

Rio Arriba County Mental Health/Substance Abuse/ Behavioral Health Executive Summary

Highlights: Mental illness (SMI) and Substance Use Disorders (SUDs) are chronic diseases; while many individuals suffering from serious mental illnesses or substance use disorders will live with these afflictions throughout the course of their lives, like diabetes and heart disease, they can be managed.

Objectives

Vision: That services are available in Rio Arriba addressing all presentations of mental illness and substance abuse.

Goal: Increase awareness of mental illness and substance abuse as a chronic disease, along with available services.

Strategies:

- Widely distribute brief resource directory to residents throughout the county;
- Develop marketing campaign for services to include informative publications, videos, social media and mass text messages;
- Update and market existing RACHC online resource directory.

Desired Outcome: Patients with Behavioral Health and substance abuse needs will be able to access the care they need when they need it.

List of Existing Service Providers

Agencies: Presbyterian Espanola Hospital, HOY Recovery Program, Las Cumbres Community Services, Taos Detox Center, Santa Fe Detox Center, Presbyterian Medical Services, Agave Health, Santa Fe Mountain Center, Santa Fe Recovery, Rio Arriba Health and Human Services Department, RACSTOP, Valle Del Sol, Inside Out, El Centro Family Health, Las Clinicas del Norte, La Clinica del Pueblo de Tierra Amarilla, North Central Community Based Services, Department of Health, CYFD,

SL Start and private providers.

Location: Rio Arriba County, Taos County and Santa Fe County

Services available: Emergent Care, Detox, Inpatient 30-, 60- and 90-day Care, Intensive Outpatient Care, Intensive Case Management, Peer Support Services, Court Compliance Monitoring, Individual Counseling, Specialized Counseling Services (ACT, MST, EMDR, DBT, etc.,) Group Therapy, Replacement Therapy (Subaxone & Methadone), Support Groups, Hotlines, Policing and Detention.

Financial Management/Revenue: Patients without a payer source can access Emergency Care, and care through a sliding fee scale where available (El Centro and Presbyterian Medical Group). Enrolling in a payer source such as Medicaid, the New Mexico Insurance Exchange, Medicare, the V.A., or private insurance improves access to care by expanding provider capacity, increasing the breadth and depth of the system, and increasing the quality of existing services. Some providers are funded through grants. Each payment source limits some aspect of care, presenting a challenge to those trying to develop a full array of resources (also called "the continuum of care").

Marketing/Advertising/Promotion: Access to care improves the ability of the public to access services thereby improving their health. We would like to develop a glossy informational booklet including articles such as "Recognizing and Reversing an Overdose," "How to Recognize and Assist Youth in Crisis," "What is a Substance Use Disorder," etc., along with specific information about resources that can be accessed.

Competition/ "Duplication of Services": There is enough work for everyone. RAHHS Case Managers have a waiting list of 60 people (two months); suboxone programs have waiting lists of over one hundred per provider; HOY has a waiting list of 130 people.

Process: The client is identified and an assessment is completed to determine the individual's needs. The health care provider determines and recommends the next step for treatment. The client then either agrees or disagrees and cannot be forced unless court-mandated or danger to themselves or others.

Strategic Planning

Strategy and Implementation: The Rio Arriba Community Health Council (RACHC) brings health care providers together at monthly meetings to discuss what is going well and what opportunities exist for improvement. The RACHC updates *Salud de Arriba*, the County's Community Health Profile and Strategic Plan, semi-annually, and produces a variety of specialized plans addressing specific topics. The RACHC convenes a wide variety of task forces to address diverse issues including:

- Affordable Housing
- Behavioral Health
- Detox Network
- Police, Teacher, and Provider Training
- Infectious Disease Response
- Gun Policy
- Immunization
- Food Access
- Senior Services
- Animal Assisted Therapy
- Environmental Health
- Medicaid/NMHIX Enrollment

System Strengths:

- Emergency Care
- Inpatient 30, 60 and 90 days
- Intensive Outpatient services
- Intensive Case Management
- Replacement therapy
- Group and Individual Therapy
- Infant Mental Health
- Therapeutic Pre-School
- Grandparents Raising Grandchildren support
- Family Therapy
- Home Visiting
- Family Respite Services

- Peer Support Services
- Primary Care
- The State of New Mexico has expanded Medicaid, making a payer source available to most patients suffering from Mental Illness and Substance abuse.

System Weaknesses:

- Inpatient Detox is **not** available in Rio Arriba County
- Patients suffering with Mental Illness and substance abuse cannot be forced into treatment
- Waiting lists for care
- The community needs a better understanding and awareness of mental illness and substance abuse as chronic illnesses, how to recognize them, what to do and where to go.
- Payer sources do not agree to pay for what everyone would like

Opportunities:

- Develop detox services in Rio Arriba County (Possibly at the HOY campus);
- Increase the community's awareness about these illness;
- Increase provider capacity (and physical infrastructure) to eliminate waiting lists.
- Increase the number of people enrolled in Medicaid. Presbyterian Espanola Hospital and Rio Arriba County Health will provide 2 days of enrollment fairs in January. The patients will be sent a letter inviting them to attend the fair. (Self-pay rates have decreased from 7.2% to 4.3%). Increase the number of people enrolled in charity care. Patients will be navigated to the appropriate level of care January 19, 2014.

Productivity/Stats

Presbyterian Espanola Hospital

Emergency Room Visits: Total of 21,354 visits from January through November 2014. Of those patients:

- 188 overdoses were reversed
- 710 visits related to substance abuse

OB: Out of 300 average deliveries per year:

- 19 babies in 2011 were born under the influence of opiates
 - 48 babies in 2012
 - 87 babies in 2013
 - 42 babies in 2014 January through August and, if current pattern continues, a projected 63 this year

 - There were two fewer deaths due to overdose in 2013 compared to 2012.
 - Rio Arriba County is the 2nd highest in the state for filling prescriptions for opiates. But 2/3 of the scripts filled in Rio Arriba are written in Santa Fe County which communicates that Rio Arriba County physicians are managing prescriptions well.
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Law Enforcement

- RAHHS trained and certified 50 local officers in Mental Health First Aid and another 25 to better serve individuals suffering from autism. Thirty-five local officers will be sent to Albuquerque to receive a 40-hour Crisis Intervention Training for certification.

HOY

Has increased capacity from 18 to 30 beds, a 60% increase. Hoy admits approximately 1 new client from Rio Arriba every day.

RAHHS Case Managers

RAHHS serves approximately 200 intravenous drug users in active intensive case management and 60 on the waiting list. Several hundred more clients participate through outreach services in the jail and the community. RAHHS specializes in hardest to reach populations including homeless, co-occurring disorders (mental illness and substance abuse), high risk pregnancies, inmates and released inmates, frequent Emergency Room users and senior citizens.

RACSTOP provides free services within grant guidelines.

Aftercare Outpatient: Individual and Family Counseling, Case Management and structured Core Group meetings to discuss issues related to wellbeing, sobriety, and obstacles after incarceration. The groups are gender-specific.

Intensive Outpatient / Detoxification/Incarceration Treatment: RACSTOP provides a 90-day program being offered to Rio Arriba residents referred by the Court system & CYFD for alcohol addiction. RACSTOP also provides state-mandated screening of convicted DWI offenders, and court compliance monitoring.

The DWI collaborative meets on a monthly basis.

Summary

Services for Mental Health, Substance Abuse and other Behavioral Health in Rio Arriba County continue to improve due to the collaborative efforts of the County, providers, and the public. While death rates due to overdose remain high, they would be far higher without the existing safety net. The County will continue to play a leadership role in bringing providers together to increase the capacity and function of our local treatment system with a goal to decrease deaths due to overdose.