



## DRUG AND ALCOHOL SERVICES

Children and families with education, mental health and family support needs are searching for a better quality of life. Wesley Spectrum Services helps them to become independent, responsible and caring members of the community by providing an array of high quality special education, mental health and family services. These services give children and families the strength to learn, to live and to love, resulting in stronger families and stronger communities.

### Philosophy and Purpose

Substance abuse is not a moral choice, but a disease that affects brain functioning. This makes it particularly challenging to those who need to break free from these addictions. Wesley Spectrum provides therapy and education, to help them overcome the problems that lead to substance abuse. We aid in recovery and improve their ability to build families, maintain employment and contribute to their communities.

### Eligibility

The target populations are adolescents and adults who have a substance abuse diagnosis (starting at age 10 in Allegheny County, and age 12 in Washington County). The Partial Hospitalization Co-Occurring Disorders program in Washington focuses on adults and adolescents age 12 and over who have both a substance abuse and mental/behavioral health diagnosis.

We give priority to pregnant injection drug users, pregnant substance abusers, injection drug users and co-occurring disorder individuals. Individuals must meet the requirements outlined in the Pennsylvania Client Placement Criteria of the American Society of Addiction Medicine.

### Availability

If we are operating at capacity and space is not available, we may refer prospective clients to outside agencies or to similar services within Wesley Spectrum. Aside from our priority populations, all eligible people are treated fairly without favoritism.

### Referral

Referrals to Wesley Spectrum Drug and Alcohol Services come from rehabilitation centers in Pennsylvania, West Virginia, and Ohio, hospitals, half-way houses, shelters, county agencies and county drug and alcohol commissions. Clients can also self-refer. Participation is almost always voluntary.

### Intake

The intake coordinator collects health history, demographic and insurance information and schedules an appointment with an

intake counselor within two weeks (in 48 hours for priority clients). During that appointment, we review each potential client as an individual and chart a course at the best level of treatment for his or her needs. This may include a number of coordinated support or therapy services delivered through Wesley Spectrum or other agencies.

### Funding

Services are paid for by the client or through private or public insurance. We also contract with county services for financial support of our services. At intake, a patient liability assessment is conducted which specifies the amount of client fees or co-pays for services.

### Accreditation and Licensure

Wesley Spectrum is accredited through the Council on Accreditation. All our therapists maintain current credentials through professional development and licensing. We have been selected by county courts and Children, Youth and Families agencies in various counties to provide services. We are licensed by the Department of Public Welfare Office of Mental Health/Substance Abuse services, the PA Department of Health, Division of Drug and Alcohol Program, and are credentialed providers for Community Care and Value Behavioral Health managed care companies.

### Treatment Approach

We believe all people have strengths, and teach them to draw on their strengths to get hope and make a change. We believe every person has value and see the possibilities for good in every client, getting at the underlying factors to treat the total problem. By involving the whole family, we gain family support during recovery. Because we educate our clients about addiction, they understand how it impacts their lives, and what to expect in their recovery. We guide clients to reconnect spiritually, with their family and their community to build a sense of purpose and wholeness.

Client-centered service planning and continual monitoring of progress on treatment goals are at the core of our service delivery process. Individual treatment plans are reviewed and updated



# *Strength to learn, to live, to love*

periodically during the course of treatment. We measure each client's progress toward his or her individual goals, reevaluating goals when necessary. If progress is not occurring, we can then restructure the client's program of services.

## **Services**

Wesley Spectrum Drug and Alcohol Services provides drug assessment, prevention, intervention, education, psychiatric therapy and drug testing for anyone with a chemical dependency concern. Outpatient Services provides up to five hours per week of individual, group or family treatment, as appropriate. Intensive Outpatient offers up to 10 hours of services a week. In Washington, the Partial Hospitalization Program for Co-Occurring Disorders is a six-hour day treatment program for adults over 18 who have both a substance abuse and mental /behavioral health diagnosis. They receive close supervision, and between 10 and 30 hours a week of counseling sessions.

Our treatment modalities include cognitive behavioral therapy to change long term patterns of self-defeating thought, and reality therapy that focuses on eliminating irresponsible behavior and taking responsibility for one's actions. The approach is directive, didactic, action-oriented, contractual, non-punitive, rational, and focused on the present day.

We assist clients in processing their experiences, and demonstrate normal reactions to life events. They come to terms with emotions and learn appropriate ways to express their feelings. Clients participate in goal setting, motivational interviewing and full involvement through action.

For pregnant women, mothers and their dependent children, we also arrange for medical care, nutrition education, transportation, case management, and therapeutic interventions for sexual and physical abuse.

## **Outcomes**

Desired outcomes for our clients include abstinence from drug or alcohol use, improved family functioning, improved stress management skills, and increased competence at school, work or in other daily life tasks.

At discharge, goal attainment and changes in mental health functioning are measured to determine the overall impact of the service. Client satisfaction with services is also measured. Wesley Spectrum Services also collects data on whether service terminations were planned or unplanned and if the client was

discharged to a more, the same or a less restrictive setting. This outcome data is then aggregated across clients and used to help us improve the quality and effectiveness of our services.

## **Discharge**

A client has successfully completed treatment when he or she has met treatment goals. Criteria and plans for discharge are a part of the treatment planning and review process.

## **Aftercare and Follow Up**

During the discharge process, an aftercare plan is developed with the client. The aftercare plan identifies services that the client needs post discharge to address any unmet needs or to provide the support necessary to maintain treatment gains. Former clients may participate in continuing care groups or support group meetings to maintain the strength they need to handle daily problems without using drugs or alcohol.

We contact clients 30 days after discharge to be sure they are accessing needed community services, and determine if they need to reenter the program. We also attempt to make contact at six months.

## **Contact Information**

**Nicole Bishop**  
Program Director,  
Behavioral Health Services  
[nbishop@wesleyspectrum.org](mailto:nbishop@wesleyspectrum.org)

**John G. Frain, LPC**  
Assistant Director  
Outpatient Services  
[jfrain@wesleyspectrum.org](mailto:jfrain@wesleyspectrum.org)

6117 Broad Street  
Pittsburgh, PA 15206  
**Phone:** 412-342-2300  
**Fax:** 412-362-9807

26 South Main Street  
Washington, PA 15301  
**Phone:** 724-222-7500  
**Fax:** 724-222-5215



Admission, the provision of services, and referrals of clients shall be made without regard to race, color, religious creed, disability, ancestry, national origin (including limited English proficiency), age or sex. Personnel policies, procedures and practices will be designed to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age or sex.