



Clinical Outcomes Group, Inc.

*Improving the Health of Our Communities*

437 North Centre Street  
Pottsville, PA 17901  
(570) 628-6990  
Toll-free: 1-800-264-1290  
Email: [info@coginc.org](mailto:info@coginc.org)

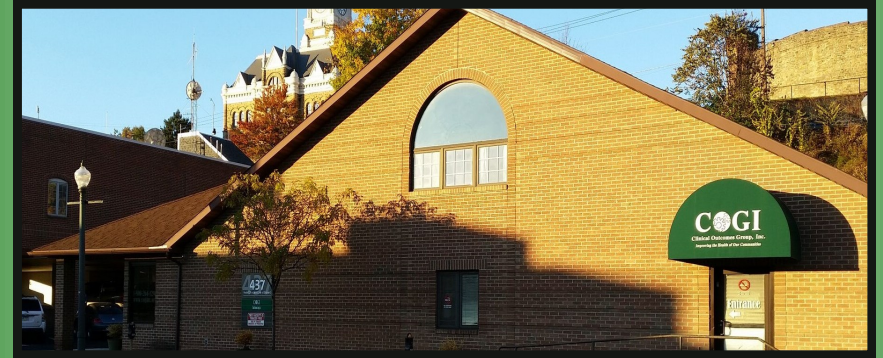
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# Clinical Outcomes Group, Inc. 2014 Annual Report



Dear Friends,

As I compose this letter, I realized how quickly my first year passed as the Executive Director of COGI. It has been a year with many rewarding moments, as well as challenges as our agency grows. Through a year of transitions we made solid progress on many fronts, including building a stronger Board of Directors who volunteers their time in service for others, increasing the number of clients served in our community and developing stronger ties with stakeholders within communities we serve.

In 2014, COGI began moving in a positive direction with a new Executive Director and a new Program Director. With this new leadership in place both our Drug and Alcohol Program and our Tobacco services have grown. Reflecting on the accomplishments of this past year, we are thankful for all the cooperation and support received from so many to make the lives of others better. We know that there are many individuals that continue to need our help while overcoming obstacles that plague their life. Our dedicated and professional staff allows us to serve those in need. And as 2014 comes to a close we look forward to continuing to serve in 2015.

Sincerely,

A handwritten signature in black ink that reads 'Alicia Fleischut'.

Alicia Fleischut  
Executive Director

## A Leader in Public Health

Clinical Outcomes Group, Inc. (COGI) is a 501 (c) (3) private, non-profit organization dedicated to improving the health of the community. The organization was founded by David A Zanis, Ph.D. in 1997 as a sole proprietorship and converted to a non-profit in 2004.

COGI provides health and social services throughout Pennsylvania. Our focus is on behavioral health issues such as substance abuse, mental health, domestic violence, tobacco, workplace wellness and family services. COGI strives to develop and implement innovative policies and programs that focus on systems of change. Our dedicated staff includes individuals with advanced degrees and/ or professional licenses specializing in behavioral health service delivery.

COGI receives program funding from a variety of sources including Federal, State, and Local Government as well as Private Foundations. COGI is guided by a public health philosophy that emphasizes access to services, high quality and cost effective services. Our services are evaluated both internally and externally to assess effectiveness. We invest in a strong data collection and analysis infrastructure aimed to improve service quality.

## COGI's Board of Directors

Ms. Tina K. Schmidt, President  
Mr. Tom Scranton, Vice President  
Ms. Christiane Bayer, Treasurer  
Ms. Kay Jones, Secretary  
Mr. Tom Palamar, Board Member  
Mr. Eric Prock, Board Member



## COGI in the Community

### *Healthy Schuylkill Communities*

COGI is an active participant in this newly established coalition. Healthy Schuylkill Communities is a project to advance healthy lifestyles in Schuylkill County. It is funded in part by Schuylkill Health and facilitated by Schuylkill County's VISION. Two community groups have participated starting in 2014, Healthy Haven and Healthy Shenandoah. These groups encourage members of the community to adopt a healthier lifestyle through the use of community resources.

### *Central Pennsylvania Addictions Conference*

Electronic cigarettes, also known as e-hookahs, hookah pens, or vape pipes, are everywhere. As their market share rises, so do questions concerning the safety of these products and the appropriateness of their use. Health Educator Leslie Hosterman facilitated a presentation titled "e-Cigarettes: An Overview" at the Central PA Addictions in Harrisburg PA in May 2014. The session provided an overview of electronic cigarettes including what they are, how they are marketed, current research, impact on public health and challenges for clinicians.

## BooBoo Bear— Providing "Love on a Leash"

BooBoo Bear is two years old now and continues to come to work on a regular basis. He is truly a part of the COGI team.

Over the past year he has visited the school children at the Schuylkill Learning Academy. In the near future, we would like BooBoo Bear to possibly work with children in developing healthy behaviors while in school.

He continues to do service work to maintain his certification through "Love on a Leash".



## Tobacco Cessation Data

Tobacco Cessation: Research from the Centers for Disease Control show that 69% of smokers want to quit smoking completely. Helping individuals who are addicted to tobacco quit has been a COGI priority since the organization's inception. COGI is proud to share cessation data from our services in 2014.

COGI's team of Health Educators completed intakes for 225 tobacco users in 2014. At intake and on average these individuals smoked 29 days per month, smoked 20 cigarettes per day and smoked for 28 years. The following tables show demographic data among the tobacco users in the 12 North Central Counties.

Total Intakes 2014	225	Gender		
<b>non-duplicated</b>	<b>220</b>	male	60	27%
1st time enroll	202	<b>female</b>	<b>160</b>	<b>79%</b>
2nd enroll	18	pregnant	15	9%
3rd enroll	4	<b>not pregnant</b>	<b>141</b>	<b>88%</b>
4th enroll	1	not answer	4	3%

Age range			Insurance		
14-17	1	0%	No Insurance	28	13%
18-24	22	10%	Private Ins	72	33%
25-34	34	15%	<b>Med Asst</b>	<b>81</b>	<b>37%</b>
35-44	38	17%	Medicare	35	16%
<b>45-54</b>	<b>55</b>	<b>25%</b>	Combination	3	1%
55-64	49	22%	Unknown	1	0%
65 & older	21	10%			

Occupants in Home		Quit Attempts	
adults	529	1	27
children	157	<b>more than</b>	
<b>*88 homes with children in them</b>		<b>1</b>	<b>180</b>
		none	12
		blank	1
		<b>avg quit attempts</b>	<b>4.36</b>

## COGI's Staff

### Administrative Staff:

- Ms. Alicia Fleischut, Executive Director
- Ms. Jennifer Melochick, Director of Programs
- Ms. Kelly Examitas, Fiscal Director
- Mr. Tina Staller, Administrative Coordinator
- Mr. Ben Fleagle, Office Assistant

### Abstinence Education Staff:

- Ms. Angela Morgan, Data Collection Coordinator
- Mr. Scott Webb, Curriculum Specialist
- Ms. Barbara Weigand, Social Worker

### Outpatient Substance Abuse Treatment Clinic Staff:

- Ms. Jennifer Brant, Drug and Alcohol Counselor
- Mr. Brian Hudock, Drug and Alcohol Counselor
- Ms. Estelle Kerestus, Drug and Alcohol Administrative Assistant
- Ms. Mary Ketterer, Drug and Alcohol Counselor
- Ms. Jennifer Marnickas, Lab Technician
- Ms. Karen McCloskey, Case Coordinator, Medication Assisted Therapy
- Ms. Beth Pattay, Drug and Alcohol Counselor
- Ms. Jane Pritiskutch, Billing Clerk
- Ms. Helen Rebeck, Drug and Alcohol Counselor
- Ms. Esther Rowan, Drug and Alcohol Counselor
- Ms. Amanda Wessner, Case Coordinator, Medication Assisted Therapy Program
- Ms. Denise Whalen, AIS Group Facilitator/ Supervisor

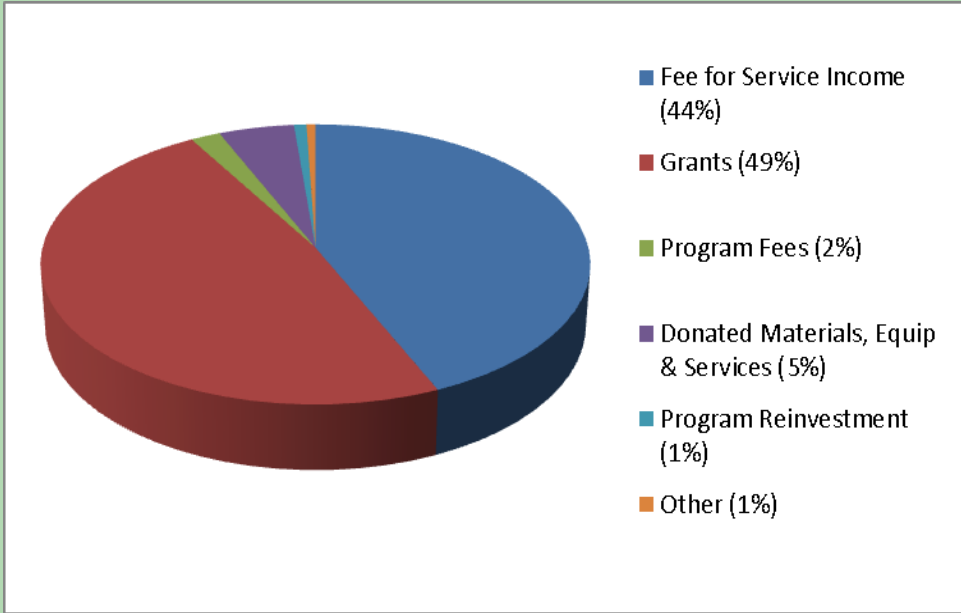
### Physicians:

- John W. Stefavic, MD, Medical Director
- Ilene K. Weizer, MD

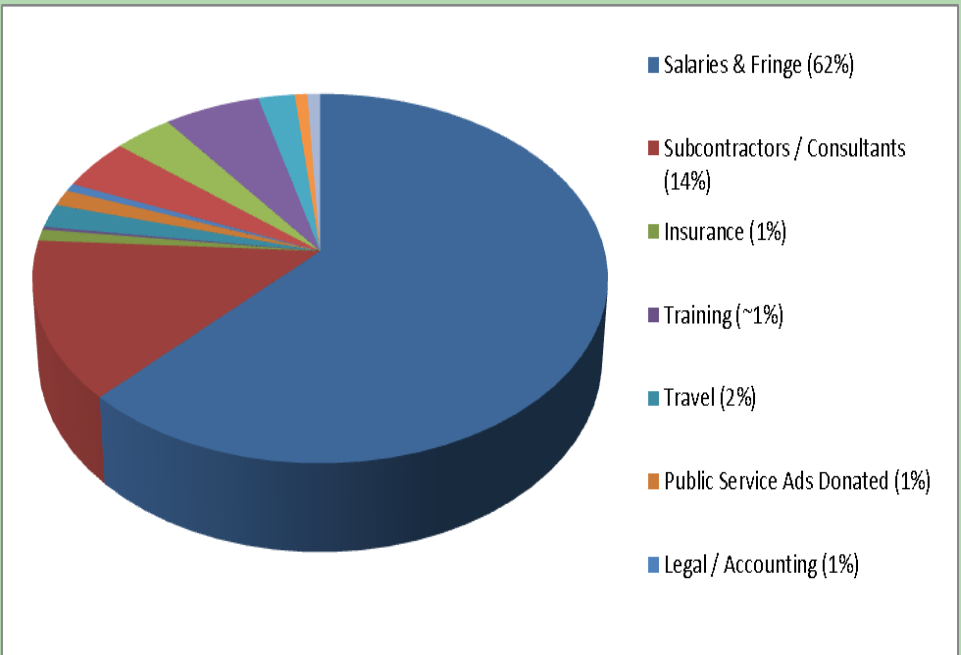
### Tobacco Control Staff:

- Ms. Kristi Hammaker, Health Educator
- Ms. Mary Handzus, Enforcement Officer
- Ms. Leslie Hosterman, Health Educator
- Mr. Sam Lowe, Health Educator
- Ms. Kelly Ann Pegg, Health Educator
- Mr. Andrew Plank, Enforcement Officer
- Ms. Kristie Rospadowski, Enforcement Officer
- Ms. Robin Steimling, Health Educator
- Ms. Jenny Wagner, Health Educator
- Mr. John Zuratt, Enforcement Officer

## 2014 Income (\$1,493,420)



## 2014 Expenses (\$1,493,420)



### ***Lung Force Expo***

COGI participated in a LUNG FORCE Expo in Central PA on Tuesday, October 14, 2014 at the Best Western Premier in Harrisburg. LUNG FORCE, led by the American Lung Association, unites women to stand together against lung cancer and for lung health. The LUNG FORCE Expo is a day-long educational event designed for healthcare professionals, patients and their caregivers to learn more about a variety of different lung health issues.

### ***Young Lungs at Play***

*Young Lungs at Play!* helps communities create tobacco free parks, playgrounds and recreational areas for children. Compliance with outdoor clean air policies is publicized through signage to inform visitors of areas where a Young Lungs at Play policy exists. COGI facilitated the adoption of 17 new YLAP policies in 2014.

### ***Tobacco Free School Bus Stop Project (2013-2014)***

During the 2013-2014 school year, COGI collaborated with the Shamokin Area School District to address the issue of children’s secondhand smoke exposure at the district’s school bus stops. The project was effective in educating smokers at school bus stops about the dangers of secondhand smoke exposure through an active outreach approach. Visits were made to 42 bus stops where 23 smokers were observed. This approach led to the distribution of 14 educational booklets and to conversations about the topic with smokers and led to 1 smoker enrolling in our tobacco cessation services. This individual reported being quit at her 6-month follow-up survey call.

### ***Youth in Community Toolkits***

COGI developed two youth in community toolkits to be used in our region’s middle and high schools. *Youth Quit & Win!* is a youth tobacco cessation guide that provides schools and community-based organizations with easy-to-follow materials to assist teens who want to quit tobacco use, are thinking about quitting tobacco use, or are fulfilling a mandate due to a tobacco use policy violation. *Youth Learn & Win!* is a youth tobacco prevention and education guide that provides schools and community-based organizations with an easy-to-follow PowerPoint presentation and handouts for educating youth about the dangers of tobacco use and the benefits of not using tobacco.

## North Central Tobacco Control

COGI continues to provide tobacco control services on behalf of the Pennsylvania Department of Health as a Regional Primary Contractor for the North Central Health District. As a provider of tobacco control services, COGI develops and implements innovative community-based and regional programs focusing on policy change, advocacy, cessation and public-health to keep people healthy. COGI provides tobacco control programming in the following 12 counties: Bradford, Centre, Clinton, Columbia, Lycoming, Montour, Northumberland, Potter, Snyder, Sullivan, Tioga and Union. Some of the highlights from 2014 include:

### ***Smoke Free Housing at Sunbury Housing Authority***

The Sunbury Housing Authority announced a smoke free policy for two of its indoor living communities. The policy was effective on January 1, 2014 and prohibits tobacco use indoors at the Housing Authority's properties of Chestnut Tower and Scott Tower in Sunbury. A media event took place at Chestnut Tower on January 29, 2014 where the Secretary of the PA Department of Health, Michael Wolfe, recognized the Sunbury Housing Authority for adopting a new smoke free policy for Scott and Chestnut Towers. He spoke about our statewide smoke free multi-unit housing initiative as well as the advantages of smoke free housing for both health and costs. Also present were Lisa Kipple (District Office Manager for State Representative Lynda Culver), Tomas Aguilar (Director of Bureau of Health Promotion & Risk Reduction), Dale Gravett (Executive Director of the Housing Authority of the County of Chester), Michael Wolf (PA Secretary of Health), Sandi Ressler (Executive Director of the Sunbury Housing Authority), Lori Simpson (Board Chair of the Sunbury Housing Authority), and Thurm Brendlinger, Clean Air Council's Tobacco Project Director.

### ***Kick Butts Day Challenge 2014***

COGI created and promoted Kick Butts Day School Challenge 2014. Regional middle and high schools were encouraged to choose one or more of the proposed tobacco prevention activities. These activities were activities that could be completed with minimal time and effort while producing great outcomes. Students of the six participating schools joined thousands of young people nationwide in taking center stage in the fight against tobacco during the week of March 17th – 24th for the annual Kick Butts Day celebration.

## Abstinence Education

COGI is one of five organizations selected statewide by Temple University Harrisburg to implement Abstinence Education Program (AEP) services. 2014 brought a close to this 5 year project. Over the course of the AEP, COGI has educated thousands of middle school youth on making healthy choices. In 2014 COGI provided AEP curriculum services to 562 youth. In addition to curriculum, the AEP program provided individual and group counseling upon request to address issues and situations that arise from the program. The third component of the AEP program is Service Learning. COGI's service learning clubs offer opportunities for youth to become engaged in their communities by developing projects that fill a need within their school, town or community.

## COGI Cares

As a public health and social services provider, funding for programs is often restricted for only direct services. The COGI Staff cares about not only the direct services we provide to our clients, but also about the client as a whole. In an effort to support the unmet needs of our clients, COGI staff created and named "The COGI Cares Fund". Through various fundraising efforts, the COGI staff will build "The COGI Cares Fund" and at the discretion of our Executive Director, the treatment team can request funds on a client's behalf. Donations made directly to this fund may be tax deductible as COGI is a 501(c)3 non-profit organization. (Donation receipts are available upon request).

## Drug and Alcohol Outpatient Treatment Services

COGI offers adult substance abuse counseling in an outpatient and intensive outpatient basis. We provide individuals with a comprehensive assessment, referral, drug and alcohol education, individual and/ or group counseling. We strive to provide an effective treatment program that meet the complex needs of chemically dependent individuals. Our multi-disciplinary treatment team holds professional degrees and have specific training in addiction and chemical dependency. Our team includes consultation services with a psychiatrist, a medical doctor/ DO, plus other licensed and certified professionals.

Our services are offered to addicted individuals who either have no insurance or have medical assistance in Schuylkill County, Pennsylvania.

## Case Coordination Services

Case coordination is an individualized service offered to clients in COGI's drug and alcohol treatment program who have ancillary needs. The purpose of case coordination is to provide assistance in accessing needed services and resources for successful recovery, as well as support and advocacy to address both treatment and non-treatment needs. Needs vary among individuals with case coordination services including: treatment service coordination, case management to support transitions in level of care, and intermittent assistance with non-treatment needs. The goals of our program in 2014 were to maintain clients in services and treatment by helping to break down barriers like transportation, housing, employment, finances, etc. that interfere with recovery. Case coordination provides necessary support to our drug and alcohol treatment services by filling gaps that cannot be addressed in counseling. Positive outcomes in 2014 include improved access to non-treatment services; improved quality of life by removing barriers to treatment, allowing individuals to focus on recovery; and improved cost-effectiveness of treatment by providing a centralized location for individuals for referral of other services.

***An average of 47 people per month received case coordination services in 2014.***

## Matrix Model

In 2013 COGI was awarded a one-year grant from the Pennsylvania Commission on Crime and Delinquency to implement an evidenced-based substance abuse treatment model into our drug and alcohol clinic. COGI selected "The Matrix Model" which addresses the individual client in his own community and employs strategies that recognize the impact of addiction on family, employers, the criminal justice system and communities-at-large.

At the end of the project, 27 active participants were involved in Matrix. COGI continues to provide treatment to individuals still enrolled at the conclusion of the grant to support them in their pursuit of recovery. On average, clients enrolled in the Matrix program attended 41 group sessions during their 16 weeks in the Matrix project. Clients also attended an average of 9.5 individual sessions during treatment.

## Medication Assisted Therapy (MAT) for Opioid Addiction

### Treatment Philosophy

Suboxone and Vivitrol are prescribed at COGI as treatment modalities for opiate addiction. It is recognized that not every client struggling with opiate addiction is a candidate for Methadone or detoxification with Methadone. These medications offer alternative forms of treatment to those who are considered appropriate and meet the criteria for admission to the MAT Program. Medication is prescribed as part of a comprehensive, multi-disciplinary approach that will be used as a therapeutic tool to assist clients in the process of recovery. **In 2014, COGI added a second physician, increased the number of clients we are licensed to see to 120 and added a Lab Technician position to handle all urine screens in the program.**

### Program Methodology

The program is a multi-discipline, level based system, bringing together a prescribing physician, drug & alcohol therapy, case coordination, addiction recovery programs and necessary referrals. There will be a point of access where the case coordinator will assess the client, determine what needs should be addressed and make all necessary referrals.

### Goals

- To provide a multi-disciplinary team approach to the treatment of chemical dependencies while increasing the accessibility of dependable medication assisted treatments with the use of Buprenorphine for opioid dependence.
- To provide medication assisted treatment for those individuals who meet admission requirements. Provide connection and referral if necessary for co-morbid conditions in both physical and mental health realm.
- To provide educational and counseling support necessary for clients to progress in the process of recovery while increasing the abstinence rate for opiate addicted individuals.
- To decrease the need for higher level of care related to substance abuse.
- To monitor and assess need for "action plan" to decrease diversion, decrease poly-substance abuse and increase program retention and success.

***COGI served 150 individuals in its Medication Assisted Therapy Program in 2014.***