



**Clinical Outcomes Group, Inc.**

*Improving the Health of Our Communities*

2022

# 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. 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

*Abigail Quick*, Seasonal Intern

## Direct Care

*Daniel Blugis*, PROMISE Project Assistant

*Jennifer Brant*, Drug and Alcohol Counselor

*Marie Coombs*, Center of Excellence Community Based Care Manager

*Christopher Cooper*, Center of Excellence Community Based Care Manager

*Lisa DeHaven*, Prevention Educator

*Pate DuBois*, M.S. AMFT, Drug and Alcohol Counselor

*Annette Fleming*, CADC, Lead Drug and Alcohol Counselor

*Linda Hanson*, Drug and Alcohol Counselor

*Kaitlyn Herndon*, Prevention Educator

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

*Karen McCloskey*, Supervisor, Medication Assisted Therapy Program

*Sarah Mohl*, Certified Recovery Specialist

*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

*Jessica Seiders*, Case Manager

*Kathryn Spofford*, PROMISE Project Coordinator

*Nicole Tag*, Drug and Alcohol Counselor

## Physicians

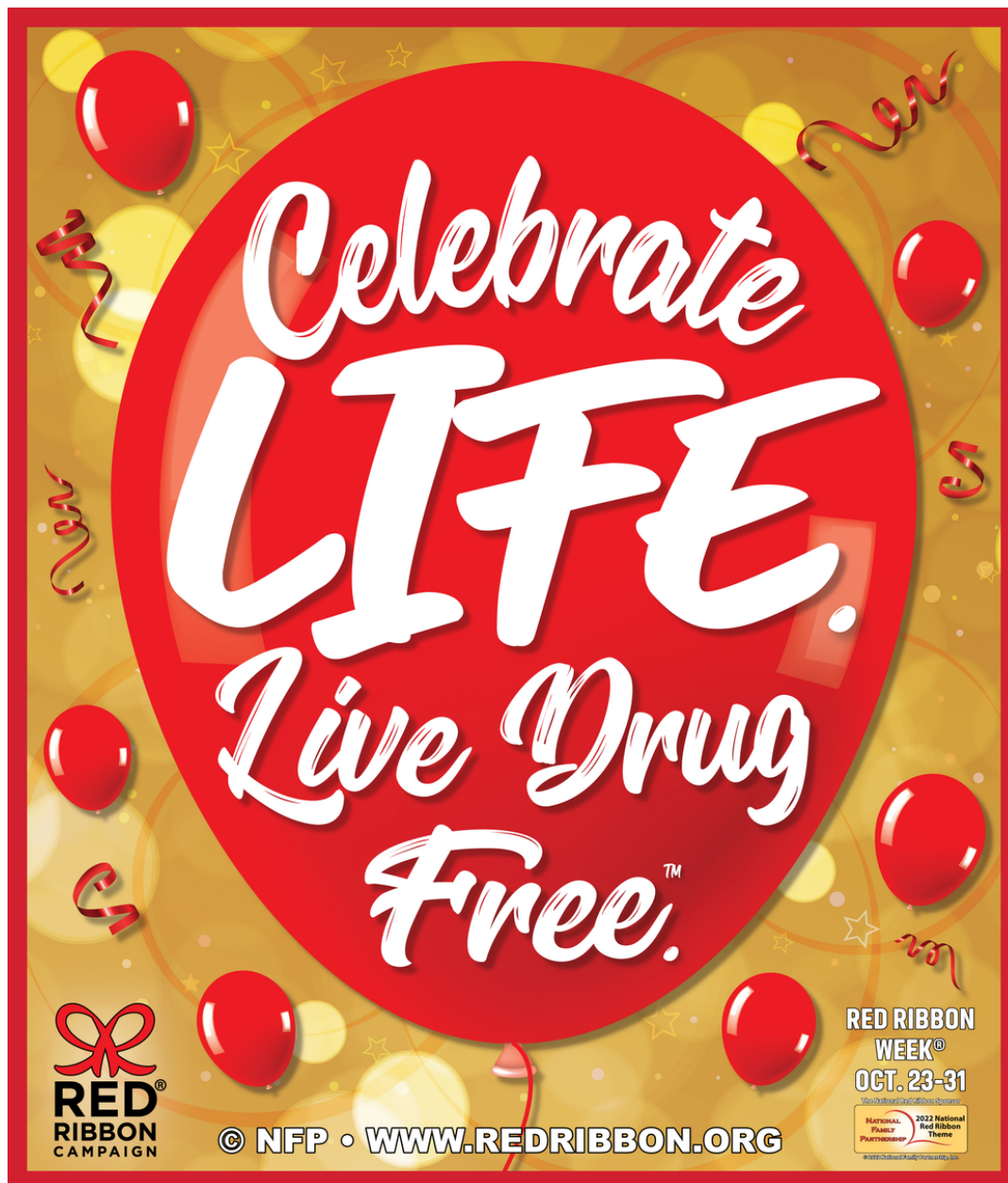
*John W. Stefavic*, MD, Medical Director

*Ilene K. Weizer*, MD



# Staff

Staff participate in Red Ribbon Week to raise awareness for Drug Abuse Prevention. In 2022, staff participated through the last week in October by wearing themed outfits to work.



Monday 10.24.22  
All things Red

Tuesday 10.25.22  
Crazy socks

Wednesday 10.26.22  
Tie dye

Thursday 10.27.22  
Pajama

Friday 10.28.22  
Sports jersey/shirt

Monday 10.31.22  
Halloween costume



# Staff



# K-9 Crew

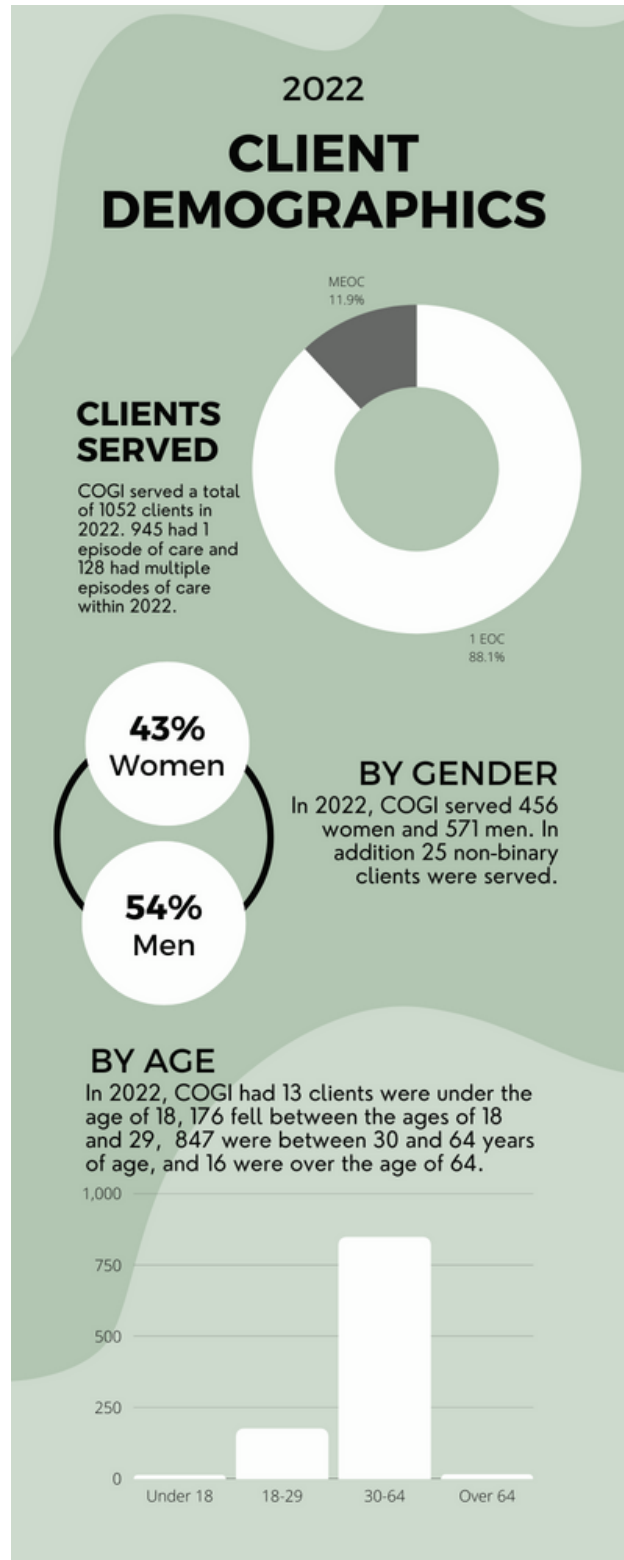


**Teddy  
Bear**



# Demographics

COGI's average client is a white 40 year old unemployed male, never married with a high school diploma.



*1EOC = Single Episode of Care  
MEOC = Multiple Episodes of Care*





# Demographics

## Marital Status

divorced: 106  
live in partner: 3  
married: 94  
never married: 618  
separated: 71  
widowed: 20  
unknown: 140

## Race

asian: 1  
black: 29  
other: 4  
other single race: 6  
two or more races: 8  
white: 634  
unknown: 370

## Education

Grade 8 or below: 25  
Grade 9: 40  
Grade 10: 56  
Grade 11: 93  
Grade 12 - no diploma: 38  
GED: 151  
High School Diploma: 333  
Associates Degree: 48  
Bachelors Degree: 27  
Graduate Degree: 7  
Some College: 136  
Certification Post HS: 9  
unknown: 89

## Gender

male: 571  
female: 456  
unknown: 25

## Age

under 18: 13  
18 - 29: 176  
30 - 64: 847  
over 64: 16

## Employment

disabled: 89  
full-time: 194  
homemaker: 2  
part-time: 65  
retired: 12  
student: 11  
unemployed: 603  
unknown: 73

## Ethnicity

Hispanic: 15  
Not of Hispanic: 476  
Other spec. Hispanic: 5  
Puerto Rican: 5  
Unknown: 560

## Outpatient

total clients: 1052  
1EOC: 945  
MEOC: 128  
Active @ year end: 315

carry over: 321  
1EOC: 321  
MEOC: 0

started services: 624  
1EOC: 496  
MEOC: 128

2022 MAT clients: 450  
carry over: 107  
started services: 343  
Active @ year end:  
254

2022 WHO clients: 100  
1EOC: 93  
MEOC: 7  
started services: 43  
did not start: 57

*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.*

## **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.*



# 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.



## 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 personal supplies, food, or clothing, as well as with rent assistance. In 2022, the VALOR program worked with 10 veterans to offer rental assistance. Two of our veteran participants also received utility bill assistance and one received assistance with personal items.



# Programs

## Prevention

COGI offered 3 evidence-based programs to Schuylkill County schools in 2022: Too Good for Drugs, Strengthening Families Program 10-14 (SFP 10-14), and Project Towards No Drug Use (TND).

The "Too Good for Drugs" 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.

The Schuylkill County Drug and Alcohol Program (SCA) offered funding for COGI to provide "Too Good for Drugs" in 3 Schuylkill County School districts (Blue Mountain, Mahanoy, and Saint Clair) for the 2021-2022 school year. Students in kindergarten through 8th grade participated in the program across the 3 districts. Beginning in August 2022, the SCA took over implementation of the "Too Good for Drugs" curriculum.

COGI received a grant from the State of Pennsylvania to offer the SFP 10-14 to families of students between the ages of 10 and 14 in the Minersville, Pottsville, Saint Clair, and Schuylkill Haven school districts. In 2022, 2 cohorts were held and a total of eight families participated in the SFP 10-14 program.

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.

In 2022, COGI offered TND in three area high schools: North Schuylkill , Mahanoy, and Williams Valley. COGI staff were able to complete the full TND curriculum with all schools. Beginning in August 2022, the SCA took over implementation of the TND curriculum.



# Programs

## **PROMISE (Preventing Raiders Opioid Misuse in a Safe Environment)**

*SFP (Strengthening Families: For Parents and Youth 10-14)*

The PROMISE Project (Preventing Raiders Opioid Misuse in a Safe Environment) had a busy year in 2022. 2022 started off with Strengthening Families 10-14 cohorts taking place virtually due to the COVID pandemic. The virtual sessions were held 2 evenings a week for a total of 7 weeks and there were a total of three cohorts completed virtually. We held our first “in person” cohort since 2020 in November, 2022. For the in-person cohort, we were able to implement that one evening a week for a total of 7 weeks. There was a total of nine families who attended and participated in the program throughout the entire year.

*LST (Botvin Life Skills Training)*

2022 was a great year for Botvin Life Skills Training (LST) in the Tamaqua Middle School. At the beginning of the 2022-2023 school year, COGI hired a teacher to facilitate the Life Skills Training Program in the middle school, since the teachers were now unable to do so. As a result of this new hire, and having one person solely responsible for teaching LST, it was able to be incorporated into all students' schedule for a 30-day cycle. All sixth graders received Level 1 of LST, 7th graders received level 2, and 8th graders received Level 3. Therefore, by the end of the school year, every student in the entire middle school received the full LST curriculum for their level. This was a total of 406 students for the 2022-2023 school year.

*SDS (Social Development Strategy)*

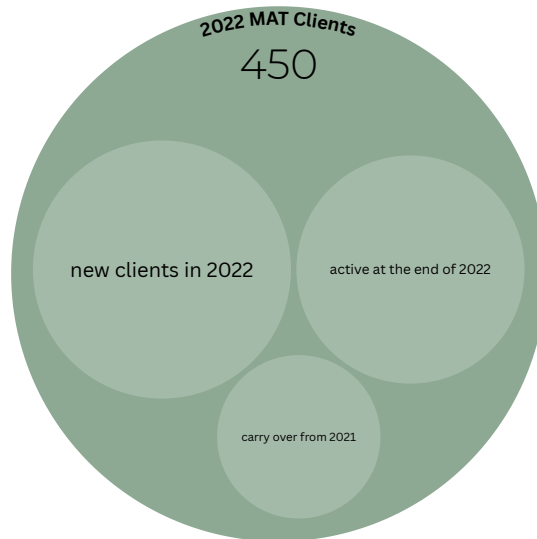
During 2022, Micah Gursky continued to implement the SDS curriculum to the Tamaqua community. We provided two trainings for the Tamaqua Area School District athletic department, coaches, and the superintendent with very positive results. We will be continuing to expand SDS to other members of the community as well in the near future.

*PPMC Messaging*

The PROMISE Project continued to work with BOOM Creative to develop positive messaging to utilize throughout the Tamaqua community and as a way to promote prevention. We continued to utilize billboards that were created during a previous year. These billboards are placed throughout the local community. During 2022, we also had a banner created through BOOM/PA Start that has been hung in the Tamaqua Area School District gymnasium. We also had a variety of smaller messaging items created as well, such as pens, wristbands, and window clings.



# Programs



## Medical Assisted Treatment

Clinic is held Monday (8 to 4:30) – Wednesday (8 to 7) and Friday (12:30 to 4:30). Dr. Stefovic is in clinic Monday 8 to 4:30 – Wed 8 to 4:30. 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. In 2022, our office began offering Hepatitis C treatment. To date we have treated 9 Hep C patients with 3 patients still in treatment. Currently 75 of our patients are on Sublocade, 13 are on Vivitrol and 2 are on the tablet form of Vivitrol (Naltrexone.) Research shows that these medications offer protection from overdose for up to 18 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 2022

SCHUYLKILL COUNTY, PA



### 48 LIVES SAVED

In 2022, participating agencies administered Narcan to 49 individuals resulting in 48 lives saved.

### KIT DISTRIBUTION

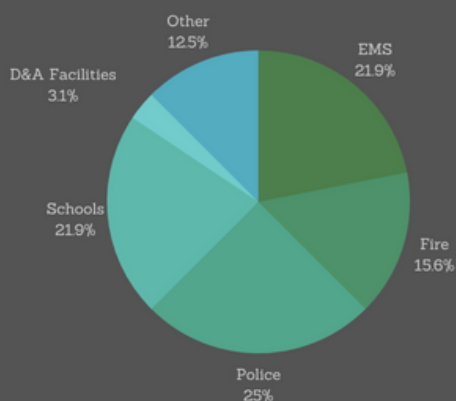
504 kits of Narcan were distributed to participating agencies throughout 2022.

70 doses were administered to 49 individuals and 158 doses were left behind with the individual and their family in the event of repeat overdose.



### AGENCY PARTICIPATION

In 2022, 33 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. In 2022, COGI staff responded to 68 WHO referrals, 40 of which resulted in enrollment in a treatment program.



# Fundraising

## Fundraising

In 2022, COGI continued its fundraising efforts on raising funds for our VALOR Program to support veteran's programming. We did some small food sales along the way but planned three main events for 2022. Our first was the "Firecracker Special" which was held in July. This was a ticket we sold where all of the prizes were donated gift cards. This proved to be a successful fundraiser and is something we plan to hold in the future.

For September 2022, we had hoped to hold a "Hoops for Heroes" Basketball Tournament. This was something that was planned in the past but had to be cancelled due to COVID restrictions. We thought this would be good to try again however we did not have enough interest in teams to participate so we cancelled the event.

In October 2022, we held a large Basket Raffle in place of a Vocals for Veterans outdoor concert. The raffle was held in our office on Friday, October 21st and Saturday, October 22nd. We had different prize levels and held a 50/50 raffle. Prizes for the auction were donated by staff and local businesses. On Saturday, we also held a food and bake sale. Overall the raffle went very well and this is an event we will consider hosting in the future.



## Looking ahead to 2023

COGI is planning to host another outdoor concert "Vocals for Veterans" event in June 2023.

Additionally, our administrative team is looking for avenues to also do fundraising for COGI as a whole to build our discretionary funds to assist with client needs, special projects, and supplement existing programs. As part of our Strategic Planning process, we will be formalizing a fundraising committee to assist in this process.





# Financial Summary

**\$1,874,879**

**TOTAL BUDGET**

