Lake-Geauga Recovery Centers Inc.

Provider Service Plan

Lake-Geauga Recovery Centers, Inc. (LGRC) provides a wide range of services for individuals whose lives have been affected by their own or another's use drugs or alcohol, problem gambling, or mental illness. The Center offers expert support to individuals, families, businesses, other service providers, and the community at large. The Mission of Lake-Geauga Recovery Centers Inc. is: To promote lifelong recovery from addiction through education, prevention, and treatment regardless of ability to pay." LGRC's vision statement: "Lake-Geauga Recovery Centers aspires to provide premier behavioral healthcare services. We strive for excellence through proven practices and for leadership in partnering with community organizations to work towards an addiction-free society." The goals within our FY23-26 Strategic Plan are to:

* Strengthen the agency's community focus commitment through expansion of services and improved communication.
* Focus on desired outcomes to ensure high quality of service.
* Enhance the employee experience by improving recruitment, training and retention.

Certification, Licenses, Affiliations:

LGRC operates in compliance with the standards of the Ohio Department of Behavioral Health (ODBH) certification requirements. Such certification assures compliance with all applicable Federal and State regulations. Through February 1, 2027, the Center is certified to provide General Services, Peer Recovery Services, SUD Case Management, Prevention, Supplemental Service - Training, Driver Intervention Program, SUD Residential /Withdrawal Management.

LGRC has met the high level of excellence required for a national accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF). The organization as a whole remains committed to maintaining the superior quality in services and operations required for this national certification. The Center was awarded a three-year accreditation, with governance standards applied, through November 30, 2027 for the following services/ programs: Diversion/ Intervention, Intensive Outpatient Treatment SUD, Outpatient Treatment SUD, Outpatient Treatment MH, Prevention and Residential Treatment.

All eight of LGRC's recovery houses, (Water Street, the Bill Horvath House, Nowlen Manor, Eight Forty-One, The Meigs, Twelve Meadows, Marsh Creek and Ignatia House) are certified by Ohio Recovery Housing Association as Level II Recovery Houses through August 24, 2028, with the exception of Ignatia House which is certified through September 13, 2028.

LGRC is a member of the Ohio Alliance of Recovery Providers, Ohio Council of Behavioral Healthcare Providers, Mental Health and Addiction Advocacy Coalition, NAMI, members in the Mentor, Eastern Lake County and Chardon Chambers of Commerce, Downtown Merchants, Downtown Painesville Organization and Geauga Growth Partnership, Problem Gambling Network of Ohio, National Council on Problem Gambling, OPPA (Ohio Prevention Professionals Association).

Needs and Characteristics:

LGRC recognizes that along with substance use, mental health and problem gambling comes many needs of our clients. From Medication Assisted Treatment, stable housing, transportation, family support, trauma-informed care, the agency strives to address these needs through the

treatment service and incorporating Peer Recovery Support and Case management to decrease barriers and increase resources. The agency considers the unique needs and characteristics of the population it serves in Lake and Geauga Counties, ensuring that its programs are tailored to meet those specific needs effectively.

LGRC refers clients to community providers when needs fall outside the scope of services offered by our agency, including but not limited to dental and specialized medical care, specialized behavioral health treatment for severe and persistent mental illness, inpatient psychiatric hospitalization or medically supervised detoxification, and methadone treatment. Receiving providers are responsible for assessment and delivery of appropriate services, while LGRC staff facilitate referrals and coordinate care as needed to support continuity of treatment.

Description of Services (for hours of services, see schedules following all service descriptions):

ASSESSMENT / Diagnostic Evaluation*

GOAL: To ascertain the nature and extent of a client's abuse, misuse, and/or addiction to alcohol and/or other drugs and identifying an individual's emotional, behavioral, cognitive, social and physical condition that may meet the criteria for a co-disorder mental health diagnosis. To assist family members and/or significant others in discerning the extent to which another's drinking or drug use, abuse, or addiction has affected their lives. In addition, counselors trained in gambling treatment will assess client to determine the extent of their problem gambling. All clients are screened upon admission using brief gambling screen and then if needed the South Oaks Gambling Screen (SOGS) to determine if clients have a gambling problems.

FOR WHOM: All individuals new or returning to the agency seeking treatment services.

CONTENT: Information gathered and explored by the counselor and person or persons seeking help. A treatment recommendation made, or referral made for needed services not available at the Lake-Geauga Recovery Centers. Usually the treatment recommendation is followed by a treatment contract utilizing present outpatient services.

* Clients will be screened upon intake/admission in our Mentor, Painesville or Chardon outpatient programs to determine if the clients should be assessed for a co-disorder diagnosis of *substance use disorders* and mental health. Licensed and credentialed counselors will perform diagnostic assessments for these clients. In addition, during the course of the *diagnostic evaluation /* assessment process, clients may be referred to a licensed and credentialed counselor to perform a diagnostic assessment, to rule out a co-disorder.

LOCATION AND HOURS OF OPERATION FOR INTAKE/ADMISSION:
Mentor 8-3PM Monday and Friday, 8-7pm Wednesday,
Painesville 9-3:30PM Tuesday and Thursday
Chardon by appointment

INDIVIDUAL COUNSELING / Psychotherapy * (ASAM 1.0)

GOAL: To assist individuals and/or their families/significant others in achieving treatment objectives through the exploration of alcohol and other drug problems, mental health problems, gambling problems and/or addiction and their ramifications, including an examination of attitudes and feelings, consideration of alternative solutions and decision making, and/or discussing didactic materials with regard to alcohol and other drug-related, mental health and/or gambling problems.

* Licensed and credentialed counselors will provide mental health and substance use disorders counseling services including individual counseling *(and including when properly trained,*

telehealth counseling) to clients that have co-occurring disorders, working with these clients to develop treatment interventions to address assessed needs.
FOR WHOM: Individuals who have completed assessment and whose treatment plans indicate the need for individual counseling services to address their problems.
LOCATION AND HOURS OF OPERATION:
Mentor, Painesville and Chardon

GROUP COUNSELING (Non-intensive and Intensive Level of Care)* (ASAM 1.0)
GOAL: To assist individuals and/or their families/significant others in achieving treatment objectives through the exploration of alcohol and other drug problems and/or addiction and their ramifications, including an examination of attitudes and feelings, consideration of alternative solutions and decision making, and/or discussing didactic materials with regard to alcohol and other drug-related problems.
* Licensed and credentialed counselors will provide mental health and *substance use disorders* counseling services including group counseling *(and including when properly trained, telehealth counseling)* to clients that have co-occurring disorders, working with these clients to develop treatment interventions to address assessed needs.
FOR WHOM: Individuals who have completed assessment and whose treatment plans indicate the need for group services to remain abstinent and develop a recovering life-style.
LOCATION:
Mentor, Painesville and Chardon

FAMILY AWARENESS GROUP
GOAL: To educate and increase awareness of the disease concept of substance use disorders, how co-dependents are affected, choices and alternatives to cope with the disease.
FOR WHOM: Adult family members, friends, or others affected by someone's harmful use of alcohol or other drugs.
CONTENT: Exploring substance use disorders as a disease, codependency as a disease; progression, feelings, defenses, adult children of alcoholics, family member roles.
LOCATION: Mentor, Painesville and Chardon

AFTERCARE GROUP (ASAM 1.0)
GOAL: To assist clients in building a foundation of quality sobriety through AA/ NA meeting attendance, sponsor, home group, and addressing on-going individual client concerns and problem areas. Group will assist clients with acquiring and building more skills in areas of relapse prevention, and addressing daily living issues in early recovery.
FOR WHOM: Individuals who have complete primary treatment and are committed to abstinence and recovery.
CONTENT: Group members report on the basic issues of abstinence, 12-step meeting attendance and concepts, and how their lives are progressing in recovery, with an emphasis on relapse prevention. The group members express their feelings about what is going on in their lives today, particularly what might threaten their sobriety.
LOCATION: Mentor, Painesville and Chardon

RESIDENTIAL AFTERCARE GROUP (ASAM 1.0)

GOAL: To assist residential clients in building a foundation of quality sobriety through AA/ NA meeting attendance, sponsor, home group, and addressing on-going individual client concerns and problem areas. Group will assist clients with acquiring and building more skills in areas of relapse prevention, and addressing daily living issues in early recovery.
FOR WHOM: Adults who have completed primary residential and/or halfway treatment and are committed to abstinence and recovery.
CONTENT: Clients discuss basic issues of abstinence, 12-step meeting attendance and concepts, summary of how their lives are progressing in recovery, with a focus on relapse prevention. The group members express their feelings about what is going on in their lives today, particularly what might threaten their sobriety.
LOCATION: Lake or Oak House

ALTERNATIVES GROUP (ASAM 1.0)
GOAL: To increase knowledge and awareness of the disease concept and the process of abuse and addiction. Clients will gain insight as to the negative impact of substance use in their lives as well as the lives of others, and will promote readiness for change to healthier lifestyle choices. This group gives an in-depth look at the recovery process, introduction to Twelve Step programs and assists clients in constructing a recovery program to help maintain abstinence.
FOR WHOM: For clients who meet the DSM 5 criteria for mild substance dependence, and who have minimal insight into the consequences of their use, minimal knowledge of the disease concept and the process of recovery. The typical client may have already received services at a less restrictive level of care, yet is not appropriate for a more intensive level of care which is characterized by moderate to severe dependence diagnosis.
CONTENT: Information about substance use disorders and recovery with special emphasis on the Disease Concept and building a foundation for recovery.
LOCATION: Mentor, Painesville and Chardon

INTENSIVE OUTPATIENT TREATMENT* (ASAM 2.1) Licensed and credentialed counselors will provide mental health and *substance use disorders* counseling services including intensive outpatient group counseling to clients that have co-morbidity disorders, working with these clients to develop treatment interventions to address assessed needs.
GOAL: To provide for clients an outpatient alternative to primary inpatient treatment, so that clients can continue to meet the daily living needs for them and their families while developing a clean & sober foundation in recovery. To assist clients in becoming aware of their self-destructive behaviors resulting from their substance use, gain knowledge as to the pervasive nature of the disease, and to increase client's readiness to change and adopt an abstinent lifestyle.
FOR WHOM: Individuals who are medically stable but have been assessed as in need of aggressive treatment and intervention for their disease of addiction and are motivated for recovery with available social supports. Such clients would generally be diagnosed as moderately to severely dependent on alcohol and/or other drugs, and whose lives are in a state of unmanageability such that the consequences of their continued use of chemicals would be damaging to their lives or the lives of others. To assist in the recovery of adult men and women experiencing the difficulties in dealing with two chronic illnesses simultaneously – mental illness and substance use disorders. Includes developing knowledge and understanding of both illnesses and a deeper insight into the interactive effects of the two.

CONTENT: A complete spectrum of current thinking and tested knowledge concerning the physical and emotional factors of addiction and the dynamics of recovery will comprise didactic presentations by staff; discussion of Twelve Step self-help principles will be a part of client interaction. Use evidenced best practices group curriculum, "Living in Balance" cognitive therapy group sessions. Counselors facilitate group discussion as clients work toward a thorough understanding of the disease and its effects upon their mental, emotional, spiritual, and physical lives.
LOCATION: Mentor, Painesville and Chardon

RESIDENTIAL TREATMENT (ASAM 3.5 & 3.1)
GOAL: To provide a structured, intensive, and supportive environment where individuals can focus on their recovery away from the triggers and stressors of daily life. This approach is often used for individuals who need more intensive care than outpatient services can provide, or who have not been successful in other forms of treatment.
FOR WHOM: Adults with Substance Use Disorder who have not achieved sobriety at less restrictive treatment settings such as outpatient and/or intensive outpatient, or have completed an inpatient detox program.
CONTENT: Services include assessment, individual and group psychotherapy counseling, case management, SUD peer recovery support, urine drug screens, and medical services (to include clinically managed withdrawal management). Family counseling services are available and encouraged for the family members of residents. Our treatment programs allow clients the opportunity to progress in phases through treatment, and build a solid foundation of recovery that is tailored to the needs of each individual. In addition to their main therapy groups, clients benefit from programming that will assist in addressing areas in their life that may have suffered as a result of their substance use such as wellness/fitness, creative therapies to include art/music therapy, parenting, financial wellness, employment, and spirituality.
LOCATION AND HOURS OF OPERATION: Oak House, Lake House, Concord Pines – Painesville, Nevaeh Ridge – Concord. 24 hours a day/7 days a week.
ADDITIONAL INFORMATION: Oak and Lake House allows for clients to bring their children ages 3 and under to treatment. Nevaeh Ridge is a specialized program for pregnant women and women with children ages 5 and under.

RELAPSE PREVENTION GROUP (ASAM 1.0)
GOAL: To assist clients addicted to alcohol or other drugs in developing the necessary skills to maintain sobriety. To increase the clients' awareness of personal relapse patterns and behaviors, and to assist them in developing effective relapse prevention plans.
FOR WHOM: Individuals who have previously had primary treatment for addiction to alcohol or other drugs and have relapsed or are concerned with relapse after maintaining at least 6 months of abstinence.
CONTENT: Review of information, understanding and knowledge of the disease and recovery process of chemical dependency. Counselors facilitate group therapy process as clients learn, develop, and practice skills to maintain abstinence.
LOCATION: Painesville

MEDICATION ASSISTED TREATMENT

GOAL: To provide additional support to help people recover from substance use disorder, combining medications with counseling. Medication Assisted Treatment (MAT) and ambulatory detox services for opiate addicted individuals, as well as for those struggling with alcohol cravings. Ambulatory detox services are designed specifically for those with an opiate addiction and provides non-narcotic medication to assist with the extremely uncomfortable but not life threatening symptoms of withdrawal. LGRC's nurse practitioner administers Vivitrol (an extended release form of the generic medication naltrexone), Sublocade, or prescribes Suboxone to opiate use disorders clients. Naltrexone (Vivitrol, extended release form/shot of Naltrexone) could also be administered to clients who are experiencing alcohol cravings. Utilizing a medication assisted treatment program, Naltrexone (Vivitrol, extended release form/shot of Naltrexone), Sublocade, or Suboxone with intensive treatment services to assist clients in becoming aware of their self-destructive behaviors resulting from their substance use, gain knowledge as to the pervasive nature of the disease, and to increase client's readiness to change and adopt an abstinent lifestyle.
FOR WHOM: Individuals who are medically stable enough to participate in medication assisted treatment and/or ambulatory detoxification as assessed by agency's nurse practitioner or consulting doctor.
CONTENT: Interested individuals will first present at Lake-Geauga Recovery Center's Mentor Outpatient office in order to complete an intake. This can occur during the regular walk-in intake hours, or an intake interview can be scheduled. Licensed counselors will meet with the individual, including assessment of their current stage of withdrawal and readiness to engage in treatment services. Individuals who would benefit from ambulatory detox will then be referred to LGRC's nurse practitioner where they will be medically assessed and prescribed a seven day protocol of medications for symptom control of opiate withdrawal. Those who wish to continue on medications, will discuss options that best fit needs and symptomology.
LOCATION: Mentor, Painesville, Chardon, residential facilities

DRUG SCREEN URINALYSIS and ALCOHOL SALIVA SCREENING SERVICE
GOAL: To detect the presence of alcohol/other drug use. The intent of drug testing of our clients is to support our clients in working towards abstinence. Drug testing our clients will be completed in a respectful manner and are random, or due to suspicion of use, or for medical reasons related to their involvement in Medication Assisted Treatment
FOR WHOM: Indivduals engaged in agency services or others upon request. Federal drug testing is available upon request.
CONTENT: Clients participating in treatment services will be required to complete random drug testing, scheduled by agency staff. Drug and alcohol testing may also be requested by social service agencies, employers or those companies participating in Drug-Free Workplace programming for reasons of pre-employment, post-accident or reasonable suspicion, or by individuals. Chain of custody procedures will be observed.
ADDITIONAL INFORMATION: Available by appointment, 8:30 am to 4:30 pm, Monday thru Friday, or by special arrangement of Agency staff for its clients. Payment is due and payable before sample taken (sliding fees available for clients engaged in treatment services at Lake-Geauga Recovery Centers). Medical Review Officer's services are available for review of non-client positive screens.
LOCATION: Mentor, Painesville and Chardon

PEER RECOVERY SUPPORT SERVICES

GOAL: To assist individuals as a Peer Recovery Supporter and serve as a role model, mentor, advocate and motivator to recovering individuals to help prevent relapse and to promote long term recovery.

FOR WHOM: Individuals who are concerned about their use or abuse of alcohol or other drugs

CONTENT: To provide both group and individual peer support within treatment programs; assist clients to get to needed and requested recovery support activities such as community based, mutual self-help groups; provide any needed support services in the community that includes: area hospitals, emergency rooms or jail settings; provide a model for both people in recovery and staff by demonstrating that recovery is possible; assist individuals to identify their personal interests, goals, strengths and weaknesses regarding recovery.

LOCATION: Mentor, Painesville and Chardon

TOBACCO CESSATION SERVICES

GOAL: To assist individuals who are smoking or using tobacco products in developing the necessary skills to stop. To increase the individuals' awareness of personal use patterns and behaviors, and to assist them in developing an effective plans surrounding their goals, connect with additional resources and discuss the possibility of Nicotine Replacement Therapy (NRT).

FOR WHOM: Individuals who have a desire to stop or decrease their use of tobacco products.

CONTENT: Licensed therapists provide one on one sessions using a curriculum workbook to assist in balancing decisions, knowing triggers and patterns, creating a personalized quitting plan, coping with withdrawal, managing emotions, building healthy living skills, identifying sources of support and creating a relapse prevention plan.

MEDIUM: Discussion, workbook, videos, assignments, meditation and visualizations, self-examination, and individual process work.

ADDITIONAL INFORMATION: Meets once weekly for an hour four about 8 weeks, can be adjusted based on individualized need and/or insurance eligibility. Can discuss options for NRT based on insurance coverage or ability to self-pay.

LOCATIONS: Mentor, Painesville, Chardon

GRIEF SUPPORT GROUP

GOAL: To assist grieving families and significant others needing support and resources to assist them with their grief of losing loved ones to addiction and/or substance abuse.

FOR WHOM: The group will be open to the community's residents who are seeking support and resources to assist them with their grieving process due to a loss of a loved one. Participants will not be required to complete an intake or assessment and may attend as often as they like.

CONTENT: Our licensed addiction counselor and volunteer peer support individual will assist group members in identifying, processing and moving through stages of grief, offer education and support regarding the disease of addiction, and provide strength and hope to these bereaved families.

LOCATION: Mentor

EDUCATION PROGRAM

GOAL: To increase knowledge and awareness of the disease concept for individuals who are beginning to suffer harmful consequences from their use of drugs and alcohol. An overview of the negative impact of substance use in their lives as well as the lives of others is presented, giving individuals the opportunity to explore healthier lifestyle choices. This program allows each participant to look at their own substance use, and the risks and possible consequences of continued use. It also provides an opportunity for the participant and counselor to evaluate behavior and use patterns, to determine if a higher level of care is needed.
FOR WHOM: Individuals referred by their employer, school, other agency or professional, criminal justice system, family or self-referred, who do not meet the DSM-V criteria for substance abuse or dependency. These individuals have likely experienced negative consequences due to their use of alcohol or other drugs, and may have had no prior treatment experience.
CONTENT: Basic information about substance abuse, dependency and the recovery process.
LOCATION: Mentor

ANGER MANAGEMENT INTERVENTION
GOAL: To help individuals who have a difficult time controlling their anger by teaching them tools to identify anger cues and triggers along with diversion techniques. To increase the individuals' awareness of their personal patterns and behaviors regarding anger, and to assist them in developing an anger control plan.
FOR WHOM: Individuals who have a desire to better control their anger. May be used to fulfil requirements through courts for anger management classes. Individuals may be referred by the criminal justice system, employer, school, other agency or profession, family or self-referred. This class is **not** a replacement for anger management therapy.
CONTENT: Prevention Specialists will provide group classes using an evidenced-based curriculum workbook to assist in recognizing personal anger cues and developing an anger management plan. Concepts will include how past learning can influence present behavior as well as the aggression cycle and how to change it. Additionally, consumers will learn and practice anger management tools including relaxation, communication skills interventions, cognitive restructuring, and assertiveness training.
MEDIUM: Discussion, workbook, assignments, relaxation techniques, and role plays.
LOCATIONS: Chardon
ADDITIONAL INFORMATION: Meets once weekly for an hour and a half for 5 weeks. Start date is dependent on schedule rotation. Certificates will be given upon completion of all 5 sessions.

**This service plan will be reviewed annually and shall be revised and updated when any of the information in the services descriptions changes.
This service plan shall be available for review by persons served, their family, significant others and the public.

MENTOR OUTPATIENT GROUP TREATMENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-3pm **Walk-in Intakes** --- 5:30p.m-7:30p.m **WEST END JTP AFTERCARE** --- **PEER SUPPORT GROUP** 6p.m – 7p.m	--- 10:00a.m – 1:00p.m **A.M. IOP** --- 11:00a.m – 12:30p.m **A.M. FAMILY AWARENESS** --- 5:30p.m – 8:00p.m **P.M. Aftercare** 5:30p.m – 8:30p.m **PM IOP** ---	8a.m – 7p.m **Walk-in Intakes** --- 10:00a.m – 1:00p.m **A.M. IOP** --- 5:30p.m – 8:30p.m **PM IOP** --- 6p.m – 8p.m **GRIEF SUPPORT GROUP**	9a.m – 12 pm **A.M. Alternatives-** --- 10:00a.m – 1:00p.m **A.M. IOP** --- 5:30p.m – 8:30p.m **PM IOP** ---	8a. – 3p.m **Walk-in Intakes** --- 10:00a.m – 12:00p.m **Gambling Group** **(on Hold due to census)**
				SATURDAY
				8a.m – 5:00p.m **EDUCATION PROGRAM** Matt Peterson (3rd Saturday)

PAINESVILLE OUTPATIENT GROUP TREATMENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
---------- **5:30p.m. – 7:30p.m. Lake County Jail Aftercare** ---------- **5:30p.m. – 8:30p.m P.M. Alternatives**	**9-3:30pm Walk-in Intakes**		**9-3:30pm Walk-in Intakes**	**9:30a.m. – 12:00p.m A.M. Aftercare**
				SATURDAY

CHARDON OUTPATIENT GROUP TREATMENT SCHEDULE

GCJTP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Geauga County Jail Treatment Program				
12:00-2:00p.m. **Jail Women Group** **2:00–4:00p.m.** **Jail Men Group**	**12:00-2:00p.m.** **Jail Women Group** **2:00–4:00p.m.** **Jail Men Group**	**12:00-2:00p.m.** **Jail Women Group** **2:00–4:00p.m.** **Jail Men Group**		**12:00-2:00p.m.** **Jail Women Group** **2:00–4:00p.m.** **Jail Men Group**
Chardon Outpatient				
9:00a.m.-11:30am **AM Aftercare** **6:00p.m – 7:30p.m** **P.M. FAMILY Education** **5:30p.m – 7:00 pm** ***ANGER MANAGEMENT INTERVENTION*** (6 weeks rotations, on-line registration)	**9:00am-12:00pm** **AM IOP** **----------** **5:30p.m – 8:30p.m** **PM IOP** **5:30p.m - 8:00p.m** **PM AFTERCARE**	**9:00am-12:00pm** **AM IOP** **----------** **5:30p.m – 8:30p.m** **PM IOP** **5:30p.m – 8:30p.m** **PM ALTERNATIVES**	**9:00am-12:00pm** **AM IOP** **----------** **5:30p.m – 8:30p.m** **PM IOP** **----------** **5:30p.m-7:30p.m** **JAIL TREATMENT AFTERCARE (as needed)**	**10:00am-11:00am** **PEER SUPPORT GROUP**