



## **SUBSTANCE OUTPATIENT SERVICES** **2022 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 located at 1331 12<sup>th</sup> Avenue, Suite 105, Altoona, PA 16601. 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. 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 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.



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.

**2022 review:** The facility underwent an annual DDAP facility audit on 3/10/22 and was able to achieve renewal as a licensed facility. This was the facility's second annual audit and renewal (2021 and 2022). Summarizing 2022, the facility maintained a steady flow of referrals for its single counselor Sarah Krill, LSW. Sarah's caseload ebbs and flows but overall, the facility did not have any concerns replacing closed client cases with new referrals. The client referral needs as reported have become more wide ranging in terms of drugs of choice. Sarah continues to see a rise in individuals who are using methamphetamine and fentanyl illegally and to their detriment. Sarah's ability to match to serving individuals with diverse needs has improved in 2022. Her clinical knowledge continues to grow which gives the individuals she counsels a continued, improved chance to become healthier. Consistent with our county of Blair, our facility has seen an increase of co-occurring mental health concerns due to the harm caused within the brain by methamphetamine. The impact has been seen more severely not only on the individual client but also on interpersonal relationships and those who have families.

The total number of clients who were served in 2022 was 70 (26 adult males, 37 adult females, 4 adolescent males and 3 adolescent females). SOS continues to see a wide variety of referrals and referral sources including: various self-referrals, Medication Assisted Treatment Programs, inpatient facilities, Blair Drug & Alcohol



Partnership, family members and other local drug and alcohol or mental health agencies. Program revenue for 2022 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 will be looking to increase SOS programming with possible adult groups as well as a pursuit for a family therapy program, evidence-based practice called Multidimensional Family Therapy (MDFT). Evolution Counseling is looking to partner with 501c3 non-profit Evolution Expressions to secure county and grant funding to implement MDFT.

Completed by: Project Director Jeffrey Colbert, LCSW