



# Annual Report

## 2022





### ***Our Mission and Responsibility***

**The Ownership and Employees of Lakeside NEPA are committed to providing innovative solutions; quality treatment; and top-class facilities for individuals suffering from the disease of addiction throughout Northeast, PA and beyond.**

**Lakeside NEPA's MISSION is to strengthen our communities by providing those suffering from the disease of addiction with superior treatment and innovative life skills.**

**Lakeside NEPA's GOAL is to become a leader within the addiction treatment industry by providing quality care and treatment services focused on positive outcomes and growth for our clients, their families, and the communities we serve.**





## **PROGRAM OVERVIEW**

Lakeside NEPA Inc. is an Outpatient Treatment Program consisting of Outpatient, Intensive Outpatient, and a Partial Hospitalization Programing. Lakeside NEPA Inc. provides male and female patients, who are at least 18 years old, with treatment for drug and alcohol dependency. Our facility is located in Scranton, PA. Lakeside NEPA's proximity to major roadways and public transportation provides those in need with easy access to services, along with a tranquil setting allowing patients to engage in the process of self-reflection and change.

**Level of Care 1.0** - Outpatient programing consists of 1-9 hours of programing per week consisting of a minimum of 1 individual counseling session, 1 group counseling session, treatment plan development upon intake, and treatment plan review every 60 days for a minimum of 6 months. Individuals must meet and not exceed ASAM level 1 criteria to be placed in this level of care. As the client progresses in treatment, their frequency in both individual and group sessions will be decreased. Outpatient Programing (Level of Care 1.0) strives to provide individuals with the treatment they require to address their disease of addiction, while remaining at home in their community and maintaining their daily responsibilities and activities. OP programing can act as a safe transition out of, and an extension of, IOP treatment.

**Level of Care 2.1** – Intensive Outpatient programing (IOP) consists of 9-20 hours of intensive counseling for a minimum of 16 weeks. It is more intensive and comprehensive than the outpatient counseling program, yet it is less comprehensive than the partial hospitalization program. Clients will participate in no less than three 180-minute groups per week. In addition to groups, clients will participate in at least one 1-hour individual counseling session per week, and treatment plan reviews every 30 days. Most clients in this level of care will attend a minimum of three groups per week, with only some recommended to attend more. Lakeside NEPA's intensive outpatient program is based on a 48-group session, 16-individual session, and monthly treatment planning schedule. As the client progresses in their treatment, frequency in both individual and group sessions will be decreased. The intake/screening process will determine which clients meet ASAM criteria for this care level. IOP (Level of Care 2.1) strives to provide individuals with the intensive treatment they require to combat their disease of addiction, while remaining at home in their community and maintaining employment. IOP programing can act as a safe transition out of, and an extension of, the OP and PHP models.



**Level of Care 2.5** - The Partial Hospitalization Program (PHP) at Lakeside NEPA Inc. will operate Monday - Friday from 8:00am to 8:00pm. Clients receiving PHP services at Lakeside NEPA Inc. 5 days per week, for a minimum of 20 hours of clinically intensive programming per week. This level of 2.5 partial hospitalization program will provide direct referrals for psychiatric and medical services. Referrals offered for psychiatric and medical services appropriate to the clients need. Consultation will be available within 8 hours. Patient will meet with provider within 48 hours in person after coordination of referral. Emergency services are available by telephone 24 hours a day, 7 days a week after program hours.

Clients may participate in individual and group counseling, family therapy, educational groups, occupational and recreational therapy appropriate to the objectives of the treatment plan. Family therapy will include family members and/or significant others. A planned format of therapies will be implemented on the patient's developmental stage and comprehensive level. Treatment plans will be conducted every 30 days to review problems, needs and strengths. Goals will be measurable and developed in collaboration with the patient.

Lakeside NEPA will staff an interdisciplinary team of appropriately credentialed addiction treatment professionals who will assess and treat substance related or other addictive disorders. Staff will be cross trained to understand the signs and symptoms of mental disorders. Staff will be able to understand and explain the uses of psychotropic medications and their interactions with substance related disorders. The facilities mental health professionals will assess and treat co-occurring mental disorders. Case management services will also be provided for highly crisis prone patients with co-occurring disorders. Case management is an integral support service and is a significant component.

Clients who meet ASAM level 2.5 criteria upon intake and assessment, will be placed in this level of care. As clients both progress and regress, level of care assessments will be conducted, and the individual will be referred to the appropriate care level. Partial Hospitalization Programming (Level of Care 2.5) focus is to provide individuals with the intensive treatment they require to combat their disease of addiction, while remaining at home in their community. Lakeside NEPA recognizes that not everyone has the opportunity to go away to residential treatment, or they may not have access to the long-term care they would benefit from, and PHP programming can act as a safe transition out of, and an extension of, the residential model. Urine toxicology will be conducted in a respectful manner as a mechanism to monitor an individual's need, stability, and recovery efforts. Urine drug toxicology results shall be incorporated into the treatment planning process. Primary therapist will review results and patterns of behavior for treatment care planning and stabilization. Results are reported in electronic medical record and maintained in treatment record. This facility has contracted with an outside laboratory to perform toxicological analysis procedures. All urine drug toxicology will be collected on site and sent to Precision Diagnostics for testing.



## **TREATMENT PHILOSOPHY**

Lakeside NEPA Inc.'s outpatient programming is designed to treat the whole person. Addiction is a brain disease that impacts the physical, psychological, social, and spiritual health of an individual. Thus, treatment must be comprehensive and thorough, addressing the various dimensions of an individual's well-being that are hijacked by their addiction. Addiction is a disease of isolation, and the therapeutic relationship is essential in order for change to occur. In conjunction with traditional Cognitive Behavioral approaches and Motivational Interviewing methods, Lakeside NEPA Inc. takes a strengths-based, person-centered approach to treatment in striving to inspire clients to feel empowered in transforming their lives through recovery.

## **PROGRAMMING**

There are treatment approaches utilized depending on the client issues identified and the pace of progress being made in treatment by the client. Cognitive Behavioral Therapy, Rational Emotive Therapy, Motivational Interviewing, Solution Focused Brief Therapy, and Psycho/Spiritual Therapy along with other modalities will be utilized throughout the course of treatment. Clients also receive psychoeducation on the following topics: the disease concept of addiction, MAT options for Opioid Use Disorders, the family disease concept, and the bio-psycho-social-spiritual nature of addiction.

Hazelden's CORE and Recovery Management Resources materials are utilized for programming. Topics covered:

- Triggers, Cravings and Relapse
- Planning Sobriety
- Spirituality
- Sex, Alcohol and Other Drugs
- Stress and Emotional Well-Being
- Skills for Reducing Stress
- Negative Emotions
- Anger and Communication
- Relapse Prevention Basics and Advanced Relapse Prevention
- Problem Solving
- Attitudes and Beliefs
- Human Needs and Social Relationships
- Grief



# 2022 Summary

Lakeside NEPA served approximately 225 patients by the end of the year 2022. Assisting clients to overcome substance abuse related issues by teaching them to recognize and avoid destructive thoughts and behaviors. Many clients were offered additional services and resources. If a present health or wellness need was identified, a clinical staff member would consult with a provider and make an appropriate referral within 8 hours and ensure the client is seen for services within 48 hours. Due to the pandemic of 2020, Lakeside NEPA implemented tele-health services for those reporting exposure or positive test results for COVID. Lakeside NEPA used their clinical judgment when selecting appropriate clients for telehealth services.

We provided internships to college students within Lackawanna County to explore and develop skills related to student's field of study.

We participated in several community networking events such as the Celebration of Recovery and the Overdose Awareness in August of 2022, the Recovery Walk in September of 2022, and Overdose Awareness in September of 2022, the Luzerne County Cares Expo in November of 2022.





<b>Hours of operation Outpatient &amp; IOP</b>	<b>Hours of operation PHP</b>
<b>MONDAY: 8:00 am – 8:00 pm</b>	<b>MONDAY: 8:00 am – 8:00 pm</b>
<b>TUESDAY: 8:00 am – 8:00 pm</b>	<b>TUESDAY: 8:00 am – 8:00 pm</b>
<b>WEDNESDAY: 8:00 am – 8:00pm</b>	<b>WEDNESDAY: 8:00 am – 8:00pm</b>
<b>THURSDAY: 8:00 am – 8:00 pm</b>	<b>THURSDAY: 8:00 am – 8:00 pm</b>
<b>FRIDAY: 8:00 am- 8:00 pm</b>	<b>FRIDAY: 8:00 am- 8:00 pm</b>
<b>SATURDAY: By appointment only</b>	<b>SATURDAY: By appointment only</b>
<b>SUNDAY: CLOSED</b>	<b>SUNDAY: CLOSED</b>