



Clinical Outcomes Group, Inc. 2019 Annual Report





2019 - A Year in Review

COGI continued to expand in 2019 and followed the tradition of how to bring needed services to our clients and finding ways to meet the unmet needs of the underserved populations in Schuylkill County. Our outpatient substance abuse program continued to grow and additional specialty groups were added as needed. Through funding from the Pennsylvania Commission on Crime and Delinquency, COGI once again was able to provide a Re-Entry program for incarcerated individuals returning to Schuylkill County as their residence.

Prevention Education has been important to COGI and opportunities to expand services were sought. COGI was the recipient of funding for a pilot project through the Pennsylvania Commission on Crime and Delinquency and began implementation of an intensive community based prevention project in the borough of Tamaqua and the Tamaqua Area School District. Details on this pilot project can be found later in this report under the PROMISE Project.

Expansion into additional recovery support became a focus in 2019. COGI hired additional Certified Recovery Specialists to support all substance abuse clients as well as to provide additional support to some of the specialty substance abuse programs. Additionally, COGI began to offer a SMART Recovery Group that was open to not only clients of COGI, but also anyone in recovery needing additional support.

In 2019, COGI began to realize that there was a serious need to find its Forever Home. The year began with an attempted Capital Campaign and several fundraising efforts to raise the funds to purchase or renovate a property that we could call our Forever Home. In the Fall of 2019, COGI successfully found a suitable location and the lease for our Forever Home was signed. Planning was then underway with renovations expected to begin in early 2020 and a relocation planned by the end of June 2020.





Board of Directors

President - Ms. Christianne F. Bayer, Ed.D., LPC, NCC

Current Employer: 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.

Vice President - Mr. Tom Scranton

Retired From: Pyramid Healthcare

Mr. Scranton is a founding Member of COGI's Board of Directors.

Secretary - Mr. Eric Prock, Esquire

Current Employer: 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

Treasurer - Mr. Tom Palamar

Current Employer: 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

Member at Large - Rev. Dennis Snyder, M. Div., M.A., MFT

Current Employer: 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 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

Ms. Tina Staller, Administrative Coordinator

Ms. Esther Rowan, MSS, LCSW, CAADC, Clinical Supervisor


Ms. Courtney Tamagini, MS, NCC, LPC, Clinical Supervisor

Mr. Ben Fleagle, Office Assistant

Ms. Jennifer Evans, Center of Excellence Office Assistant

Ms. Linda Boltz, Billing Specialist

Ms. Angelica Harkins, Center of Excellence Office Assistant



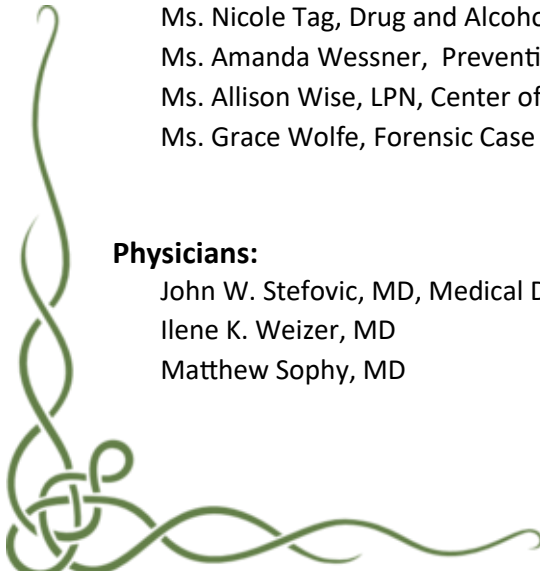


Direct Care Staff:

- Mr. Daniel Blugis, PROMISE Project Assistant
- Ms. Jennifer Brant, CAADC, Drug and Alcohol Counselor
- Ms. Katie Comer, Certified Recovery Specialist
- Ms. Marie Coombs, Center of Excellence Community Based Care Manger
- Mr. Christopher Cooper, Prevention Educator
- Ms. Annette Fleming, CADC, Drug and Alcohol Counselor
- Ms. Linda Hanson, Intake Coordinator
- Ms. Kara Heitzman, Drug and Alcohol Counselor
- Ms. Kaitlyn Herndon, Prevention Educator
- Ms. Kimberly Hunter, Center of Excellence Certified Recovery Specialist
- Ms. Angela Keller, MS, Prison Vivitrol Project Counselor/ Case Manager
- Ms. Estelle Kerestus, SMURF Case Manager
- Ms. Brittany Ketchem, Drug and Alcohol Counselor
- Ms. Mary Ketterer, LPN, AAC II, Drug and Alcohol Counselor
- Ms. Karen McCloskey, Supervisor, Medication Assisted Therapy Program
- Mr. Shawn McGinley, Case Management Supervisor
- Ms. Candice Moser, Medication Assisted Therapy Program
- Mr. Newton Mull, Certified Recovery Specialist
- Ms. April Panzarella, Drug and Alcohol Counselor
- Ms. Beth Pattay, CADC, Drug and Alcohol Counselor
- Ms. Angela Pleva, Center of Excellence Certified Recovery Specialist
- Mr. Brandon Radziewicz, Intake Coordinator
- Ms. Helen Rebeck, CADC, Drug and Alcohol Counselor
- Mr. Joseph Reppert, Center of Excellence Community Based Care Manger
- Mr. Larry Schew, Drug and Alcohol Counselor, AIS and ACE Project Coordinator
- Mr. John Sienkiewicz, Center of Excellence Certified Recovery Specialist
- Ms. Kathryn Spofford, PROMISE Project Director
- Ms. Karyn Stevenson, Family Services Program Case Manager
- Ms. Nicole Tag, Drug and Alcohol Counselor, SMURF Program
- Ms. Amanda Wessner, Prevention Educator
- Ms. Allison Wise, LPN, Center of Excellence Nurse Care Manager
- Ms. Grace Wolfe, Forensic Case Manager

Physicians:

- John W. Stefovic, MD, Medical Director
- Ilene K. Weizer, MD
- Matthew Sophy, MD





Anger Control Education (ACE)

Anger is a common response to many different situations. It is safe to say that everyone experiences anger in their lives. Anger becomes a problem when it becomes too frequent, too intense, and is dealt with in a way that is maladaptive to the situation at hand. Clinical Outcomes Group Inc. has been taking numerous calls addressing a need in the area for anger management classes. We understand the need for such a program and are now proud to offer such a group. Our anger management program, known as Anger Control Education (ACE), is a 12-week program that utilizes a curriculum developed by the Substance Abuse and Mental Health Services Administration (SAMHSA). This curriculum is data driven and is designed to teach participants new ways to deal with their anger.

Our program is comprised of 12 weekly, 90-minute group sessions in which cognitive behavioral therapy is used to change behavior delivered by a facilitator holding multiple advanced degrees within the behavioral health field. Clients are exposed to relaxation interventions, cognitive interventions, and communication skill interventions. Each intervention provides skills necessary to cope with anger in a healthier manner.

The overall goal of the program is not stop one from getting angry, but rather to allow the individuals to develop the skills necessary to properly cope with anger when it arises. We do strive for a reduction in the frequency and severity of angry feelings on a daily basis. If a client has the opportunity to face a smaller, less intense anger event, they are more likely to avoid the larger, more explosive event. Teaching a client how to recognize anger in the early stages is one of the many steps to correcting an anger problem. Throughout the participant's 12-week program, they will learn how to identify and cope

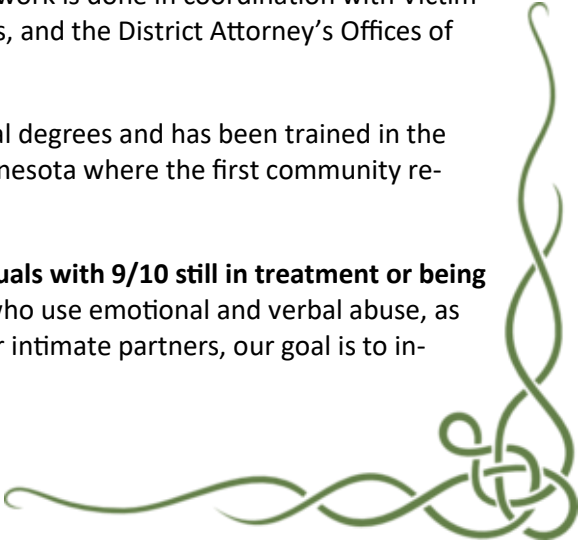
*Anger is a normal emotional response to many things.
How we chose to respond to anger tells us everything.*

Abuse Intervention Services (AIS)

Abuse Intervention Services is a program of Clinical Outcomes Group, Inc. We provide assessment, referral, educational services, and group counseling for people who use violent and/or controlling behaviors in their personal relationships. Through a coordinated response to violence, our commitment is to create a system of accountability that will precipitate change. Our work is done in coordination with Victim Centers, the Adult Probation Offices, District Magistrates Offices, and the District Attorney's Offices of counties within Central Pennsylvania.

The current AIS program coordinator holds multiple professional degrees and has been trained in the "Creating a Process of Change" model developed in Duluth Minnesota where the first community response to Domestic Violence has been successfully put in place.

During the 2019 calendar year this program treated 10 individuals with 9/10 still in treatment or being successfully discharged. Our services are provided to persons who use emotional and verbal abuse, as well as, physical violence to obtain power and control over their intimate partners, our goal is to increase the level of safety for the victims of such persons.



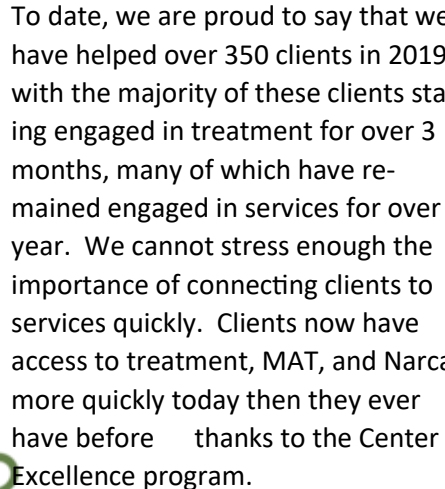
Center of Excellence (CoE)



The Center of Excellence program was initiated by Governor Wolf in 2016 as a response to the opioid epidemic that has ravaged our state and our country. The main purpose of this program is to connect individuals to treatment, whether that be inpatient, outpatient, and/or Medication Assisted Treatment (MAT). It has been recommended by state guidelines that a client is met, wherever they may be, within 24 hours of the initial referral. Hence, making the Center of Excellence team of Care Managers and Certified Recovery Specialists community based. Our team meets clients at their homes, hospitals, prisons, and inpatient facilities. The program is set up as a “hub and spoke” model, making the Center of Excellence the “hub”. Care managers within this program will provide referrals to link these clients to mental health, physical health, prenatal care and pain management to site a few examples of the “spokes”. Our Center of Excellence team has advocated for our clients with their probation officers, Children and Youth case managers, and at court hearings.

Over the past several years, COGI is proud to report many successes within this program. Clients have been given opportunities that has never been available before this program has been created. We are currently a staff of three Community Based Care Managers and a Certified Recovery Specialist (CRS). The Care Managers are at the front lines of the crisis, meeting clients where they are and getting them the help they so desperately need. When clients are referred to an inpatient facility, our team has them connected and admitted, in most cases, within 24 hours. While the clients are in treatment, our team will visit these clients at the facility and connect them to aftercare services before they are discharged from inpatient. While in treatment, many of our clients have also been connected to CRS services as well. The CRS plays a vital role in early recovery with our clients. The CRS has a personal experience with recovery that will provide hope and direction to our clients with limited recovery experience. The CRS has helped our clients build a foundation in early recovery assisting clients with getting ID’s, birth certificates and attending self help groups such as Narcotic Anonymous. Clients are also assisted with housing and employment opportunities.

The Center of Excellence designation was granted to 45 facilities throughout the Commonwealth of Pennsylvania in 2016. COGI is the only facility in Schuylkill County with the Center of Excellence designation. We are considered a one stop shop that provides Intensive Outpatient, Outpatient, and Medication Assisted Treatment (MAT) services. This program has operated parallel to other programs at COGI. The Center of Excellence team has worked with our Prison Vivitrol Program team by assisting clients when they are released from prison with a Vivitrol injection.



To date, we are proud to say that we have helped over 350 clients in 2019 with the majority of these clients staying engaged in treatment for over 3 months, many of which have remained engaged in services for over a year. We cannot stress enough the importance of connecting clients to services quickly. Clients now have access to treatment, MAT, and Narcan more quickly today than they ever have before thanks to the Center of Excellence program.

A NEW PERSPECTIVE

In August 2019, Chris joined the CoE Team as a Case Manager. He described CoE as follows.....

Clinical Outcomes Center of Excellence program deals directly with individuals suffering from opioid addiction. In accordance with Governor Wolf’s plan to combat the opioid epidemic we supply direct referrals to our clients, and attempt to supply these individuals with all the resources necessary to proceed forward in their lives and regain normalcy. This requires case managers to be highly adaptable to the situations in which clients find themselves. As a case manager we must be ready to deal with relapse prevention, conflict, as well as good coping skills. A case manager must possess skills from all ranges of the Drug & Alcohol continuum of care in order to deliver high quality services to our clients. Our Center of Excellence possesses case managers and Certified Recovery Specialists from all walks of life, and with wide ranges of experience.



Substance Abuse Treatment - Outpatient

As a licensed Outpatient Treatment provider for individuals struggling with substance abuse disorders, COGI has worked hard to find innovative, evidenced—based treatment methods to serve our clients. This has come in a variety of ways including specialty groups and programs. Whenever possible, COGI seeks grant funding to bring new and innovative programs to help treat our clients.

Substance Abuse Treatment - Specialty Groups

Dialectical Behavioral Therapy (DBT)

Dialectical Behavioral Therapy (DBT) is a type of cognitive behavioral therapy. Cognitive behavioral therapy tried to identify and change negative thinking patterns and pushes positive behavioral changes. DBT may be used to treat suicidal and other self-destructive behaviors. It's main goals are to teach people how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with other.

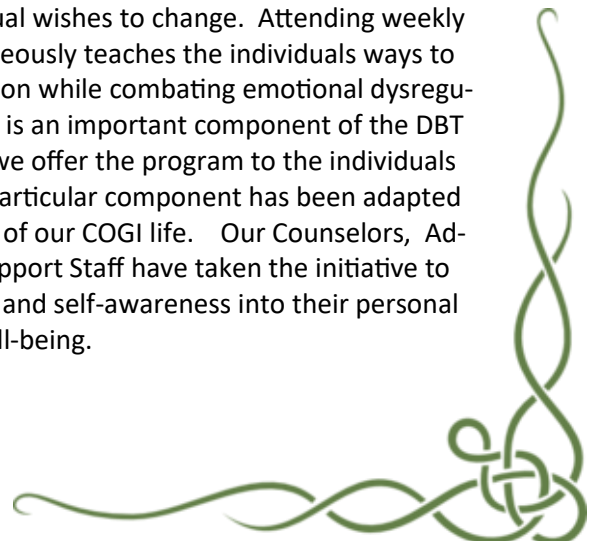
COGI's DBT Program consists of two rounds of group skills totaling 48 weeks and weekly individual sessions that focuses on a client completing their life worth living goal. 2019 was an exciting year in our DBT program as we completed tow full rounds of DBT Skills Group and added an additional evening DBT Skill Group that completed one full round of DBT Skills Group.

Each round of DBT Skills group includes 26 weeks that consists of 2 weeks of Mindfulness. The Mindfulness section includes three modules that deal with distress tolerance skills, emotion regulation skills, and interpersonal effectiveness skills.

2019 produced our first two clients graduate from the DBT Program. Our DBT enrollment in 2019 consisted of 17 clients, 10 attending daytime group and 7 evening groups.



Adding a DBT Program to our existing substance abuse treatment services has opened treatment to individuals that require extra support in increasing validation while regulating emotions. This program offers a combination of individual sessions to identify, chart, and follow targeted behaviors that the individual wishes to change. Attending weekly skill groups simultaneously teaches the individuals ways to increase self-validation while combating emotional dysregulation. Mindfulness is an important component of the DBT program and while we offer the program to the individuals we work with, this particular component has been adapted through many areas of our COGI life. Our Counselors, Administration, and Support Staff have taken the initiative to include mindfulness and self-awareness into their personal and professional well-being.





Grief and Loss Group

Grief can be difficult for many of us to manage and can be especially challenging for those in recovery. To help assist those who are in recovery and who are also attempting to grieve the loss of their loved ones, COGI began a grief and loss support group. In this group, members are able to have a safe and supportive environment where they can share about their loss and also begin the process of healing.

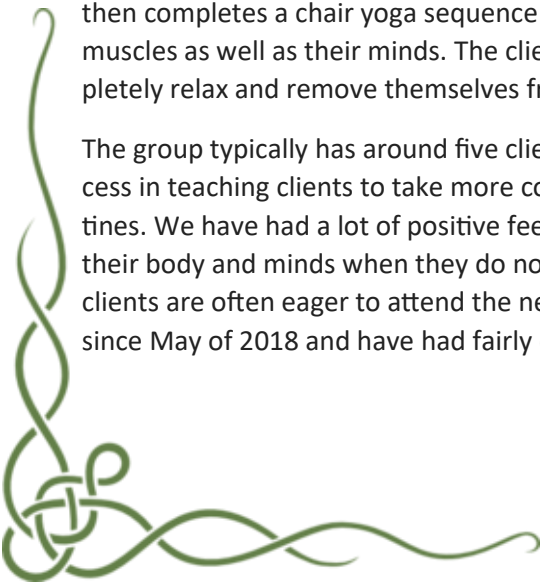
Within this group, members are able to learn about the stages of grief and how they uniquely impact individuals within the recovery community. Group members are also encouraged to show love and celebrate those who have been lost by making collages to celebrate their lives. Group members also participate in journal writing activities that challenge many of the traditional myths about grieving and the grieving process. Group members also engage in self care activities such as progressive muscle relaxation and deep breathing in order to ensure that individuals care for themselves and reduce anxiety symptoms that can be associated with grief as they move through this process.

Mindfulness Group

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

COGI's mindfulness group uses this concept to teach clients to be in the moment and observe without judgement against themselves or the world around them. They are introduced to holistic ways of healing including crystal therapy, Aromatherapy using essential oils, and energy cleansing. The concepts that are taught give the clients the ability to slow their thoughts and behaviors allowing them to assess situations and make better decisions based off of what they think and feel rather than reacting on impulse. Exercises taught are deep breathing, meditation, and chair yoga. We discuss how clients can use these concepts to deal with their addiction as they experience such things as triggers, cravings, and everyday life stressors.

The group runs as such: Clients complete a check-in each week in which clients state how they are and if they are struggling with anything. Counselors give feedback based on the concept of group and introduce new concepts in this way. The group is then given the chance to give feedback to each other using concepts they have been learning to solve an issue or lessen the impact it has on the client. The group then completes a chair yoga sequence in which allows client to complete deep stretches and relax their muscles as well as their minds. The clients then are guided through a meditation teaching them to completely relax and remove themselves from life stressors.



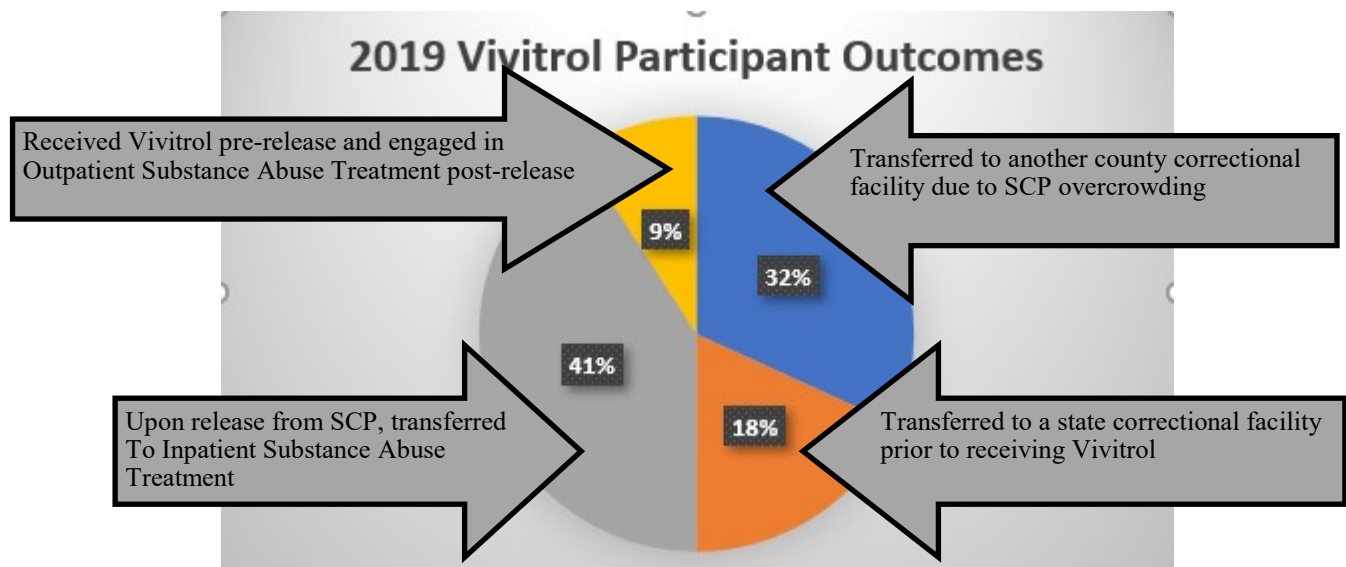
The group typically has around five clients per group, with a maximum of eight. We have had much success in teaching clients to take more control of their lives and incorporate self-care into their daily routines. We have had a lot of positive feedback including that clients often stating that they can feel it in their body and minds when they do not use the exercises taught to them in group. If they miss a class, clients are often eager to attend the next and are good at doing so. We have been offering this group since May of 2018 and have had fairly consistent attendance since.

Substance Abuse Treatment— Specialty Programs

Prison Vivitrol Program

In 2019 COGI was fortunate enough to continue their contract with Schuylkill County Drug and Alcohol to provide outpatient care and Medication Assisted Treatment (MAT) services to inmates in Schuylkill County Prison. During this time inmates were able to receive individual and group therapy, as well as, a vivitrol injection prior to their release. Inmates were also able to be provided with case management services which included aiding individuals with transitioning to outpatient care at COGI or a referral to another treatment provider. During their time within the program, inmates were able to learn about mental health disorders and how this impacts relapse prevention. Inmates also learned about trauma and thought mapping in order to aid them in preventing relapse and recidivism in the future. Inmates were challenged in learning the ABC's of emotional regulation to further aid them in reframing maladaptive coping and thought processes that lead back to criminal behavior and substance use. MAT services were provided by the MAT team, which coordinated obtaining blood work for inmates as well as administering injections.

In 2019, the Prison Vivitrol Program (PVP) provided services to 22 inmates of the Schuylkill County Prison. Twelve participants were female, and 10 male. Throughout the year, 4 Vivitrol injections were administered to 3 clients (one inmate received a sentence extension after the first injection and subsequently received a second injection prior to transferring to a state correctional facility. The other two inmates receiving Vivitrol injections were released from Schuylkill County Prison and engaged into outpatient substance abuse treatment post release.





Schuylkill Re-Entry Partnership Program

In October 2018, COGI received an award from the Pennsylvania Commission on Crime and Delinquency (PCCD) to implement a Re-Entry Partnership Program in Schuylkill County. The first quarter of 2018 was spent onboarding staff to include a full-time Forensic Case Manager as well as a full-time and part-time Certified Recovery Specialist (CRS). During 2018, initial partnerships were created and plans were put into place.

In early 2019, COGI's Re-Entry team went out and met with various treatment providers, community resource providers, and housing authorities to further explain the purpose of the Re-Entry program, and develop a partnership that established a mutually beneficial system to serve client needs. Our program partners, Schuylkill County Drug and Alcohol as well as the Schuylkill County Prison (Via the Prison Liason) would serve as the main referral sources for our program.

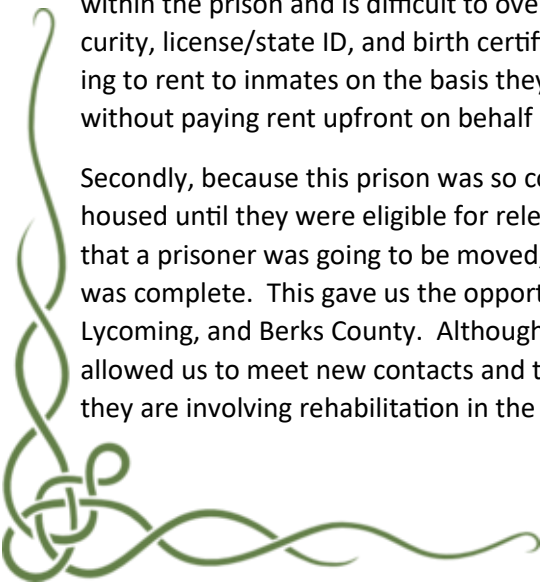
Our expectations for the program were to receive referrals of inmates releasing to Schuylkill County who would be in need of support in obtaining outpatient substance abuse treatment as well as referrals to engage in various programs as the client re-enters the community. While there was a steady flow of referrals into the program, we did not initially anticipate so many clients leaving incarceration and immediately going into inpatient substance abuse treatment facilities.

As a result of so many inpatient referrals, we established relationships and continued to follow our clients while they were in the inpatient setting. We did check-ins and assessed their needs for re-entry into the community. Some clients had the opportunity to finish their sentence in an inpatient treatment program rather than in jail. This positive attitude towards obtaining treatment helped maintain success in the community.

Furthermore, within the first few months of the program, word spread quickly within the prison and we started getting requests from inmates to come meet with them to see if they were eligible. Although not every inmate was appropriate for our program, we took on as many clients as we possibly could.

Re-entry was not without its complications. First and foremost, Schuylkill County lacks greatly in housing. Inmates who did not have a residence to return to often sat until their maximum sentence date, even though they were incarcerated for non-violent crimes and model inmates. This adds to the congestion within the prison and is difficult to overcome because you need all three forms of identification (social security, license/state ID, and birth certificate) when applying for housing. Private landlords were not as willing to rent to inmates on the basis they had no solid income; we attempted to overcome this barrier, but without paying rent upfront on behalf of these people, most business owners did not want to take the risk.

Secondly, because this prison was so congested, many inmates were sent to other county prisons to be housed until they were eligible for release. This caused some mayhem as there was never a forewarning that a prisoner was going to be moved, and the details of their move was not communicated until after it was complete. This gave us the opportunity to visit jails in Columbia, Carbon, Luzerne, Centre, Lebanon, Lycoming, and Berks County. Although it was not ideal to visit a Schuylkill County resident so far away, it allowed us to meet new contacts and to see how other jails conduct their day-to-day operations and how they are involving rehabilitation in the process.





Schuylkill Re-Entry Partnership Program (continued)

Post incarceration, we helped our clients reunite with their children, get proper identification, apply for jobs, obtain housing, learn life skills, and comply with the demands of their probation or parole. Of course, some clients were not ready to leave their former life, and we had several people relapse or stop engaging with us. On more than one occasion, Schuylkill County Probation officers worked closely with us when offenders violated their conditions of parole. They were receptive to allowing re-entry staff get the client into a treatment center rather than revoking their parole. This would have meant that the person would have gone back to jail and all of us would have to start at square one- assessing needs, finding an address, getting basic necessities, supporting them through the incarceration period, etc. The Re-entry Program showed that people in this community, even in the most unlikely of settings, has a positive attitude towards rehabilitation. In addition, this move towards rehabilitation demonstrates that there is finally a shift away from the normal stigma that surrounds people with a substance use disorder.

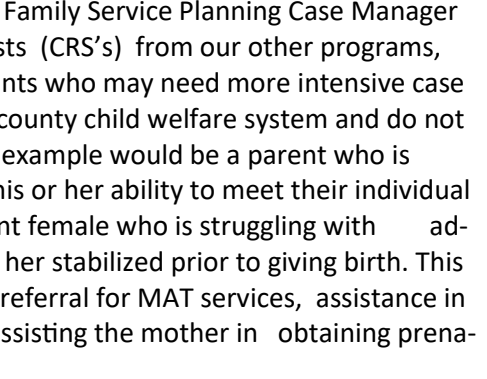
Re-entry engaged 113 Schuylkill County Residents into the program. Although the program's trajectory of when they would enter the community was much slower than initially anticipated, we still had 7 people successfully complete all requirements of the program. At the end of 2019, we had 35 clients enrolled in the program, many of them were brought into the program in early 2019. Hopefully this can be an example of how slow-and-steady wins the race.

Family Services Planning Program

The Family Service Planning Program was developed as a means of complying with Pennsylvania's plan of safe care as outlined by Governor Wolf. The Plan of Safe Care is defined as a document that lists and directs services and supports to provide for the safety and well-being of an infant affected by substance abuse, withdrawal symptoms resulting from prenatal drug exposure, or a fetal alcohol spectrum disorder, including services for the infant and their family/caregiver.

Under contract with Schuylkill County Drug and Alcohol Program, COGI initiated this program to serve Schuylkill County families. In conjunction with traditional case management protocol, the Family Service Planning case manager works closely with various community entities, including the county child protective services agency, local medical professionals, and other community partners in order to develop the best plan for everyone involved while always advocating for our client's best needs and interests.

As COGI continuously strives to better serve our community, the Family Service Planning Case Manager works closely with case managers and certified recovery specialists (CRS's) from our other programs, such as Center Of Excellence and S.M.U.R.F. to identify other clients who may need more intensive case management services, but are not necessarily involved with the county child welfare system and do not necessarily fall under the guidelines of the Plan of Safe Care. An example would be a parent who is struggling with methamphetamine addiction which is hindering his or her ability to meet their individual and family responsibilities. Another example would be a pregnant female who is struggling with addiction during pregnancy in hopes to engage the mother and get her stabilized prior to giving birth. This may include a referral to an inpatient drug and alcohol facility, a referral for MAT services, assistance in obtaining stable housing, assisting in setting up WIC services or assisting the mother in obtaining prenatal care.





Family Services Planning Program (continued)

The primary goal of the Family Service Planning case manager is for the client to develop the skills necessary for self-sufficiency, while maintaining sobriety. The case manager typically begins with a high degree of involvement in order to provide a large degree of support while the client is in early recovery and to assist and guide them in obtaining what is needed for the family (additional services, shelter, clothing, etc.). As the client becomes stronger in their recovery and independence, the case manager will decrease time with the client, allowing them to do more on their own while continuously checking in with them to provide supportive services.

Certified Recovery Specialist (CRS) Services

A Certified Recovery Specialist (CRS) must have lived experience as an individual having suffered from addiction and has at least 18 month of continuous experience in their own recovery. At COGI, our CRS Staff focus on peer support with the goal of maintaining abstinence from drugs and alcohol. CRS staff often accompany clients to AA and NA meetings, go over Step work, and assist them in finding a Sponsor. Clients will work with a CRS to strengthen coping skills and develop a system for positive decision making. A CRS can assist a client with creating a resume, completing job applications, budget when shopping and keeping a check book. Additionally, a client will receive assistance in self-esteem maintenance and self-care from their CRS.

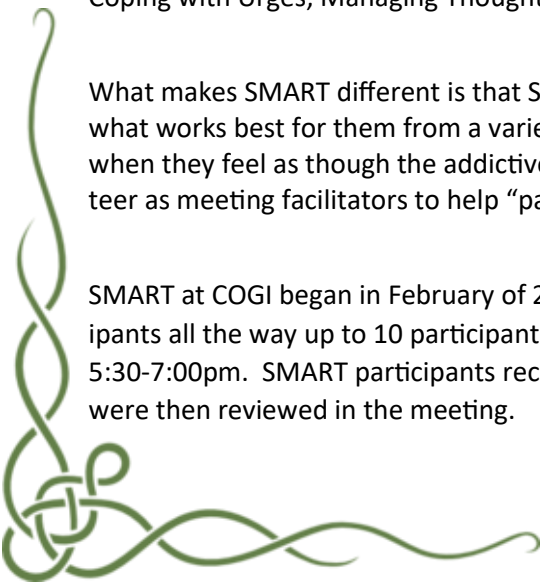
SMART (Self Management and Recovery Training)

SMART Recovery is a science-based recovery support group. In SMART, participants will learn from a trained facilitator self-empowering technique to aid their recovery through mutual face to face meeting services. SMART does not limit itself to just drug addiction, its methods have been proven to work for other addictions such as gambling, sex, and shopping addictions.

SMART utilizes Cognitive Behavioral Therapy and Motivational Interviewing incorporated into its's 4 Point Program. The SMART Recovery 4 Point Program includes: Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings, and Behaviors, and Living a Balanced Life.

What makes SMART different is that SMART advocates choice, so that those seeking recovery can chose what works best for them from a variety of options. In SMART, a participant can actually "graduate" when they feel as though the addictive behaviors are behind them. Many SMART graduates then volunteer as meeting facilitators to help "pay it forward."

SMART at COGI began in February of 2019. Since the inception of the group, it had grown from 2 participants all the way up to 10 participants. It is a weekly meeting that is held every Thursday evening from 5:30-7:00pm. SMART participants received a workbook with many different tools and activities that were then reviewed in the meeting.





Schuylkill Moms United in Recovery & Family (SMURF)

In October 2019, Clinical Outcomes Group Inc. (COGI) was funded as a service provider through PA Department of Drug and Alcohol who became a recipient of the federal Substance Abuse and Mental Health Services Administration's (SAMHSA) grant to implement support services for pregnant and postpartum women with opioid use disorders. Through this grant, COGI created the Schuylkill Moms United in Recovery and Family "SMURF" program. "SMURF" is designed to support pregnant and postpartum (children age newborn to 3 years) women with an opioid use disorder. COGI has a Treatment Team serving as the hub and consisting of a Counselor, Care Manager, Certified Recovery Specialist, and a Gynecologist who will provide several different services.

The Counselor for the SMURF program provides prevention, early intervention, basic treatment activity, case management, aftercare and follow-up for women affected by opioid addiction. The counselor is responsible for clinical evaluation of clients, on-going appropriate treatment of clients, and continuum of care throughout their episode of treatment.

The Care Manager can assist with referrals to necessary medical, dental, mental health and other health care services. The Care Manager also provides specialized assessment, monitoring, and referrals for education, peer support, childcare services, transportation and other necessary wraparound services.

The Certified Recovery Specialist works with clients in helping them maintain abstinence from drugs and alcohol. They work on coping skills, attending Narcotics Anonymous and/or Alcoholics Anonymous meetings, going over step work and how to find a sponsor. The CRS works with clients in obtaining support resources. The CRS can also assist clients with resume and interviewing for jobs as well as any other related things for maintaining work. They support clients in seeking housing and learning how to budget.

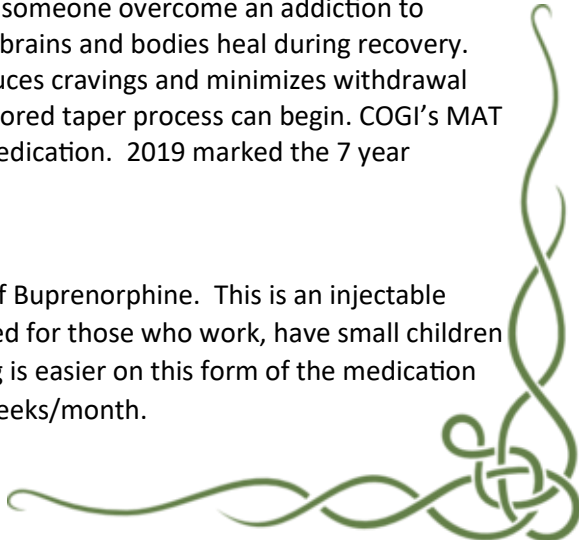
The "SMURF" program got started at the beginning of December with its full staff. The program began with 3 clients enrolled in services. The startup of the program faced some initial challenges due to a lack of referrals and lack of knowledge in the community overall about the program. In addition, some barriers facing our clients are lack of childcare and housing issues. We have had success with partnering with different agencies, and most seem willing to want to work with the program. Response to the program in the community overall has been positive.

Medication Assisted Therapy (MAT) Program

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. Used in conjunction with counseling, MAT has proven that it reduces cravings and minimizes withdrawal symptoms. As an individual's health stabilizes, a medically monitored taper process can begin. COGI's MAT program includes a strict counseling component in addition to medication. 2019 marked the 7 year anniversary of COGI's MAT Program.

New in 2019

Sublocade was introduced late 2018 /early 2019 as a new form of Buprenorphine. This is an injectable form of the Buprenorphine (Suboxone) medication. It was created for those who work, have small children at home and to help with not taking a medication daily. Tapering is easier on this form of the medication as it is slowly released throughout your system during the day/weeks/month.





Medication Assisted Therapy (MAT) Program (continued)

Our MAT Clinic continued to operation on Mondays, Wednesdays, and Fridays with evening hours offered every Wednesday to accommodate clients who work during traditional business hours.

Both Dr. Stefovich and Dr. Weizer work very closely with our clients other medical providers to ensure coordination of care. Both of our doctors have been integral in bridging the gap with psychiatric and other medications for clients coming out of a rehab or losing a doctor. They write prescriptions for medications until a client can be setup and seen by a PCP and/or mental health physician.

As a practicing Gynecologist, Dr. Weizer continues to focus on our female clients to provide education on women's health and birth control. She offers Depo shots for clients interested in that type of birth control. As part of the new SMURF project, Dr. Weizer is working directly with these clients and their individual OB/GYN's to ensure SMURF participants are receiving prenatal care as well as post partum care. The priority is keeping our Moms healthy so that the babies are healthy.

The MAT Program continues to face barriers for our clients.

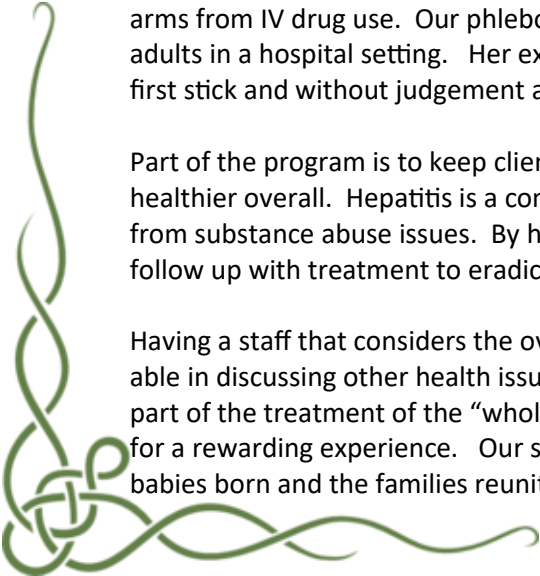
- Sublocade is difficult to receive in a timely manner because of the specialty pharmacy processing
- Client transportation issues
- Insurance issues
 - Medication is extremely expensive making out-of-pocket pay not realistic
 - Medical Assistance Managed Care Organizations implementing prior authorization standards that vary across plans and can delay a prescription
 - Lapses in coverage
 - High deductibles for private insurance plans obtained by working clients

In the summer of 2019, our MAT Nurse resigned her position to take a job outside of COGI. In looking at the future of MAT, we added a phlebotomist to our MAT Team which has proven to be a good addition. Clients are able to have routine bloodwork as well as specialty bloodwork ordered by COGI's Staff Doctors or a client's PCP right in the COGI Office.

Many of our clients are "tough sticks" and are anxious of having bloodwork done. Many clients are embarrassed to have labs drawn at other facilities because of the stigma associated with the scars on their arms from IV drug use. Our phlebotomist has significant experience in drawing labs from neonates to adults in a hospital setting. Her experience provides clients comfort in having blood drawn with the first stick and without judgement around their history of substance abuse.

Part of the program is to keep clients abstinent from street drugs but also to help these clients become healthier overall. Hepatitis is a common lab drawn as it is a disease often seen in individuals who suffer from substance abuse issues. By helping clients with this lab work they can be properly diagnosed and follow up with treatment to eradicate the virus.

Having a staff that considers the overall health of the clients allows the client to become more comfortable in discussing other health issues and having more personal discussions. This allows COGI to be part of the treatment of the "whole" person. Not everyone is a success, but the clients we help allow for a rewarding experience. Our staff is always overcome with emotion when they see the beautiful babies born and the families reunited.



2019 Substance Abuse Data

Outpatient

clients served in 2019	1271
1 episode of care (1EOC)	1073
multiple of episodes (MEOC)	198
Active clients at year end	322
carry over from prior years	448
still in service	107
MEOC	98
1EOC	350
started services in 2019	823
1EOC	723
MEOC	100
2019 MAT clients	485
carry over from prior years	280
started in 2019	205
Active client at year end	239

Marital Status

common-law marriage	1
divorced	131
live in partner	5
married	128
never married	840
seperated	79
widowed	23
unknown	64

Race

american indian	1
asian	2
black	26
other	9
other single race	10
pacific islander	1
two or more races	12
white	887
unknown	323

Gender

male	699
female	556
unkown	16

Age

under 18	9
18 - 29	352
30 - 64	895
over 64	15
unknown	0

Employment

disabled	115
full-time	189
homemaker	3
part-time	92
retired	9
student	7
unemployed	770
unknown	86

Ethnicity

Hispanic	31
Not of Hispanic	657
Other specific hispanic	11
Puerto Rican	7
Unknown	565

Education

Grade 5	1
Grade 6	2
Grade 7	8
Grade 8	24
Grade 9	44
Grade 10	89
Grade 11	119
Grade 12 - no diploma	24
GED	197
High School Diploma	403
Associates Degree	54
Bachelors Degree	28
Graduate Degree	5
Some College	167
Certification Post High School Diploma	17
unknown	89

Our average client is.....

- **Male**
- **Between the ages of 30 and 64**
- **Unemployed**
- **White / Not-Hispanic**
- **Never Married**
- **Education Level - High School Diploma**

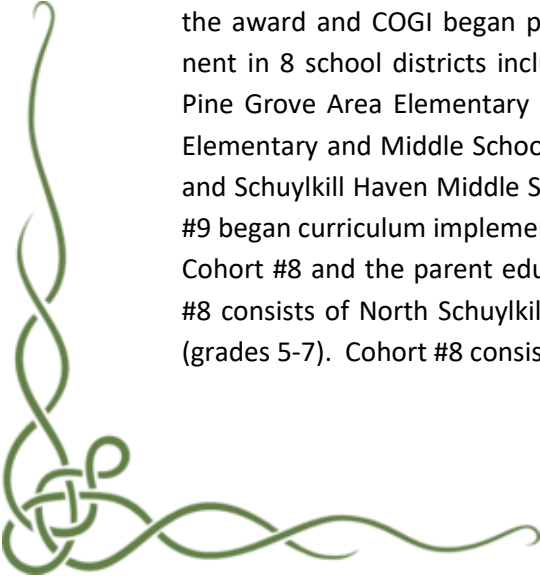


Substance Abuse Prevention and Education

As an outpatient treatment provider of individuals battling substance abuse, COGI sees first hand the impact that addiction has on our clients and their families. Providing treatment and support for individuals fighting addiction and working towards recovery is extremely important. Equally important is providing education and prevention programs to our county's youth.

Classroom Based Education - "Too Good for Drugs"

COGI entered into several contracts to provide "Too Good for Drugs", an evidence-based curriculum in Schuylkill County schools. 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 12th grade. Contracts to provide "Too Good for Drugs" were executed with the following funders for the attached services:

1. The Schuylkill County Drug and Alcohol Program (SCA). COGI provided prevention services in 5 Schuylkill County school districts through funding from the SCA including Blue Mountain, Minersville, North Schuylkill, Saint Clair, and Schuylkill Haven school districts. Students in grades ranging from 1st grade to 7th grade received the full 10 lessons. A grand total among all five districts of students receiving "Too Good for Drugs" through the SCA partnership is 1,409 students.
 2. Minersville Area School District (MASD). Administration from the Minersville Area School District wanted to provide "Too Good for Drugs" to students in grades that were not included in COGI's contract with the SCA. MASD privately funded COGI's prevention services for students in grades 2, 4, and 6. 249 students received the curriculum through COGI's contract with MASD.
 3. Schuylkill Intermediate Unit #29. Administrators from the Schuylkill IU#29 approached COGI to partner on a grant application to the Pennsylvania Department of Education to provide "Too Good for Drugs" in its PDE-funded ACHIEVE after school program. The Schuylkill IU#29 won the award and COGI began providing both curriculum services and a parent education component in 8 school districts including Mahanoy Area Middle School, Minersville Area Elementary, Pine Grove Area Elementary and Middle School, Pottsville Area Middle School, Williams Valley Elementary and Middle School, North Schuylkill Elementary and Jr/ Sr High School, St. Clair Area and Schuylkill Haven Middle School. The grant was awarded in 3 cohorts. Cohort #7 and Cohort #9 began curriculum implementation in October 2018. These cohorts account for 427 students. Cohort #8 and the parent education component of the contract began in January 2019. Cohort #8 consists of North Schuylkill (grades 5-6 & 7-8), Saint Clair (grades 5-8), and Schuylkill Haven (grades 5-7). Cohort #8 consists of 115 students.
- 



“Game Changers”

COGI’s Prevention Team has developed its own Substance Abuse Prevention program called “Game Changers”. “Game Changers” is a compilation of evidence-based, interactive games played by children of mixed ages with adult facilitators teaching the importance of teamwork, making good decisions, self-esteem, pro-social norms, community attachment and resilience. As a part of our contract with the Schuylkill IU #29, COGI had the opportunity to pilot “Game Changers” in its ACHIEVE summer programming. Throughout the Summer of 2019, COGI’s prevention staff traveled to each school from Cohort 7, 8, and 9 to present the “Game Changers” program to 150 students from 3 cohorts. Before arriving to the school, COGI’s staff had planned out which activities they were going to do and what lesson went along with each activity. Some activities that were played over the summer were:

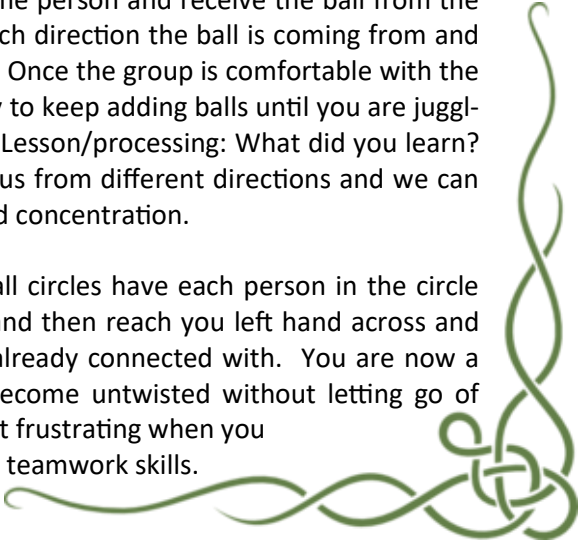
Thumb ball - Form a circle. Toss the ball to someone in the group, encourage each group members to look at the person who they are going to throw it to and ensure that the person throws it underhanded. Pass the ball around ensuring each person receives a turn. Encourage group members to place their hands behind their backs if they have already had a turn. Lesson/processing: How did you like the game? Did you learn something new about a classmate or friend that you didn’t know before? Ice-breakers can also be used during different activities when students are starting to lose interest in current activity.

Shoes in a Circle - Great activity for small children. Have the kids sit in a circle and take off their shoes and place them in the middle of the circle, then have the children turn around as you mix up the shoes, have them grab the first pair of shoes they can and put them on as fast as they can. They do not have to belong to them, they do not have to match. (Note: Socks should be kept on of this exercise for sanitary purposes). Lesson/processing: How does it feel to walk in someone else’s shoes? You never know what a person may be experiencing until you had a chance to walk in their shoes.

Quick Line up - Without talking, team members line up in sequential order according to your birth, month and day only. Once your team has completed the line all raise your hands. Then have each person in your team go down the line to see if they were able to line up according to their birth, without talking to one another. Lesson/processing: What forms of communication did you use? How does it feel when one of your senses are taken away?

Group Juggle - Form a small circle of no less than 5 and no more than 7 participants. Form a pattern by tossing a ball. Each team member will always throw to the same person and receive the ball from the same person to have a distinct pattern and to be aware of which direction the ball is coming from and going to. You will never catch and throw to the same person. Once the group is comfortable with the pattern the facilitator will add additional balls to the group. Try to keep adding balls until you are juggling the same number of balls as are participants in the group. Lesson/processing: What did you learn? What did you see happen? Different things can be thrown at us from different directions and we can be quickly overwhelmed. This activity focuses on teamwork and concentration.

Human Pretzel - Have group split into groups of 7. Form small circles have each person in the circle reach across with their right hand and grab someone else’s hand then reach you left hand across and grab someone else’s hand and not the same person you are already connected with. You are now a human pretzel or a human knot. The challenge now is to become untwisted without letting go of hands. Lesson/processing: Did you see a leader emerge? Was it frustrating when you couldn’t figure it out? This activity teaches critical thinking and teamwork skills.





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’s prevention team has created booklets to inform parents and guardians about not only the harmful substances in their child’s bedroom, but other health related issues. This booklet includes information about eating disorders, cutting, suicide, depression, substance abuse, and community resources. COGI has been invited to present the *Mock Bedroom* at back-to-school night, community safety nights and other events in Schuylkill County. In 2019, COGI presented the Mock Bedroom to 30 visitors at the following Schuylkill County location: 2nd Annual Trauma Day – No Topic Is Taboo at the Fairlane Village Mall.

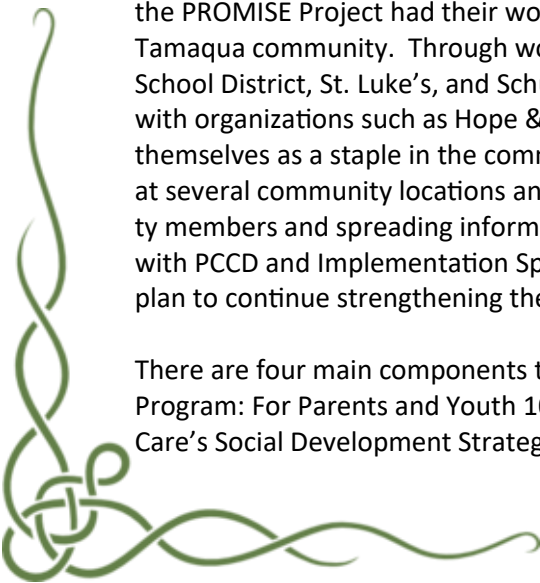
PROMISE Project

In November 2018, COGI received notification from the Pennsylvania Commission on Crime and Delinquency (PCCD) that we were awarded for our application for The PROMISE Project. This was an exciting opportunity as it would allow for the implementation of a pilot project that allows for intensive prevention education . Our project was focused on a single community / school district in Tamaqua, PA.

The PROMISE Project is an opioid misuse community prevention project in Tamaqua, PA funded by the Pennsylvania Commission on Crime and Delinquency (PCCD), the Pennsylvania Department of Drug & Alcohol Programs (DDAP), and the Pennsylvania Department of Education (PDE). With PROMISE standing for Preventing Raiders Opioid Misuse in a Safe Environment, their immediate goal is to provide support to middle school students and families within the Tamaqua community in order to prevent the onset of substance misuse. The long term goal is to prevent opioid misuse later in life by providing youth with the skills and knowledge to avoid them beginning to use any substances and to seek pro-social opportunities instead.

With 2019 being year one of the project and all of its programs being brand new to the community, the PROMISE Project had their work cut out for them in order to become known and trusted in the Tamaqua community. Through word of mouth and the help of community partners; Tamaqua Area School District, St. Luke’s, and Schuylkill County Drug and Alcohol, as well as collaborative efforts with organizations such as Hope & Coffee and the Community Arts Center; they have established themselves as a staple in the community. They have been given the opportunity to attend and table at several community locations and events increasing their popularity and familiarity with community members and spreading information about their programs. They have also been working closely with PCCD and Implementation Specialists at the Penn State EpisCenter in State College, PA. They plan to continue strengthening their partnerships and presence in the Tamaqua Community.

There are four main components to the PROMISE Project. These include the Strengthening Families Program: For Parents and Youth 10-14 (SFP), Botvin’s Life Skills Training (LST), Communities that Care’s Social Development Strategy (SDS), and a Prevention Messaging Campaign. Both an LST and





The PROMISE Project (continued)

SFP training were held at the Tamaqua Area Middle School where several teachers and community members as well as the project coordinators were trained to facilitate the programs. In addition, the project coordinators, Kate Spofford and Danny Blugis, along with Caitlin Miller from the Tamaqua Area School District, attended an SDS training in State College in the Fall to become SDS facilitators. Big plans surrounding the implementation of SDS and the Prevention Messaging Campaign within the community in 2020 are in the works, but the project's biggest successes this year have been through LST and SFP.

The Botvin's Life Skills Training program is a school-based curriculum that is designed to provide adolescents and young teens with the confidence and skills necessary to handle challenging situations. It teaches students the necessary skills to resist peer pressures to smoke, drink, and use drugs. It helps students to develop a greater self-esteem and self-confidence, and enables students to effectively cope with anxiety. Level 1 of LST is currently being implemented within the 6th grade class of the Tamaqua Area Middle School by the Health and Physical Education teachers, Jay Daubert and Lynn Deiter, during the Health class rotation. During 2019, they were able to complete two full cycles of LST reaching 71 students in total and will be completing their third cycle in early 2020. There are a total of six cycles during the school year and they are on track to meet the goal of reaching 180 students by the end of the school year. Next year, Level 2 of LST will be added to the 7th grade health curriculum and Level 3 will be added to the 8th grade curriculum during the following year.

The Strengthening Families Program: For Parents and Youth 10-14 is an essential component in the PROMISE Project's efforts to prevent substance misuse in Tamaqua's youth. The program aims to reduce substance use and behavior problems during adolescence through improved skills in nurturing and child management by parents and improved interpersonal and personal competencies among youth. The topics include developing appropriate rules, encouraging good behavior, using consequences, building bridges, dealing with peer pressure, and protecting against substance misuse.

PROMISE coordinators have been actively recruiting families to participate in SFP. Their efforts include handing out flyers in the community, placing them in local businesses for individuals to pick up, sending letters about the program home with Tamaqua Area Middle School students, and creating events and frequent posts on social media. They have also set up informational tables at locations such as Hope & Coffee and at events within the Tamaqua community such as high school football games, Back to School night at the middle school, and Safe Trick or Treat at the high school. Future plans include recruiting through sending information in the mail to all zip codes within the Tamaqua Area School District as well as holding a homeroom competition at the middle school where the homeroom that returns the most registration forms wins a pizza party.

Recruitment for this program has been somewhat difficult as it is a brand new program in the community, however, as more families complete the program and share their positive experiences with others, the popularity grows. So far, there have been three completed programs in 2019 which were held in three different locations within the Tamaqua community. These locations include Trinity United Church of Christ, Child Development Center, and Hope and Coffee. A total of 22 families participated in the programs with 14 families completing and graduating, three families graduated from both the first and second programs and eight families graduated from the third. There are plans to hold two additional programs in the Spring and three during the Summer of 2020.

The PROMISE Project (continued)

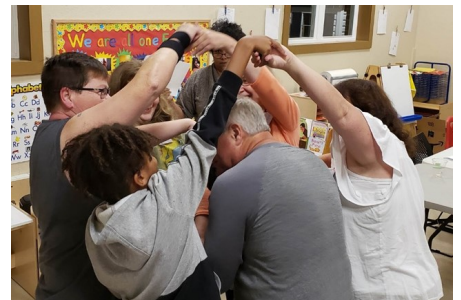
SFP has been well received by families that have participated in the program. One participant wrote, "My wife, myself and my step daughter went through the 7-week program. My wife and step daughter were very excited about it. I, however, was reluctant. I didn't think I needed help even though I would get frustrated with my step daughter and then she would be upset. The program taught me I don't have to yell, I just need to be specific in what I wanted her to do. I learned how to use "I statements" so I could better communicate with my step daughter and she would know how I was feeling. Most importantly, we make time every week for family time. It doesn't matter what we do as long as we are together. This program is amazing and the facilitators are great. I can't say thank you enough to them for helping me help my daughter. I would encourage all families to take advantage of this program."

Moving forward in 2020, PROMISE plans to hold several Social Development Strategy trainings within the Tamaqua community. This will consist of training and educating the community at large on the SDS public health model. The model is an evidenced based framework which organizes protective factors into a simple strategy for action to promote positive youth development. It aims to recognize that positive social orientation, resiliency, and intellect can facilitate bonding and can be nurtured by communities and adults. The first SDS training will be delivered to the Tamaqua Area School District teachers and staff.

PROMISE will also be putting much of their focus into their prevention messaging campaign collaborating with community partners and state initiatives. Their messaging goals are to 1) Raise Awareness of Prevention Efforts Being Made in the Community (both PROMISE and others) 2) Recruitment for SFP (and SDS at a later time, may not need to recruit immediately if done in schools) 3) Raise Awareness of the Dangers of Substance Use in Youth and Steps to Prevent It by utilizing PStart.org messaging 4) Change the Mindset of the Community through Stigma presentations created by the Schuylkill Opiate Task Force and through positive messaging.

As part of this project, information is being gathered to document the effectiveness of these above-named project components. PROMISE is collecting pre- and post-test information on youth knowledge, attitudes, and behaviors around substance use, family, school, and community-level protective factors. They will also be analyzing information on the quality of program delivery and program reach. The community's school district-level PAYS data will be used to examine the effectiveness of this multi-level prevention project.

We hope to see the popularity of the PROMISE Project and their programs/initiatives continue to grow throughout 2020 and to reach as many Tamaqua residents as possible. Creating a safe place for Tamaqua's youth and preventing substance abuse is the number one priority. If you would like learn more about the project please visit their Facebook page fb.me/raiders.promise.project and be sure to follow them on Instagram at raiders.promise.project.



Community Involvement

COGI always enjoys an opportunity to spend time within the community and support events that allow for a positive influence on those in recovery. COGI Staff are passionate about assisting clients in sober living and attending events that end the stigma of addiction.

Recovery Jam

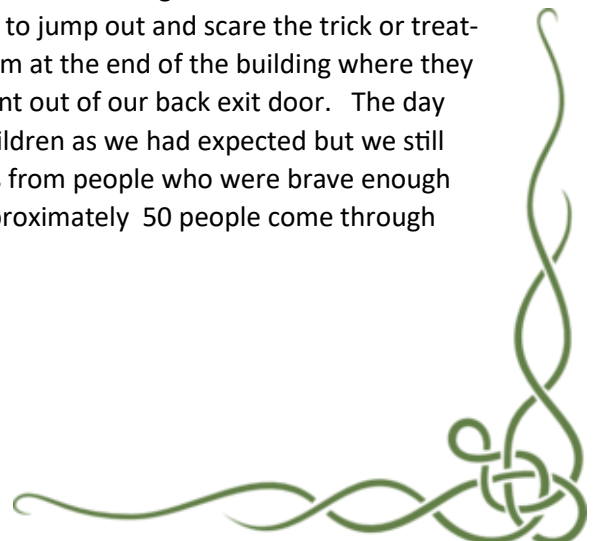
On September 7, 2019 Schuylkill County Drug and Alcohol held the 3rd Annual Recovery Jam. The 2019 Event was held at Schuylkill County Fairgrounds. COGI Staff, Helen Rebeck and Alicia Fleischut, served as active members of the planning committee. Clinical Outcomes Group, Inc. had taken on achieving the goal to find entertainment for this event. Local bands Another Side and Broken Spell donated their time for the day and provided enjoyable entertainment for the day,

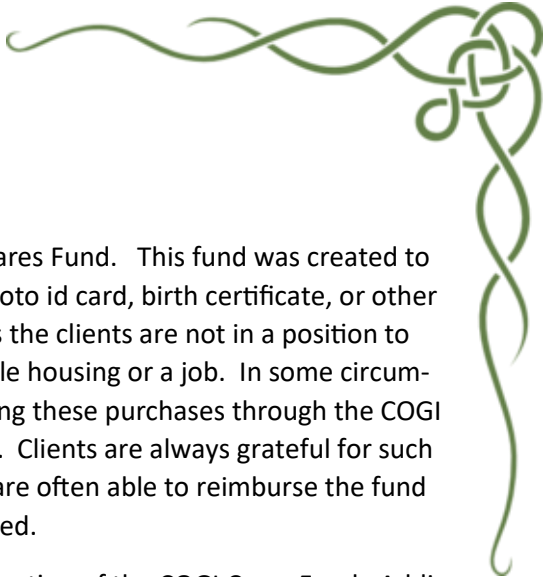
The event was open to the public but geared especially to those in recovery from addiction. The event offered an opportunity to spend a day with friends and family at no cost. Several COGI Staff volunteered their time for the event by staffing the kitchen filling food orders, as well as working game tables, giving out prizes and filling the day with hope and encouragement for all those involved. The event was held from 11am to 6 pm with food served the entire day. The events of the day were a success as the staff served approximately 150 people attending the event

Haunted House - Pottsville's Safe Trick-or-Treat



On October 31st of 2019 we had a Haunted House at our facility to help create a safe trick or treating environment for the local community. The Haunted House was held during the city's Safe Trick or Treat event from 5:00pm to 7:30pm. Staff and their family members volunteered to dress up and each was assigned a room that they decorated themselves. Each room represented a famous horror film and was decorated with black lights, fog machines, strobe lights, and props representing each movie. The trick or treaters were met in the front of the building by a guide and lead into the waiting room that was decorated to resemble a cemetery. The trick or treaters were then lead down our long hallway starting with room one that was our Purge room where a man with a purge mask was rubbing his knives together. They were then taken to room two, which was the Shinning room, which had two creepy dolls representing the twins within the movie. The third room was our IT room complete with Pennywise himself and little Georgie. The fourth room was set up like a camping site and Jason waiting to jump out and scare the trick or treaters. The Children were then taken to a room at the end of the building where they received a bag of candy and goodies and sent out of our back exit door. The day was rainy and we hadn't gotten as many children as we had expected but we still had a good turnout and many good reviews from people who were brave enough to come out into the elements. We had approximately 50 people come through our haunted house.





COGI Cares Fund

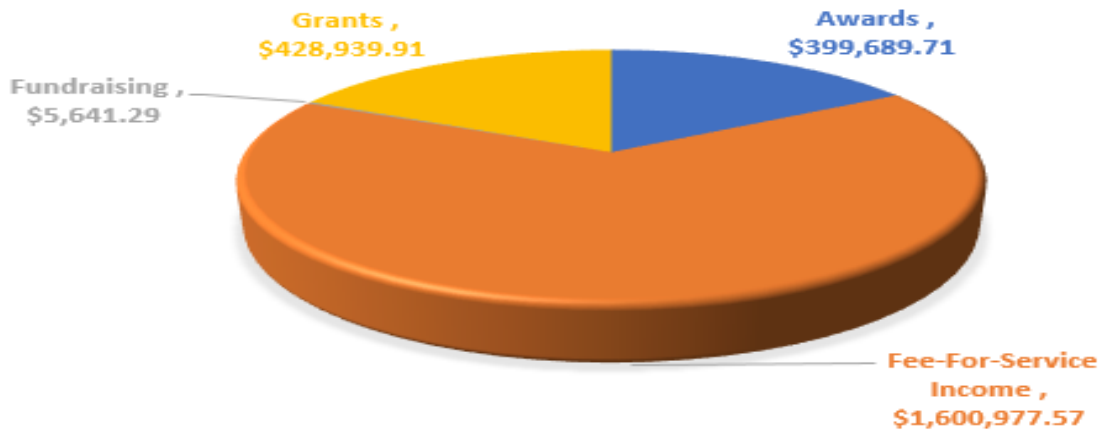
Throughout 2019, COGI continued it's efforts to maintain the COGI Cares Fund. This fund was created to assist clients with basic needs. Often this fund is used to pay for a photo id card, birth certificate, or other legal document needed to apply for a job or for housing. Many times the clients are not in a position to pay for these items however without them they cannot obtain suitable housing or a job. In some circumstances clients are assisted with medication co-pays as well. By making these purchases through the COGI Care Funds we allow clients to move towards a positive environment. Clients are always grateful for such an opportunity and when they are in a better financial position they are often able to reimburse the fund so that we have the ability to help another client when they are in need.

Bake Sales, Hot Dog Sales, and Candy and Snacks allow for the continuation of the COGI Cares Fund. Additionally, COGI Staff sells discount passes every year for Boscov's Friends Helping Friends day in October. Individuals pay \$5.00 to obtain a discount pass to use on a designated day of shopping. Boscov's allows the non-profits selling the passes to keep the money they earn from selling these passes. The COGI Staff chose the COGI Cares Fund to be the beneficiary of this fundraiser each year.



2019 Financials

INCOME



Expenses

