



Endless Mountains
Extended Care

3.5 RESIDENTIAL
DRUG & ALCOHOL TREATMENT

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Endless Mountain Extended Care Annual Report FY 2022-2023

Endless Mountains Extended Care, LLC (EMEC) is a small, family-owned and operated, residential drug and alcohol treatment facility for men ages 18 and over. We are located on 8 beautiful acres in the countryside of Wyoming County. Because we are small and family-owned, our counselors individualize each patient's treatment plan to fit their particular needs. Our counselors are highly educated and trained and are either licensed master's or doctoral level counselors or certified alcohol and drug counselors (CADC).

EMEC's *mission* is to provide outstanding residential treatment to men suffering from substance use and mental health disorders through a cutting-edge and evidence-based curriculum.

Our *philosophy* is to treat all areas of the patient's life which may include mental health needs and medication, relapse prevention, legal issues, and housing. We realize that there is no one-size-fits-all approach to treatment. We participate with most forms of MAT when appropriate as well. Endless Mountains Extended Care, LLC will challenge patients with 12- 12-step facilitated Therapy and will also utilize Cognitive Behavioral Therapy (CBT). Motivational lectures, discussions, and support will enhance the experience. Endless Mountains Extended Care, LLC philosophy is based on helping patients to change their mindset and behaviors to eliminate destructive behaviors associated with addiction. Endless Mountains Extended Care, LLC Believes: That recovery from addiction can be achieved by anyone desiring change.

Our *vision* is 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.

Program Description

Endless Mountains Extended Care offers a unique program in Northeastern Pennsylvania. Our program is an individualized ASAM-driven residential treatment model that does not focus on merely detox and 12 steps. We integrate a comprehensive approach to treating substance use and mental health 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.

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.

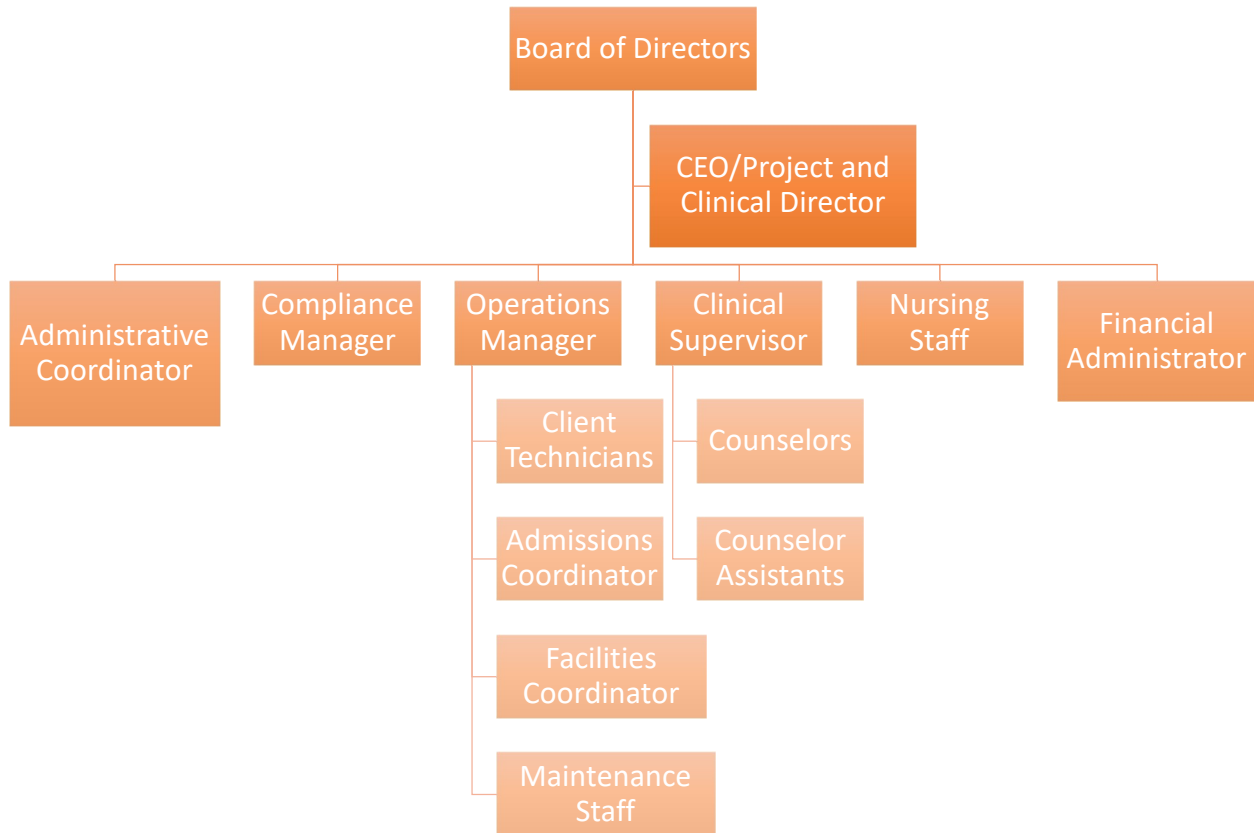
The opposite of addiction is not sobriety, it is connection. Many current treatment philosophies assume that addiction is about seeking pleasurable results from the use of drugs and alcohol. However, research, as well as our own experience, all confirm that patients often leave treatment feeling disconnected. 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. Therefore, EMEC incorporates community reintegration as one of the key program components. Our patients volunteer and participate in community activities. They also 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 the 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 protocols appear 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, need more individualized 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.

Endless Mountains Extended Care, LLC's organizational structure facilitates the coordination and implementation of project activities. Endless Mountains Extended Care,

LLC attempts to create an environment that fosters interactions among all team members with the minimum amount of disruption, overlap, or conflict. Endless Mountains Extended Care, LLC believes that its organizational structure enhances delivery of services to the patients in a seamless manner with all agency personnel working cooperatively as an effective team.



2022-2023 Accomplishments

- Helped residents achieve complete abstinence from drugs and alcohol.
- Assisted residents in regaining self-respect and self-acceptance.
- Provided residents with an active part in their treatment and choice of how they want to approach sobriety.
- Provided residents with an accurate assessment of their mental health needs and medication management through our partnership with TWC.
- Provided an environment for residents to learn and employ coping skills through a Cognitive Behavioral Therapeutic Treatment Model.
- Assisted residents in healthily reintegrating into their community.

- Helped residents achieve a better understanding of personal attributes necessary for success in education and or the workplace.
- Assisted residents in repairing family relationships and connections.
- Provided residents with opportunities for achieving financial literacy.
- Provided residents with various volunteer opportunities so that they can achieve community integration, practice interacting with others while sober, and have a feeling of happiness and accomplishment in helping others.
- Provided a complete, comprehensive discharge plan including housing, CRS services, and other needs upon discharge.
- Hired an Operations Manager to better integrate clinical and direct treatment staff.
- Hired a Compliance Officer to review and improve Policy and Procedures.
- Addition of HR software to make onboarding/offboarding smoother and to keep training, policies, and employee documents in a more organized and user-friendly manner.

Goals for FY 2023-2024

- Hiring of a Director of Operations to integrate and manage all programs.
- The opening of our addition to increase the capacity of at least 20 more residential beds.
- The formal development of a Certified Recovery Specialist Program.
- To obtain Joint Commission and CARF Accreditation.
- Continue to add new insurance carriers to service additional populations.
- To obtain 100% compliance with the ASAM alignment review process and DDAP Licensing.
- Continue to provide residents with multiple pathways to recovery including 12-step meetings, SMART Recovery, and Celebrate Recovery both in-house & in the community with staff.
- Continue to 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.
- Continue to teach residents basic living skills such as laundry, gardening, cooking, and cleanliness.
- Continue to provide residents with volunteer opportunities.
- Continue to provide residents with groups and individual career and educational counseling to have a plan for reintegration after discharge.
- Continue to provide residents with family therapy and visitation.

Provision of Services For FY 2022-2023

- EMEC completed a total of 200 level of care assessments
- 190 total admissions
- Primary drug of choice was stimulants followed by alcohol and then opioids
90% involved polysubstance use

- 111 (58%) successfully completed treatment
38 (20%) left AMA
22 (12%) administratively discharged/unsuccessfully completed
19 (10%) transferred

- 90% Caucasian
7% African American
3% Hispanic