

FIRST STEPS TREATMENT CENTER

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SOBERING FACTS

1. 3500 overdose deaths in Pennsylvania in 2015
2. OD rate in PA 26/100,000
OD rate in US 14.7/100,000
3. 67% of ODs were men
84% were White
13% were Black
3% were Hispanic

SOBERING FACTS

4. The highest rising rates were among:

- Females
- Whites
- Ages 35-44

5. The most common drugs found in post-mortem toxicology:

Heroin Fentanyl Hydrocodone (Vicodin)
Oxycodone

CONCLUSION: THERE IS AN OPIOID EPIDEMIC IN PENNSYLVANIA

SOBERING FACTS

1. Alcohol is the most common substance of abuse
2. 17 million people report heavy drinking (binge drinking on at least 5 of the last 30 days)
3. Alcohol plays a major factor in the 3 leading causes of death in the 15-24 year old population:
Accidents Homicide Suicide
4. Roughly 1 in 6 hospitalized patients (medicine, surgery, obstetrics) meet clinical criteria for Alcohol Abuse

CONCLUSION: THERE IS AN ALCOHOL EPIDEMIC IN
PENNSYLVANIA

BACKGROUND

1. Existing Services – Access Center at Community Hospital, 7AM-4PM, Monday-Friday
PCPC → Referral
2. Approximately 7 out of 10 patients referred externally
3 out of 10 kept internally
3. Resulting in >150 patients per month sent out of system
4. Detoxification and Rehabilitation are ONLY the first steps to Recovery

BACKGROUND

1. Pennsylvania State Center of Excellence (COE) for Opioids Awarded July of 2016
2. Delaware County Office of Behavioral Health Certified Recovery Specialist (CRS) Contract Awarded October of 2016
3. Perinatal Center of Excellence (COE) Designation from Keystone First Awarded December of 2016

BACKGROUND

4. Needs assessment completed for referral sources:

Trauma Surgery

Medicine/Surgery Inpatients in CKHS

Emergency Rooms

Psychiatric Inpatients

Obstetrics

The Court System:

Drug Court

Probation

Area Hospitals

Out of Area Hospitals

THE UNITS

First Steps Treatment Center

2 Floors – 1 SE at CCMC

2 SE at CCMC

THE UNITS

1 SE Inpatient Acute

20 beds

10 4A – Medically Managed Detoxification

10 4B – Medically Managed Rehabilitation

2 SE Residential 32 beds

12 3A – Medically Monitored Detoxification

20 3B – Medically Monitored Rehabilitation

THE TEAM

Medical Director – Sherry Nykiel, MD

Program Director – Rick Urey, LPC, CAADC

Nursing Director – Toyin Fajinmi, RNC

A strong complement of APRNs, RNs, LPNs, MSWs, BSWs, PCTs, URs, Marketing, EVS, and Security round out the clinical and support staff

THE COMMITMENT

\$1.4 Million total capital commitment
required for the program

Sources of funds:

Prospect Medical Holdings

Delaware County through the Office of
Behavioral Health

FIRST STEPS-THE PROGRAM

Detoxification – medically supervised Evidence-Based
Medicine protocols

Rehabilitation – education and therapy to maintain
sobriety and prevent relapse

Group Therapies

Yoga, Music, Acupuncture and Psychodrama as
alternative therapies

Strong family involvement

HOW TO ACCESS FIRST STEPS TREATMENT PROGRAM

1. Telephone Number 1-866-CKSTEPS (1-866-257-8377)
2. Admissions through Access Center at Community Hospital with warm handoff to Unit Monday through Friday 7am - 3pm
3. Internal access for Inpatients is: 610-619-8800
4. Hours for admission Monday through Sunday, 7AM-9PM

WHAT MAKES FIRST STEPS UNIQUE

1. Strong clinical program with over 45 years of experience
2. Direct collaboration with medical, surgical, obstetrical and psychiatric providers
3. Strong family involvement
4. Multiple options within our own continuum for discharge

A GREAT “FIRST STEP”

Opened on March 22nd, 2017 – 12 patients admitted on
the first day

Unit was full by 3rd week

Average Daily Census = 46

Meet our COE team

Director SAS: David F Moran LCSW, CADC, TEP

Service Director-Stacie Nawn, LPC

Service Coordinator- Autumn Miller, LPC

Nurse Navigator- Valerie Pittman, RN

Master Level Clinician- Stephanie Witsch, MS

Certified Recovery Specialist- Regina Marchetti

Contact Number to enter COE:

610-497-7336

Our Treatment Facility

Assessment center
Intensive Case Management (ICM) Services
Intensive Outpatient Services (IOP)
Outpatient Services (OP)
Methadone Intensive Outpatient (IOP)
Methadone Outpatient (OP)
Expected Mothers Managing Addiction(EMMA)
Suboxone and Subutex IOP and OP
Vivitrol
Evidence Based Treatment-, DBT, MI, IMR, CBT PTSD,
EMDR, Psychodrama.

How can the center of excellence help?

A call is made to the COE about need for treatment and services.

The COE team professional initiates contact with the identified client and facility within 24 hours.

The team can then begin a screen and assessment to evaluate appropriate level of care and refer the client to treatment.

The team can coordinate transportation from referral source to treatment facility.

The COE oversees the client as they move through the continuum of care.

The team facilitates warm hand-offs between all available behavioral, substance abuse, and physical health treatments as needed.

With a collaborative team approach the barriers to treatment are removed (ie insurance, transportation, delayed treatment)

CRS team members can help meet the client's immediate needs and introduce client to 12 step recovery meetings and support.

CRS for the ER

7 days a week 24/7 program. All shifts are covered by a CRS with rotating weekend shifts.

CRS receive a call from the emergency department (ED) when an individual has overdosed.

Family members or individual that has recently experienced an overdose can call 24/7 to connect with a CRS.

CRS able to go to the ED and engage that individual and connect them to resources and treatment.

Connected with area hospitals that have patients from Delaware County.

From October 2016 to May we've engaged with 546 clients and have placed 188 clients into treatment.

CRS program became part of the D&A Services of CCMC in October 2016.

CRS for the ER present about services to Medical team meetings for ER staff .

Co-present with the OP D&A Services under the Center of Excellence

24 Hour On-Call
610-497-7278

First Steps Treatment

Opened March 22, 2017

Facility has a total of 52 beds:

Hospital Detox (4A)-10 beds

Hospital Treatment & Rehabilitation (4B)-10
beds

Nonhospital Short Term Detox (3A)- 12 beds

Nonhospital Residential Treatment and
Rehabilitation (3B)-20 beds

Methadone, suboxone, and vivitrol

Phone number 877-257-8377

QUESTIONS?