioral therapy (REBT) and various skill development modalities including the evidence-based MEE Interactive Journaling System, The Matrix Model, Seeking Safety and a 12-step approach for long term recovery. Clients are supported with many healthy pathways of recovery including Medication Assisted Treatment (MAT).

Individuals recovering from a substance use disorder can thrive with the proper support system. The outpatient program strives to connect individuals in care with appropriate services and resources so they may experience successes during their treatment experience and after treatment ends. The program would like to thank all of our community partners and collaborators who go above and beyond to assist our clients.

This report reflects the endeavors and the major accomplishments of the past year. The work of the program accomplishes is possible due to the support of a dedicated board of directors, executive director, professional staff and generous funders and volunteers.

Board of Directors



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Counseling and Educational Services

Clinical Counseling

In 2016-17 the outpatient program completed over 366 screenings and provided 363 clinical evaluations. Further, 5,127 hours of Intensive Outpatient (IOP) and 2,042 hours of traditional outpatient drug and alcohol counseling were provided to individuals in care. Under a contract with the Lackawanna/Susquehanna Office of Drug and Alcohol Programs, bridge funding was provided for uninsured individuals. This funding allowed individuals to receive treatment services at little or no cost. For those who did have to pay, a sliding scale fee was provided to ensure individuals received the counseling they needed at a price they could afford. The program provided a variety of counseling services to meet the needs of individuals, including:

- **Brief Intervention/Education:** Provides education to the nature of substance abuse and raising awareness for those individuals who are at risk for developing a harmful relationship with mind altering chemicals. The aim is to investigate a potential problem and motivate individuals to make changes to offset progression of substance use.
- **Brief Therapy:** Provides concentrated weekly group and individual therapy sessions for those individuals who have been identified as meeting criteria for abuse (or dependence) to mind altering chemicals. It is a systematic, focused process that relies on assessment, client engagement and rapid implementation of change strategies. The goal is to provide individuals with tools to change basic attitudes in the present and learn tools for specific behavioral change for wellness.
- **Relapse Prevention:** Provides weekly group and individual treatment sessions for those persons who have engaged in previous treatment experience(s), have a history of relapse or are at high risk for relapse. Emphasis is on developing self-directed recovery as well as identifying and managing high risk situations and behaviors and utilizing coping skills.

“...T rehab has been my safe place. I know when I come here I’ll be helped and supported. My counseling program has been a big part of my recovery journey.” – M.S.

- **Adolescent Outpatient:** Provides weekly individual (and group) counseling for adolescents who have been identified as having a harmful relationship with mind altering chemicals and have likely demonstrated other high risk behaviors. Sessions provide individuals with the opportunity for functional analysis of substance use, psychoeducation and development of coping and life skills. Youth develop and practice skills; they learn how to apply knowledge gained in real-life situations in order to establish recovery.

- **Women and Addiction:** Provides weekly trauma-informed group treatment for women and is designed to address their unique needs in recovery. Issues of abuse, domestic violence, unhealthy relationships, grief, shame, and co-dependency are explored in the context of how these behaviors reinforce substance use disorders. Individuals develop strength, hope and skills within the safe, interactive, supportive treatment environment.



- **Intensive Outpatient:** Provides in-depth 2 ½ hour group sessions 3 days per week and supplemental individual treatment sessions and is designed for those persons who would benefit from a structured, in-depth program with multiple treatment contacts. Persons who meet criteria for this intense form of therapy and those who have completed inpatient treatment are referred to IOP for aftercare.

All of the services listed are provided with complete confidentiality and are voluntary. Trehab does not discriminate against any person due to age, race, color, gender, ethnic background, national origin, religion, veteran's status, mental or physical disability or handicap, sex, sexual orientation, gender identity/expression, marital status, parenthood or financial status. Further, Trehab works diligently to provide immediate services to the following priority populations as identified by the Department of Drug and Alcohol Programs: Pregnant Injection Drug Users, Pregnant Substance Abusers, Injection Drug Users, Overdose Survivors and Veterans.

- **Individual/Family Sessions:** Sessions are individualized and open ended; the length of treatment is determined by closely monitoring progress made toward recovery goals.

Notable clinical and counseling staff accomplishments

- The program hired John Fabiseski to provide Certified Recovery Specialist (CRS) services. Through an initiative offered by NBHCC and CCBHO, Trehab was awarded a reinvestment grant to fund the first year of this valuable service that aims to strengthen community recovery. Mr. Fabiseski, a credentialed CRS through the Pennsylvania Credentialing Board (PCB) brings a passion for recovery that is infectious; he has been an effective role model and has provided individualized recovery coaching to eighty-nine (89) unique individuals in the outpatient clinic, community and Susquehanna County Correctional Facility.
- The program expanded to Wyoming County and opened a licensed outpatient facility at 70 Hollowcrest Road, Tunkhannock, PA. Linda Mascheri, CADDC, was hired to provide counseling services at this site. Ms. Mascheri brings five (5) years of experience as an addictions counselor and can often be heard saying, "I just love what I do." She was a member of the Wyoming County Treatment Court team where her work has been referenced with high regard by several team members, including the Honorable Judge Shurtleff.
- JudithAnn Carroll, B.S. was hired to provide counseling services at the Montrose outpatient clinic. Mrs. Carroll has over two years of drug and alcohol inpatient and outpatient counseling practice and brings extensive experience as a family-based mental health therapist, with a certification in Strength Based Solution Focused Therapy.
- In October 2016 the outpatient program began providing weekly supportive clinical and CRS services to the Barnes Kasson Family Health Clinic – Medication Assisted Treatment Division (MAT). This structured, responsible MAT program was developed to address the opioid crisis by providing access to Suboxone and Vivitrol to county residents in need and in turn reducing harm and saving lives. The program is proud of the positive community impact this partnership is establishing.
- Through the NBHCC/CCBHO Recovery Oriented Systems of Care (ROSC) initiative and as a member of the Susquehanna County Recovery Oriented Systems of Care Transformation Team, the outpatient



2016-17 Caseload Numbers



Referrals/Screenings – 366

Active Clients – 237

IOP Counseling Hours – 5,127

OP Counseling Hours – 2,042

Discharges – 155

Education hours – 50

2016-17 Expenditures IOP/OP



\$467,809.80

program engaged in the planning and facilitation of a recovery event on the Green in Montrose. This free “Recovery Month” event was primarily a picnic with some fun activities such as face painting, live music, giveaways and games for individuals in recovery and their families, yet it was also a place to get information about area healthcare resources, community based sober support and drug and alcohol treatment. Sixty-two (62) community members attended this event.

- Chad Henry, M.Div., was hired to provide counseling services at the Montrose outpatient clinic. Mr. Henry has recently returned to Northeast Pennsylvania from Ohio and has several years of community-based, spiritual counseling with youth and adults.

- The outpatient program completed a Learning Collaborative (LC) facilitated by Community Care Behavioral Health (CCBHO) in November of 2016. The goal of the LC was to increase treatment initiation and once engaged, retain individuals in treatment for better outcomes. A departmental core Quality Information Team (QIT) was established and oversaw five (5) QM initiatives (also called PDSA cycles) this fiscal year. Observable outcomes include an increase in client satisfaction (captured through surveys and comments) reflective of the changes implemented through QM initiative cycles over the course of the collaborative. The QIT, now called the Quality Management Team (QMT) formed during this project continued to meet on a monthly basis to monitor and develop programmatic quality of care as defined by entities such as DDAP and measures defined by CCBHO’s Dashboard Project.

- Counseling staff completed required training hours under DDAP licensing regulations and met key aspects of the departmental training plan.

- Counseling staff continued to obtain training in focused areas such as opiate use disorders, medication assisted treatment options and the use of Narcan (Naloxone) in order to be responsive to the heroin epidemic in our area and around the country.

- Program staff gathered and organized data for the timely submission of various reports to the Lackawanna/Susquehanna Office of Drug and Alcohol Programs as well as quarterly reports and annual report for the Board of Directors.

Corrections Program

2,772 hours of psychoeducation was provided to one hundred and seventy (170) men and women incarcerated at the Susquehanna County Correctional Facility. The group format was the primary modality of service and included Substance Use Disorder and Anger Management for the Substance Abuser (SAMSHA) groups. Evidence and research based curriculums such as the Matrix Model, the SAMSHA Anger Workbook and MEE Interactive Journaling were used to facilitate learning and support change. Additionally, staff assisted inmates with developing recovery action plans prior to release; the purpose of these plans are to connect inmates with community resources and provide the appropriate referrals to increase the likelihood of follow-through and



successful outcomes. Monthly outreach interventions regarding the medical consequences of injection drug use were conducted with this at risk/priority population, reaching 58 inmates overall. During these sessions, inmates were also educated on medication assisted treatment (MAT) options for opiate use disorders.

Hotline

Through funding provided by the Lackawanna/Susquehanna Office of Drug and Alcohol Programs, Trehab offered a hotline to help individuals access emergent detoxification services seven (7) days a week. This hotline was established in the county to primarily serve uninsured individuals, although insured individuals, families looking for help for loved ones struggling with substance use and Trehab clients utilized the hotline. Thirty-six (36) individuals called the hotline and clinical staff assisted four (4) uninsured individuals with accessing treatment services through the Lackawanna/Susquehanna Office of Drug and Alcohol Programs Case Management Unit. Sixteen (16) insured individuals were assisted with detox placements.

Community Education/Prevention Services

The program takes great pride and satisfaction in the excellent community collaboration and education achieved last year. This accomplishment was in large part due to the dynamic teamwork of Trehab’s treatment and prevention staff. This internal collaboration along with strong partnerships with agencies and entities

throughout the county made it possible to build capacity in this area of our programming. As a result, educational presentations and information dissemination was provided to a wide array of audiences in varied settings.

2016-17 Prevention Services



Educational Materials

Disseminated – 15,559

Community Members Educated

– 934

Youth Educated through

Classroom Presentations – 1,640

School – Based Support Groups

– 109 students reached

Notable accomplishments within the community

- **National Night Out** – Held annually in the month of August, this is a popular community event co-coordinated with county law enforcement with the goal of providing residents with the opportunity to meet and interact with law enforcement officials from the Sheriff’s Department, the District Attorney’s Office, Probation and other local police, emergency response and fire departments. Last year’s event was held in Great Bend on the St. Lawrence Church campus; many local businesses and organizations donated time, resources and money to make it a success. Two hundred and forty-eight (248) community members were empowered to be part of the solution in stopping drug related crime within the county.

- **Drug Take Back** – Staff provided supportive services such as distributing 230 flyers and educational information to promote this event held in the fall and spring by the Sheriff’s Department and

District Attorney’s Office. 421 pounds of unused or expired medication was collected within the county.

- **Trainings** – In-service trainings for the Blue Ridge School District, Elk Lake School District, the Susquehanna County Foster Grandparents Program and Youth Advocate Program (YAP) were conducted on the topic of adolescent and adult drug trends, addressing opiate use disorders specifically, and how to access care for substance use disorders. A fun and interactive anti-smoking



presentation was conducted for the LPN Program at the Susquehanna County Career and Technology Center.

- **Health Fairs** – One of the best (and fun!) ways of interacting with and educating individuals in the community about drug and alcohol issues is by attending health fairs, and the department managed to attend several last year. We are thankful for the opportunities to disseminate helpful information and appreciate being invited!
 - Mountain View Resource Fair
 - Annual Health Care Career Day at Elk Lake High School
 - Mountain View High School Career day
 - Annual Dairy Day held at the Elk Lake High School
 - Second Annual Mountain View Health Fair
 - The Vehicular Career Fair
 - Elk Lake Elementary School Science Fair
 - Annual Blueberry Festival held on the Montrose Green
 - Meet the Teacher Nights held at Susquehanna Community School District, Mountain View School District and Blue Ridge School District
 - Mountain View Elementary School Science Fair
- **Coalitions** – clinical staff continued to actively collaborate with area human services providers as members of the following coalitions and teams: Recovery Oriented Systems of Care/Susquehanna County Recovery Oriented Systems of Care Transformation Team, The Multidisciplinary Team, Criminal Justice Advisory Board, Domestic and Sexual Violence Advocacy Coalition and the Community Partnership of Advocacy and Alliance.
- **Special Programming** – drug and alcohol clinical and prevention staff facilitated the Personal Responsibility Education Program through a grant awarded by the PA Department of Health. This culturally competent, evidence-based program was provided to adolescents (identified with a need for drug and alcohol intervention) at the Blue Ridge School District, Montrose Area School District, Forest City Regional School District and with students enrolled in the alternative education program offered at PATH. Thirty-nine (39) youth were referred and twenty-nine (29) youth completed this twelve (12) session program.



Goals

The outpatient program views the work we do as an important endeavor and constantly strives to improve. Goals developed for 2017-18 are meant to assist the department with changes and challenges ahead.

Treatment:

1. Clinical counseling staff will continue to develop the necessary skills in areas of treatment to respond to trends in drug use and client needs. Evidence-based practices and curriculums will be utilized to enhance care.
 - Heroin/Opioid Use Disorders – including initiatives to address the epidemic in our area. The outpatient program will seek resources and opportunities to develop responses to this problem including grants meant to provide basic needs to families impacted within the county. The outpatient program will continue to collaborate with and provide appropriate supportive services to Barnes Kasson and NEPA Healthcare MAT programs.
 - Marijuana – reflective of the legalization and decriminalization of this substance, individuals, both adolescent and adult, report they believe it is their right to smoke marijuana recreationally



despite existing laws. We will continue to support the District Attorney's Office who is spearheading an educational program targeting adolescents regarding the dangers and social consequences this substance.

- Methamphetamine/injection drug use – an observable increase in clients reporting the manufacturing and use of this substance.
- 2. The program will expand continuum of care by developing two (2) residential facilities – Halfway Houses – in Susquehanna County.
- 3. Clinical counseling staff will strive to connect participants engaged in our program with community resources for a holistic approach to that increases supports and likelihood for recovery. Staff will continue to engage in collaborative activities as members of coalitions and teams. They will utilize case management services and certified recovery specialist services available within and outside the program to support individual participants' needs. They will continue to seek and share knowledge of resources gained through research, training and/or coalition activities over the next year.
- 4. The program will actively participate in initiatives offered through NBHCC, CCBHO and the Recovery Oriented Systems of Care, such as the Dashboard Project which assists the program with engaging participants, retaining them in care for a minimum of 90 days for better outcomes and delivering the highest quality of care.

Community:

- 1. To respond to the training needs of area service providers, the S.C.C.F. and school districts throughout the county, Treatment and Prevention staff will continue to provide educational services and presentations throughout the community. These presentations will encompass the impact of substance use disorder, including the medical and physiological effects, addressing the opioid epidemic and other trends or areas of concern.
- 2. The program staff will provide information to residents of Susquehanna and Wyoming Counties about how to access Trehab's Drug and Alcohol Outpatient Treatment and Prevention Services. This will be accomplished via the Trehab website, Trehab Facebook page, county resource guides, 211, providing community presentations, completing mailers and attending health related events.
- 3. The Outpatient Treatment Program will report "Goal Accomplishments" (based on the Trehab Drug and Alcohol Treatment Service Plan) for review by the Executive Director and presentation to the Trehab Board.
- 4. The Outpatient Treatment Program staff, with oversight by Executive Director, will gather and organize pertinent data for inclusion in the "Trehab Outpatient Program Annual Report."

Staff:

- 1. All project staff will receive sufficient training to satisfy PA Department of Drug and Alcohol Programs Chapter 704.11 staff development program requirement. Additionally, all program staff will develop individualized training plans to guide the completion of training and identify areas of professional interest and need. Clinical staff will develop a departmental plan as well to assist with therapeutic goals and objectives necessary to provide quality care. Staff will be encouraged to maintain (and seek) credentialing, as applicable.

Prevention Works - Treatment is Effective - People Recover