



Annual Report 2025

Mountains Edge Recovery Center Mission Statement:

Our mission is to provide each person that enters our program with the highest level of personalized treatment. Our staff will consistently show love and compassion while using direct, respectful, and honest communication. We will provide a safe and serene atmosphere that will be conducive to building trust and hope. We will devotedly convey the message that "we believe" recovery is possible for everyone.

Mountains Edge Recovery Center Program Philosophy:

Our philosophy is that Chemical Dependency (CD) is a chronic, progressive, and fatal disease which has no cure, but can be arrested with appropriate treatment. The client receives individualized treatment which requires the client to become drug free of all mind- or mood-altering chemicals. CD impacts the client physically, emotionally, and spiritually along with a major impact on the family. The individual and closeness with family is affected. The severity of illness determines what the level of care should be. The client and each member of the treatment team will participate in the planning and execution of the treatment process. Mountains Edge Recovery Center's philosophy is that the treatment of chemical dependency/substance abuse is a disease/relapse prevention model utilizing a multidisciplinary approach with the 12-step fellowship and relapse prevention involvement in the primary treatment modality.



DDAP Licensed

Outpatient Services Offered: Population Consists of all Males in the following demographic percentages:

Since October 8, 2024 we have Served 136 Clients.

- 1. White – 70%**
- 2. African American – 25%**
- 3. Others – 5%**

Of those who have attended 79% have successfully completed treatment.

Definitions of Levels of Care:

Outpatient Program (OP), Intensive Outpatient Program (IOP), Partial Hospitalization Program (PHP), Level of Care Assessment (LOC)

OP - At this level of care the client receives individual counseling on a weekly basis or more if the client's individual needs require it. Family sessions are encouraged and are scheduled appropriately. The purpose is to provide education on substance abuse and chemical dependency; to assist individuals in assessment and self-evaluation of substance use patterns and the effects that it has on their lives; and to assist individuals in the development of appropriate strategies to maintain abstinence from drugs and alcohol. The focus of treatment for the client is on primary education and relapse prevention. Clients are required to attend community self-help group meetings while in the program.

IOP - A 5 day a week non-residential outpatient program which includes 9-19 hours per week of services that include a combination of individual, group, and family counseling. The purpose is to provide education on substance abuse and chemical dependency; to assist individuals in assessment and self-evaluation of substance use patterns and the effects that it has on their lives; and to assist individuals in the development of appropriate strategies to maintain abstinence from drugs alcohol. The focus of treatment for the client is on primary education and relapse prevention. Clients are required to attend community self-help group meetings while in the program.

PHP - A 7 day a week, depending on client's individual needs, non-residential outpatient program which includes 20+ hours per week of services that include a combination of individual, group and family counseling sessions. The purpose is to provide education on Substance Abuse and Chemical Dependency; to assist individuals in assessment and self-evaluation of substance use patterns and the effects that it has on their lives; and to assist



individuals in the development of the appropriate strategies to maintain abstinence from drugs and alcohol. The focus of treatment for community self-help groups meetings while in the program and moving forward with their recovery efforts. Clients may then be transferred to a less structured and less intensive level of care based on the client meeting the criteria of IOP or OP services. Although clinical services are provided, the main emphasis is on services that are low-intensity and typically emphasize a supportive environment.

This would include services that would focus on recovery skills, preventing relapses, improving emotional functioning, promoting personal responsibility, and reintegrating the individual into the world of work, education and family life.

Level of Care Assessments: A comprehensive clinical assessment is vital to the placement process and must be conducted by a qualified professional prior to applying the ASAM for level of care determination. Because substance use disorders are biopsychosocial in nature, assessments must be comprehensive and multidimensional to determine the level of care and service needs of the client. Assessing the client for any special needs is also an important part of this process.

MAJOR ACCOMPLISHMENTS, TRENDS AND OUR GOALS:

This past year, 2025, is our third year in operation. We have made many accomplishments, including a successful follow-up visit from the Department of Drug and Alcohol Programs for licensure and obtained accreditation from the Joint Commission Accreditation of Healthcare Organizations. Additionally, we successfully renewed the licensure for our on-site Recovery House through the Department of Drug and Alcohol Programs, and we continued to grow our relationships with the Single County Authority (SCA), Community Care Behavioral Health and Fidelis of NY. We began serving Pennsylvania residents with CCBH to better assist our communities in their recovery needs.

Our peer-to-peer program continued, which allows a senior client who has shown commitment to their recovery to speak to current clients about their experience with the partial hospitalization program.

In the first half of 2025, we continued to offer Eye Movement Desensitization Reprocessing (EMDR) therapy which will help our clients suffering from trauma-related issues. EMDR therapy is considered an “A” level treatment for trauma that is recommended by the World Health organization (2013) for children and adults. EMDR aims to reduce subjective distress and strengthen adaptive cognitions related to traumatic events. EMDR is a comprehensive approach that addresses the physiological storage of memory and how it informs experience. Change is understood as a byproduct of reprocessing due to the alternation of memory storage and the linkage to adaptive memory networks. This intervention is a vital piece in treating trauma related issues and has been beneficial to our success rate of clients completing the program. In 2024, our success rate of clients completing full program was at 100%. Unfortunately, this therapy intervention was not able to continue in the second half of 2024 due to staffing shortage with qualifications to provide this treatment.



Mountains Edge Recovery Center held its annual influenza & COVID-19 vaccination clinic for staff & clients, with goal of 90% of staff to be vaccinated in 2025. All staff were given the option to receive the vaccination by holding a flu vaccination clinic, we were able to make the flu vaccination easily accessible and assist in keeping our employees healthy throughout the flu season. We continued on-site CPR training for staff and maintained our goal with 100%. Other mandatory training that resumed on-site for all staff included: HIV/STD/TB/Hepatitis, Incident Reporting, Overdose Reversal-Narcan administration, and Suicide Prevention and Risk. All training courses are offered within the timeframes needed to meet DDAP requirements for staff.

Our Alumni program on the Mountain continued throughout 2024- and has continued to grow. The goal of the Alumni Program is to keep our alumni connected and offer them support after completing treatment. The coordinator of the Alumni Program not only reaches out directly to our alumni on an individual basis, but also communicates to the masses via email, newsletters, Facebook groups, and additional social media platforms. One of the major benefits of our Alumni Program is quick readmission to our treatment program if they have relapsed and/or providing referrals to get them the necessary help. These resources and services promote Mountains Edge Recovery Center's goals in aiding with long-term recovery post treatment.

The alumni coordinator organizes bi-weekly Alumni meetings offered in person on-site or arranged at a different recovery venue. The meetings keep former clients supported and connected after they have successfully completed the program. We hosted our annual Alumni summer picnic which allows our alumni to bring loved ones on site to meet our staff and have a great day with continued support in their sobriety journey.

We continue to deepen our relationships by working closely with our local County DA office, Lackawanna County Recovery Coalition and Susquehanna County Drug and Alcohol. This allows us to collaborate with other local providers as well as local community officials by working on projects to reduce stigma and provide increased education and resources to the local community about addiction and recovery. We have expanded our reach to clients in the New York area that need this level of care as well.

For 2026, Mountains Edge is envisioning several possibilities including: the possibility of expanding to open a Intensive Outpatient Program. This will allow us to serve those in need of a full continuum of care throughout the Lackawanna/Susquehanna counties.

GOALS:

Mountains Edge Recovery Center will continue our outreach program to build relationships with other facilities and organizations which allows us to educate the public and assist individuals suffering from addiction.

We are continuously looking at how we can improve our program so we can continue to provide innovative treatment services to those who suffer from addiction. Adding to our employee development and training program will greatly aid us in this.



We will continue to work toward achieving excellence as we have obtained ASAM alignment for the 2.5 Level of Care.

We anticipate increasing our staff as the program continues to grow and as we bring additional services to the area.

Additional activities that are provided daily and assist clients with socialization and engaging in a healthy sober environment, include trips for hiking, bowling, YMCA and much more.