



SUBSTANCE OUTPATIENT SERVICES **2023 ANNUAL REPORT**

Facility details: Evolution Counseling Services, LLC “Substance Outpatient Services” (SOS) is a Drug and Alcohol Outpatient treatment facility licensed by the Pennsylvania Department of Drug & Alcohol Programs (License # 077035). 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 now located at 801 South Kettle Street, Altoona, PA 16602. With the new location change as of fall 2023, sessions are still being held in office and referrals can be made by phone, in person, or by another provider utilizing our referral form. The facility originated in May 2020 as a DDAP licensed facility and began treating clients in January 2021. The facility is currently owned by co-owners Jeffrey Colbert, LCSW and Craig Clark.

Treatment Philosophy: SOS is designed 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. Preferential treatment is given to the following groups – pregnant women, injection drug users, women with children, overdose survivors and military veterans. Treatment modalities utilized, but are not limited to, cognitive behavior therapy, rational emotive behavior therapy, dialectical behavior therapy, motivational enhancement, and mindfulness in a trauma-informed environment.



In addition to direct individual, couples or family services, referrals to other drug and alcohol treatment facilities, mental health professionals or human service agencies may be made with the client's written consent. Current forms of payment for services include client self-pay, UPMC For Kids- CHIP, UPMC Health Plan- Commercial, UPMC Health Plan- Value, UPMC Health Plan- Value Select, UPMC Partner, and Medicaid via CCBH (the behavioral health managed care company for people on medical assistance) for Blair County residents. Additionally, for the uninsured, a liability form can be completed, and the Blair Drug & Alcohol Partnership may fund treatment in part or whole.

2023 review: The facility underwent an annual DDAP facility audit on 4/6/2023 and was able to achieve renewal as a licensed facility. When Evolution Counseling Services had moved from 1331 12th Avenue to 801 South Kettle Street, a site inspection had occurred for SOS to be able to move over to the current address. Over the course of 2023, the facility maintained a steady flow of referrals for its single counselor Sarah Krill, LSW. Sarah's caseload consists of a few long-term d&a outpatient clients as well as some newer and younger clients. Sarah has noticed an influx of female referrals and clients being treated with alcohol use disorder among many other substance related diagnosis. Moving to the new address has not created a decrease in referrals and her clients have found that transportation is not a barrier in receiving treatment with Sarah since they can continue to request HIPPA compliant telehealth platforms for sessions.

As Sarah continues to provide outpatient services, she continues to earn respect from her clients and those in the d&a field. This is because of her desire to help her clients obtain or maintain sobriety and want them to be successful in life. Since 2021, Sarah has grown clinically in her knowledge of trauma therapy and is learning about current drug trends such as xylazine.



Throughout 2023 the total number of clients who were served was 38 (15 adult males, 23 adult females; out of the males, one was a youth). SOS continues to see a variety of referrals and referral sources including various self-referrals, such as: Medication Assisted Treatment Programs, inpatient facilities, Blair Drug & Alcohol Partnership, family members and other local drug and alcohol or mental health agencies. Many of the referrals that were made in 2023 are co-occurring; this means that clients are struggling with mental health and d&a. The program revenue for 2023 mainly includes direct client care. Evolution Counseling Services, LLC is audited by Dean Accounting Group in Altoona, PA 16602. Details are available upon request from Evolution Counseling Services, LLC.

The importance of client care and commitment is always goal number one. Evolution continues to hope the SOS program grows in revenue to be able to counter program expenses from the previous year. Evolution is increasing its services that focus on substance use by recently receiving a grant for an evidence-based practice called Multidimensional Family Therapy (MDFT). As of October 2023, Evolution was able to get five staff trained in the model; MDFT will be implemented in Blair and Huntingdon County. Currently, Evolution is working on getting MDFT to be an M.A. funded program as it continues to grow.

Completed by: Project Director Tessa McKay, LSW