

Organization Information

Program Area

Confirm the program area that your proposal addresses.

Problem Gambling-Treatment

Project Title

Pathways Problem Gambling Program

Describe your project in one or two sentences.

We provide professional, licensed care to problem gamblers and their families via screening; either an intensive outpatient program, family therapy or individual therapy; and continuing care. We serve the southeast area of Las Vegas and Henderson.

Organization Name

Pathways

Legal Name

Pathways

Also Known As

N/A

Address

64 North Pecos Road, Suite 1000

City

Henderson

State

NV

Postal Code

89074

Phone

702-990-6446

Extension

N/A

Fax

800-880-5537

E-mail Address

lynsctc@yahoo.com

WWW Address

Tax ID

271419806

Organization Type

(e.g., state agency, university, private non-profit organization)
For Profit

Organization Primary Contact

First Name

Lynnette

Last Name

Stilley

Title

Owner

E-mail

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Office Phone

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Extension

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Mobile Phone

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Project Primary Contact

First Name

Richard

Last Name

Smith

Title

Program Director

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Office Phone

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N/A

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Executive Summary

Provide an overview of the proposed program or project.

Serving the southeast area of Las Vegas and Henderson, Pathways provides professional, licensed treatment to problem gamblers and their families, from screening to continuing care. After screening, clients work with a licensed therapist or intern to establish a treatment plan that may include admission to an intensive outpatient program, couples, family or individual therapy. Treatment materials are based on the principles of Gambler's Anonymous and GamAnon.

Staff includes one Certified Problem Gambling Counselor-Supervisor with over 15 years of experience in directing gambling programs; one Certified Problem Gambling Counselor; and up to two Certified Problem Gambling Interns. In addition, Pathways works with a network of providers gambling treatment, mental and physical health and social services to provide the best quality of care to its clients.

Potential clients are assessed by a Certified Problem Gambler Counselor (CPGC) using SOGS, ASAM, GPPC, Lie/Bet Scale, and Burns Anxiety and Depression Scales. The outcome of the assessment drives the level of treatment recommended. The plan of treatment is based on the needs of the client, and consists of at least the proposed length of treatment, Axes I, II, III, IV and V, course, severity, and remission status, GPPC dimensions, level of care recommended, client strengths, and goals and approaches to be used.

The Intensive Outpatient Program (IOP) is presented in 12 three-hour group sessions, which are a supplement to, NOT a substitute for, GA involvement. Each session is presented in lecture format with client participation, including handouts regarding each lesson, and homework. IOP is conducted 3 days/week, for 5 weeks. Our Continuing Care Program meets Friday nights and is extremely well-attended. Pathways hopes to reinstitute an evening program from 5 PM to 8 PM.

Individual sessions are presented in 12 two-hour sessions, and are a supplement to, not a substitute for, GA involvement. Each session is in lecture form with client participation, with handouts and homework. The number and times of each session is determined by the client's needs.

Continuing Care is a group session and meets every Friday night, and they are well-attended.

In accordance with the Strategic Plan for Problem Gambling Treatment Services Within the State of Nevada, we intend to offer appointments within 5 business day or less, for at least 90% of all individuals receiving services. We will continue to provide services which retain 40% of our clients for at least 10 clinical contact

sessions. In addition, Pathways has a very high track record of the successful completion of at least 85% of our clients, and plans to continue that success. This means achievement of at least 75% of short term treatment goals, completion of a continuing wellness plan, and lack of gambling behaviors for at least 30 days prior to discharge from services. More than 85% of clients have been and will be satisfied with our services and would recommend this provider to others. Lastly, no less than 50% of our clients have or will successfully complete treatment and maintain improvement.

Funding Request

For Current Nevada Problem Gambling Treatment Grantees

Funding for treatment will be allocated based on a formula developed by the DHHS Grants Management Unit along with the Problem Gambling contracted technical expert. (See Appendix B of the RFA.)

For New Applicants

New applicants should formulate their funding request on actual or projected activity at their treatment facility. Funding requests must be based on the codes and reimbursement rates on Pages 32 and 33 of the Nevada Problem Gambling Treatment Strategic Plan and the benefit limits in Section IV (A) (9a) on Page 16. Provide a detailed justification for the funding request. Cite any applicable historical data, research or other supporting information.

N/A

List other grants/funds received through the State of Nevada, Department of Health and Human Services. List the granting agency (e.g., Grants Management Unit, Substance Abuse Prevention and Treatment Agency, Medicaid, etc.) and the amount to be awarded in SFY16. (If funding for SFY16 is unknown, list the amount received in SFY15.)

None.

List any other sources of income or financial support, or any collaborative projects your organization is engaged in, that will help sustain the organization if State funding is no longer available.

The private practice side of Pathways has traditionally helped by volunteering services on a pro bono basis when State funding was no longer available. We hope to further explore whatever insurance benefits clients may have for payment of their treatment.

Services Proposed

Refer to the Nevada Problem Gambling Treatment Strategic Plan for

details about provider standards and expectations. Note that only those treatment services with a code and rate on Pages 32-33 of the Strategic Plan are eligible for reimbursement with these funds. Then answer the following questions.

Describe the services you will provide (e.g., residential treatment, outpatient, individual therapy, group therapy, psycho-educational groups, and outreach). Pathways will provide individual, family and group psycho-educational therapy to those who are affected by problem gambling, after completing an initial assessment to determine the appropriate course of treatment. In addition, a psycho-educational Intensive Outpatient Program and Continuing Care Program will be provided to appropriate clients. The Continuing Care Program is also open to individuals and their family members. Therapy will be conducted by Certified Problem Gambling Counselors and Certified Problem Gambling Counselor Interns under the supervision of a Certified Problem Gambling Supervisor and Licensed Marriage and Family Therapist. Our facilities are ADA accessible, on a bus line, and we provide treatment in a non-discriminatory and culturally sensitive manner.

Describe your treatment models and methods. Include details about how you develop a treatment plan. How do your models and methods correspond with the treatment guidelines in the Strategic Plan?

Pathways adheres to the requirements of the Strategic Plan. Potential clients are assessed in person by a Certified Problem Gambler Counselor (CPGC) using SOGS, ASAM, GPPC, Lie/Bet Scale, and Burns Anxiety and Depression Scales, and motivational interviewing by the therapist. The outcome of the assessment drives the level of treatment recommended. The plan of treatment is based on the needs of the client, and consists of at least the proposed length of treatment, Axes I, II, III, IV and V, course, severity, and remission status, GPPC dimensions, level of care recommended, client strengths, and goals and approaches to be used. Orientation to services is provided at the time of assessment.

Our treatment, both in groups, families and individuals, is based on evidence-based cognitive behavioral therapy, strongly emphasizing education.

The Intensive Outpatient Program (IOP) is based on the principles of Gamblers Anonymous (GA), and are presented in 12 three-hour small group sessions. They are intended to be a supplement to, NOT a substitute for, GA involvement. Each session is in lecture format with client participation. At the end of each session, the client is given a handout regarding the lesson, and homework. One session each week includes gamblers' families. IOP is conducted 3 days/week, with hours reflecting client need, usually from 9 AM to 12 noon, for approximately 5 weeks. Pathways hopes to reinstitute an evening program from 5 PM to 8 PM.

Individual sessions are as described above for the IOP, with the number and times of each session determined by the client's needs.

Family groups are available upon needs of the family members and follow the above format as well.

Continuing Care groups meet Friday nights, and consist of gamblers and families.

If clients are in crisis, a therapist is available to them 24 hours a day.

Nevada supports Recovery-Oriented Systems of Care (http://www.samhsa.gov/sites/default/files/partnersforrecovery/docs/Guiding_Principles_Whitepaper.pdf). Describe how your services fit in a ROSC. Describe specific recovery support services and care coordination elements within your proposed program.

Pathways considers itself a part of a coordinated network of community-based services and supports, with referrals to self-help groups, other mental and physical health partners, based on each client's individualized needs. While abstinence from gambling is an easy way of measuring a client's success, this organization is dedicated to an improved health, wellness and quality of life for each of our clients. Thus, we emphasize a biopsychosocial/spiritual approach as we screen for medical issues, ask questions about, and give referrals to, other service providers, in addition to our focus on gambling through screening, early intervention, family support, treatment and continuing care. Pathways offers a menu of treatment services and encourages clients to utilize recovery groups and support systems outside of treatment. Support for family and loved ones of clients is provided through a Continuing Care program.

Describe measures to assure screening, assessment, and treatment or referral for possible co-occurring substance use disorders, mental health disorders, or physical health issues.

Embedded within our intake process are questions about co-occurring substance abuse, mental health disorders and physical health issues. Our trained CPGC's maintain a lookout for developing issues as they interact with clients throughout their stay with us. Pathways maintains a referral source network for any other issues that might arise. We have seen clients segue into marital therapy, individual therapy, alcohol and other drug programs, etc.

If you plan to provide multiple levels of care, estimate the percentage of your clients whose primary course of problem gambling treatment will consist of ASAM Level I outpatient care, ASAM Level II intensive outpatient care, and ASAM Level III residential treatment. For residential treatment applicants, estimate the percentage of your clients who will receive a combination of inpatient and outpatient treatment at your facility. For more information on ASAM levels of care see: <http://www.asam.org/publications/patient-placement-criteria>

14% ASAM Level I outpatient care

86% ASAM Level II intensive outpatient care

Residential Treatment Providers Only

The Nevada Problem Gambling Treatment Strategic Plan includes the possibility of designating only one residential treatment facility in the state. If only one residential treatment program is selected through this Request for Applications, and your organization is that program, how will you market your services, how will you facilitate transportation to and from your program, and what measures will you take to facilitate a smooth step-down transition from residential treatment to the client's local treatment or support resources?

Outputs and Performance Standards

The Nevada Problem Gambling Treatment Strategic Plan describes five performance standards that relate to access, retention, successful completion, client satisfaction and long-term outcome (refer to Page 14 of the Plan). Review these standards and indicate if you believe your agency is capable of meeting the benchmarks described in each performance standard. Provide any data or information that supports your ability to meet these standards. If you cannot meet one or more of these standards, please indicate which are not expected to be achievable and provide alternate target benchmarks.

Access: In the past and continuing into the future, Pathways understands that problem gambling clients need immediate care. Therefore, we are dedicated to offering appointments within 5 business day or less, for at least 90% of all individuals receiving services.

Retention: We have been able, and continue to provide services which retain 40% of our clients for at least 10 clinical contact sessions.

Successful Completion: We have a very high track record of the successful completion of 85% of our clients. This means achievement of at least 75% of short term treatment goals, completion of a continuing wellness plan, and lack of gambling behaviors for at least 30 days prior to discharge from services.

Client Satisfaction: In the past and continuing into the future, more than 85% of clients have been and will be satisfied with our services and would recommend this provider to others.

Long-Term Outcome: No less than 50% of our clients have or will successfully complete treatment and maintain improvement.

Award recipients will be measured on the five performance standards described above and in their ability to meet enrollment goals. To better standardize enrollment goals across all problem gambling treatment grantees, the Department will determine grantee treatment enrollment goals by dividing grant award

amounts by the average, system-wide cost per client during SFY14 (\$1,128 for outpatient clients and \$2,466 for residential treatment clients). Additionally, grantees will be expected to enroll at least one family member for every problem gambler enrollment. If you believe the proposed program cannot meet one or more of the five performance standards or the standardized goal formula is too low for your proposed program, please explain.

We believe we can meet all performance standards.

Population to be Served

What geographical area will you serve? Indicate whether statewide, Clark County Urban, Washoe County Urban, Rural or a combination.

Pathways is located in Southern Nevada, in the city of Henderson, and will serve any client who chooses to attend for treatment, including those who drive from a rural area. However, the office is most conveniently located to those who come from the area of Henderson and southeast Las Vegas. We serve urban clients from the southern and eastern sections of Las Vegas as well as all of Henderson.

Geographical Area Served

Choose Up to 5

Urban-Clark County-Las Vegas Central

Urban-Clark County-Las Vegas South

Urban-Clark County-Las Vegas East

Urban-Clark County-South Rural Clark Co

Urban-Clark County-Las Vegas North

If you are not specifically serving a rural area, describe the steps you would take to ensure participation and access by rural residents.

Pathways is located on a major highway (215), making it accessible to all clients in Clark County. We have many word-of-mouth referrals from Gamblers Anonymous in this area, sending us other clients that have accessed those meetings.

Furthermore, we hope to investigate and begin online distance services to those not able to physically access our services.

Do you plan to target any special populations (e.g., senior citizens, traditionally under-served ethnic populations, persons with disabilities, youth)? If so, describe the populations and specific efforts and resources/partners that suggest those efforts will be successful. What led you to target your services in this manner?

We are a flexible, broad-spectrum program, serving all who request our services. We can access translators for non-English-speaking clients; we are ADA compliant for the disabled and elderly clients; we have individual therapy for those who are not appropriate for groups; we can waive copays if clients are not able to pay them.

Identify the special population you plan to target. If none of the choices in the drop-down menu match exactly, choose "other."

Choose Up to 3

General

Physically Disabled

Low Income

Organization and Staff

Provide an overview of your organization. How long have you been in business? How has the organization grown through the years? Is there a business plan in place?

Pathways is owned by Lynnette Stilley, and has been in business (as such) 5 years. It is composed of Ms. Stilley's private practice as a Marriage and Family Therapist, and the Gambling Program, and it includes a business plan. Richard Smith has been program director for 4 years. Before that, Ms. Stilley has directed and led the gambling program (under various names) for over 15 years, with great variation in numbers of clients served. She has led a state-funded program since the initiation of the gambling grant, which enabled her to serve many more clients than previously. The advent of Richard Smith led to greatly increased numbers of clients. We are looking forward to both day and night intensive outpatient programs in the future. We have only been held back due to a shortfall in funding.

Provide a list of key staff members including the executive director, program manager, fiscal manager and program staff. For counselors, indicate whether they are Certified Problem Gambling Counselors or Certified Problem Gambling Counselor Interns. For all staff, indicate the length of time they have worked in the problem gambling field and for the organization.

Lynnette J. Stilley, MFT, LADC, CPGC. Owner, Executive Director. 20 years in the field, founder of Pathways 6 years ago.

Richard Smith, CPGC. Program Manager. 4 years in the field and with Pathways.

To what extent will you use Certified Problem Counselor Interns in the provision of service to State subsidized clients?

Jeaninne Abel, CPGC-Intern, has been working with a very few individual clients. Richard Ornello may be joining the organization as a CPGC-Intern.

If you will use Certified Problem Gambling Counselor Interns, how will you ensure appropriate supervision?

Lynnette J. Stilley is a CPGC-Supervisor and is on-site and available at all times that clients are being seen. She will be providing the appropriate supervision as per the Board of Examiners for Drug, Alcohol and Gambling Counselors for Ms. Abel and Mr. Ornello. Mr. Ornello will be conducting group and individual sessions with Mr. Smith at first, and later may fill in for vacations, etc. Mr. Ornello will be debriefed on every session he attends or leads. Interns will meet with Ms. Stilley twice monthly for more traditional supervision.

Support of NV Problem Gambling Treatment Strategic Plan
The Nevada Problem Gambling Treatment Strategic Plan includes several goals related to the treatment system (refer to Pages 8-9) and goals

related to workforce development (refer to Pages 10-11). The following questions relate to your organization's ability and commitment to help Nevada reach these goals.

What steps would you take to support the goal of increasing problem gambling treatment utilization by at least 10%?

Pathways staff will be available to speak at events, reach out to other providers with brochures and information, and inform insurance companies about the need for screening and treatment of problem gambling. Richard Smith, Program Director, succeeded in increasing interest in Pathways, as he is a very involved GA member and is willing to talk to anyone with questions about treatment, recovery, and how they interact. We reach out to family members and loved ones of gamblers of every gambler in our program.

How would your organization address and support the goal of implementing innovative treatment strategies and emerging interventions such as distance treatment and the use of new technologies to support recovery?

Staff at Pathways will continue to explore distance treatment service provision, including providing services in person or through technology in outlying areas around Las Vegas, Nevada. Summits and conferences will guide staff in educating themselves about groundbreaking technologies and treatment strategies. We will task an intern with exploring the options and ethics of distance therapy through webcam, telephone or chatroom.

How would your organization address and support the goal of transforming Nevada's system into a Recovery Oriented System of Care?

Pathways considers itself part of a coordinated network of community-based services and supports, with referrals to self-helps groups other mental and physical health partners, based on each client's individualized needs. While abstinence from gambling is an easy way of measuring a client's success, this organization is dedicated to an improved health, wellness and quality of life for each of our clients. Thus, we emphasize a biopsychosocial/spiritual approach as we screen for medical issues, ask questions about and give referrals to other service providers, in addition to our focus on gambling, through screening, early intervention, family support, treatment and continuing care. Pathways offers a menu of treatment services and encourages clients to utilize recovery groups and support systems outside of treatment. Support for gamblers, family and loved ones of clients is provided through a Continuing Care program.

How would your organization address the need for educational and professional development opportunities to support workforce development?

Pathways has supported workforce development needs since 1995. Owner, Lynnette Stillely has lent her expertise to assist the Nevada Council on Problem Gambling in developing curriculum and presenting its CORE Counseling Training Program and has presented at the Nevada State Conference on Problem Gambling.

In addition, Ms. Stilley has developed and taught a Problem Gambling Treatment Course at the University of Nevada, Las Vegas, and this curriculum continues to be used several years later. Pathways is dedicated to helping both CPGC-Interns and students from the University of Nevada, Las Vegas addictions program, thus alerting addictions counselors (who may not be interested in attaining a CPGC) to the issues of problem gambling. In the next two years, Pathways staff will attend gambling conferences, conventions and trainings available in the Nevada area; and conferences and trainings on other topics that address various client needs.

Additional Information

Provide any additional information about your organization, services, staff or plans that you deem important to this application.

Pathways is dedicated to providing personalized, professional treatment to anyone who has a problem with gambling. Our mission statement is "to improve balance, respect, and empowerment while accompanying clients along their pathways to health, through excellence in treatment. We serve individuals, couples and families, with concerns of emotional issues, relationships and addictions, especially that of gambling."

Management Checklist

Confirm that the organization already follows each of the practices listed below, or will implement these practices by the start of the SFY16 grant year. Note that items will be verified during program or fiscal monitoring visits, which may include a random sampling of transactions.

ANSWER "YES" OR "NO."

Yes

The organization has written personnel policies covering at a minimum: job descriptions, leave policies, recruitment and selection, evaluation, travel, salary ranges, fringe benefits, grievance procedures, disciplinary procedures, termination procedures, conflict of interest, sexual harassment, substance abuse, lobbying, confidentiality, and equal employment policies.

The organization has an accounting manual covering all of the following: separation of duties, accounts payable, accounts receivable, internal control, purchasing, check signing policies, payroll, cash receipts, procurements, property management, time sheets, travel, conflict of interest, nepotism.

Procedures are in place to minimize elapsed time between receipt and expenditure of funds and for determining allowability and allocability of costs.

Accounting records are supported by source documents.

Records are adequate to identify the source and use of funds.

The organization has a process for reconciling project expenses with revenues.

Fiscal and program records are retained for at least 3 years after the end of the grant period.

Attachments

| Title | File Name |
|--|----------------------------------|
| Letter and Schedule of Findings for OMB-133 Audit or Financial Statement/Status Report if OMB-133 not required | P&L 2014.pdf |