



SUBSTANCE OUTPATIENT SERVICES

2024 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 801 South Kettle Street, Altoona, PA 16602. With the location change during the fall of 2023, sessions are held in the office and referrals can be made by phone, in person, or by another provider utilizing our referral form that can be located on our agency website. 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, trauma focused CBT, 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.

2024 review: The facility underwent an annual DDAP facility audit on 2/26/2024 and was able to achieve renewal as a licensed facility. Over the course of 2024, the facility maintained a steady flow of referrals for its only 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 continued to notice an influx of female referrals for substance outpatient. Many of the referrals coming in have individuals struggling with meth and prescription pill use; along with many other substance related diagnosis. During 2024, Sarah had went on maternity leave from August to October and was welcomed back by her clients and fellow co-workers. Sarah was able to come back with new referrals for SOS and continue to offer HIPPA compliant telehealth platforms for sessions to clients who need access to the service.

As Sarah continues to provide outpatient services, she continues to earn respect from her clients and those in the d&a field; this is evident in the continuing referrals coming in for SOS and her being in the running for Blair County's Hometown Favorite Counselor. Sarah's maintains a good rapport with her clients and wants them to obtain and/or maintain sobriety and to be successful in life. Since 2021, Sarah has continued to grow clinically in her knowledge of substances, current drug trends in Pennsylvania and Blair County and



understanding the conversations around overdose preventive techniques in Pennsylvania.

Throughout 2024 the number of clients who were served was totaled at 34 (12 adult males, 22 adult females and 5 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 2024 are co-occurring; this means that clients are struggling with mental health and d&a. The program revenue for 2024 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 years. Evolution is increasing its services that focus on substance use by receiving a grant for an evidence-based practice called Multidimensional Family Therapy (MDFT). As of October 2023, Evolution was able to get six staff trained in the model; MDFT is now implemented in Blair and Huntingdon County. Currently, Evolution is working on getting MDFT to be M.A. funded as it continues to grow.

Completed by: Project Director Tessa McKay, LSW