



Annual Report 2026

Reporting Period: January 1-December 31, 2025

Mountains Edge Recovery Center Mission Statement: Our mission is to provide each person who enters our program with the highest level of personalized treatment. Our staff consistently demonstrates compassion while using direct, respectful and honest communication. We provide a safe and serene atmosphere conducive to building trust and hope. We devotedly convey the message that "we believe" recovery is possible for everyone.

Mountains Edge Recovery Center Program Philosophy: Mountains Edge Recovery Center recognizes substance use disorder as a chronic and progressive condition that can be arrested and managed through appropriate treatment and sustained recovery support. Treatment is individualized and multidisciplinary, addressing the physical, emotional, social and spiritual effects of addiction. Clients participate with the treatment team in planning and carrying out their care. The program integrates evidence-based counseling, relapse-prevention education, peer support, recovery-oriented activities and community-based mutual-help involvement.



DDAP Licensed

Outpatient Services Offered:

Mountains Edge Recovery Center serves adult males requiring structured substance use disorder treatment. During the reporting period, the organization provided DDAP-licensed outpatient services, including Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), Outpatient Program (OP) and level-of-care assessment services as clinically indicated.

2025 Service Snapshot

Since October 8, 2024, Mountains Edge Recovery Center has served 136 clients.

- White - 70%
- African American - 25%
- Other racial or demographic categories - 5%

Of those who attended, 79% successfully completed treatment.

Definitions of Levels of Care:

OP - At this level of care, clients ordinarily receive individual counseling at least weekly, with additional services based on clinical need. The program provides education about substance use disorder, supports self-evaluation of substance-use patterns and their effects, and helps clients develop strategies to maintain abstinence and prevent relapse.

IOP - A non-residential level of care providing 9-19 hours of services per week through a combination of individual, group and family counseling. Treatment emphasizes education, self-evaluation of substance-use patterns, relapse prevention and development of practical strategies to maintain recovery.

PHP - A structured, non-residential program providing 20 or more hours of treatment services per week according to each client's assessed needs. Services include group and individual counseling, family involvement when clinically appropriate, recovery education, relapse prevention, case management and support for reintegration into work, education, family and community life.



Level of Care Assessments: Comprehensive biopsychosocial assessments are completed by qualified personnel before applying ASAM criteria to determine the appropriate level of care. Assessments consider all relevant dimensions, including withdrawal risk, biomedical and emotional or behavioral needs, readiness to change, continued-use potential and the recovery environment.

Additional Supports:

- Individualized treatment planning and ongoing clinical review
- Case management and coordination of care
- Transportation for approved medical, legal, recovery and community needs
- Peer-to-peer recovery support and alumni engagement
- Structured sober recreation, including hiking, bowling and YMCA activities
- Referral and transition planning to less-intensive levels of care and recovery housing when appropriate

MAJOR ACCOMPLISHMENTS, TRENDS AND OUR GOALS:

During its third year of operation, Mountains Edge Recovery Center completed a successful DDAP licensing follow-up and maintained organizational attention to regulatory compliance and quality improvement. The organization also obtained accreditation through The Joint Commission and renewed DDAP licensure for its on-site recovery-house services.

The program strengthened working relationships with the Single County Authority, Community Care Behavioral Health, Fidelis of New York and other referral partners. Mountains Edge began serving additional Pennsylvania residents through Community Care Behavioral Health and expanded access for individuals from neighboring New York communities who required this level of care.

The organization continued collaboration with the local County District Attorney's Office, the Lackawanna County Recovery Coalition and Susquehanna County Drug and Alcohol. These relationships supported coordinated referrals, public education, stigma reduction and access to recovery resources.

Mountains Edge continued on-site staff development and safety training. Topics included CPR, HIV/STD/TB/Hepatitis, incident reporting, overdose reversal and naloxone administration, and suicide prevention and risk response. Training was scheduled to support completion within applicable DDAP timeframes.

During part of the reporting period, the program offered Eye Movement Desensitization and Reprocessing (EMDR) therapy for clients with trauma-related needs when appropriately qualified staff were available. The availability of this specialized intervention was affected by staffing capacity, highlighting an ongoing need to recruit and retain clinicians with specialized qualifications.

The peer-to-peer initiative continued to give senior clients who demonstrated commitment to recovery an opportunity to share their experience with current participants. The Alumni Program continued individual outreach, electronic communication, social-media engagement and biweekly recovery meetings. Alumni activities included the annual summer picnic and rapid support or referral when a former client reported relapse or requested help returning to care.

The organization continued efforts to make seasonal influenza and COVID-19 vaccination accessible to staff and clients. On-site availability supported employee health, client access and continuity of operations during respiratory-illness season.

GOALS FOR 2026:

- Continue outreach and relationship building with treatment providers, community organizations, payers and public agencies.
- Maintain DDAP licensing readiness and sustain quality-management activities associated with Joint Commission accreditation.
- Continue alignment of clinical operations with ASAM expectations for the 2.5 level of care.
- Strengthen employee development, required training, clinical supervision and documentation oversight.
- Increase staffing capacity as census and service needs grow.
- Evaluate opportunities to strengthen the continuum of care, including IOP and OP services where operationally and clinically appropriate.



- Continue transportation, case management, recovery support and sober recreational activities that reduce barriers to engagement.
- Improve outcome tracking and annual reporting through consistent aggregate data collection and governing-body review.

PUBLIC AVAILABILITY AND GOVERNING-BODY REVIEW:

This annual report summarizes Mountains Edge Recovery Center's program activity for the preceding calendar year and is maintained for public availability in accordance with 28 Pa. Code § 709.22(c). The report contains only aggregate information and does not disclose client-identifying or protected health information.

A copy may be requested from Mountains Edge Recovery Center at 306 Sugar Hill Road, Union Dale, Pennsylvania 18470.

Governing Body includes sole Owner, Cynthia Bellino.

GOVERNING-BODY APPROVAL:

The undersigned acknowledges review and approval of this annual report on behalf of the governing body.

Cindy Bellino, Owner / Governing Body Representative

Date

Prepared in accordance with 28 Pa. Code § 709.22(c)