

Clinical Outcomes Group, Inc.

Improving the Health of Our Communities

2021

Annual Report

Clinical Outcomes Group, Inc.
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Company Profile

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 addiction disorders, pregnant women, veterans, children and others 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 Schuylkill County, Pennsylvania and surrounding areas.

Originally established as a sole proprietorship in 1997, COGI received 501(c)(3) non-profit status in 2004. Our agency has been uniquely successful in designing and implementing meaningful projects that address the root causes of social and health issues in central Pennsylvania. COGI receives financial support from various sources including governmental agencies (federal, state, local), as well as national and private foundations. COGI's annual operating budget is over \$2,000,000 with unrestricted reserves of \$250,000 and a \$100,000 line of credit. We employ 31 dedicated staff members with advanced degrees and professional licenses specializing in behavioral and public health service delivery.

In 1997, COGI 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 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 changing needs of the communities we serve. COGI opened its doors as an outpatient/intensive outpatient drug and alcohol clinic in 2010 and added medication-assisted treatment in 2012. In 2018, COGI was designated as a "Center of Excellence" (one of only 45 statewide) charged with battling the current opioid crisis.

In 2021, COGI continued to increase internal capacity to serve our community by initiating a strategic planning process, expanding prevention programming with the Strengthening Schuylkill County Communities program, and adding veterans focused programming. You will learn more about learn these exciting developments in the following document.



Board of Directors

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 M. Prock, Esquire, Secretary, 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

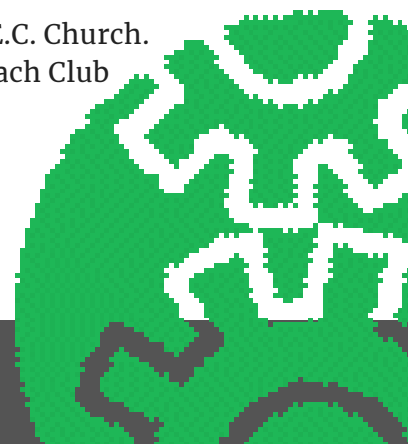
Mr. Daniel McGrory, Behavioral Health Consultant, Treasurer, Mr. McGrory is retired and currently a consultant to state-wide membership entities. He has been a therapist, a director of clinical programs, and a vice-president of a multi-program mental health agency. He completed his full-time career as the Schuylkill County Administrator of Behavioral Health and Intellectual Disabilities Programs.

Ms. Jean Eberfeld, MD, LSW, Member at Large. Ms. Eberfeld is a licensed social worker, educator, trauma specialist and retired physician. She currently works with NeuroLogic by Lakeside supporting teachers in brain-based strategies for classroom management. She is also an adjunct instructor for Marywood University and is active with HEAL-PA, helping to move Pennsylvania to become a trauma-informed commonwealth.

Mr. Carl McBreen, Ed.D, Member at Large. Mr. McBreen is a hands-on superintendent who wants every child that enters the school to be afforded the opportunity to be successful. He is very passionate about education because of the doors it opens for the individual that embraces it.

Dr. Richard B. Russel, DO, Member at Large. Dr. Russel is a primary care and family medicine provider for the Lehigh Valley Health Network. His offices are located in Pine Grove.

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



Staff

Administration

Alicia Fleischut, MA, LPC, CAC, NCC, Executive Director

Kelly Examitas, Director of Fiscal Operations

Courtney Tamagini, MS, NCC, LPC, Clinical Supervisor

Tina Staller, Administrative Coordinator

Kimberlie Gridley, Grant Writer

Ben Fleagle, Administrative Assistant

Angelica Harkins, Billing Assistant

Amber Tonche, Office Assistant

Direct Care

Daniel Blugis, PROMISE Project Assistant

Jennifer Brant, Drug and Alcohol Counselor

Marie Coombs, Center of Excellence Community Based Care Manger

Christopher Cooper, Center of Excellence Community Based Care Manager

Lisa DeHaven, Prevention Educator

Annette Fleming, CADC, Lead Drug and Alcohol Counselor

Linda Hanson, Drug and Alcohol Counselor

Kara Heitzman, Drug and Alcohol Counselor

Kaitlyn Herndon, Prevention Educator

Kimberly Hunter, Certified Recovery Specialist

Estelle Kerestus, Case Coordinator

Brittany Ketchem, D&A Counselor

Mary Ketterer, LPN, AAC II, Drug and Alcohol Counselor

Karen McCloskey, Supervisor, Medication Assisted Therapy Program

Shawn McGinley, Drug and Alcohol Counselor and Case Management Supervisor

Morgan Murphy, Prevention Educator

Jamie Nabholz, Assistant, Medication Assisted Therapy Program

April Panzarella, Drug and Alcohol Counselor

Beth Pattay, CADC, Drug and Alcohol Counselor

Brandon Radziewicz, MA, CAADC, Drug & Alcohol Counselor, LETI Program Coordinator

Helen Rebuck, CADC, Lead Drug and Alcohol Counselor

Larry Schew, Drug and Alcohol Counselor, AIS and ACE Program Coordinator

Kathryn Spofford, PROMISE Project Coordinator

Karyn Stevenson, Case Coordinator

Courtney Stewart, Prevention Educator

Nicole Tag, Drug and Alcohol Counselor

Physicians

John W. Stefavic, MD, Medical Director

Ilene K. Weizer, MD

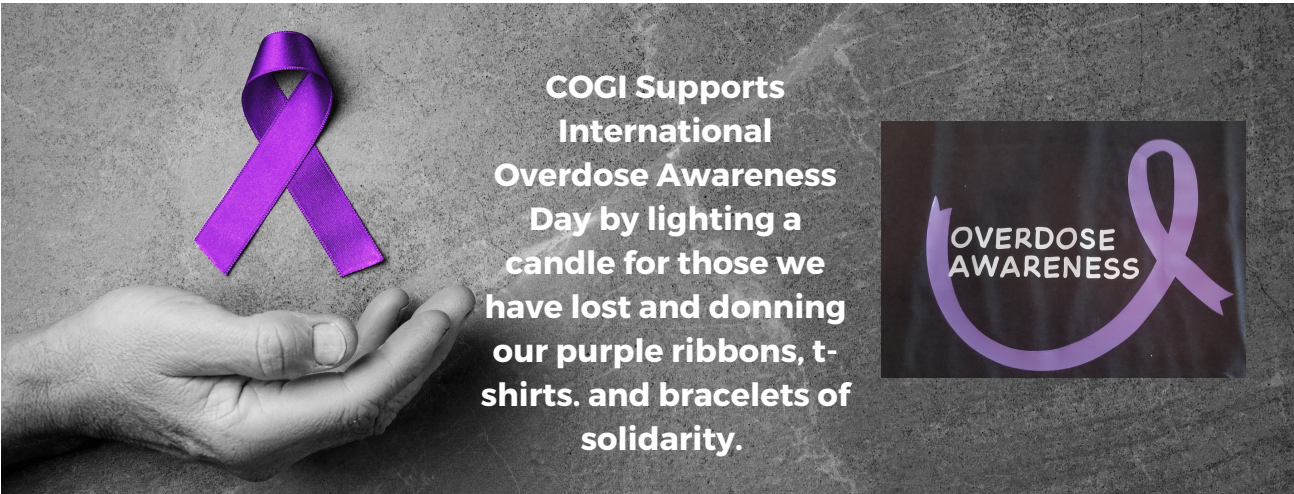


Staff

Staff participate in Red Ribbon Week to raise awareness for Drug Abuse Prevention



Staff



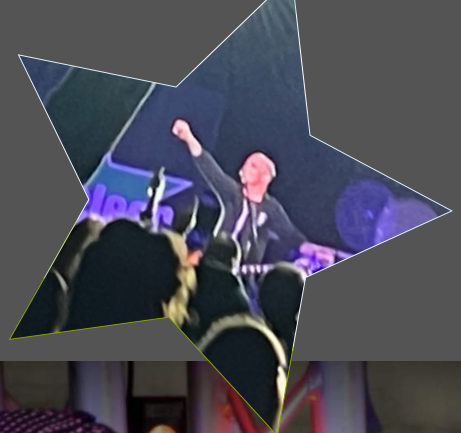
K-9 Crew



Teddy Bear



Vocals for Veterans



OPEN TO THE PUBLIC
SATURDAY
OCTOBER 16, 2021
11 AM - 9 PM

VENDORS
FOOD TRUCKS
LIVE BANDS

Making the Impossible Possible

Proceeds benefit Schuylkill County Homeless Veterans - Providing veterans with non-treatment needs

Schuylkill County Fairgrounds
 2270 Fair Road, Schuylkill Haven PA 17972

No outside food or beverages

Bring a lawn chair



SCAN ME FOR TICKETS

Artists Include Headliner

everclear

With

TRAFKIR JAM

DISCOUNT
 \$20 off General Admission
 Promo Code = VETS



Pre-Sale: \$45/Ticket for Admission (12 yrs +)
Gate Purchase: \$60/Ticket for Admission (12 yrs +)
 Children under 12 FREE
 Limit 2 Children per Ticketholder

Please SUPPORT our Sponsors

SCAN ME FOR TICKETS

COGI Clinical Outcomes Group, Inc.
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Demographics

COGI's average client is a white, non-hispanic unemployed male between the ages of 30 and 64, never married with a high school diploma.

Marital Status

divorced: 133
live in partner: 6
married: 104
never married: 706
separated: 72
widowed: 26
unknown: 141

Race

asian: 2
black: 33
other: 5
other single race: 10
two or more races: 10
white: 786
unknown: 342

Education

Grade 8 or below: 22
Grade 9: 44
Grade 10: 76
Grade 11: 105
Grade 12 - no diploma: 34
GED: 177
High School Diploma: 387
Associates Degree: 63
Bachelors Degree: 38
Graduate Degree: 7
Some College: 142
Certification Post HS: 8
unknown: 85

Gender

male: 646
female: 506
unknown: 36

Age

under 18: 8
18 - 29: 250
30 - 64: 909
over 64: 19

Employment

disabled: 110
full-time: 209
homemaker: 0
part-time: 85
retired: 12
student: 10
unemployed: 692
unknown: 70

Ethnicity

Hispanic: 19
Not of Hispanic: 587
Other spec. Hispanic: 6
Puerto Rican: 9
Unknown: 567

Outpatient

total clients: 1188
1EOC: 1018
MEOC: 170
Active @ year end:
186

carry over: 470
1EOC: 391
MEOC: 79

started services: 718
1EOC: 627
MEOC: 91

2021 MAT clients: 480
carry over: 305
started services: 175
Active @ year end: 219

2021 WHO clients: 111
1EOC: 106
MEOC: 5

1EOC = Single Episode of Care
MEOC = Multiple Episodes of Care
MAT = Medication Assisted Treatment
WHO = Warm Hand Off



Programs

Anger Control Education (ACE)

ACE is a 13 session (initial assessment and 12 sessions), anger control educational group for individuals who experience excessive anger on a regular basis. The goal of the ACE program is to help individuals lead lives less controlled by anger and its consequences. Anger is a healthy human reaction to many different stimuli. Anger plays a vital role in everyday life, alerting us to harmful or dangerous situations. However, when experienced in excess, anger is problematic in many different ways. Individuals suffering from excessive anger control issues often suffer negative biological, psychological, and sociological consequences. In general, anger management is a skill that is developed throughout one's life. Some individuals lack this skill or possess a weakened ability to control anger for a multitude of reasons. Through educational interventions and practice, these individuals can learn to cope with anger in new, healthy, and manageable ways.

The primary objectives of the ACE program include:

- *Assisting in development of healthy ways to manage participants feelings of anger.*
- *Ameliorating violence and/or the threat of violence.*
- *Helping participants develop recognition and self-control of thoughts and actions associated with anger.*
- *Creating an environment where participants can receive support and feedback from others.*

The ACE enrolled three clients in 2021 with all three completing the program.

Abuse Intervention Services (AIS)

AIS is a 27 session (initial assessment and 26 sessions) non-violent educational group for men. The goal of the AIS program is to help men lead non-abusive, non-violent lives. Our participants have used violence in their personal relationships to obtain power and control over their partners. Physical violence has often been the most effective method of achieving this goal. Historically, our society has tolerated and protected a man's use of violence against his family, and thus each of us has a responsibility to reduce violence in our community. The goal of AIS is to assist participants in identifying and shifting the beliefs that uphold and contribute to violence and to begin to develop alternative, non-violent behaviors.

The primary objectives of the AIS program include:

- *Reviewing participants past violence and exploring how this relates to issues of power and control.*
- *Eliminating of abusive behavior through examination of the negative effects of the behavior.*
- *Exploring cultural support of violence and the beliefs that underlie the behavior.*
- *Teaching practical non-violent tools participants can practice to eliminate abusive and controlling behavior.*

The AIS program enrolled eight clients in 2021.



Programs

Center of Excellence (COE)

COE is focused on individuals suffering with opiate addiction. The case manager works with clients holistically, to provide services beyond drug and alcohol treatment. Non treatment needs and external stressors often create a barrier for individuals attempting to maintain sobriety. Custody issues, housing issues, transportation needs, financial problems, unaddressed mental health, and trauma issues are a few of the areas that are addressed in COE case manager/client relationship. By linking clients with other community agencies, providing supportive services, and helping individuals to obtain documentation (birth certificates, state ID or social security cards), the COGI COE strives to remove as many external burdens as possible for the client so that they can concentrate fully on their sobriety.

Project Towards No Drug Use (TND)

Project TND is an interactive classroom based substance abuse prevention program that is geared toward high school students in grades 9-12. It is based on many years of research from the University of Southern California. The program focuses on three factors that tend to predict tobacco, alcohol and drug abuse, violence and other problem behaviors. These include motivation factors (beliefs, attitudes, expectations, and desire for drug use), current skills of students (communication, self control, coping skills), and decision making skills. The objectives of the program are to stop or reduce use of cigarettes, vapes, alcohol and other hard drugs; stop or reduce weapon carrying, education on consequences of drug use and abuse, demonstration of positive coping skills, and making a personal commitment regarding their own drug use.

For the 2021/2022 school year, the following high schools participated in the program; Mahanoy Area, Marian Catholic, Nativity BVM, North Schuylkill, Pottsville, and Williams Valley. The program is expected to continue in the same schools for the 2022/2023 school year, in addition to Tri Valley HS. The acting Drug and Alcohol Program Administrator has committed to funding the program for the 2022/2023 school year as well as the 2023/2024 school year, as well.



Programs

Veterans Alliance for Learning, Outreach, and Resources (VALOR)

The Veteran's Alliance for Learning Outreach and Resources is a program set out to combat the many challenges veteran's face in their reintegration and longevity in civilian life. The program is designed to assist veteran's in need of supplies life food or clothing, as well as with rent assistance. In the time VALOR has gone online (about AUG), the program has served 6 veterans. Additionally in this time, a curriculum based group, "Coming Home" was implemented and held a total of 8 times.

Highlights of the program were rehousing three veterans in that time timeframe, cooperating and participating in the local veterans taskforce, presenting the program at the Forensic taskforce, assisting in transportation for several veterans (including assisting a veteran in relocating from PA to TX), and networking with local agencies to establish solid referral sources. Additionally, Vocals for Veterans was held in OCT, further establishing networking capabilities and qualifies as an outreach event.

Though the program is new, expectations for next year are that the program double or triple its participants, and create new outreach events such as Hoops for Heroes.



Programs

Prevention

Classroom Education:

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.

The Schuylkill County Drug and Alcohol Program (SCA):

COGI provided prevention services in 3 Schuylkill County school districts through funding from the SCA including Blue Mountain, Mahanoy Area, and Saint Clair districts. Students in grades ranging from Kindergarten to 8th grade received the evidence-based curriculum. A grand total among all five districts of students receiving “Too Good for Drugs” through the SCA partnership is 1,258 students. Unfortunately, due to COVID restrictions and closures, not all grades were able to receive the full curriculum.

Summer 2021:

COGI’s prevention team put together their very first “Prevention Camp” during Summer 2021. Prevention Camp was held at COGI’s office in Pottsville. The Summer Day Camp was held on Mondays, Wednesdays, and Fridays. The camp started on June 07, 2021 and ended on August 20, 2021. The camp was held from 9am-4pm with an hour lunch break during the day. The participants ranged from 5 years old to 15 years old. The day camp provided and facilitated activities, like evidence-based curriculum (Too Good for Drugs), COGI’s Game Changers, vaping curriculum (for older ages), arts and crafts, STEM activities, and a movie day that promoted positive coping skills and healthy choices.

PROMISE

SFP 10-14

2021 proved to be a successful year for the Strengthening Families Program 10-14. An increase in recruitment numbers allowed The PROMISE Project to hold 4 virtual programs graduating a total of 20 families throughout the entirety of the year. Due to the ongoing pandemic, PROMISE Project coordinators decided to hold all cohorts virtually, but plan for a return to in-person programming in 2022 while continuing to offer virtual meetings to those who prefer to participate over ZOOM. Family participation was high in 2021 with only one cohort needing to be postponed, which will be picked back up in February of 2022. PROMISE also held a facilitator training in the summer of 2021, training 4 new certified facilitators to deliver the program.



Programs

LST

The impact of COVID-19 continued to affect the implementation of the Botvin LifeSkills Training program in the Tamaqua Area Middle School. The health teachers continued to utilize e-LST in addition to traditional classroom teaching for the remainder of the 2020-2021 school year and the beginning of the 2021-2022 school year.

In the fall of 2021, with Lynn Dieter (health and physical education teacher) moving up to teach at the high school, the middle school hired a new health teacher named Vanessa Rimbey who delivered LST alongside Jay Daubert. During this time, level 3 of LST was first introduced into the 8th grade health curriculum. From this year on, all 3 levels of LST will continue to be taught in the school with 6th, 7th, and 8th grade students receiving the curriculum. In 2021, 5 full cycles of LST were completed, reaching 147 students in level 1, 162 students in level 2, and 69 students in level 3.

SDS

Micah Gursky held a Social Development Strategy training at the Tamaqua Community Arts Center in November 2021. This specific training was offered to the Tamaqua Area Faith Fellowship Network (lay leaders of local churches) with 8 participants in attendance. We plan to begin holding annual or bi-annual training sessions for Tamaqua Area School District youth sports coaches sometime next year.

PPMC

The PROMISE Project made great strides with their Primary Prevention Messaging Campaign in 2021. Similar to last year, collaboration with BOOM Creative led to rollouts of new information postcards that were sent out via every door direct mailing as a recruitment effort for SFP 10-14. They also collaborated on the creation of new PA START billboard messages that continued to be showcased at multiple locations throughout the Tamaqua area. Additionally, PROMISE worked with BOOM Creative to implement a multi-media advertisement campaign on several social media platforms as well as places like HULU, Spotify, and YouTube in another effort to recruit for the SFP 10-14 and bring awareness to prevention efforts being made in our community. PA START promotional window clings were also created and hung on the front of the PROMISE office in Tamaqua to help bring traffic to the initiatives' website.

To learn more, visit raiderspromise.org



Programs

Medical Assisted Therapy (MAT)

Total number of Patients by Month:

	Dr. Stefovic	Dr. Weizer
January	188	66
February	193	66
March	182	60
April	176	61
May	177	57
June	178	59
July	175	53
August	178	52
September	179	53
October	181	50
November	178	50
December	185	50



Clinic is held Monday (8 to 4:30) – Wednesday (8 to 7) and Friday (8 to 4:30). Dr. Stefovic is in clinic Monday 8 to 4:30 – Wed 8 to 4:30 and Friday 8 to 12:30. Dr. Weizer is in clinic Wed 5 to 7 and Friday 12:30 to 4:30.

The MAT program provides prescriptions for Buprenorphine (Suboxone, Subutex, Sublocade – the 1x/month injectable form of the medication) and Vivitrol. Currently 57 of our patients are on Sublocade, 9 are on Vivitrol and 5 are on the tablet form of Vivitrol (Naltrexone.) We have had two patients successfully discharged from Sublocade. One received his last injection in March of 2021, the other in November of 2021. Both patients continue to do well and reported no withdrawal symptoms when coming off the Sublocade injection. Patient #1 completed a drug screen for us in August of 2021 and there was still a small amount of Buprenorphine in his system. This correlates with the studies done on Sublocade which show Buprenorphine 6 months post injection. These medications continue to be covered by insurance.

Our doctor's continue to stay up to date on the current drug trends and we work closely with our lab to make sure that we are testing for new substances as they become available. In addition we can also discern if a sample is synthetic or human. Our doctor's continue to prescribe other medications as needed to patients until we can get them set up with a PCP or MH. We continue to provide medications to patients coming out of rehab until we can get them set up with other services. We also continue to help patient's get set up for other medical services – ex. Xrays, ultrasounds, ob/gyn appts, other specialty appts. We continue to request labs and medical records from other physicians for continuity of care.

Jamie Nabholz, CMA, continues to do bloodwork in our facility. This is an integral part of our services as our patients do not always have the ability or feel comfortable going elsewhere for these services.



Programs

NARCAN DISTRIBUTION 2021

SCHUYLKILL COUNTY, PA



86 LIVES SAVED

In 2021, participating agencies administered Narcan to 58 individuals resulting in 58 lives saved.

KIT DISTRIBUTION

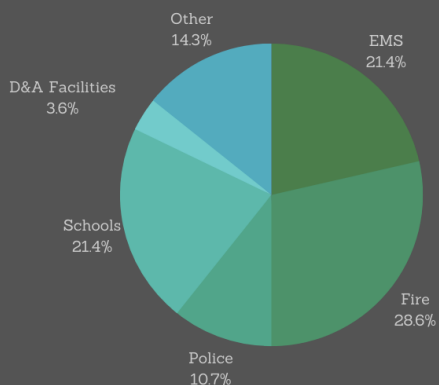
251 kits (502 doses) of Narcan were distributed to participating agencies throughout 2021.

86 doses were administered to 58 individuals and 16 doses were left behind with the individual and their family in the event of repeat overdose.



AGENCY PARTICIPATION

In 2021, 28 unique agencies participated (receiving kits or Narcan administration) in the program. A breakdown of the types of participating agencies is charted below.



Narcan Kits distributed in Schuylkill County are provided by:
The Pennsylvania Commission on Crime and Delinquency (PCCD)

Warm Handoff

In 2016, the Pennsylvania Department of Drug and Alcohol Programs (DDAP) implemented the Warm Handoff which was designed to help overdose victims who are brought into the emergency room. This program gives the emergency department personnel a contact to handoff the patient to a drug and alcohol provider to get the patient right into treatment for their addiction.

DDAP has put the responsibilities on the Single County Authorities (SCA) to create a process whereby patients receive a direct treatment referral from the emergency department.

Schuylkill County Drug & Alcohol (SCA for Schuylkill County) has contracted with COGI to coordinate Warm Handoff for Schuylkill County. COGI team members rotate being on-call 24/7/365 to conduct Warm Handoff services during non-business hours. Emergency room referrals come from Geisinger / St. Luke's Hospital in Orwigsburg, Lehigh Valley Health Network in Pottsville, and St. Luke's Miners Memorial Hospital in Coaldale. Our on-call staff report to the emergency room and do a brief screening with the patient. Depending on the situation, staff can do a direct referral to detox or rehab treatment or, when required, our staff will do a complete assessment and referral. The goal is that the patient goes directly from the hospital to a substance abuse treatment facility upon receiving medical clearance.



Fundraising

As a non-profit, COGI has always done some level of fundraising. Often our fundraising efforts were to replenish the COGI Cares Fund used to assist clients with a variety of needs. 2020 began a new focus for fundraising efforts. Staff coordinated fundraisers to assist us in raising money to fund expenses related to our eventual Forever Home. After relocating the office in July, COGI turned its focus once again.

Veterans have always been a priority population for COGI, however events of 2020 showed us that we needed funding to cover outside the box things. COGI decided to do something we have never done before. We wanted to host a one-day event where we have local bands providing entertainment throughout the day while food trucks and vendors offer things to eat and do throughout the day. An event was planned for October 2021 and fundraising was ramped up to cover the costs of the day so that ticket sales for the day would all fund Veterans programming. COGI began selling raffle tickets and doing online drawings via Facebook Live. The pandemic made fundraising even more of a challenge than usual, so we were faced with using social media as a method of getting the word out and focusing on non-personal events.

WHY VETERANS FOCUS

Shortly after moving into our new office, COGI Staff befriended a gentleman often seen spending several hours during the day on the bench in the church yard located next door. As Fall was turning to Winter, and temperatures were dropping, we started to wonder why this man spent so much time sitting outside. After saying “Hello” and offering assistance several times only to be turned down, our new friend finally accepted a pair of gloves. A few weeks later while COGI was having a staff luncheon, our friend from the bench finally accepted our offer to come inside and grab a bite to eat. Through some conversations we learned this man was a Veteran but due to his level of service, etc. he did not qualify for Veterans benefits. He became homeless when he had lost his job and could no longer afford his rent. He continued to seek employment but after being homeless for a period of time, he was too ashamed to interview because of his hygiene. He feared sleeping outside at night so he walked the city by night and napped/rested on our neighbors bench by day. He had no where to turn until he met COGI Staff. He was initially not willing to take our help nor did he ask for help but slowly we gained enough trust to get him exactly what he needed, a roof over his head and some clean clothes. COGI staff joined together to get him clothes and basic supplies and we used COGI Cares funds to pay for a week at a local hotel to buy us some time to find a better solution. In using our resources we found him a temporary room, get an ID, and began the hunt for a job. A few weeks later he was able to find employment and obtain his own apartment. This solidified our decision to fundraise even more and support our Veterans.



Financial Summary

\$2,359,869

TOTAL BUDGET

