



## WHO IS SERVED?

### INDIVIDUALS WITH:

- Mental illness
- Serious emotional disturbance
- Substance use disorder
- Co-occurring disorder

### REGARDLESS OF:

- Ability to pay
- Income level
- Insurance type
- Residency
- Age

SCCCMH anticipated seeing a **25% increase** of individuals served during the two-year grant period.

FY18 Access Intakes (Adult MI/COD) = 702

FY19 Access Intakes (Adult MI/COD) = 893

## SUCCESSES TO DATE

- Expanded psychiatric coverage and began providing MAT for SUD
- Increased number of staff with substance use credentials (CAADC)
- Increased the number of Recovery Coaches and Peer Support Specialists
- Started several new wellness classes, including Living Well with Diabetes, trauma sensitive yoga, LGBTQ teen support group, SMART Recovery, 12-Step Orientation, Mindfulness, and Living Well with Health Conditions
- Increased clinical staff training in evidence-based treatment approaches
- Continued partnership with People's Clinic to provide Integrated Health Care
- Purchased a new building for Children's Services, creating more space at main location for expanded services and increase in persons served
- Developed a sliding fee scale for services, began accepting private insurance
- Hired/posted for several new positions, including a designated coder/biller, integrated health care assistants, outreach and engagement coordinator, nutritionist, and more
- Reached 2,000+ people through community outreach events
- Began Spravato program
- Started a local Recovery Court in collaboration with community partners
- Offering after-work exercise classes for staff and individuals served through partnership with YMCA
- Expanded In-Shape program and began offering at intake to all who qualify (BMI above 25)
- Expanded Mobile Crisis Unit to Marine City & Capac areas for faster response time
- Implemented Prepare U in four local high schools
- Held two "A Beautiful Me" workshops for adolescents served

## CURRENT PROJECTS

- Continue offering A Beautiful Me self-esteem program to middle school girls
- Continue implementing Prepare U mental health curriculum into high schools
- Plan an Opioid & Other Drugs Summit—October 28, 2020
- Fully implement all new evidence-based practices
- Become CARF accredited Office Based Opioid Treatment Program
- Hire a Staff Recruiter to find/retain qualified clinical staff
- CMH Clinician to complete certification as Trauma Sensitive Yoga instructor
- Continue making improvements to People's Clinic processes
- Research and implement mobile apps and other technology to support/enhance service treatment

## EVIDENCE-BASED PRACTICES

New evidence-based practices being implemented:

MEDICATION ASSISTED  
TREATMENT FOR SUD

MOTIVATIONAL  
ENHANCEMENT THERAPY

ZERO SUICIDE

INTERACTIVE JOURNALING

ADOLESCENT COMMUNITY  
RE-ENFORCEMENT APPROACH

TRAUMA SENSITIVE YOGA

## ADULTS SERVED from 1/1/19 to 12/31/19

2,254	Received services for Serious Mental Illness
492	Received services for Co-Occurring Disorder
88	Received services for Substance Use Disorder
463	Received Integrated Healthcare Services via on-site primary care provider, People's Clinic
1,359	Received Psychiatry Services
50	Received Tele-Psychiatry Services
73	Received Medicated Assisted Treatment
788	Crisis Intervention Contacts Made via Mobile Crisis Unit
77	Received ACT Team Services
502	Received Peer Support/Recovery Coach Services

## YOUTH SERVED from 1/1/19 to 12/31/19

859	Received services for Serious Emotional Disturbance (SED)
22	Received services for Co-Occurring SED and Substance Use Disorder (SUD)
300	Completed Prepare U program
9	Completed A Beautiful Me program
356	Received Psychiatry Services
66	Received Tele-Psychiatry Services

# ABOUT OUR

36 CARE MANAGERS

74 CLINICIANS

5 IN-SHAPE HEALTH MENTORS

5 PSYCHIATRISTS

13 NURSES

2 NURSE PRACTITIONERS

19 PEER SUPPORTS

4 RECOVERY COACHES

## PBHCI HEALTH OUTCOMES

*Measured improvements from baseline to last interview (at end of grant period)*

- Blood Pressure—Improved 20.7%  
Agency wide, 61.97% improved!
- BMI—Improved 44.8%
- Waist Circumference—Improved 41.8%
- Breath CO—Improved 56.3%
- Plasma Glucose—Improved 36%
- HgbA1c—Improved 31.7%
- Tri-glycerides—Improved 53.8%
- Functioning in everyday life—Improved 53.2%
- Socially Connected—Improved 41.1%
- Healthy Overall—Improved 21.9%
- Have stable place to live—Improved 15.4%

## DEMOGRAPHICS

*Adult SMI/COD/SUD Population (CY2019)*

Male	1,192
Female	1,120
Identify as LGBTQ	159
Experienced trauma	845
African American	236
Hispanic	45
White/Non-Hispanic	1,985
Veterans	115