

Fairfax-Falls Church Community Services Board

LOB #272:

ADULT BEHAVIORAL HEALTH DAY TREATMENT SERVICES

Purpose

Adult Behavioral Health Day Treatment Services are intended to stabilize individuals whose symptoms put them at risk of relapse, further acute psychiatric distress, or hospitalization; and to lay the foundation for recovery from mental illness and substance use. Services are provided in a day programming structure, which is more intensive than standard behavioral health outpatient and case management and less intensive than residential treatment. Adult Behavioral Health Day Treatment Services are an important part of the CSB's continuum of services, helping individuals resume or establish a life in recovery and improve their overall quality of life.

Description

Adult Behavioral Health Day Treatment Services include two programs: Adult Partial Hospitalization (APH) and Substance Use Disorder (SUD) Adult Day Treatment services. Both programs help individuals make changes that promote recovery, develop problem-solving skills and coping strategies, and help them develop a positive support network in the community. These services are offered for individuals who need a greater level of structure and intensity than outpatient and case management services provide, but who require less structure than residential treatment or supportive residential services provide. Day treatment services in this LOB are performed by a multidisciplinary team of County and contracted staff, including psychiatrists, senior clinicians, mental health and substance abuse counselors and peer support specialists (individuals who are in recovery and who have lived experience).

Adult Partial Hospitalization provides intensive, recovery-oriented services to adults who have serious mental illness or who are experiencing acute crisis, some of whom may also have co-occurring substance use disorders. Services are provided 16-20 hours per week with programming scheduled four times per week for four hours each day. Services are designed to help prevent the need for psychiatric hospitalization or to help people transition from recent hospitalization to less intensive services. APH focuses on helping individuals develop coping and life skills and on supporting vocational, educational, and/or other goals that are part of the process of ongoing recovery. Services include: crisis intervention; psychiatric evaluation; case management and service coordination; medication management; psycho-educational groups; individual, group, and family therapy; supportive counseling; relapse prevention; and community integration. APH is offered at the Gartlan Center and the Northwest Center - Reston.

Substance Use Disorder (SUD) Adult Day Treatment Services provide daily intensive treatment for individuals who have a serious substance use disorder, some of whom also have other co-occurring mental health diagnoses. Services are offered 20 hours per week with programming scheduled for four hours every weekday. Individuals frequently come to Day Treatment as an interim intervention while awaiting residential treatment, or are referred by a court through probation and parole or the Alcohol Safety Action Program.

For many individuals, the debilitating impact of their substance use has resulted in significant impairment to their adult functioning, and an array of rehabilitative services is needed. Services include psychosocial education and counseling (individual, group and family); case management; psychiatric evaluations; medication management; and continuing care. SUD day treatment services are offered in Spanish as well as English. Specialized care is offered to pregnant and post-partum women. Continuing care services are available for individuals who have successfully completed Day Treatment services but who would benefit from periodic participation in group therapy, monitoring and service coordination to connect effectively to community supports. This program is only offered at the Merrifield Center.

Fairfax-Falls Church Community Services Board

Benefits

Adult Behavioral Health Day Treatment Services offer individuals an opportunity to meet their treatment needs while remaining in the community. This LOB provides services to individuals who have acute psychiatric conditions, severe alcohol and/or drug problems, and co-occurring disorders; some of the individuals served through this program have been involved in the criminal justice system. By helping reduce acute symptom distress and alcohol/drug use, Day Treatment services can help people with these serious conditions return to employment and self-sufficiency and resume productive lives in the community.

Benefits and Value

This LOB provides cost effective and accessible treatment services in the community for individuals with acute psychiatric conditions, substance use disorders, and co-occurring disorders. Adult Behavioral Health Day Treatment Services help individuals to maintain employment, housing, and family stability while receiving treatment. This treatment opportunity often prevents the need for more expensive residential treatment and decreases the utilization of jail and hospital beds; in addition, it provides services for individuals who are not able to participate in residential treatment. Through successful intensive treatment, these individuals are able to resume functioning lives and return to work, family responsibilities, and improved health and social relationships.

Without this intensive level of intervention, the community would see an increase in medical and psychiatric hospitalizations, homelessness, legal/criminal justice interventions, and/or harm to self/others. The programs make a difference in the lives of individuals served and in the health and safety of the community as a whole.

The goal of Adult Behavioral Health Day Treatment Services is to ensure that individuals with serious mental illness or acute psychiatric symptoms, serious substance use disorders and co-occurring disorders receive the treatment and support they need to achieve their highest level of recovery and lead a self-determined life.

Mandates

Services for Pregnant Women: Both federal and state mandated.

- The Federal Substance Abuse Prevention and Treatment Block Grant, 45CFR 96.131 mandates that pregnant women receive services within 48 hours of agency contact to intervene and interrupt the associate health risks for the women and their unborn children.
- Code of Virginia § 37.2-407 mandates the adoption of regulations that ensure that providers licensed to offer substance abuse services develop policies and procedures for the timely and appropriate treatment of pregnant women with substance abuse.

Services for Treatment and Prevention of Substance Abuse: Both federal and state mandated.

- Code of Virginia § 37.2-500 and Code of Virginia § 2.2-118 mandates services for treatment and prevention of substance abuse. Federal block grant funds help offset costs.

Services provided as a condition of Suspended Sentence: Both federal and state mandated.

- Code of Virginia § 18.2-252, suspended sentence conditioned upon substance abuse screening, assessment, testing and treatment or education: Allows the court to order a substance abuse assessment, and if appropriate from the assessment findings, substance abuse treatment and/or education. Federal block grant funds help offset costs.

Fairfax-Falls Church Community Services Board

Trends and Challenges

Services for Individuals with Heroin and Opiate Abuse

- From 2011 to 2014, the CSB saw a 22 percent increase in the number of individuals needing services who reported having used heroin, non-prescription methadone, and/or other opiates. From 2013 to 2014 in Fairfax County, the number of deaths from heroin overdose doubled.
- Adult Behavioral Health Day Treatment Services provide daily intensive case management, individual, group, and family counseling, and continuing care services for adults who present with opiate and heroin abuse. These services treat individuals in all stages of their recovery process. Day Treatment services partner closely with other CSB treatment programs to find creative ways to serve individuals who are waiting for longer-term treatment. This will be a continuing challenge as the numbers of individuals needing treatment for substance use disorders grows in the community.

Individuals with Acute Psychiatric Symptoms

- Individuals coming for services at CSB Day Treatment programs are experiencing acute distress and need immediate community stabilization. These individuals experiencing an acute crisis often present at CSB's Emergency Services or Crisis Care programs, or have been released from a psychiatric hospitalization without adequate follow-up treatment. According to the National Institutes of Health, (NIH) studies show that "individuals transitioning from inpatient settings are often at high risk for rapid decompensation. The day treatment level of programming helps to alleviate the risk...thereby reducing risk of negative outcomes and/or cycling back into a more restrictive and costly inpatient setting."

Suicide Prevention

- Behavioral Health Outpatient and Day Treatment Services are also critical tools for suicide prevention. According to reports cited by NIH: "Suicide risk peaks in periods immediately after admission and discharge. The risk is particularly high in persons with affective disorders and in persons with short hospital treatment. These findings should lead to systematic evaluation of suicide risk among inpatients before discharge and corresponding outpatient treatment, and family support should be initiated immediately after the discharge".
(<http://www.ncbi.nlm.nih.gov/pubmed/15809410>)

Fairfax-Falls Church Community Services Board

Resources

Category	FY 2014 Actual	FY 2015 Actual	FY 2016 Adopted
LOB #272: Adult Behavioral Health Day Treatment Services			
FUNDING			
<u>Expenditures:</u>			
Compensation	\$1,243,417	\$1,344,097	\$1,137,679
Benefits	446,753	523,196	493,793
Operating Expenses	99,369	99,988	107,065
Total Expenditures	\$1,789,539	\$1,967,281	\$1,738,537
Total Revenue	\$361,680	\$355,999	\$60,000
<u>Transfers In:</u>			
Transfer In from General Fund	\$1,427,859	\$1,611,282	\$1,678,537
Total Transfers In	\$1,427,859	\$1,611,282	\$1,678,537
POSITIONS			
Authorized Positions/Full-Time Equivalents (FTEs)			
<u>Positions:</u>			
Regular	20 / 19.75	21 / 20.75	15 / 15
Total Positions	20 / 19.75	21 / 20.75	15 / 15

Metrics

Metric Indicator	FY 2013 Actual	FY 2014 Actual	FY 2015 Actual	FY 2016 Estimate	FY 2017 Estimate
Number of individuals served in Adult Partial Hospitalization (APH) and Adult Day Treatment	233	279	277	277	277
Average cost per individual served in APH and Adult Day Treatment	\$4,818	\$3,817	\$3,855	\$4,052	\$4,052
Percent of individuals receiving APH and Adult Day Treatment who are satisfied with services	91%	92%	88%	90%	90%
Percent of individuals receiving APH services who demonstrate improvement in psychiatric symptoms from admission to discharge	70%	65%	74%	75%	75%
Percent of individuals who maintain or improve their employment status after participating in at least 90 days of day treatment	75%	68%	64%	70%	70%

During the past fiscal year, Adult Behavioral Health Day Treatment Services served 277 individuals, which is consistent with 279 served in FY 2014, and an 18.9 percent increase over 233 served in FY 2013. The cost to serve each individual in FY 2015 was \$3,855, which is consistent with costs over the past three years, based on the number of people served. In FY 2015, 88 percent of those served in Day Treatment and Adult Partial Hospitalization (APH) programs were satisfied with services, which is slightly lower than in previous years. Program staff and management review all satisfaction surveys and use feedback received to enhance services, and will continue to monitor overall satisfaction and perception of the care received.

Fairfax-Falls Church Community Services Board

In FY 2015, 74 percent of those served in the APH program demonstrated an improvement in psychiatric symptoms from admission to discharge, an increase over 65 percent in FY 2014. This is a significant outcome for the population receiving this service. During the past three years, the program has served adults with increasingly complex needs who are in danger of requiring immediate hospitalization or who have recently been discharged from psychiatric hospitals. In addition, those receiving APH services typically have a multitude of psychiatric issues, and the standardized tool that is used to measure symptoms from admission to discharge provides aggregate results, rather than quantifying improvement in discrete symptoms. To assess improvement in a variety of psychiatric symptoms, the program will be evaluating various aspects of functioning over the course of treatment to better determine program efficacy, as well as evaluating additional methods to assess improvement in functioning.

In FY 2015, 64 percent of adults served in Day Treatment programs maintained or improved their employment status, continuing a decline since FY 2013. This is primarily due to the population receiving Day Treatment services having a higher level of acuity and a greater degree of life impairments than those served in outpatient programs. As a comparison, 80 percent of those served in outpatient programs maintained or improved their employment status. Day Treatment programs continue to partner with employment services to provide assistance in enhancing job skills and employment opportunities.