

# **CABHC Completed Reinvestment Project List**

## **Completed Projects**

### **D&A Adolescent OP Clinics**

Under this initiative, each County developed an Adolescent D&A OP Clinic, either embedded in an existing clinic or through the development of a new satellite site to an existing clinic. This in-plan service will enhance access to D&A services for our counties. All of the selected providers were trained on Contingency Management (CM) and successfully opened their expanded OP clinics. Participation in the program will be tracked through claims data.

### **Evidenced Based Practices**

Mental Health and Drug and Alcohol Outpatient Clinics are the primary treatment locations that members access services. This project enhanced the quality of treatment by encouraging and expecting that Evidence Based Practices (EBP) are embraced and delivered in these settings. To help reach this objective, this program provided funding for the certification of selected Outpatient Providers to gain the capacity to provide Dialectic Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Parent-Child and Interaction Therapy (PCIT). DBT is a form of psychotherapy that was originally developed to treat people with Borderline Personality Disorder. It has also been used to treat patients with various mood disorders, including self-injury. Cognitive Behavioral Therapy is a therapeutic approach that aims to address maladaptive thinking that can result in such things as anxiety or phobias. Parent-Child Interactional Therapy aims to teach parents more effective means of changing their child's negative behaviors while working on developing the bond between parent and child through a form of play therapy. Early in 2012, CABHC finalized the selection process of providers for these services. An action plan was outlined for the development of EBP expansion.

### **Adult Acute Partial Hospitalization**

This project targeted Dauphin County Medical Assistance eligible adults (18 years or older) who are in need of partial hospitalization treatment for mental health disorders. The program provides services for individuals who are not in need of inpatient care, but whose needs are greater than can be provided by outpatient services. This project is expected to reduce inpatient mental health readmissions, improve psychiatric stability, and increase personal satisfaction for the individual members who participate in the program. The program was developed by PA Psychiatric Institute and opened in the spring of 2014.

### **Adult Acute Crisis Diversion Program**

The goal of the Acute Crisis Diversion (ACD) program is to create a licensed residential program that will support people stabilizing their mental health symptoms through medication management, individual and group therapy, community service connections and other treatment supports. While the ACD will not serve those persons who are presenting with solely a substance related disorder, it is also recognized that persons will present with co-occurring disorders. Because of this, the ACD will offer educational programming at the site and refer individuals to community based programs that addresses substance abuse disorders. The benefits to Lancaster County Health Choices members is to decrease the number of people who require out of county placement for inpatient services, provide a community based service that has more flexibility in linking aftercare services with the person and reduce readmission rates for people who are experiencing mental health crisis. Holcomb Behavioral Health was the provider selected to develop the service. Services began in March, 2015.

### **MH-OP The Incredible Years**

This evidence based practice was implemented in Dauphin county in outpatient settings, particularly school based outpatient clinic settings and focuses on promoting resiliency in families and children (ages 2 to 12 years). The Incredible Years program consists of three components: A Parent Training Series, Teacher Training Series, and Dinosaur Child Training program which can be used in small groups or

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classrooms. The Parent Program will work on strengthening parental monitoring skills, teaching and strengthening positive discipline techniques, increasing parental confidence while encouraging increased parental involvement in school. The Teacher Training focuses on classroom management, encouraging positive social skills while reducing oppositional, aggression, or conduct based issues. The Dinosaur Training program helps children showing aggression or conduct issues to develop positive relationships with their peers. Reinvestment funds covered the parent and child trainings and Dauphin County identified other funds to cover the parent training portion of the program, which is not a Medicaid eligible service.

### **RTF Teleconferencing**

This program allows the family of a child in a Residential Treatment Facility to participate in treatment and team meetings via a telecommunication system. This is utilized in cases where the Residential Treatment Facility their child is placed in makes participation difficult or impossible. The goal of this program is to decrease readmission through the support of increased parental participation in the treatment process. Dauphin County utilizes two locations at the lower and upper Dauphin CMU offices. The CMU assists families in securing transportation to the site if they are encountering difficulty with accessing the teleconferencing service. The other secure site is at participating Residential Treatment Facilities.

### **Mobile CIS Expansion**

This project provided funding for the addition of a full time employee to the Crisis Intervention Program of Philhaven. This employee provides crisis intervention services in the community for high risk Members in order to support them within the community setting and reduce inpatient admissions.

### **Forensic Certified Peer Specialist**

This program provided funding of a Part Time (18 hours per week) Certified Peer Specialist at the NHS Stevens Center in Cumberland County, who will work with the forensic population.

### **Adult D&A OP Clinic**

This project supported the development of a licensed D&A clinic to provide outpatient services directly in the Northern Dauphin County Human Services Office located in Elizabethville. This office serves as a hub for the Northern Dauphin Area and is geographically located in the center of a large rural area in Dauphin County.

### **Adolescent D&A Rehab Facility**

This program funded the expansion of the Manos House, an adolescent male non-hospital residential treatment program that was designed to address substance abuse issues and anti-social or criminal behavior.

### **Co-Occurring OP Services**

Co-Occurring OP Treatment Services is designed specifically for individuals who have significant MH issues and a substance use disorder. This service offered by PA Counseling, provides an evidence based approach using the Hazelden Co-Occurring curriculum and is for individuals whose MH diagnosis is severe enough to interfere with their ability to maintain sobriety.

### **Recovery House Development**

The Recovery House Development project provided funding for start-up three new Recovery Houses.

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### **Housing Initiative**

The reinvestment funds for this project assisted each of the five Counties in their development and implementation of a Housing Initiative Plan in order to meet the local housing needs of individuals, focusing on those diagnosed with serious mental illness, substance abuse, or co-occurring disorders. Counties were paid funds and they then paid out based on each of their specific OMHSAS approved plans.

### **Member Support Services**

This project involved "Peer-to-Peer" support in which Members needing support are matched with a person in recovery. The project supported the development of a Peer Certification program in order to train individuals to act as Peer Professionals within each of the Counties as well as supported ongoing professional development groups for supervisors and Certified Peer Specialists.

### **Buprenorphine Coordinator**

As a result of physicians being reluctant to become qualified to administer Buprenorphine therapy this project supported the development of the Buprenorphine Coordination Service to address their concerns. The Coordinator conducts the initial screening of the member and maintains a collaborative relationship with prescribing physicians and counseling agencies for effective coordination of the patient's care.

### **Mobile Psych Nursing Services**

This program funded services for Registered Nurses with psychiatric training to provide community/home visits for individuals with severe mental illness or emotional disturbances.

### **CISC D&A Non-Hospital Residential Rehab Out of Zone**

This project set aside funds to be used by CBHNP to cover the cost of children or adolescents seeking drug and alcohol treatment who must leave the HealthChoices area for their treatment. This project made funding for this service possible, as the SCAs lacked the resources to cover all of these costs.

### **Community Treatment Team**

This project created three new Community Treatment Teams (CTTs) in Cumberland/Perry, Lancaster and Lebanon Counties. The Program is designed to serve Members 18 years of age or older who are diagnosed with a serious and persistent psychiatric condition as a diversion from inpatient hospitalization.

### **Methadone Clinic**

The Lebanon County Drug and Alcohol Commission partnered with White Deer Run Treatment Centers to open a new Methadone Maintenance clinic in June 2006. Funds were used for construction and startup costs for the clinic. Although physically located in Lebanon County, the clinic provides services to Members of Cumberland, Dauphin, Lancaster, and Perry Counties.