

Annual Program Plan Report 2022 - 2023

Endless Mountains Extended Care (EMEC) offers a unique program in Northeastern Pennsylvania. We are not a traditional short-term rehabilitation treatment center. We are not a half-way house. Our program is an extended-stay residential treatment model that does not focus on merely detox and 12-steps. We integrate a comprehensive approach to treating substance use disorders along with mental health conditions and disorders. Everybody faces unique challenges in recovery, and we work with each client to design a treatment plan best suited to their individual needs. We prepare our clients for long-term success in both recovery and life through a combination of individual counseling, 12 Step/SMART Recovery meetings, cognitive and rational emotive behavioral therapies, EMDR (an evidence-based therapy), adventure therapy, life skills development, employment coaching and optional Medically-Assisted Treatment. We provide our patients with a person-centered, connection-oriented approach to treatment and instill the appropriate coping and life skills to help them become successful, not only in their recovery but success with their relationships, career, mental health and interpersonal goals.

A large portion of our patient population are referred to us from prisons and mental health treatment facilities. Understanding the complexities as well as the fact that there is no "one size fits all" treatment that will work for everyone struggling to maintain recovery, we incorporate multiple pathways to recovery as well as community re-integration into our program. Patients get to experience a variety of treatments and curriculums so that they can develop a comfortable recovery plan tailored uniquely to their needs. Recovery cannot be forced; therefore, patients need to take an active role in their treatment - learning what works best for each of them for long-term success. Our approach helps clients follow a new path in recovery more willingly with continued success after discharge.

The opposite of addiction is not sobriety, it is connection. Many current treatment philosophies assume that addiction is about seeking pleasurable results from the use of drugs and alcohol; however, research as well as our own experience all confirm that patients often leave treatment feeling disconnected. They feel disconnected from their families, friends, and communities. They describe it as not understanding how to form these connections or how to get involved in encouraging activities. Thus, EMEC incorporates community reintegration as one of the key program components. Our patients volunteer and participate in community activities, attend outside meetings in various areas to help find positive people and activities that give them a sense of purpose. All activities are monitored by staff, while patients get the chance to interact as sober people in the community in a positive way. Patients describe this as fulfilling and good practice for the future when they are on their own. Our objective is to help our patients become connected with community so they can continue interacting with the same people/resources upon discharge.

Addiction is a condition of separation - separation from ourselves, our family, and our community - resulting in a profound sense of despair and isolation. At EMEC, we understand that long-term recovery relies on reestablishing and strengthening connections. Patients are encouraged to work together and support one another during recovery, bonding with each other while building connections with the broader community through volunteering. Lastly, by offering family counseling sessions, EMEC clients receive the most important connection of all: the one they share with family.

Typical treatment protocol has appeared to be detoxification, short-term rehabilitation, half-way house and then the client is on their own. We are finding that most patients coming out of detox and short-term

treatment, especially the high risk dually diagnosed population that we are working with, need more long-term treatment and life skills. They are not ready socially or emotionally to tackle day to day problems such as time management, socially appropriate behavior, or re-integration to family life. We focus on habilitating the patient to a sober, positive, healthy environment with our evidence-based therapy and life skills curriculum in conjunction with community involvement. EMEC assesses patients appropriately according to ASAM criteria and our program generally lasts at least 90 days, depending on the patient's individual needs.

The patient population that we are working with have multiple needs which cannot be adequately addressed while they are incarcerated or only receiving short-term treatment followed by a half-way house. Recognizing that 14-28 days of rehabilitation is not long enough treatment for many of our patients, we transitioned from a halfway house to a more intensive inpatient level of care on October 30, 2019. Many patients with substance issues in conjunction with mental health issues grow stronger with our treatment. We have found that integrating motivational interviewing with an intensive cognitive behavioral component has resulted in significantly better treatment outcomes for many of our patients. This lends itself to the Rogerian Concept of when people feel unacceptable, they are unable to change.

Our Vision: To provide our patients with a highly empathetic, person-centered approach to their treatment and the appropriate life skills to become successful, not only in their recovery but success with their relationships, career, mental health and interpersonal goals.

Realizing the importance of creating a program in which men could spend more time focusing on their recovery and mental health, while having the time and resources to prepare for their future, we created our Program Vision, Goals, Objectives and Expected Outcomes.

Our Goals:

- To help residents achieve complete abstinence from drugs and alcohol
- Assist residents in regaining self-respect and self-acceptance
- Provide residents with an active part in their treatment and choice of how they want to approach sobriety.
- Provide residents with an accurate assessment of their mental health needs and medication management through our partnership with TWC.
- Provide an environment for residents to learn and employ coping skills through a Cognitive Behavioral Therapeutic Treatment Model.
- Assist residents in reintegrating into their community in a healthy way
- To help residents achieve a better understanding of personal attributes necessary for success in education and or the workplace
- Assist residents on repairing family relationships and connections.
- Provide residents with opportunities for achieving financial literacy.
- Provide residents with various volunteer opportunities so that they can achieve community integration, practice interacting with others while sober, and a feeling of happiness and accomplishment in helping others.
- Provide a complete, comprehensive discharge plan including housing, CRS services, and other needs upon discharge.

Objectives:

- Provide residents with multiple pathways to recovery including: 12 step meetings, SMART Recovery and Celebrate Recovery both in house & in the community with staff.
- Provide residents with mental health evaluations through TWC and our experienced and Licensed staff to appropriately diagnose mental health disorders.
- Provide residents with and manage appointments for Physicals, Psychiatric Medication Management, Dental, Hepatology, MAT Management, and Physical therapy.
- Provide residents with transportation to and from all appointments including housing planning for discharge.
- Assist residents in connecting with community programs upon discharge including mental health resources, AA and SMART recovery resources, CRS Services, housing, and other forms of assistance they may need.
- Provide treatment to residents through counseling through weekly small group counseling and weekly individual counseling
- Provide residents with an opportunity for yoga and other forms of meditation from our skilled and experienced practitioners to aide in coping skills.
- Involve residents in adventure-based activities such as biking, hiking, camping, and fishing to teach residents how to work with and co-exist with others while sober.
- Involve residents in sober activities such as Rally in the Valley, Soberstock, & YPR events
- Teach residents basic living skills such as laundry, gardening, cooking and cleanliness.
- Utilize Wells Fargo's recovery services to teach patients financial literacy.
- Provide residents with volunteer opportunities including: Trehab Community Resource Center, True Friends Animal Welfare Center, Lackawanna County – Department of Arts & Culture, Founder's Day activities, Saint Francis Soup Kitchen, Blue Chip Animal Rescue, Projects at the Dog Park, Factoryville Township Cleanup with the Mayor and Equines for Freedom. (All of these volunteer activities are currently implemented.)
- Provide residents with groups and individual career and educational counseling to have a plan for reintegration after discharge.
- Provide residents with family therapy and visitation.

Expected Outcomes:

- Expected outcomes for residents are that they will remain clean and sober, understand their mental health needs, be aware of community resources, and find the best fit for them to stay sober.
- Residents will be linked with resources in their community upon discharge and linked to Certified Recovery Specialists when available and needed upon discharge.
- This long-term Recovery Facility's goal is to prevent further relapse and re-admission into further short-term rehabilitation and detoxification including psychiatric hospitalizations.
- All residents will be provided MAT education and appropriately prescribed if needed.
- All residents and their immediate family as indicated on releases, will receive Narcan training and information along with leaving with narcan upon discharge.

Annual Achievements - Prior Year (2021-2022):

- Focused our recovery program to be flexible and multiple pathways to successful recovery: We find that many patients, by the time they have a long-term treatment need have run the gamut of 12 steps and AA. We do have a daily 12 step group and nightly AA and NA meetings both in our facility and out in the community. However, we also have SMART recovery 3 times a week, voluntary Life Bible Recovery

Meetings, and participate in a Harm Reduction model for those who need it. We maintain patients on MAT if they are already prescribed and put patients on MAT if that is needed.

- Endless Mountains Extended Care (EMEC) is a drug and alcohol treatment facility that also deals with truly dually diagnosed individuals. Our clinical staff are trained and educated in mental health assessment and treatment. EMEC incorporated trauma-focused, evidence-based therapies and curriculum such as EMDR, Trauma-Focused Cognitive Behavioral Therapy and additional trauma therapies into our individual and group therapy practices. Some of the unique therapies we offer include are EMDR, Regression Hypnosis, Wim Hoff Breath Work (Daily Groups), Chakra Education and balancing, Evidence Based Mindful Meditation 7 days a week from 9 AM to 10 AM, and Reiki will be starting in January. We also provide art therapy group sessions twice each week - where we utilize painting, beadwork, clay, and other forms of art integrated with meaningful relaxing music to promote further mindfulness and coping skills. Among our staff are two doctoral level LPCs and two master's prepared LPCs. Our counselors work with psychiatry, participate in weekly medication reviews, evaluate and diagnose patients so that they can be properly medicated and treated, and participate in alternative therapies. We track for research purposes and have found that over 85% of our patients for the past two years have had some type of serious childhood trauma or physical or sexual abuse. Therefore, our weekly small groups focus strongly on trauma and how to work through that while they are here so that their trauma doesn't continually affect their ability to recover.
- Incorporated client volunteerism and community connection in our program. Working around COVID-19 restrictions, our clients were able to participate in multiple community service programs. Each week a group of clients volunteer at Nay Aug Park (Scranton, PA). They have developed a sense of community, gratitude for making something better. Clients also volunteered at Marley's Mission in order to create a clean and friendly environment for a program that assists with children whom were victims of trauma and abuse.
- Working in conjunction with The Wright Center for Community Health, we were able to develop a hepatitis C testing and treatment protocol for our patients.
 - 1) Collaborated with The Wright Center to improve access to testing and treatment and administered Hepatitis C treatment at our facility. Many patients were discharged successfully from treatment completely cured of HepC.
 - 2) Collaborated with Lackawanna X-Ray to provide onsite imaging services which include x-rays and ultrasounds to our clients in order to monitor liver function.
- Developed templates and specific program enhancements to improve the Coordination of Care communication.
- Established new insurance contracts to help additional populations. We are now contracted with Fidelis, Performcare, PA HealthChoices Northeast, PA HealthChoices Carbon-Monroe-Pike, PA HealthChoices North Central, PA HealthChoices Lycoming-Clinton, PA HealthChoices Somerset-Bedford, SCA offices including Luzerne/Wyoming Counties, Lackawanna/Susquehanna Counties, Wayne and Bradford Counties.
- Received credentialing for CRS services through CCBH Northeast.
- Successfully made the ASAM transition in order to adhere to appropriate LOC placements and treatment protocols. All staff necessary has been successfully trained in ASAM principles and we have made the necessary changes to our Electronic Medical record in order to reflect ASAM LOC.
- Received building permits in order to add 20 more residential beds to our facility.
- Dr Scheller was added as the mental health expert for Wyoming County specialty courts in Nov. 2022.

Our Annual Program Plan focused on the following **key development priorities**: The addition of 20 more male residential treatment beds. Hire an Operations Manager in order to better integrate clinical and direct treatment staff. Hire a compliance officer in order to review and improve policies and procedures. Add HR software in order to make onboarding/offboarding smoother and to keep trainings, policies, and employee documents in a more organized and user friendly manner.

Priority 1: Addition of 20 more male residential beds

With our growth and new contracts we have an addition planned to break ground in April 2023.

Key Program Plan Actions:

- Secure the appropriate building permits
- Meet with contractors and additional sub contractors in order to plan the addition and timeline
- Contract with the Sewer Enforcement in order to meet DEP regulations for septic system.

Priority 2: Hire an Operations Manager, Compliance Officer, and HR representative.

Key Program Plan Actions:

- List job openings on Indeed and Facebook
- Schedule interviews with prospective candidates and pick 2 finalists to interview a second time.
- Make a hiring decision and secure start dates.

Priority 3: Addition of HR software

Key Program Plan Actions:

- Explore HR software options with tutorials with our financial administrator and HR representative.
- Decide on a provider and scan in all relevant employee documents.
- Teach employees how to use the software for submitting PTO and training requests.