

Annual Report FY 2018/19



SOMERSETHOSPITAL TWIN LAKES CENTER

Twin Lakes Center, established in 1983, is located on 30 acres of land off of Byers Road north of Somerset. They offer a full range of services including: detoxification, adult residential, intensive outpatient, outpatient, DUI services, day treatment, assessments and prevention/education programs. Twin Lakes Center offers outpatient services in Bedford, Somerset, Ebensburg, Johnstown and Meyersdale. Twin Lakes Center is licensed by the Department of Health, Bureau of Drug and Alcohol Programs. Twin Lakes Center accepts funding from numerous sources including a variety of insurances and Medical Assistance. Twin Lakes Center is a HealthChoices provider. For additional information regarding Twin Lakes Center, visit our website: www.twinlakescenter.org.

Twin Lakes Center works in conjunction with the Drug Free Communities, a community initiative sponsored by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration through the Drug Free Communities Support Program, to promote healthy, drug-free living for all Som-



Services

- * Detoxification
- * Buprenorphine Detoxification
- * Adult Residential
- * Partial Program
- * Intensive Outpatient
- * Outpatient
- * Prevention/Education
- * DUI Services
- * Medicated Assisted Treatment

Locations

Somerset Detox/Residential

Somerset Outpatient

Johnstown Outpatient

Bedford Outpatient

Meyersdale Outpatient

Ebensburg Outpatient

Twin Lakes Center Board Members

Andy Rush, President

Frederic Rosemeyer, Vice President

Mark Bower, Treasurer

Catherine Poorbaugh, Secretary

2019 Red Ribbon Rally Kickoff



TLC understand that the families of those affected by the disease of addiction also need help. Our meetings not only help family members and loved ones to cope, but also provides them with education about addiction.



Our family support group is intended to educate the loved ones of people "in early recovery" or "active addiction:" Our groups are completely free and confidential.

Together we can achieve a new sense of hope for our loved ones while gaining support for ourselves.



Family Support Groups

Somerset

132 East Union Street Tuesdays at 6:00 p.m.

(814) 443-3639

Bedford

9457 Lincoln Highway

3rd Wednesday of the Month at 5:30

Ebensburg

313 West High Street, Suite 212 3rd Wednesday of the Month at 5:00 p.m.

(814) 472-7888

Johnstown

132 Walnut Street, 3rd Floor 2nd and 4th Wednesdays of the Month at 7:00 p.m. (814) 535-8830

Community Outreach/Prevention :

Marijuana training at the Children's Aid Home
Marijuana presentations with the DA, County Commissioners, SCA, and United Way showing new trends, changes in drug potency and effects of the drug
Vaping Presentations at most county school districts (separate for Staff and Students)
Updated Tobacco Awareness curriculum
Partnered with Drug Task Force for Drug Take Back Day at Somerset County Senior Centers
Planned and sponsored a week of Boys and Girls Club summer camp
Reaching most grades/students with the Botvin LifeSkills (substance abuse prevention by learning communication and coping skills), HALO (Healthy Alternatives for Little Ones, PTND (Project Toward No Drug abuse), and Everfi (Education on prescription drug use) programs
Presentation to local business for "Reasonable Suspicion" of employees
Now offering services to the Mental Health and Behavioral Health classes at the Children's Aid Home



TLC Success Story

Until 2016, Tim struggled hard with addiction. Legal issues and jail time made it hard for him to cope. A medical issue led to fear and isolation which made his struggle even harder. Tim came then began treatment at TLC Outpatient and began to learn coping skills but he said he felt that he didn't want to live if he was addicted. He reached out to his counselor and said, "I need help". She advised that coming to TLC Residential may be his answer. Tim thought, "I will at least show up and see what happens". He credits the 12 Step Program and the counselors at TLC for helping him to learn willingness to change. After completing his treatment in Residential, Tim went back to Outpatient and continued to learn how to accept himself and

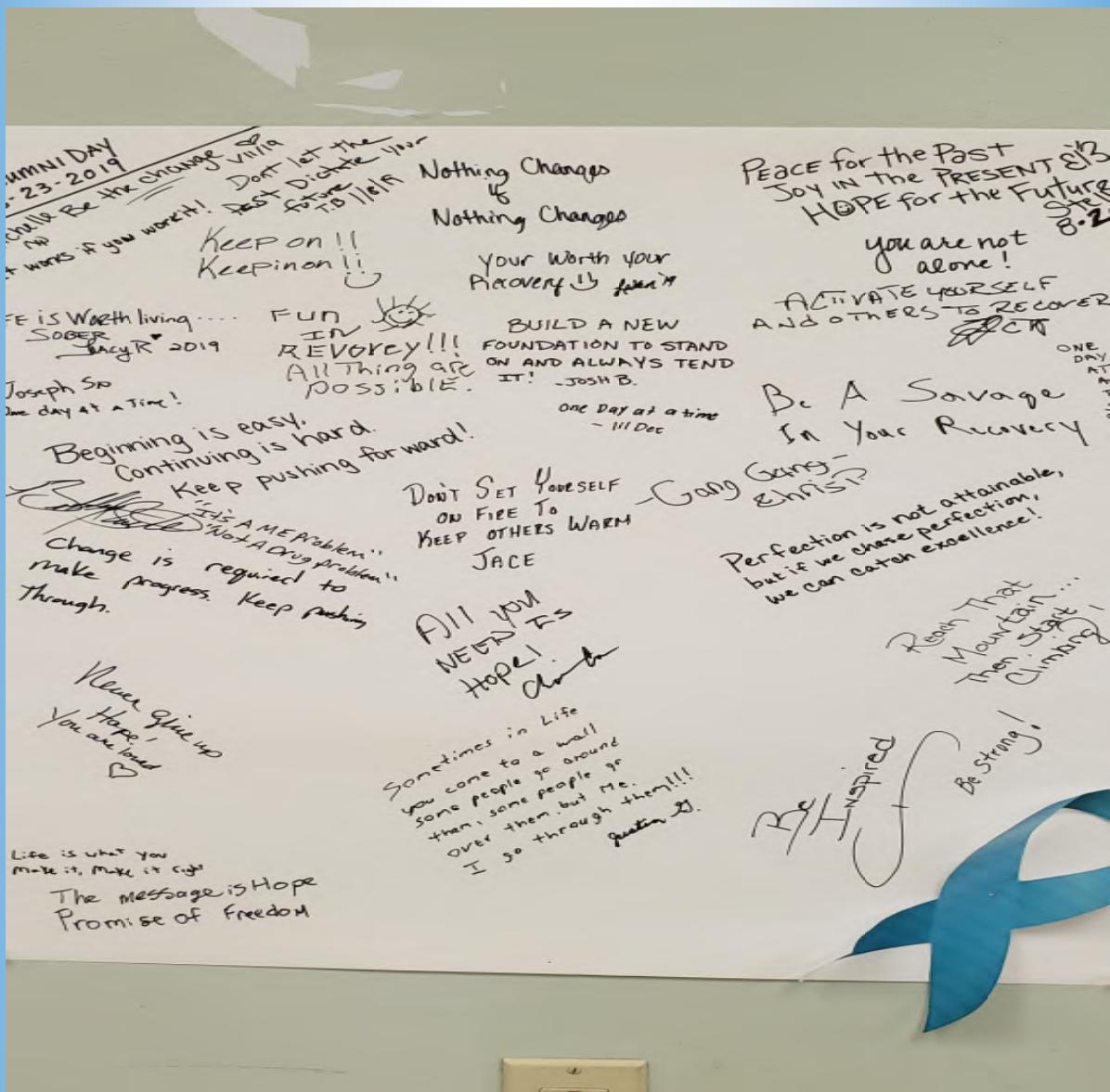
to make his life better. Soon Tim had 56 days clean. With the help of his counselor at Outpatient treatment, Tim volunteered to attend Recovery Advocacy Day in Harrisburg. He then volunteered at We Will Recover events and even played on the TLC softball team. At 6 months clean, Tim worked with TLC's Recovery to Work Program where he learned how to perfect his resume, and did some networking at the local career center. He learned there that in order to clean up his past, he needed to plan his future. Tim came to work at TLC as a maintenance utility worker in 2018. Tim is very proud to tell you that his clean date is 12-16-2017.

Congratulations Tim! Tim is a hard worker and enjoys the opportunity to talk with the residents here. When asked what inspiration he would like to pass on to those seeking recovery, Tim said, "Keep your recovery first, take a chance and open your mind". He said when people ask him his drug of choice, he replies, "HOPE". "Once you try it, you won't want anything else". We at TLC are very proud of Tim and are happy that he is recovering well and is part of our TLC Family.



ANNUAL ALUMNI DAY AUGUST 23, 2019

On Friday, August 23, TLC held it's annual Alumni Day. There were hamburgers and hot dogs, but the best thing was the speakers! 5 former clients spoke about hope and inspiration to the clients here as well as the staff. Below are inspirations written by all.



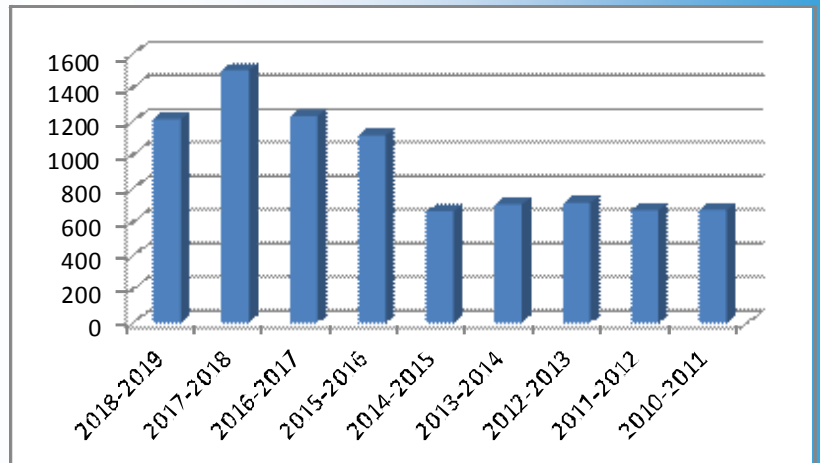
STATS

Patient Satisfaction

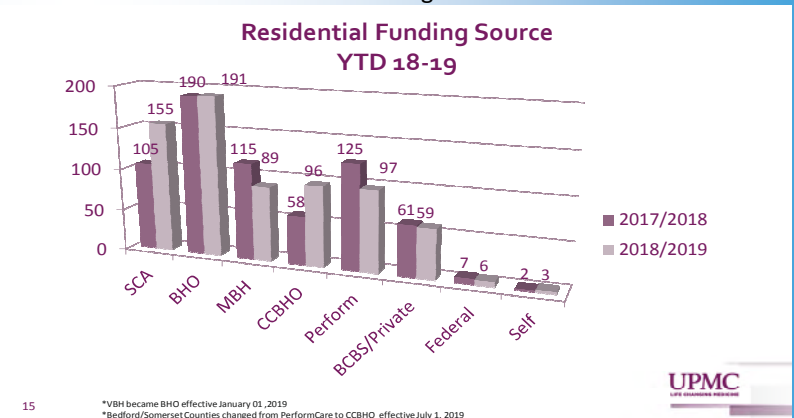
- Benchmark of 90%
- TLC over-all average 97%
- Residential 95%
- Nursing 97%
- Outpatient 99%

The Prevention and Education Department provided 1143 services to Somerset County Residents

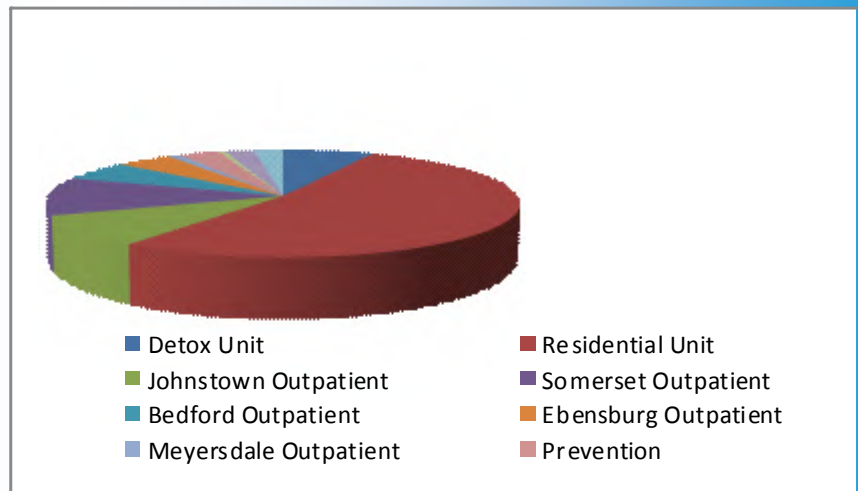
Detox and Residential



Residential Funding Sources



2017/2018 Operating Revenue



- This 2018/2019 net revenue after expenses was \$-96,541
- Revenue \$3,938,937 Expense \$4,034,578
- Twin Lakes Center also provided the community with approximately \$65,000 in pro-bono services.