



CenterPoint Project, a substance use disorder treatment program provides chemical dependency assessments, group and family treatment, intensive outpatient groups, non-intensive outpatient groups, case management, peer recovery support services, individual counseling, family counseling and crisis intervention on an as-needed basis to adult residents of Cleveland and Cuyahoga County. The CenterPoint Project Treatment Center is housed at the J. Glen Smith Health Center, 11100 St. Clair Avenue, Cleveland, Ohio, 44108.

The **Intensive Outpatient Program (IOP)** is targeted for men and women over the age of 18. Groups are provided for a total of 9 hours per week. Groups are open-ended. CenterPoint currently provides Telehealth IOP services through a Zoom Platform. Group counseling is offered on Mondays, Thursdays, and Fridays from 9:00 a.m. to 12:00 p.m. We maintain a patient-to-counselor ratio of 12:1. Typically, a client will attend a total of 36 sessions for a 90-day period. However, this timeframe is dependent solely on each client's progress and may be longer or shorter, depending on the attainment of treatment objectives. Clients meet individually with their clinician for 1 hour every other week and more frequently when warranted. Clients are required to attend 3 NA/CA/MA/HA meetings in the general community weekly as a condition of treatment. Random urine screens are administered at a minimum once per week. These are tested via a dip screen method for the presence of up to 5 substances (THC, cocaine/cocaine metabolites, PCP, m-Amphetamine, Opiates). A breathalyzer test may also be administered to our customers when indicated.

Non-intensive Outpatient Programming (NIOP) is a less-intensive treatment modality than IOP. Clinicians assist two or more clients in achieving treatment objectives; this occurs through the exploration of alcohol and other drug problems and addiction and their ramifications, including an examination of attitudes and feelings, consideration of alternative solutions and decision making, and/or discussing didactic materials concerning alcohol and other drug-related problems. We maintain customer to counselor ratio of 12:1.

Clients participating in **CenterPoint's** NIOP groups often have completed CenterPoint's IOP groups as well. During the non-intensive stage of treatment, participants typically have a greater understanding of addiction than those who are beginning the treatment process through the Intensive Outpatient Program.

The outpatient program meets twice a week via the ZOOM platform, on Tuesdays and Thursdays from 9:30 a.m. to 11:00 a.m. Typically there are a total of 12 sessions for a 6-week period. Again, this treatment period may be longer or shorter, dependent upon customers' participation and attainment of their individualized treatment objectives. Clients are required to attend 3

NA/CA/MA/HA meetings in the community per week as a condition of treatment.

Assessments Services evaluate an individual to determine the nature and extent of his/her substance use. Assessment services consist of time-limited, structured, face-to-face sessions. These may include family members, legal guardians, and/or significant others when the intended outcome of sessions is to ascertain the nature and extent of a customer's substance use problems.

Activities provided may also include, but are not limited to, the following:

- HIV, AIDS, STD, Hepatitis A information
- alcoholism and drug addiction patient education
- referral and information
- Screening using the Brief Addiction Monitor (BAM), PHQ-9, DAST, AUDIT, and GAD-7.

Sharon Johnson, BA, LCDC III, PS/A-MH, schedules and conducts AOD assessments using the CenterPoint Project ASAM approved DSM-5 assessment instrument and **Tonya Birney, MS, LPC, LICDC, OCPC** provides supervision and Clinical oversight of all screenings, assessments and ASAM placements for patients admitted into the treatment program.

Hours of intake/assessment at J. Glen Smith Health Center are Tuesdays and Wednesdays 9:00 a.m.-2:00 p.m. by appointment only. If you need an assessment appointment or have questions about our services, please contact **Sharon Johnson at 216-664-3829 or sjohnson6@city.cleveland.oh.us**.

Case Management Services are provided to assist/support individuals in gaining access to needed medical, social, educational, and other services essential to meeting basic human needs. Case management services may include interactions with family members, other individuals, or entities. Services may be provided by any staff member as approved by the Project Director.

Case management services may include but are not limited to:

- Assessment of needs
- Case monitoring
- Eliminating barriers to care
- Coordinating and linkages to care and supportive services
- Advocacy and outreach
- Crisis management
- Education, training, empowerment, and skill-building

Individual Counseling services assist individuals in achieving treatment objectives through the exploration of substance use problems and their

ramifications, including an examination of attitudes and feelings, consideration of alternative solutions and decision making, and/or discussing didactic materials concerning alcohol and other drug-related problems. Clients are engaged in one-to-one, face-to-face encounters with a counselor. Individual counseling services are provided on-site and through a Telehealth ZOOM platform.

Crisis Intervention Services provides interventions to assist clients in the management of situations that result in intense symptoms at acute stages in their recovery process. CDPH's CenterPoint Project maintains an affiliation agreement with FrontLine Service to assist in providing services that would be necessary to improve and stabilize a crisis.

- Individuals who have unstable medical problems shall be referred to a medical facility.
- Individuals who have unstable psychiatric problems shall be referred to a psychiatric facility.
- Individuals who are experiencing withdrawal symptoms from substance use shall be referred to an appropriate agency that is certified to administer the proper level of withdrawal management treatment and/or monitoring.

CenterPoint Project's staff maintains current training and/or certification with documentation of same in their personnel files, in the following: CPR, First Aid, and Non-Violent De-Escalation Techniques. Also included are cultural sensitivity and infection control.

Peer Recovery Support Services (PRSS) are provided to individuals who are referred that are at risk for overdose and or who need recovery support services. CenterPoint employs a certified peer recovery support specialist eligible to provide peer recovery support services and supervision to others hired or contracted to provide peer recovery supports.

Peer recovery supports are defined as Relapse Prevention, and Wellness recovery support services include:

- Providing and or reinforcing an individual's education, and understanding of factors that threaten recovery from mental and substance use disorders, including violence, abuse, neglect, and other environmental, interpersonal dynamics
- Recovery planning, recovery management, and adaptive skill training to promote wellness.
- Development of skills to help maintain abstinence from substances when necessary, engagement in health behaviors, and recovery maintenance.
- Utilizing community resources, including natural and peer supports, to maintain recovery and wellness patterns of thinking and behaviors to mitigate relapse-provoking crises.

Our PRSS may be done one-on-one or provided in a group format. Individuals will also have access to services via telephonic support and the Telehealth ZOOM platform. Our peer professionals will work as a member of the CenterPoint Projects' multi-programmatic team, which spans MH, SA, medical, and social services.

The CDPH's **CenterPoint Project** and the **Prevention Services Program** – are licensed by the Ohio Department of Mental Health and Addiction Services (Ohio MHAS) to provide programming
Certification Number: 01-8173
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