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## NEWS RELEASE

### **Milestone Centers Inc. Earns Licensure to Treat Substance Abuse Disorders**

PITTSBURGH, PA, April 26, 2017 – Milestone Centers Inc. is expanding its services to include treatment for individuals with a dual diagnosis of behavioral health challenges and a substance abuse addiction. Milestone earned addictions licensure from the Pennsylvania Department of Drug and Alcohol Programs on April 20, 2017.

All Milestone outpatient therapists will receive training to evaluate and treat co-occurring disorders in substance abuse and behavioral health. Once first-round training is complete, in about six months, clients will be seen and treated in the agency's Wilkesburg and Penn Center locations.

“Milestone recognizes the prevalence of dual diagnoses. That’s why obtaining this licensure is so important for those served by our organization,” said Gary Bell, Milestone Executive Director. “The addition of this service solidly aligns with Milestone’s mission to promote wellness and the development of human potential for our clients.”

Milestone has 1,900 clients enrolled in its outpatient behavioral health services. The Substance Abuse and Mental Health Services Administration estimates that 18% of clients with mental illness have a substance use disorder. Based on that percentage, Milestone already may have as many as 342 clients with co-occurring conditions. Furthermore, Milestone telephone records reveal that 10 to 12 potential new clients call monthly for help with substance abuse. According to the U.S. Surgeon General, 40% of substance abusers have a mental health condition.

“Theoretically, four to five new clients could benefit from this treatment each month,” Bell said.

Milestone will evaluate current clients through established drug and alcohol assessment tools. Results that show indications of substance abuse will be sent to Milestone therapists. New clients will be evaluated similarly.

The first phase of training for Milestone therapists is that which is required by the Pennsylvania Department of Drug & Alcohol Programs; it prepares staff for compliance with regulations and competency training. The second phase training, a two-year education and support plan, will be conducted by the Institute for Research, Education and Training in Addictions (IRETA), a nationally-known program based in Pittsburgh.

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## **Milestone Centers Inc. Earns Licensure to Treat Substance Abuse Disorders**

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Milestone has 17 outpatient mental health professionals, which include psychiatrists, licensed social workers and licensed professional counselors.

### **About Milestone Centers Inc.**

Improving lives in Allegheny County and Western Pennsylvania since 1969, Milestone Centers is a nonprofit organization employing 475 and serving 2,300 individuals through 26 programs for people with developmental and behavioral health challenges. Services include behavioral health therapies, residential locations, outpatient therapy and multiple rehabilitation services. Milestone has office locations and service sites in Wilkinsburg, Penn Hills, Monroeville, McKeesport, Lawrenceville, Butler and Warren. For more information, visit [MilestonePA.org](http://MilestonePA.org) and [Facebook.com/MilestonePA](https://Facebook.com/MilestonePA).

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