



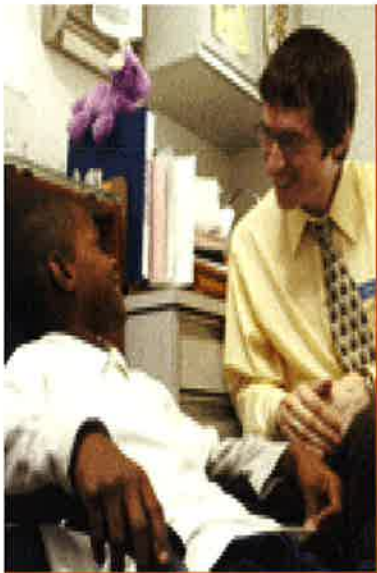
CHAMPIONS OF COMMUNITY HEALTHCARE

Celebrating Over 40 Years of Distinction

AL-ASSIST BEHAVIORAL HEALTHCARE CENTER

ANNUAL REPORT
2010

HEALTHCARE THAT MAKES A DIFFERENCE



Greater Philadelphia Health Action Inc. / Al-Assist Behavioral Healthcare Center
“Where Listening Starts and the Healing Begins”



The GPHA Way

GREATER PHILADELPHIA HEALTH ACTION INC.

OUR MISSION

Is to provide Quality, Comprehensive
Primary Medical, Dental,
Behavioral Healthcare and
Child Development Services
Through Our Expert Staff of Professionals.
While Using a Fiscally Responsible Approach,
We Seek to Meet the Needs of a Diverse Population,
Regardless Of Their Ability to Pay



Ronald E. Heigler
Chief Executive Officer

OUR VISION

To be Recognized as the Regional Leader in the Delivery of Multidisciplinary Ambulatory Care.
GPHA, Inc. will adhere to the unique needs of each individual, utilizing the disciplines of medicine dentistry, behavioral health and child development in a manner that positively impacts the entire community.

OUR VALUES

Service Excellence Innovation Respect Accountability Integrity

Officers of the Board of Directors



Royal E. Brown
Chairperson

Dr. Linda Powell
First Vice-Chairperson

Dr. Stephen Cox
Second Vice-Chairperson

Paula D. Jackson, M.S.N., C.R.N.P.
Corporate Secretary

Samuel Nichols
Assistant Secretary

Mary Ann Galeota, Esq
Treasurer

Roger Collins
Assistant Treasurer

Rita Anderson, M.ED,RN

Reverend Ralph Blanks

Sandra Foster

Lillian Griggs

A. Austin Hines, IV

Minnie Moore-Johnson Ph.D

Charisse Y. Sinkler

Janice Smith

Claire A. Washington, M.S.N., C.R.N.P.

Mary Wombwell, Ed.D., RN

Honorable Cynthia W. Fordham, Chairperson Emeritus

Board of Directors

GPHA Inc. Community Board of Directors consists of a multicultural and multidisciplinary group of consumers and associates who are dedicated to achieving GPHA Inc.'s mission and vision.

Message from the Director of Behavioral Healthcare Services

Greater Philadelphia Health Action Inc./AI-Assist Behavioral Healthcare Center (GPHA Inc./AI-Assist), is an innovative and comprehensive outpatient behavioral healthcare treatment program. The program provides a continuum of mental health and substance abuse therapeutic treatment to enhance the quality of life for consumers with mental health disorders and/or chemical abuse/ dependency. The therapeutic process includes both traditional and non-traditional remedial strategies to address the consumer's individual and complex needs.



Maggie Lyons- Johnson

The multidisciplinary treatment team includes: psychiatrists, physicians/practitioners, psychologist, therapists, peer specialists, clinical coordinators, client service coordinators and support staff. GPHA Inc./AI-Assist has standing referral agreements for the coordination of services with: acute psychiatric in-patient hospitals, detoxification units, emergency medical services, partial hospitalization programs, vocational and social rehabilitation programs, recovery houses, homeless shelters and community residential programs.

WE strive to provide a therapeutic environment that is conducive to the healing process. Collaboratively, we work with consumers to educate them on their particular disease, and to provide the necessary skills needed to understand and control mental illness and substance abuse/dependency along with, the resulting behaviors that derive from these disorders. We understand that often the presenting symptoms are the same; however, the therapeutic approach to relieve the symptoms often varies. It is our goal to understand and address the unique needs of each consumer that will lead to a successful treatment outcome. It is through education, commitment, and passion that we are awarded the ability to make a difference in the life of others.

WE are committed to improving the overall quality of life for consumers who are experiencing mental health symptoms concurrent with or without substance abuse/dependency. We work collaboratively with primary care physicians to treat consumers with co-morbidity. The vast majority of consumers who present in behavioral healthcare treatment have gone years without medical treatment and often their physical health has been compromised. Collaborating with the Primary Care team presents an opportunity to instantly address any physical ailments caused or exacerbated by alcohol or substance abuse and to further evaluate mental health symptoms to determine if a biological cause for the symptom is present. Equally, patients who present in Primary Care settings for physical ailments that are symptomatic of a mental disorder can be immediately attended to by the Behavioral Healthcare team. More importantly, collaboration of services presents a greater opportunity to efficiently and effectively provide comprehensive holistic healthcare to clients. Healthy minds make healthy bodies. GPHA/AI-Assist is dedicated to treating the whole person

Highlights and Accomplishment

- ✓ AI-Assist Behavioral Healthcare Center provided services to 4,536 consumers in 2010.
- ✓ Mental Health First Aide Training was implemented throughout our behavioral healthcare program.
- ✓ We incorporated the 340b pharmaceutical program at our Frankford Avenue and Hunting Park location, providing our uninsured population with significantly discounted prescriptions.
- ✓ AI-Assist Behavioral Healthcare Center increased its Professional Clinical Staff by 60%.
- ✓ AI-Assist Behavioral Healthcare Center participated in several community events such as: Recovery Walk, Breast Cancer Awareness, Stay Warm Campaign and Men's Health Awareness Campaign.
- ✓ Collaboration between Primary care and Behavioral Healthcare continued to improve resulting in greater treatment outcomes and treatment adherence.

AL-ASSIST BEHAVIORAL HEALTHCARE CENTER

Our team of professional staff specializes in the evaluation and treatment of the following disorders including, but not limited to:

- Drug and Alcohol Abuse/Dependency Disorders
- Co-Occurring Disorders
- Mood Disorders
- Depressive Disorders
- Bipolar Disorders
- Anxiety Disorders
- Sleep Disorders
- Eating Disorders
- Phobias/Panic Disorders
- Learning/Attention Disorders
- Personality Disorders
- Adjustment Disorders
- Impulse Control Disorders



Our team of profession staff specializes in the evaluation and treatment of the following problems including, but not limited to:



- Anger Management
- Grief and Loss
- Marriage and Family Problems
- Life Transitions/Adjustment problems
- Self Esteem
- Social Dysfunction
- Spiritual Conflict

Scope of Services

Behavioral healthcare services are available to the following age groups.

- Mental Health age 5 and up
- Substance Abuse age 14 and up



The facility does not discriminate on the basis of race, creed, gender, ethnicity, color, national origin, (including those with Limited English Proficiency), ancestry, religious creed, marital status, sex, sexual orientation, disability, financial status, belief system, or religion in the admission of outpatient consumers.

Admission to AL-Assist Behavioral Healthcare Center as opposed to placement in a detoxification inpatient or residential program and/or inpatient mental health acute care is based upon the consumer's needs. The appropriate level of care is determined during the intake process.

WE PROVIDE:

COMPREHENSIVE BIOPSYCHOSOCIAL EVALUATION

Each Mental Health consumer admitted into the program is required to have a Comprehensive Biopsychosocial Evaluation (CBE) within 30 days of admission. The CBE is completed by a master level therapist, psychologist and psychiatrist. The CBE evaluation is used as an assessment tool to verify and/or identify the diagnosis, level of care needed, and mental health status of the consumer. During this evaluation process the psychiatrist determines if psychotropic medication is needed to adequately treat the consumer's symptoms. In addition, the CBE provides a profound clinical assessment of the consumer and is used to guide and/or reflect the consumer's treatment plan. Consumers are re-evaluated annually or when there has been a change in behavior and/or diagnosis.



TREATMENT PLANNING

GPHA/Al-Assist effectuates treatment goals to ensure that services for mental health and substance abuse consumers are orchestrated through a comprehensive individualized treatment plan based on the consumer's psychological, cognitive, behavioral, social, physical and vocational needs. The treatment plan is developed based on a bio-psycho-social assessment. While adhering to the requirements for confidentiality, the treatment team acquires relevant clinical information from other professionals involved in the consumer's care. The consumer collaborates in the development of his/her treatment plan, and signs to confirm his/her participation. The individualized treatment plan specifies measurable and realistic goals to be accomplished within specific time-lines and is behaviorally defined and reflects specific discharge criteria. The plan may specify services that are not provided by the facility. The treatment plan is updated and revised to meet the consumer's needs at maximum every 30 days and minimum every 120 days or 15 visits to evaluate the consumer's progress or lack thereof in obtaining the specified goals and objectives.

PSYCHOLOGICAL EVALUATION



Psychological evaluations are provided to all substance abuse consumers as part of the admission criteria. Psychological evaluations establish the cognitive, social, and emotional development stage of the consumers. In addition, it provides an in-depth evaluation of the consumer's diagnosis and prognosis, and assists in determining what treatment approach will be most beneficial in creating the desired treatment outcome. Psychological evaluations are performed annually.

PSYCHOLOGICAL TESTING

Psychological testing is provided to both mental and substance abuse consumers as deemed necessary by the treatment team. Psychological testing further evaluates the cognitive and emotional skills of the consumer in an attempt to determine if adjunct educational services are needed.

MEDICATION MAINTENANCE

Medication maintenance is provided to all consumers who are prescribed psychotropic medication. The psychiatrist monitors the effectiveness of the medication in producing the desired change in the consumer's behavior and ability to cope with depression and/or anxiety. Consumers are observed every 3-4 weeks by the psychiatrist during a face-to-face encounter in which the following are discussed: new and ongoing psychiatric symptoms, physical problems, medication compliance, laboratory findings and/or need for laboratory tests and instructions regarding dosage, route and potential side effects of medication.



INDIVIDUAL COUNSELING/PSYCHOTHERAPY

Individual Counseling/Psychotherapy focuses on the prevention of emotional deterioration and/or rehabilitation of the consumer's functional abilities within society. The therapeutic approach used during counseling varies depending on the consumer's responsive, behaviors, as well as, the consumer's cognitive, emotional and social development. Counseling methodologies utilized include but are not limited to Adlerian, Existential, Person-centered, Reality, Gestalt, Behavioral, Cognitive-behavioral, Family systems, Art therapy, etc. The scope of issues addressed during counseling is within the context of the consumer's treatment plan goals and objectives. Throughout this process consumers learn to make better decisions, improve personal skills, develop increased confidence, and acquire a keener awareness or appreciation of self and others. Ultimately, consumers learn to change the behaviors that hinder them from functioning in society at their highest level of comfort and performance.

GROUP PSYCHOTHERAPY

Group psychotherapy is used as an adjunct to individual therapy. Consumers participate in focus groups that encourage them to share their feelings and resources in coping with addiction, depression, anger, stress, abuse etc. In addition, consumers are able to develop self-respect, courage, and new self-perception through helping others who are in need of encouragement, empathy, and support. Focus groups may include a variety of topics such as: HIV/AIDS, grief/loss, stress management, anger management, coping with difficult feelings, dependency issues, relapse prevention, impact of addiction, trigger awareness, chronic pain, vocational issues, etc.



FAMILY/ MARITAL/ COUPLES COUNSELING

Family/marital/couples counseling provides consumers an opportunity to explore their relationship and communication ability within a safe environment. This form of counseling encourages a systemic approach to therapy which enables each participant an opportunity to evaluate their level of functioning and determine if it is a manifestation of the way in which the family and/or marriage is functioning. Participants are encouraged to develop individual and combined goals. Participants are taught essential communication skills and are encouraged to practice these techniques in sessions and as homework assignments.

GRIEF AND LOSS COUNSELING/THERAPY

Grief and Loss counseling is designed to assist consumers in working through intense emotions resulting from experiencing the death of a family member or friend and/or major life changes that trigger feelings of grief such as: the loss of a marriage, job, or friendship. There is a distinction between grief counseling and grief therapy. Counseling involves helping consumers move through uncomplicated, or normal, grief to health and resolution. Grief therapy involves the use of clinical tools for traumatic or complicated grief reactions. This could occur where the grief reaction is prolonged or manifests itself through some bodily or behavioral symptom, or by a grief response outside the range of cultural or psychiatrically defined normality.



ANGER MANAGEMENT

Individual counseling sessions are designed to assist consumers in learning how to identify, express, and communicate their anger in positive and effective ways. Counseling is geared towards educating consumers on the origins of their anger and the antecedents leading up to uncontrolled anger or emotions. Consumers are encouraged to explore how anger has affected them in the past and in current situations. In addition, counseling focuses on teaching consumers new and powerful techniques to dealing with the emotion of anger.

SANDTRAY THERAPY

Sandtray is an expressive and dynamic play process that is used by children, adolescents, individual adults, couples, families and groups in the presence of a trained sandtray therapist. This form of therapy translates personal experience into a concrete, three-dimensional scene using sand, water, and figurines. Through sandtray therapy, consumers are able to make their unconscious conscious and express difficult feelings, emotions and conflicts that previously had no verbal language. The scene (sand world created) gives both the consumer and therapist a sense of what is going on intrapsychically.



CROCHET THERAPY

Crochet therapy is an enjoyable and effective way of relieving stress. This form of art therapy invites consumers to ignite their creative energy while the systematic movement of crocheting soothes away stress. Crocheting in a group setting creates a calming effect that promotes harmony, relaxation, and candid communication. Life stressors are slowly diminished as the hand coordination rhythmically modes the yarn to form a shape leaving the consumers with a sense of accomplishment and satisfaction.

Greater Philadelphia Health Action, Inc.
Revenues and Expenses for AI-Assist Behavioral Healthcare

Revenues

Patient Fees	\$2,873,074
Grant Support	\$860,026
Other Income	\$6,787
Total Revenues	\$2,879,862

Expenses

Salaries & Wages	\$1,940,239
Fringe Benefits	\$301,062
Consultant & Contractual	\$137,246
Temporary Office Services	\$14,214
Security & Transportation	\$31,913
Laboratory Fees	\$8,436
Medical Supplies	\$5,250
Office Supplies	\$14,522
Insurance & Bonding	\$1,596
Data Processing	\$13,886
Space Rental	\$176,430
Equipment rental/lease	\$9,109
Repair & Maintenance	\$74,682
Utilities	\$41,281
Telephone	\$32,286
Travel, conference/meetings	\$2,709
Taxes & licenses	\$8,052
Subscription & dues	\$369
Interest & bank charges	\$1,000
Total Revenue Expenses	\$3,329,376
Excess Revenue over Expenses	\$410,512
Bad Debt Expense	\$510,940

*Statement for the twelve months ending December 31, 2010