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May 2021 Newsletter



Substance Outpatient Services (SOS) is an outpatient drug and alcohol program that works with youth and adults starting as young as 12 years of age. **SOS** began servicing Blair County in December of 2020 under the direction of Jeff Colbert, LCSW and Sarah Krill, LSW.

Currently, Sarah is the sole therapist and is knowledgeable in cognitive behavior therapy, rational emotive behavior therapy, dialectical behavior therapy, motivational interviewing, the MATRIX model, and mindfulness-based stress reduction. Sarah provides treatment for individuals with marijuana use disorder, methamphetamine use, opioid use, alcohol use, stimulant use, and more.



Clients can attend sessions individually, or with family when they see fit. Clients take an active role in creating their treatment goals as part of the treatment planning process. While in the **SOS** program clients will meet approximately once a week for up to an hour. Clients will focus on their current needs which may include education on substances, identifying triggers, learning new coping skills, learning refusal skills, building healthy boundaries with others and oneself, processing emotions, and building community sober supports.

It is the agency's hope that this program will help individuals learn how to better cope, adapt, and grow with all of life's challenges. Insurances accepted include Medical Assistance and UPMC insurances. Evolution is also partnered with Blair, Drug, and Alcohol Partnerships to help uninsured Blair, County residents obtain funding.

SOS is currently accepting clients which can be made by calling the office at [814-201-2754](tel:814-201-2754), by emailing Sarah at sdavinsizer@evolutionblair.com, or directly on our website. After a referral is made an intake will be scheduled to complete an assessment to determine appropriate level of care and general intake paperwork



Evolution Expressions Arts for Healing Program teamed up with Blair HealthChoices/System of Care to bring some colorful artwork into their office space. Blair HealthChoices, which includes the new High Fidelity Wraparound Program, wanted to create a family and youth friendly space with local artwork. This effort is all made possible due to building a System of Care in Blair County, where we are working together to improve behavioral health outcomes for our youth and families.

