

ADDICTION TREATMENT

COGI provides outpatient and intensive outpatient addiction treatment services to adults and adolescents struggling with substance use. Clients receive individual and group therapy incorporating 12-step principles as well as other treatment approaches such as Cognitive-Behavior Therapy. In addition to counseling, clients are able to access COGI's Medication Assisted Treatment (MAT) clinic as well as comprehensive care management services designed to assist clients with coordinating care across systems and addressing barriers to long-term recovery.

SPECIALTY GROUPS

COGI offers a number of specialized groups designed to meet the needs of individuals in recovery.

COGI's *Fatherhood Group* supports men who are seeking to become more engaged with their families and repair relationships affected by addiction.

The *Mindfulness Group* teaches meditation, yoga, and other techniques to incorporate mindfulness into recovery and support stress management and healthy relaxation.

COGI's *Anger Control Education Group (ACE)* helps clients improve anger management skills and learn to effectively advocate for themselves without anger or aggression.

OUR MISSION

Clinical Outcomes Group, Inc. (COGI) is a dynamic, public health non-profit that exists to meet the unmet needs of vulnerable populations. In our community, we have identified the following as our vulnerable populations: individuals suffering from addiction disorders, pregnant women, veterans, children, and other who are susceptible to public health issues.

COGI strives to provide high quality, low cost, and easily accessible public health services to any individual or community in need located in Schuylkill County Pa and surrounding areas.

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TREATMENT MODALITIES



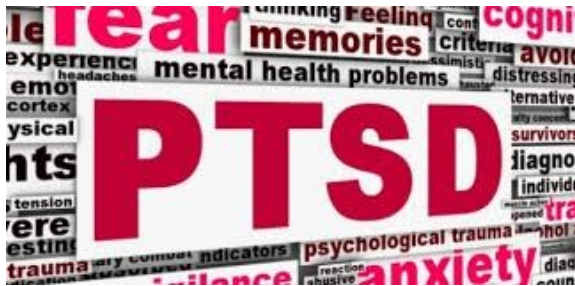
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TREATMENT MODALITIES UTILIZED BY COGI

TRAUMA-INFORMED CARE CENTER RECOGNITION

COGI has been recognized as a Trauma-Informed Care Center with comprehensive treatment services designed to meet the needs of clients who have experienced trauma or have a PTSD diagnosis. There is a clear link between PTSD and addiction, and many individuals who struggle with addiction have a history of traumatic experiences such as abuse during childhood. In order to facilitate healing and long-term recovery for our clients, COGI assesses all clients for trauma during the intake process and offers several evidence-based PTSD treatment models to those clients seeking to address their trauma during treatment.

These treatment models include Seeking Safety and Cognitive Processing Therapy (CPT).



SEEKING SAFETY

Seeking Safety is offered in group or individual sessions and teaches people with PTSD and substance use problems a number of different coping skills, including setting healthy boundaries, recognizing warning signs or high-risk situations for drug/alcohol use, self-care, managing emotional pain, health relationships and coping with PTSD symptoms. Seeking Safety is designed to have a present and future focus and is not intended to focus on discussing the specific traumatic events that have occurred in the past.

COGNITIVE PROCESSING THERAPY (CPT)

Cognitive Processing Therapy (CPT) is offered in individual sessions. Trauma can change the way people think about themselves and the world, often causing them to blame themselves for what happened or to believe that the world is a dangerous place. These kinds of thoughts keep people stuck in PTSD and prevent healing. CPT teaches a new way to handle these upsetting thoughts relating to the trauma and teaches skills that can be used to develop more helpful ways to think about what happened.

DIALECTICAL BEHAVIOR THERAPY (DBT)

COGI also offers Dialectical Behavior Therapy (DBT) as a treatment model for clients who struggle with managing difficult emotions. COGI has added this evidence-based treatment model in order to assist clients who may use substances as a way to self-medicate difficult or painful emotional states. Based on Cognitive-Behavioral Therapy (CBT), this model incorporates mindfulness skills and supports clients in developing healthy relationships and increasing the ability to tolerate distress without relapse. DBT was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD). It is now recognized as the gold standard psychological treatment for this population. In addition, research has shown that it is effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD), and eating disorders.

