

# ANNUAL REPORT

January 1, 2017 – December 31, 2017



## **Clinical Outcomes Group, Inc.**

437 North Centre Street  
Pottsville, Pennsylvania 17901  
(800) 264-1290  
[www.COGInc.org](http://www.COGInc.org)

## Introduction

Clinical Outcomes Group, Inc. (COGI) is a dynamic, public health non-profit that exists to meet the unmet needs of vulnerable populations. In our community, these populations may include individuals suffering from addition disorders, pregnant women, veterans, children and others who are susceptible to public health issues. COGI strives to provide high quality, low cost, easily accessible health services to any individual or community in need in the Schuylkill County Pennsylvania and surrounding areas.

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. In 2017 COGI was designated as a one of only 45 statewide "Center of Excellence" charged with battling the current opioid crisis. This year, COGI has expended its youth substance abuse prevention work into more Schuylkill County schools in partnership with the Schuylkill County Drug and Alcohol Program. COGI also continues to pursue new opportunities for growth and expansion in its abuse intervention and anger management programs.

## **Board of Directors**

COGI's 2017 Board of Directors includes:

- Ms. Christianne F. Bayer, Ed.D., LPC, NCC,, President, Psychological Associates, LLC  
Dr. Bayer is licensed as a Professional Counselor by the Pennsylvania State Bureau of Professional and Occupational Affairs (2002), and is a Nationally Certified Counselor (NCC) through the National Board of Certified Counselors.
- Mr. Tom Scranton, Vice President, Pyramid Healthcare  
Mr. Scranton is a founding Member of COGI's Board of Directors.
- Mr. Eric Prock, Secretary, Esquire, Member at Large, Fanelli, Evans & Patel, P.C.  
Mr. Prock is Co-Chairman, Schuylkill County Bar Association; and a member of Schuylkill Young Professionals, Pottsville Lions Club, YMCA Fundraising Committee
- Mr. Tom Palamar, Treasurer, City Administrator, Pottsville, PA  
Mr. Palamar's community activities include Pottsville's Lasting Legacy; Nativity B.V.M. Green and Gold Association; Penn State University Alumni
- Ms. Diane Best, Ed.D., Member at Large, Director of Curriculum and District Support Consultant, Schuylkill Intermediate Unit #29  
Ms. Best earned her National School Climate Leadership Initiative Program Certification (2017); Literacy Design Collaborative (LDC) Coach Certification (2017); and is a Arnold Delin Foundation Board Member
- Rev. Dennis Snyder, M. Div., M.A., MFT, Member at Large, Pastor, Bethany E.C. Church  
Reverend Snyder is Assistant Fire Chief, Cressona, PA; and is active in Outreach Club Facilitation, Schuylkill Haven High School, Schuylkill Haven, PA

## **COGI Purchases New Office – New Home Coming in 2019!**

On July 26, 2017, COGI purchased new office space at Railroad and Water Streets in the Jaloppa section of the City of Pottsville. With an ever growing outpatient drug and alcohol program, prevention education and new opportunities for public health services on the horizon, the need for more physical space is apparent. COGI's new home will offer a roomy waiting area, multiple group rooms, plenty of individual counseling space, a Medication Assisted Therapy suite for our doctors and MAT Case Coordinators, a fully equipped training room that can be used by our staff and outside partners for larger meetings or trainings and much more. Construction is expected to begin in late 2018 and plans to move are tentatively set for Fall 2019. COGI is very proud of this great accomplishment and looks forward being a great neighbor in our new space.

## COGI's Staff

### Administrative Staff:

- Ms. Alicia Fleischut, MA, LPC, CAC, NCC, Executive Director
- Ms. Kelly Examitas, Director of Fiscal Operations
- Ms. Jennifer Melochick, SHRM-CP, Director of Organizational Development and Human Resources
- Mr. Tina Staller, Administrative Coordinator
- Ms. Esther Rowan, MSS, LCSW, CAADC, Clinical Supervisor
- Mr. Ben Fleagle, Office Assistant
- Ms. Jennifer Evans, Center of Excellence Office Assistant

### Direct Care Staff:

- Ms. Kate Blonsky, Drug and Alcohol Counselor
- Ms. Linda Boltz, Billing Specialist
- Ms. Jennifer Brant, Drug and Alcohol Counselor
- Ms. Lori Chaplick, MA, LPC, NCC, Drug and Alcohol Counselor
- Ms. Marie Coombs, Center of Excellence Community Based Care Manger
- Ms. Annette Fleming, CADC, Drug and Alcohol Counselor
- Ms. Brianna Hannaway, CADC, Drug and Alcohol Counselor Assistant
- Ms. Kaitlyn Herndon, Office Assistant and Prevention Educator
- Mr. Brian Hudock, CADC, Drug and Alcohol Counselor
- Ms. Kimberly Hunter, Center of Excellence Certified Recovery Specialist
- Ms. Angela Keller, MS, Prison Vivitrol Project Counselor/ Case Manager
- Ms. Estelle Kerestus, Drug and Alcohol Administrative Assistant
- Ms. Mary Ketterer, LPN, AAC II, Drug and Alcohol Counselor
- Ms. Karen McCloskey, Case Coordinator, Medication Assisted Therapy
- Mr. Shawn McGinley, Center of Excellence Community Based Care Manger
- Ms. April Panzarella, Drug and Alcohol Counselor
- Ms. Beth Pattay, CADC, Drug and Alcohol Counselor
- Ms. Helen Rebuck, CADC, Drug and Alcohol Counselor
- Mr. Joseph Reppert, Center of Excellence Community Based Care Manger
- Ms. Karen Rockwell, Center of Excellence Community Based Care Manger
- Mr. John Sienkiewicz, Center of Excellence Certified Recovery Specialist
- Mr. Courtney Tamagini, MS, Center of Excellence Community Based Care Manger
- Ms. Amanda Wessner, Case Coordinator, Medication Assisted Therapy Program
- Ms. Allison Wise, LPN, Center of Excellence Nurse Care Manager

### Physicians:

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

## 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.

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



COGI AIS group facilitators submitted an abstract to the 2017 Pennsylvania Public and Community Health Annual Conference hosted by the Pennsylvania Public Health Association (PPHA), the Pennsylvania Office of Rural Health (PORH) and the Penn State College of Medicine's Public Health Program for consideration. The conference highlights community and public health issues and initiatives for diverse and underserved populations. Intimate partner violence was among the topics and COGI's staff put together an excellent poster that examined the current state of domestic violence among professional athletes and it was accepted. Brianna Hannaway and Larry Schew presented their poster and spoke to conference attendees in Lancaster, Pennsylvania on April 6, 2017.

Throughout 2017, COGI admitted 13 new unique individuals into the AIS program. COGI's AIS program ended 2017 with an AIS census of 5 active clients. AIS program goals for 2018 are to complete Duluth training for the programs two new group facilitators, increase referrals by continuing to work within the Schuylkill County court and criminal justice system to require AIS participation as a part of a Protection from Abuse Order and establish a sustainable funding stream for the project.

## Anger Control Education (ACE)

Anger Control Education (ACE) is new program at COGI for 2017. ACE is a 13 session (assessment + 12 weekly sessions) education group for men who experience anger on a regular basis. The goal of the ACE program is to help individuals lead lives less controlled by anger and its consequences.

The main objectives of this program are:

- assist individuals in developing new healthy ways to manage your feelings of anger
- to stop violence and/ or the threat of violence
- to help develop an understanding and self-control thoughts and actions associated with anger
- to create an environment where support and feedback from others is a part of the educational process

Throughout 2017, COGI admitted 7 unique individuals into the ACE program. ACE ended 2017 with a census of 4 active clients. ACE goals for 2018 include sharing information about the program with other human services providers and social service organizations to increase referrals, working with the Schuylkill County criminal justice system for client accountability and refining the program curriculum to achieve the best outcomes.

## 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. COE services officially began on January 1, 2017.

Utilizing a "Hub and Spoke" model, COE coordinates care for the whole person among all the connected systems that support a person's recovery. The COE team works closely with detox/ inpatient/ outpatient/ medication-assisted treatment substance abuse providers across the state, primary care and pain management health professionals, mental health providers, emergency service providers, Schuylkill County law enforcement and the criminal justice system and other local/ regional community service agencies.

During the first year of COE services, 225 unique individuals were admitted into the program. COE ended 2017 with a census of 184 active clients. In additions to a referral for substance abuse

treatment, 47 individuals were connected to mental health services and 6 were connected to pain management services. 2018 goals for COE include collaborating with community partners to address rural barriers to treatment and recovery (i.e. transportation, housing), improving client retention in treatment and services and improving data collection techniques.

2017 Demographic Data for Center of Excellence: This data represents the demographics for individuals newly admitted into the Center of Excellence program in 2017. The data does **NOT** account for clients who are already active (pre January 1, 2017) and continue services into 2017.

**n=225**

<b>Gender</b>		<b>Employment Status</b>		<b>Education</b>	
Female	92	Disabled	17	Grade 6-11 (dropout)	46
<b>Male</b>	<b>133</b>	Full Time	10	Grade 12 - no diploma	4
	225	Part Time	10	<b>High School Diploma</b>	<b>68</b>
		<b>Unemployed</b>	<b>164</b>	GED	26
		Unknown	4	Certification Post High School	1
<b>Age</b>		No Response	20	Associates Degree	5
18-25	39		225	Some College	41
<b>26-40</b>	<b>144</b>			Bachelors Degree	3
41-65	42			Graduate Degree	0
66+	0			No Response	31
	225				225
<b>Marital Status</b>		<b>Race</b>		<b>Ethnicity</b>	
Divorced	18	American Indian	1	Hispanic	4
Live In Partner	1	Black	2	<b>Non-Hispanic</b>	<b>192</b>
Married	14	Other Single Race	4	Other Specific Hispanic	3
<b>Never Married</b>	<b>165</b>	Two or More Races	4	Puerto Rican	2
Separated	17	<b>White</b>	<b>198</b>	No Response	24
Widowed	1	No Response	16		225
No Response	9		225		
	225				

## 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. Additionally COGI's clinical staff have various specialties and certifications including Seeking Safety/ Trauma Informed Care, Cognitive Behavioral Therapy and Dialectical Behavioral Therapy.

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

## Trauma Informed Care Center Application

In 2017, COGI continued its work with the Behavioral Health Alliance of Rural Pennsylvania (BHARP) and Community Care Behavioral Health (CCBH) to become a "Trauma Informed Care Center". The entire organization worked through a rigorous process of evaluating current policies, treatment modalities, assessments of staff training, its physical building and treatment spaces and data collection/ uses to provide the safest place for victims of trauma to seek recovery. COGI submitted its completed application to BHARP and CCBH in December 2017 and is expected to receive a credentialing decision in early 2018.

Individuals who receive treatment in COGI's outpatient drug and alcohol clinic may be admitted into one or a combination of treatment modalities including outpatient, intensive outpatient, trauma-informed treatment, group counseling, Center of Excellence or medication assisted treatment. By offering a variety of treatment options that can be used together or at different point of an individual's recovery, COGI can craft an individualized treatment plan for each person that can be adapted to new needs as recovery progresses. Treatment at COGI is never one size fits all.

## Dialectical Behavior Therapy (DBT) Initiative Award

In November 2017, COGI applied to the Behavioral Health Alliance of Rural Pennsylvania (BHARP) and Community Care Behavioral Health (CCBH) for a training and implementation program to build access to provide Dialectical Behavior Therapy (DBT). DBT is an evidence-based treatment designed specifically for individuals with significant challenges stemming from emotional deregulation. This treatment modality is associated with a reduction in target behaviors and symptoms, namely suicidal behavior, self-injury, depression, substance dependence, eating disorder behaviors, hopelessness,



anger, impulsiveness, with increases in social adjustment and positive self-esteem. Eligibility requirements included: applicants must be currently licensed as a outpatient substance abuse provider, be fully credentialed for the Community Care Behavior Health network and be located within the 23 BHARP counties. After providing detailed information about proposed implementation and demonstration of meeting all the eligibility criteria, COGI was selected to participate in the initiative. While there is no cost to COGI for the DBT trainings, there is a significant organizational commitment that is required to successfully implement and sustain this evidence-based therapy model. COGI will have 6 members of its staff trained in DBT and then integrate the model into their practice at COGI. COGI staffs who are participating in this initiative include:

- Ms. Alicia Fleischut, MA, LPC, CAC, NCC, Executive Director
- Ms. Esther Rowan, MSS, LCSW, CAADC, Clinical Supervisor
- Ms. Jennifer Brant, Drug and Alcohol Counselor
- Ms. Lori Chaplick, MA, LPC, NCC, Drug and Alcohol Counselor
- Ms. Angela Keller, MS, Prison Vivitrol Project Counselor/ Case Manager
- Mr. Courtney Tamagini, MS, Center of Excellence Community Based Care Manger

#### Outpatient and Intensive Outpatient Treatment

COGI offers the following treatment modalities in its outpatient and intensive outpatient treatment programs. Individuals who are assessed as appropriate for these models are given the choice to participate in them to assist in their recovery.

- Seeking Safety. Offered in a group or individual setting, Seeking Safety teaches people with PTSD and substance use problems different coping skills including setting healthy boundaries, recognizing warning signs or high-risk situations for drug or alcohol use, self-care, managing emotional pain, healthy relationships and managing PTSD symptoms. It has a present and future focus and is not intended to focus on the specific traumatic event(s) that have occurred in the past.
- Cognitive Processing Therapy (CPT). Offered in an individual setting only, CPT teaches one a new way to handle the effects of trauma and PTSD symptoms and shows new skills that can be used to deal with traumatic effects in a safe and healthy way.

In 2017, 432 unique individuals were newly admitted into outpatient treatment. COGI's outpatient program ended 2017 with a census of 398 active clients.

2017 Demographic Data for Outpatient Clients: This data represents the demographics for individuals **newly** admitted into the outpatient program in 2017. The data does **NOT** account for clients who are already active (pre January 1, 2017) and continue services into 2017.

**n=432**

<b>Gender</b>		<b>Employment Status</b>		<b>Education</b>	
Female	196	Disabled	31	Grade 6-11 (dropout)	90
<b>Male</b>	<b>236</b>	Full Time	45	Grade 12 - no diploma	9
	432	Part Time	31	<b>High School Diploma</b>	<b>112</b>
		Student	4	GED	47
		<b>Unemployed</b>	<b>266</b>	Certification Post High School	3
<b>Age</b>		Unknown	4	Associates Degree	16
15-17	10	No Response	51	Some College	77
18-25	69		432	Bachelors Degree	7
<b>26-40</b>	<b>257</b>			Graduate Degree	1
41-65	95			No Response	70
66+	1				432
	432				
<b>Marital Status</b>		<b>Race</b>		<b>Ethnicity</b>	
Divorced	45	American Indian	1	Hispanic	9
Live In Partner	2	Asian	1	<b>Non-Hispanic</b>	<b>374</b>
Married	42	Black	14	Other Specific Hispanic	11
<b>Never Married</b>	<b>302</b>	Other Single Race	13	Puerto Rican	8
Separated	30	Two or More Races	11	Unknown	4
Widowed	3	<b>White</b>	<b>376</b>	No Response	26
No Response	8	No Response	16		432
	432		432		

The intensive outpatient treatment program admitted 61 unique individuals into the program in 2017 and ended the year (2017) with a census of 20 active clients.

2017 Demographic Data for Intensive Outpatient Clients: This data represents the demographics for individuals newly admitted into the intensive outpatient program in 2017. The data does **NOT** account for clients who are already active (pre January 1, 2017) and continue services into 2017.

**n=61**

<b>Gender</b>		<b>Employment Status</b>		<b>Education</b>	
Female	24	Disabled	9	Grade 6-11 (dropout)	11
<b>Male</b>	<b>37</b>	Full Time	2	Grade 12 - no diploma	1
	<hr/> 61	Part Time	2	<b>High School Diploma</b>	<b>26</b>
		<b>Unemployed</b>	<b>43</b>	GED	9
		Unknown	1	Certification Post High School	1
<b>Age</b>		No Response	<hr/> 4	Associates Degree	1
18-25	12		61	Some College	7
<b>26-40</b>	<b>33</b>			Bachelors Degree	2
41-65	15			Graduate Degree	0
66+	<hr/> 1			No Response	<hr/> 3
	61				61
<b>Marital Status</b>		<b>Race</b>		<b>Ethnicity</b>	
Divorced	8	American Indian	0	Hispanic	2
Live In Partner	0	Black	1	<b>Non-Hispanic</b>	<b>53</b>
Married	3	Other Single Race	2	Other Specific Hispanic	0
<b>Never Married</b>	<b>41</b>	Two or More Races	1	Puerto Rican	0
Separated	6	<b>White</b>	<b>56</b>	No Response	<hr/> 6
Widowed	2	No Response	<hr/> 1		61
No Response	<hr/> 1		61		
	61				

## Medication Assisted Treatment

Medication assisted treatment (MAT) is an effective tool to help someone overcome an addiction to opiates or alcohol. MAT can be life-saving for individuals as their brains and bodies heal during recovery. When used in conjunction with counseling, MAT is proved to reduce cravings and minimize withdrawal symptoms. As an individuals' health stabilizes, a medically monitored taper process can begin. COGI's MAT program includes a strict counseling component in addition to medication. If an individual is not complying with the counseling requirement, s/he will be safely discharged from MAT.

COGI's MAT program offers the following medications for the individuals we serve:

- **Buprenorphine (Suboxone/ Subutex/ Sublocade)** – requires the individual to be in withdrawal prior to the first dose
  - **Suboxone/ Subutex** – daily prescription
    - **Subutex** can be given to pregnant women
  - **Sublocade** – monthly injections
- **Naltrexone (Vivitrol/ Revia)** – requires and individual to be clean of all opiates (including Buprenorphine) for 14 days prior to first dose
  - **Revia** – pill form taken daily
  - **Vivitrol** – monthly injection

**Methadone** is an approved medication for use in MAT programs. At this time, COGI does not offer methadone in its clinic. Individuals who request and are appropriate for methadone are referred to Berks County or another methadone provider for this medication.

**Naloxone (Narcan)** is a medication that reverses the side effects of an opiate overdose. It can be administered as an intranasal spray or through an IV by a medical professional. All COGI clients are offered Narcan education through a video and information booklet that includes a list of pharmacies that carry Narcan. Additionally, all Pennsylvania residents may download a standing prescription for Naloxone/ Narcan here: <https://www.scribd.com/document/288632893/Naloxone-Standing-Order>.

In 2017, 133 unique individuals were admitted into COGI’s Medication Assisted Treatment program. MAT ended 2017 with a census of 255 active clients. MAT goals in 2018 include continuing quality improvement of policies and procedures regarding MAT treatment and increased communication within the community about the approved medications to reduce stigma.

2017 Demographic Data for Medication Assisted Treatments: This data represents the demographics for individuals newly admitted into medication assisted treatment in 2017. The data does NOT account for clients who are already active (pre January 1, 2017) and continue services into 2017.

**n=133**

<b>Gender</b>		<b>Employment Status</b>		<b>Education</b>	
Female	57	Disabled	14	Grade 8-11 (dropout)	25
<b>Male</b>	<b>76</b>	Full Time	13	Grade 12 - no diploma	1
	133	Part Time	9	<b>High School Diploma</b>	<b>49</b>
		Student	1	GED	16
		<b>Unemployed</b>	<b>89</b>	Certification Post High School	1
<b>Age</b>		Unknown	2	Associates Degree	4
18-25	22	No Response	5	Some College	22
<b>26-40</b>	<b>79</b>		133	Bachelors Degree	3
41-65	30			Graduate Degree	1
66+	2			No Response	11
	133				133
<b>Marital Status</b>		<b>Race</b>		<b>Ethnicity</b>	
Common Law	1	American Indian	0	Hispanic	3
Divorced	18	Asian	1	<b>Non-Hispanic</b>	<b>119</b>
Live In Partner	0	Black	1	Other Specific Hispanic	4
Married	10	Other Single Race	3	Puerto Rican	1
<b>Never Married</b>	<b>95</b>	Two or More Races	3	No Response	6
Separated	7	<b>White</b>	<b>122</b>		133
Widowed	1	No Response	3		
No Response	1		133		
	133				

### Case Coordination

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. Case coordination can include any of the following or a combination of the following services: coordination of treatment, case management to support transitions in level of care, intermediate assistance in with non-treatment needs. COGI's case coordinators will assess/ evaluate documentation of the client's strengths and challenges, linkage and referrals to community services and supports, engaging clients who have a pattern of non-compliance, service planning and goal setting, assisting in the development of a positive support system for clients, advocating for clients needs and challenges in the community and follow-up to ensure the client's needs are adequately met.

In 2017, COGI's Case Coordination program admitted 401 unique individuals into services. The Case Coordination program ended 2017 with a census of 311 active clients. 2018 Care Coordination goals include expanding the work among COGI's network of community providers to include more in-depth coordination work beyond the linkage and referral and working through rural barriers to treatment that make recovery difficult.

### COGI Staff Earns Laughter Therapy Certification

Ms. Helen Rebuck, CADC, COGI Drug and Alcohol Counselor attended the World Laughter Tour in Columbus, Ohio in September 2017 and became certified in Laughter therapy. The mission of the World Laughter Tour, Inc. is to create and disseminate a therapeutic modality called "laughter therapy" by properly applying laughter theories and practices into multi-generational, multi-cultural, systematic health and happiness programs. Laughter therapy can help restore happiness, while also helping to relieve or eliminate many health problems associated with stress. Helen will be bringing laughter therapy into her practice here at COGI, to her colleagues through staff development and to the community at large. Ms. Rebuck presented 2 laughter workshops at Federal Correctional Complex, Allenwood for all staff from correctional officers to administration to physicians and medical staff.

Community organizations and employers may request a laughter workshop by contacting COGI at (570) 628-6990.

### **PCCD Award – Centralized Coordinating Entity (CCE) for Naloxone for First Responders**

In November 2017, COGI applied to the Pennsylvania Commission on Crime and Delinquency (PCCD) to be named the one Centralized Coordinating Entity (CCE) for Schuylkill County for facilitating the receipt of naloxone by first responders at a local level. Already having a process in place for Naloxone education and dissemination through a partnership with Schuylkill County's Single County Authority, COGI's application was approved for a two-year period. As the CCE, intranasal naloxone kits are provided directly to COGI and COGI determines the appropriate entities to receive the naloxone kits, collect data and report quarterly to PCCD.

### **Schuylkill County Prison Vivitrol Project**

In April 2017, Schuylkill County's Drug and Alcohol program was the recipient of a grant from the Pennsylvania Department of Corrections to implement a Vivitrol program with inmates at the Schuylkill County prison with a history of opiate use. With overall goals of providing treatment during incarceration, beginning MAT prior to release, providing a warm-handoff and follow-up to aftercare and tracking relapse and recidivism among program participants, COGI was contracted to provide individual and group therapy and case-coordination with inmates during incarceration and coordinate a Vivitrol injection just prior to release. COGI's Medical Director and MAT Supervisor provided medication education and required lab work to ensure the medication would be safely received by the individual. In addition to the medication, COGI arranged for a warm-handoff to substance use treatment and a seamless transition into outpatient and continued MAT. This one year project had a goal of providing Vivitrol injections to 30 unique individuals transitioning from incarceration to the community.

During the first 8 months of the project in 2017, COGI enrolled 45 unique individuals into the Prison Vivitrol Project. Of those 45 admitted individuals:

- 6 inmates were released prior to injection
- 22 inmates were transferred to another correctional facility
- 4 inmates were sent to state prison after a hearing
- 13 inmates received a Vivitrol injection as per the Prison Vivitrol Project protocol.

2017 ended with a census of 23 active clients in the Prison Vivitrol Program. Goals for 2018 include continuing to enroll, provide treatment and case management and MAT to inmates at the Schuylkill County prison to meet the goal of 30 administered Vivitrol injections and complete the requirements of the contract successfully. COGI will also work with the Schuylkill County Drug and Alcohol program to secure funding either through the Pennsylvania Department of Corrections or the Pennsylvania Commission on Crime and Delinquency to continue program services.

## Substance Use Prevention Education

As a licensed provider of substance use treatment services in Schuylkill County, COGI feels strongly about the need to offer substance use prevention education in both our county schools and communities. COGI uses the following programs to educate youth, community members, other service providers and the public-at-large on various issues surrounding substance abuse, treatment, addiction and stigma.

### Classroom Education

COGI entered into a contract with the Schuylkill County Drug and Alcohol Program to provide classroom based curriculum education to Schuylkill County schools. Members of COGI's new prevention team were trained on the implementation of two different evidenced-based curriculums:

1. Too Good For Drugs. This curriculum offers students alternatives to drug use via positive life skills. Through social and emotional learning as well as substance abuse prevention skills, this program empowers children to use those skills to lead happy and healthy lives. Too Good For Drugs has a curriculum for each grade level from Kindergarten through 12<sup>th</sup> grade. COGI provided curriculum services in the following schools in 2017
  - a. St. Clair Elementary/ Middle School, grades Kindergarten-5<sup>th</sup> grade: 351 total students
  - b. Schuylkill Haven Middle School, grades 5,6,and 7: 141 total students
2. Wanna Bet. The *Kids Don't Gamble...Wanna Bet?* curriculum is designed to help students use critical thinking skills when it comes to gambling. The goal of the curriculum is to discourage underage gambling while improving critical thinking and problem solving skills. COGI will be implementing this curriculum in the 5<sup>th</sup> grade class at one school district in Spring 2018.

### Mock Bedroom

The *Mock Bedroom* is an interactive parent education display (children are not permitted) where parents, guardians and other caretakers walk through a "bedroom" to learn what to look for and how to be aware of potential indicators of drug and/ or alcohol use. This learning experience also educates the visitor on what different illicit substances and paraphernalia look like. COGI has been invited to present the *Mock Bedroom* and back-to-school night, community safety nights and other events in Schuylkill County. In 2017, COGI presented the Mock Bedroom to 115 visitors in the following Schuylkill County locations: Northwest Human Services, Pottsville; Southward Playground, Tamaqua; Tamaqua Area Middle School, Tamaqua; Pottsville Area High School, Pottsville, Tamaqua Area High School, Tamaqua and McCann School of Business, Pottsville.

### Narcan Community Events

Narcan education is offered in public setting to allow communities to learn about addiction and how to administer Narcan in an emergent overdose situation. Each information session is approximately 2



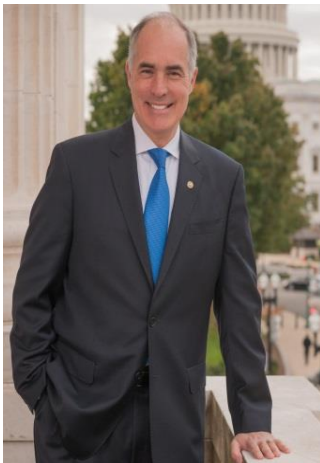
hours in length, offers hands-on training in Narcan administration and is presented by a medical professional. Narcan kits are disseminated to attendees who sign a waiver.

In 2017, COGI presented 9 community Narcan presentations to 145 individuals in the following locations: Lehigh Valley School of Nursing, Pottsville; Faith Church, Orwigsburg; Trinity Church, Tamaqua; Good Intent Fire Company, Pottsville, Valley View Community, Valley View; Penn State Schuylkill Campus, Schuylkill Haven; Schuylkill County Courthouse, Pottsville; Goodwill Fire Company, Port Carbon and Schuylkill Women in Crisis (staff), Pottsville.

### Community Projects

COGI is involved with several community projects that allow its staff to pursue issues that are important to them as professionals and individuals and that also serve to honor COGI’s mission of *Improving the Health of our Communities*. These projects are examples of how COGI works to improve community health in Schuylkill County.

### Senator Robert Casey Visits COGI



In March 2017, COGI was pleased to host United States Senator Bob Casey in our office for a press conference to talk about the effects of the opiate crisis in the Commonwealth of Pennsylvania and local resources that are available in Schuylkill County. In addition to Senator Casey, Schuylkill County Commissioner Gary Hess, Schuylkill County Drug and Alcohol Program Administrator Melissa Kaylan and COGI Medical Director Dr. John Stefovic spoke about addiction, conditions surrounding the opiate crisis here and how Schuylkill County is responding. Members of the local and regional press attended and asked questions

about the federal strategy to win the war against opiates, opiate addiction and Naloxone. COGI was very proud that Senator Casey chose to have this event at our facility and highlight local efforts collaborations between leadership at all levels.



### Almost Sunrise – Public Education on Moral Injury, PTSD and Veteran’s Issues

As a local non-profit agency, COGI works to provide opportunities that meet the unmet needs of our community through education and treatment. When it comes to our veterans, many of us see the physical trauma they have suffered, but the mental trauma may not be visible on the surface. After the Vietnam War, Post Traumatic Stress Disorder (PTSD) became a well-known affliction, but it is not the only mental trauma these men and women face.

Moral Injury is an invisible battle scar for many veterans. Those veterans experience moral injury as an extreme form of guilt or shame that arises when one goes against one’s own moral code in the line of duty. The injury can present in many forms from perpetrating, failing to prevent, bearing witness to, or learning about acts that cross deep lines of moral right and wrong. *Almost Sunrise* is a documentary that sheds light on moral injury. The staggering statistics indicate that twenty-two (22) US Veterans commit suicide every day, which means we lost more soldiers to suicide than we do to combat.

*Almost Sunrise* follows two Iraq veterans, Tom Voss and Anthony Anderson, both tormented by depression for years after they returned home and pushed to the edge of suicide. The two embark on an extraordinary journey – a 2,700 mile walk across the country from Wisconsin to California, in order to reflect on their haunting experiences of war and to ultimately, save themselves.

COGI acquired the rights to show the film to the public and on November 9, 2017 COGI held its first Veteran’s event. In partnership with the Pearle Theatre in Frackville, PA, COGI hosted a public screening of *Almost Sunrise* at 7pm. Through this documentary, COGI hopes to educate our communities, our veterans and military family and friends. This documentary shows there is hope and alternative therapies are available.

In addition to the public screening, COGI engaged in fundraising activities to establish a fund for veterans needs that cannot be met by any service provider in our county. COGI sold “dog tags” in its office where people could honor a loved one who served in our military. COGI also hosted a Chinese Auction at the public screening. Approximately \$1,500 was raised and the community has nominated veterans to be the recipient of funding. Throughout 2017, two Schuylkill County Veterans have been recipients of these funds. Veterans nominations continue to be accepted by contacting COGI at (570) 628-6990.

Motor Vehicle Safety 2017: “Just Drive! Arrive Alive!” Campaign

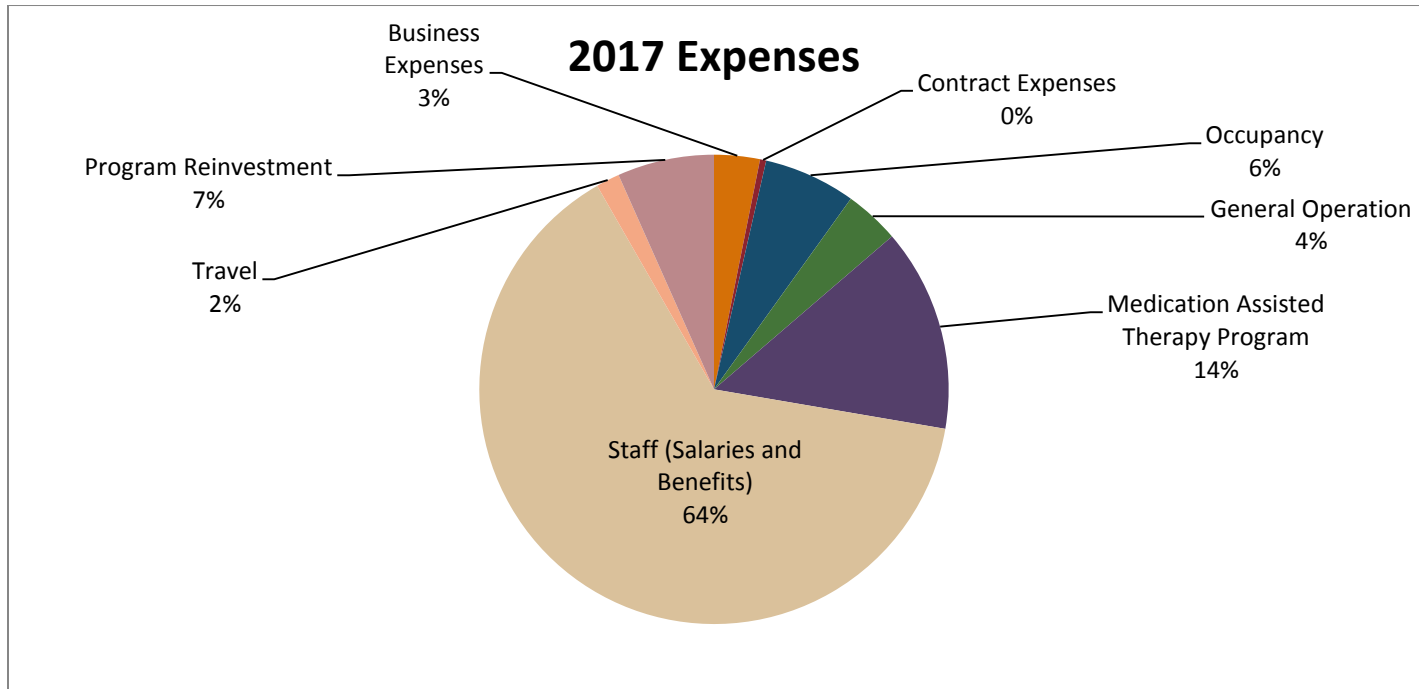
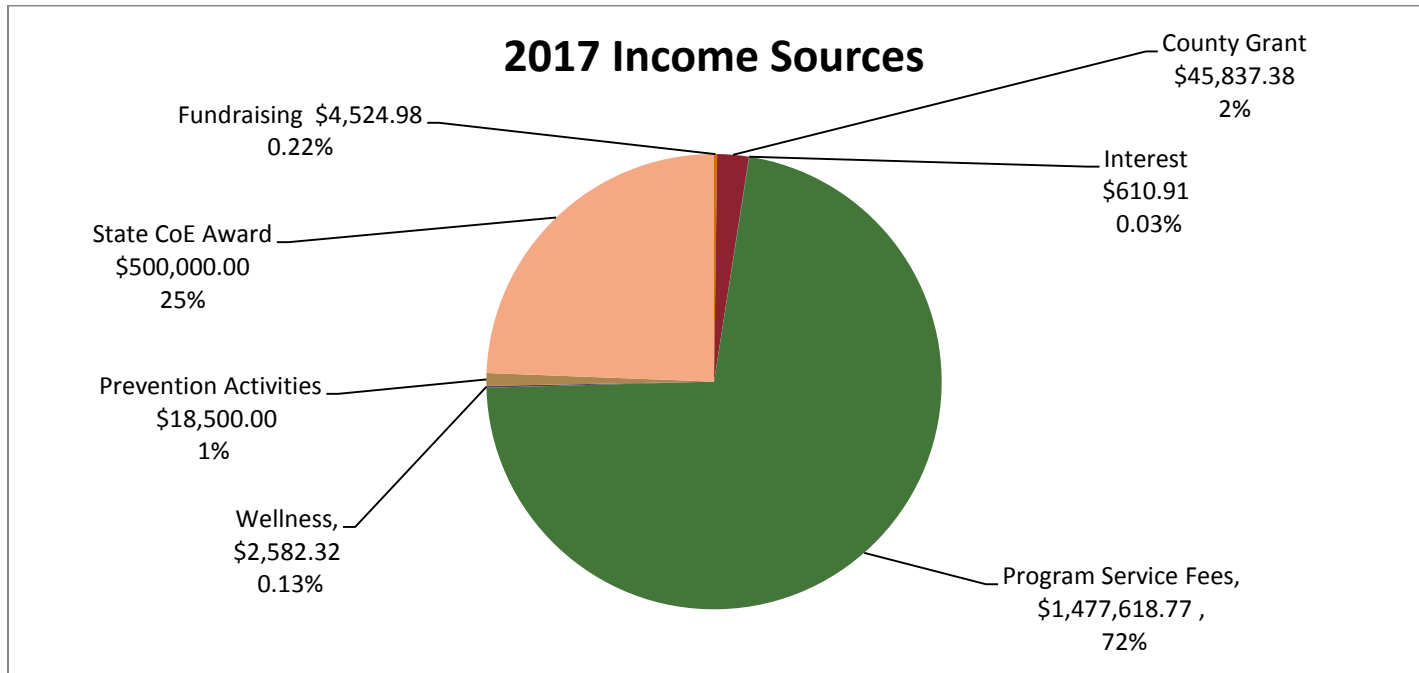
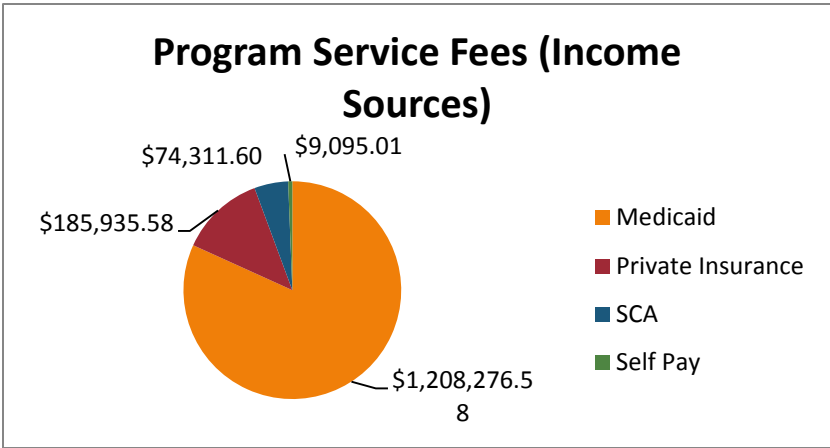
For the 4<sup>th</sup> consecutive year, COGI partnered with Schuylkill County’s VISION to produce a Motor Vehicle Safety awareness campaign for youth in Schuylkill County to combat distracted driving. The theme for 2017 was “Just Drive! Arrive Alive!” The campaign emphasized all the different things that can distract a driver including food, cell phones, make-up and, passengers. All 14 Schuylkill County high schools participated by reading public service announcements at their home football games and prominently displaying campaign banners at each high school football stadium.

COGI Christmas Carnival

COGI staff came together on December 9 to host a Christmas Carnival for COGI clients and their children. Our staff wanted to provide a fun holiday experience for all our families and the office was transformed into the Land of Misfit Toys. COGI staff fundraised throughout the year to be able to provide food, drinks, presents, prizes, games and a one-of-a-kind event. Santa, Mrs. Claus and his elves even came to hand out individual gifts for each child.



**COGI 2017 Financial Information**



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

**[www.COGInc.org](http://www.COGInc.org)**

**or Like us on Facebook at:**



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



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