

SUBSTANCE OUTPATIENT SERVICES (SOS)

Evolution Counseling Services, LLC is pleased to announce the opening of **Substance Outpatient Services (SOS)** which is a Department of Drug and Alcohol Programs licensed drug and alcohol clinic. The SOS program will service individuals 12 years of age and older on the Outpatient Services level of care (Level 1.0) who are currently combatting a substance use disorder. SOS is located at 801 S. Kettle Street, Altoona, PA 16602. SOS is separate from all other Evolution Counseling Services programming, including being located on a different floor of the building. All sessions are held in office and referrals can be made by phone, in person, or by another provider utilizing our referral form.

OUR PHILOSOPHY

The philosophy of SOS is to meet the recovery needs of clients using a client-first, strength-based approach in an individual setting. The treatment team involved in the SOS program is dedicated to assisting individuals in coping, adapting, and growing throughout their recovery journey. We understand that change can be overwhelming and that the formula for change is not one size fits all. Through a client centered, strength-based approach, we hope to help individuals foster a sense of independence, purpose, and courage to overcome the obstacles associated with addiction and recovery.

OUR GOAL

Individuals will learn refusal skills, positive communication skills, and increase positive coping skills to combat the emotional symptoms that arise during sobriety and the recovery process. They will learn to identify triggers and increase skills to work through cravings and urges, increase awareness of the impact that relationships have on sobriety, and work on other skills that are crucial to the recovery process. Psychoeducation related to the use of various substances such as

opioids, stimulants, depressants, and hallucinogens will also be an important part of counseling. Individuals will also be encouraged to have family participate when deemed appropriate. Evolution Counseling Services recognizes the importance of medication assisted treatment and will provide information to any client with an interest to support recovery. Evolution will also advocate for the use of peer support programs such as Alcoholics Anonymous and Narcotics Anonymous to support recovery outside of the clinical setting. By the end of services, individuals will experience a decrease in symptoms that lead to relapse and will increase skills to develop and grow a sense of confidence and independence to prevent future individual use.

MODALITIES USED

Modalities utilized include but are not limited to cognitive behavior therapy, rational emotive behavior therapy, dialectical behavior therapy, motivational enhancement, and mindfulness in a trauma-informed environment.

INSURANCES ACCEPTED

Services may be covered in full or in part by a health insurance plan. If any individual has any of the plans listed below, we will check applicable benefits before the first scheduled appointment. You will be responsible for any co-pay or deductible connected to the insurance plan. We will bill the insurance for the remainder. Different counselors may be paneled with different insurance providers so this may impact a specific counselor's ability to accept your specific insurance. We currently work with the following insurance plans for children/adolescents and adults:

- Medical Assistance:
We work with Community Care Behavioral Health Organization (CCBH) which is the Medical Assistance managed care plan for in Blair County. If the

child/adolescent or adult has CCBH as their managed care organization, we will be happy to check the coverage for you to receive drug and alcohol services.

- UPMC:
This includes the following UPMC commercial plans
 - UPMC For Kids - CHIP
 - UPMC Health Plan - Commercial
 - UPMC Health Plan - Value
 - UPMC Health Plan - Value Select
 - UPMC Partner

*** Uninsured referrals**

Public funding is not designed to supplement services not reimbursed by private insurances. Individuals who are insured must be provided services offered within their policies. Individuals whose policies do not provide for substance abuse services and/or have exhausted services under their policies are eligible to be evaluated for public funding. Documentation of the verification of no benefits or exhausted benefits must be maintained in the chart. These individuals are required to meet the eligibility and clinical criteria established within this document to be eligible for public dollars. If the level of care is being denied, the provider is required to activate the ACT 106 reporting to the state. Providers may use the BDAP documents (abatment form and checklist Attachment 3B and 3C) to advocate for payments of uncovered cost.