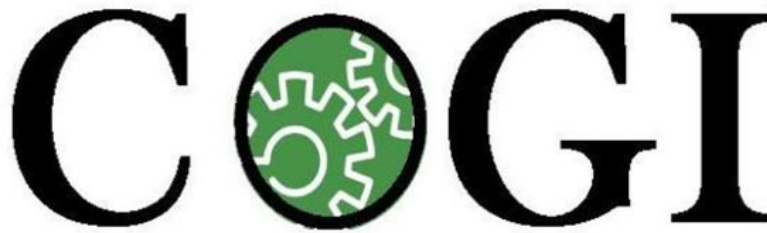


Annual Report

January 1, 2016 - December 31, 2016



Clinical Outcomes Group, Inc.

Improving the Health of Our Communities

Clinical Outcomes Group, Inc.

437 North Centre Street

Pottsville, Pennsylvania 17901

(800) 264-1290

www.COGInc.org

Introduction

Clinical Outcomes Group, Inc. / COGI is a dynamic community health, non-profit organization offering accessible and innovative public health services derived from the needs of our communities and improved through program evaluation and research. COGI's philosophy is to provide real solutions to public health and social problems. Increased access, superior quality, and lower costs are the principles behind all that we do.

COGI was established in 1997 and received a 501 (c)(3) non-profit status in 2004. Our agency is unique and has been successful in designing and implementing meaningful projects that address the root causes of social and health issues in central Pennsylvania. COGI has received financial support from various sources including governmental agencies (federal, state, local), and national and private foundations. Currently COGI has an annual operating budget of over \$2,000,000 with unrestricted reserves of \$250,000. We also have a \$100,000 line of credit with local financial institutions. COGI has 27 dedicated staff members with advanced degrees and professional licenses specializing in behavioral and public health service delivery.

When COGI was created as a sole proprietorship in 1997, it was awarded a contract for tobacco control services in Schuylkill County, Pennsylvania by the Pennsylvania Department of Health. With a long term plan to become a regional well-rounded public health entity, COGI's charter documents - including the by-laws - were developed in a broad way to lay a foundation for the organization. A target population was never specifically defined; rather the founders left that to be determined by the needs of the communities we serve. Over time, COGI has been the recipient of several local, state, federal and private foundation funding streams. COGI opened its doors as an outpatient/ intensive outpatient drug and alcohol clinic in 2010 and added medication-assisted treatment as a service in 2012. Currently COGI is pursuing a designation as a trauma-informed care facility through BHARP/ CCBH and was named a "Center of Excellence" by Pennsylvania Governor Tom Wolf in 2016. As a Center of Excellence, COGI will expand and continue services to address the opioid epidemic in Schuylkill County. COGI is also pursuing programming and opportunities in drug and alcohol prevention, abuse intervention and anger management counseling.

Board of Directors

COGI's 2016 Board of Directors includes:

- Ms. Tina K. Schmidt, President, COGI Co-Founder
- Mr. Tom Scranton, Vice President, Pyramid Healthcare
- Ms. Christianne Bayer, Ed. D., LPC, NCC, Treasurer, Schuylkill Intermediate Unit #29
- Ms. Kay Jones, Ph. D., Secretary, Schuylkill County's VISION
- Mr. Eric Prock, Esquire, Member at Large, Fanelli, Evans & Patel, P.C.
- Mr. Tom Palamar, Member at Large, City Administrator, Pottsville, PA

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

Outpatient Substance Abuse Treatment Clinic Staff:

- Ms. Jennifer Brant, Drug and Alcohol Counselor
- Ms. Brianna Hannaway, Drug and Alcohol Counselor Assistant
- 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 Rebuck, 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
- Ms. Kristie Rospadowski, Enforcement Officer
- Ms. Robin Steimling, Health Educator
- Ms. Jenny Wagner, Health Educator
- Mr. John Zuratt, Enforcement Officer

Abuse Intervention Services

Abuse Intervention Services (AIS) is a 27 session (assessment + 26 weekly sessions), non-violent educational group for men who use violence in their intimate-partner relationships. The goal of the AIS program is to help men lead non-abusive, non-violent lives in which they are accountable to themselves. In 2016, COGI had 18 male participants in the AIS program.

The main objectives of the program are:

- to assist participants review past abusive behaviors and guide them in an understanding of how this behavior relates to personal issues of power and control
- to support participants' willingness to change abusive behaviors by examining the negative effects of those behaviors on family members, self and others
- to help participants look at the way our culture has supported violence and especially failed to hold abusive individuals accountable while also examining the beliefs that underlie such behaviors
- to teach practical information and steps participants can take to change abusive and controlling behaviors by exploring non-controlling and non-abusive ways of relating to women

Red Ribbon Week 2016

This Year, our staff created prevention posters which were hung in our waiting room. COGI clients and visitors voted for their favorite.



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 meets the complex needs of chemically dependent individuals. Our multi-disciplinary treatment team holds professional degrees and has specific training in addiction and chemical dependency. Our team includes consultation services with a medical doctor/DO, plus other licensed and certified professionals. Our services are offered to addicted individuals who have no insurance, private insurance or have medical assistance in Schuylkill County, Pennsylvania.

Outpatient Data:

Unduplicated Counts of Clients	Count	%
Total Carryover Clients	111	18.11%
Total New Clients	184	30.02%
Total Discharged Clients	318	51.88%
Totals:	613	

Gender	Count	%
Female	280	45.68%
Male	320	52.20%
Unknown	3	0.05%
Totals:	613	

Age Group	Count	%
Under 5	0	0%
Between 5 and 12	0	0%
Between 13 and 17	12	1.96%
Between 18 and 29	218	35.56%
Between 30 and 64	379	61.83%
Over 64	4	0.65%
Unknown	0	0%
Totals:	613	

Intensive Outpatient Treatment Data:

Unduplicated Counts of Clients	Count	%
Total Carryover Clients	2	3.85%
Total New Clients	11	21.15%
Total Discharged Clients	39	75.00%
Totals:	52	

Gender	Count	%
Female	25	48.08%
Male	24	46.15%
Unknown	1	1.92%
Totals:	52	

Age Group	Count	%
Under 5	0	0%
Between 5 and 12	0	0%
Between 13 and 17	0	0.00%
Between 18 and 29	26	50.00%
Between 30 and 64	26	50.00%
Over 64	0	0.00%
Unknown	0	0%
Totals:	52	

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 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. The goals in 2016 were to maintain clients in services and treatment by helping

to break down barriers like transportation, housing, employment, finances, etc. that interfere with recovery. Positive outcomes in 2016 include improved access to non-treatment services; improved quality of life by removing barriers to treatment, increased focus on recovery; and improved cost-effectiveness of treatment by providing a centralized location for referral of other services.

Case Coordination Data

Unduplicated Counts of Clients	Count	%
Total Carryover Clients	17	4.44%
Total New Clients	244	63.71%
Total Discharged Clients	122	31.85%
Totals:	383	

Gender	Count	%
Female	192	50.13%
Male	181	47.26%
Unknown	1	0.26%
Totals:	383	

Age Group	Count	%
Under 5	0	0%
Between 5 and 12	0	0%
Between 13 and 17	3	0.78%
Between 18 and 29	135	35.25%
Between 30 and 64	244	63.71%
Over 64	1	0.26%
Unknown	0	0%
Totals:	383	

Medication Assisted Therapy (MAT) for Opioid Addiction

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.

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. Program goals are:

- 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.

2016 Medication Assisted Treatment Data:

Unduplicated Counts of Clients	Count	%
Total Carryover Clients	91	27.00%
Total New Clients	122	36.20%
Total Discharged Clients	124	36.80%
Totals:	337	

Gender	Count	%
Female	172	51.04%
Male	159	47.18%
Unknown	2	0.59%
Totals:	337	

Age Group	Count	%
Under 5	0	0%
Between 5 and 12	0	0%
Between 13 and 17	0	0.00%
Between 18 and 29	127	37.69%
Between 30 and 64	209	62.02%
Over 64	1	0.30%
Unknown	0	0%
Totals:	337	

Dr. Robert Ackerman Training



On Monday October 3, 2017 COGI hosted Robert Ackerman, Ph.D. – a nationally recognized speaker and education – for a one-day conference on the topic of “Opioid Addiction and the Family: Using a Strength Based Model for Treatment and Recovery”. Dr. Ackerman says, “Living with an addicted person is not a spectator sport. To one extent of another, addiction affects the entire family, regardless of whether it is a parent or adolescent family member who is addicted. Using a systems perspective and a strength’s-based model, the workshop focuses on the impact of addiction of the family, strategies for individual and family intervention and suggestions to facilitate family transitions and recovery. Additional topics include using family rituals to facilitate change, helping family members to utilize emotional, social and moral intelligences to encourage recovery, developing a family continuing care plan, and an appreciation for gender differences in the addition process and in recovery.

Sixty people attended the training held at the Lodge at Sharp Mountain. Twenty-Five agencies / businesses provided financial Sponsorship for this of the event which allowed for affordable participant cost.. COGI hopes to bring more qualified and respected trainers to the area.

Center of Excellence

In May 2016, COGI applied to become designated as one of Governor Wolf's proposed Centers of Excellence (COE). The COEs are the Governor's signature response to the current opiate crisis in the Commonwealth. In October 2016, COGI was notified that it had been awarded the COE designation and is the only COE in Schuylkill County. Rather than just treating the addiction, COEs will treat the entire person through team-based treatment, with a very specific goal of integrating behavioral health, primary care and, when necessary, medication assisted treatment. These centers are efficient hubs around which treatment revolves. Their purpose is to assist people with opioid-related substance use disorders through the medical system. COGI will begin COE services on January 1, 2017.

On Thursday October 13, 2016, Pennsylvania Health and Human Services Cabinet Secretary Ted Dallas and Special Assistant to the Secretary Jason Snyder visited COGI to tour the facility and meet our staff.



(standing l-r) Jennifer Melochick/ COGI, Schuylkill County Commissioner Gary Hess, Larry Schew/ COGI, Amanda Wessner/ COGI, Brianna Hannaway/ COGI, Alicia Fleischut/ COGI, Secretary Dallas, Special Assistant Snyder; (kneeling) Brian Hudock, Helen Rebeck and Boo-Boo Fleischut/ COGI)

Community Education and Access to Narcan

In 2016, COGI partnered with Schuylkill County Drug and Alcohol to provide public education sessions to educate communities on opioid addiction and Narcan (a medication to reverse the effects of an opiate overdose). Members of the public receive up-to-date medical information on opiate addiction, as well as hands-on practice administering Narcan from a trained Emergency Medical Services professional trainer. Participants leave the session with a Narcan kit which they can use to save a life. Over 225 Schuylkill County residents have been educated and trained in communities across Schuylkill County including Ashland, Girardville, Valley View, Pottsville, Shenandoah, Tamaqua, Orwigsburg and Minersville.

Did you know?

Pennsylvania residents may download a standing prescription for Naloxone/ Narcan:
<https://www.scribd.com/document/288632893/Naloxone-Standing-Order>

Trauma Informed Center Credential

It has been a wonderful year of transformations here at Clinical Outcomes Group, Inc. (COGI). In addition to receiving the honor of becoming a Center of Excellence, we were also given the opportunity to become a Trauma-Informed Center as well through the Behavioral Health Alliance of Rural Pennsylvania (BHARP). This journey has allowed us to make consumer-friendly changes to ensure that treatment is both effective and efficient, particularly for those individuals presenting with a history of exposure to traumatic events.

The changes that we have implemented include both physical changes to the property and policy changes to our flowchart for screening, assessment, and treatment. Some of the physical changes include re-arranging our waiting room to provide a safe atmosphere. The language on our bulletin board messages have become more reader friendly. The seating arrangements have become more inviting and we have added more options for those who want space. We have included themes throughout the year in which consumers have been able to present their own inspirations throughout the building via quotes and/or art work.

Policy changes include the addition of useful tools that are geared toward identifying traumatic events, symptoms of trauma, and needs associated with treating individuals who want to address their history of exposure to trauma. We have added the LEC-5 to our screening process. This is followed by the PCL-5 to identify those individuals who would potentially benefit from a trauma assessment. Those individuals who are willing to continue with the assessment are then given the CAPS-5.

This opportunity has also afforded COGI to engage in trainings that are trauma-centered as well. We have an amazing Quality Improvement Team (QIT) that meets monthly to discuss our progress as we strive to become more trauma-aware. We have had several staff participate in specific trainings that enable us to provide evidence based trauma treatment (Seeking Safety and Cognitive Processing Therapy). Those individuals who have participated in these treatment modalities have given positive feedback which inspires COGI to continue on this journey. As a team, we are dedicated to continue to anticipate in many more trainings and education opportunities to continue to provide treatments that are suitable for the populations that we strive to treat.

Mock Bedroom

In the Fall of 2016, COGI partnered again with Schuylkill County Drug and Alcohol to develop and present a "Mock Bedroom" as a tool for prevention of substance abuse for Schuylkill County parents. The mock bedroom is an interactive display in which participants can walk through and look for places and things that can be used to hide drugs and drug paraphilia. A PowerPoint called "The What's" runs on a continual loop and shows participants what various drugs look like for identification. COGI staff are on-hand to guide participants through the bedroom display and answer questions. A packet of information is given to each participant as they leave the bedroom. Over 500 parents and caregivers have been educated by the Mock Bedroom in 2016.

Motor Vehicle Safety 2016: “Get an App! Arrive Alive” Campaign

COGI partnered with Schuylkill County’s VISION again in 2016 to produce a Motor Vehicle Safety awareness program for youth in Schuylkill County to combat distracted driving. The committee brainstormed and agreed upon the theme **Get an App!** to encourage the download and use of cell phone applications that divert incoming text messages and automatically send a reply such as, “I’m driving, I will reply to your message later.” to decrease distractions while driving. The committee also agreed to use the meme “Don’t let your last text become your last words” during this campaign.



Again in 2016, all 14 of Schuylkill County’s school districts’ high school principals, athletic directors, and booster presidents were contacted about the program. Each of the districts agreed to participate. In August, Public Service Announcements were distributed along with posters to each high school. The schools agreed to air the PSAs at the high school football games to raise awareness about distracted driving. In September, each school received 2 yard signs with the message “Last Text- Last Words? Get an App to prevent distracted driving”. The schools placed these near the entrances of their football stadiums to reinforce the message.

Legislative Breakfast To Address the Opioid Epidemic

On November 19, 2017, COGI hosted a Legislative Breakfast Event for elected officials in the 12 county North Central Health District to discuss the impacts of the opioid epidemic in this region of the Commonwealth. Dr. Rachel Levine, Physician General for the Commonwealth of Pennsylvania and Professor of Pediatrics and Psychiatry at Penn State College of Medicine, was present to speak about Pennsylvania’s opioid epidemic and Naloxone. Mr. Jason Snyder, Special Assistant to Secretary Ted Dallas, Pennsylvania Department of Human Services was present to speak about Pennsylvania’s response to the crisis from a government perspective. The event was held at the Historic Hotel Edison in Sunbury, Northumberland County. Thirty-two legislators and guests attended the event and started a new dialogue about collaboration and community approaches to addressing the opioid epidemic.

Domestic Violence Awareness Collaborative Luncheon

COGI hosted a collaborative luncheon for Schuylkill County District Justices, attorneys, representatives from the Schuylkill County District Attorney and Public Defender’s offices, county judges and other services providers to address domestic violence issues in our community. COGI’s Abuse Intervention Services/ AIS co-facilitators staff talked about the AIS program and the role it plays a comprehensive approach to domestic violence.

North Central Tobacco

COGI began 2016 by continuing 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.

2016 continued to be a challenge in the administration and provision of tobacco control services due Pennsylvania's State Budget Impasse, which lasted 9 months into 2016. Most of COGI's programming in the last quarter of the year was greatly reduced or frozen until the impasse was resolved. Our hardworking Health Educator team provided programs and services to the best of their ability and we are proud of the accomplishment of this program in spite of the challenging conditions. Some of the highlights from 2016 include:

World No Tobacco Day 2016



For World No Tobacco Day (WNTD) this year, Representative Matt Baker along with local municipalities and organizations celebrated the one year anniversary of *Young Lungs at Play Day*. Every year on May 31st World No Tobacco Day highlights the health risks associated with tobacco use. Recognizing the value of adopting tobacco free outdoor recreation areas promoted by *Young Lungs at Play Day* was a perfect fit for celebrating the day. The *Young Lungs at Play Day* resolution was initiated through Representative Baker's office last year and continues to highlight the importance of protecting children from the dangers of secondhand smoke and tobacco litter in outdoor play areas in his district and throughout the state.

Representative Baker joined Pete Herres from Wellsboro Parks and Recreation, Jill Hall from Lawrenceville Borough, Carl Cox from the Northern Tier Recreation Authority and staff from Clinical Outcomes Group, Inc. (COGI) on the green in Wellsboro. He congratulated the local groups for their commitment to providing tobacco free outdoor facilities.



COGI has served as a contractor of tobacco control funds either as a single county(ies) provider or a Regional Primary Contractor since 1998. In 2016 COGI leadership made the difficult decision not to apply to continue to administer these funds in the North Central district going forward. The decision was based on many factors, with the most important being organizational security and stability going forward. The decision was not an easy one, but yet the right one. COGI ended its tobacco control services on September 30, 2016. COGI is proud of the work done in tobacco control as it is the work upon which COGI was founded. We have been able to reach thousands of people and communities and create healthier environments for everyone.

2016 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 2016.

In spite of the PA State Budget Impasse's effects on our services, COGI's team of Health Educators completed intakes for 60 tobacco users in 2016. At intake and on average these individuals smoked 29 days per month, smoked 19 cigarettes per day and began smoking at age 16. The following tables show demographic data at intake among the tobacco users in the 12 North Central Counties.

Gender			Education		
male	23	38%	<9th	3	5%
female	37	62%	some HS	5	8%
pregnant	3	8%	HS/GED	33	55%
not pregnant	32	86%	some college	10	17%
not answer	2	5%	college grad	9	15%
			no answer	0	0%

Quit Attempt at 30 day		
Yes	18	50%
No	1	3%
N/A	17	47%

Use level at 30day(attempted)		
Not at all	3	17%
Somedays	13	72%
Everyday	2	11%

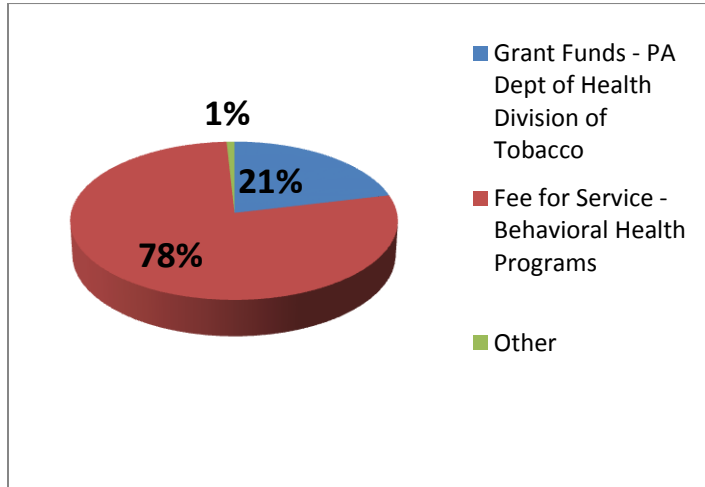
Quit attempt at 90day		
Yes	15	30%
No	12	24%
N/A	23	46%

Use level at 90day(attempted)		
Not at all	0	0%
Somedays	9	60%
Everyday	6	40%

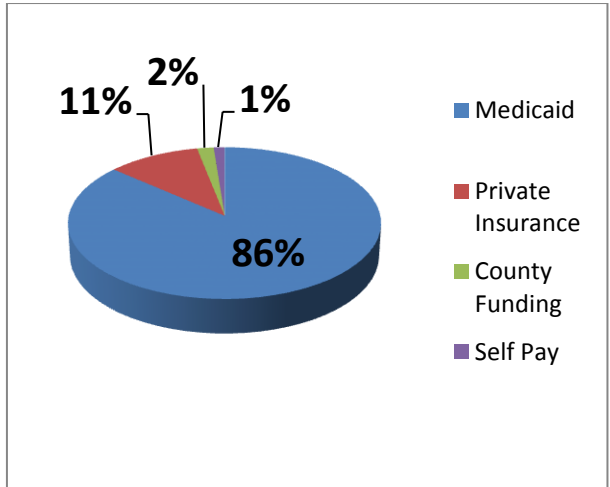
COGI 2016 Financial Information

Income

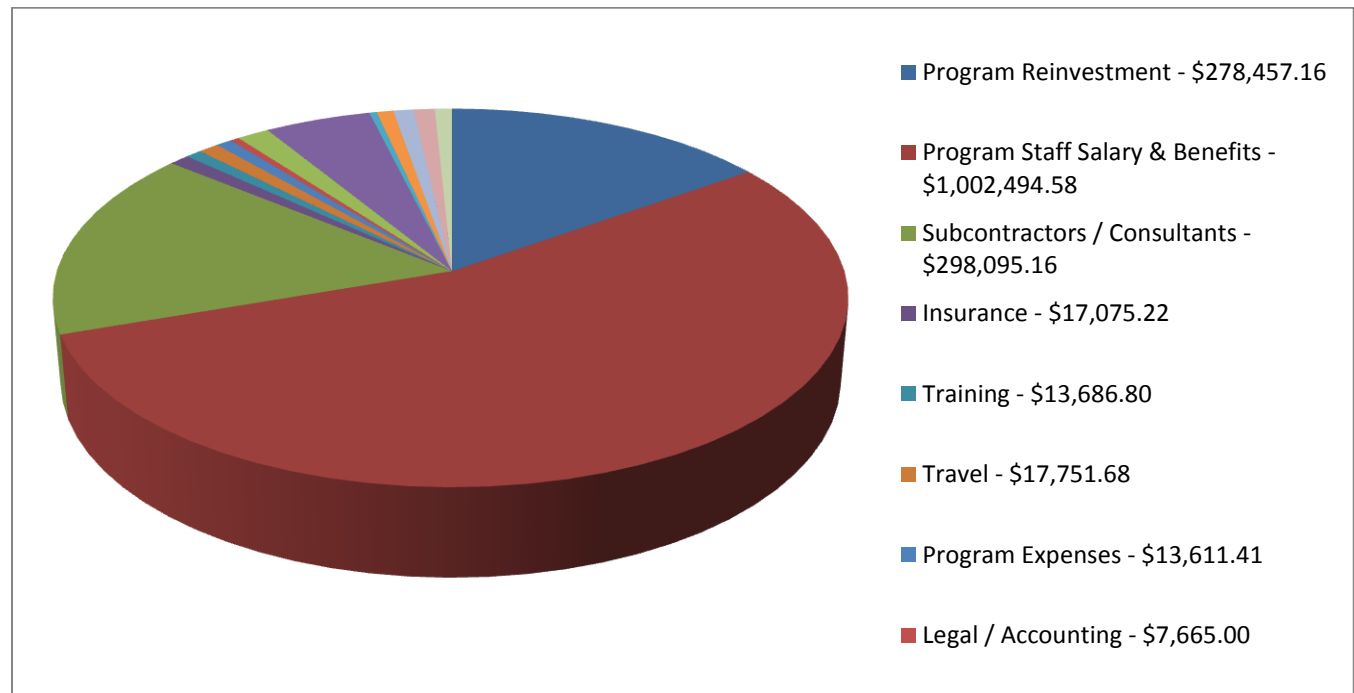
Total Revenue



Sources of Fee-For-Service Income



Expenses



**For more information on COGI's programs, services and current news,
please visit our website site at:**

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<https://www.facebook.com/pages/Clinical-Outcomes-Group-Inc/118990504817919?ref=hl>



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