



Central Behavioral Health

CORE: CLINICAL OPTIONS TOWARD RECOVERY

ANNUAL REPORT

July 1, 2022 – June 30, 2023

TREATMENT PHILOSOPHY

The CORE Program's treatment approach to addictions is holistic in nature, and based on the biopsychosocial perspective that views substance dependency and co-occurring issues (both substance use and mental health issues) as a disease process. We recognize that overcoming addiction is not a question of moral fiber or innate will power, but rather reflects a more complex developmental process of education, insight, behavioral change, and more importantly, a commitment to a new way of living. Treatment incorporates a strong emphasis on empathic, hopeful, and supportive individual, group, and family psychotherapy. In addition, psychoeducation coupled with an equally focused commitment to a 12 Step philosophy offers individuals a structured environment that is designed to empower them to regain control of their lives. The CORE program is firmly committed to helping those who suffer from addiction, co-dependency, and co-occurring substance use and mental health disorders to achieve stability and abstinence, and to eventually rebuild healthy and fulfilling lives.

PROGRAM ACTIVITIES

The CORE Program provides the following services:

Assessment: CORE offers comprehensive drug and alcohol assessments, which are performed by, experienced Addictions Counselors to determine specific treatment needs.

Outpatient Therapy: CORE Counselors provide individual, group, family and couples counseling.

Services for Consumers with Co-Occurring Disorders: All of the above services are provided for individuals who experience both mental health and addiction issues.

Psychiatric Evaluation and Monitoring: Psychiatrists are on staff to evaluate the psychiatric needs of consumers with co-occurring disorders. Psychiatric services include prescribing and monitoring medication when appropriate.

Referrals: Our staff provides referrals to a wide range of services in the community.

HIGHLIGHTS 2022 - 2023

During the past year, CORE had continued to provide Outpatient programming, with an emphasis on providing comprehensive care to individuals with co-occurring disorders (both substance use and mental health disorders). CORE staff members have continued attending monthly meetings with the directors of the adult programs who serve consumers who have more severe, chronic mental health issues. These discussions focus on meeting the needs of consumers who are diagnosed with co-occurring disorders. CORE staff members have been working closely with the Montgomery County Office and other agencies to implement a PA State Initiative regarding the treatment of individuals with co-occurring disorders. Central has developed programming to meet the requirements for co-occurring disorder competency. Central

staff continue to perform drug and alcohol assessments. CORE continues to establish a presence in the adult and children services within the Agency. CORE shares training information with other departments and provides education/supervision whenever possible. CORE provides drug and alcohol assessments and therapy to students when needed. CORE therapists have educated family members and significant others of substance abusers about drug and alcohol issues through psycho-educational materials. CORE was able to meet the needs of consumers during the pandemic by utilizing telehealth services in order to make treatment more accessible and safe for individuals seeking help.

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Link to our website that includes a link to this annual report:

<https://www.centralbh.org/core/>