

CABHC Completed Reinvestment Project List

Completed Projects

Mobile MH-ID Behavioral Intervention

The program will fund the creation of three Mental Health and Intellectual Disabilities teams consisting of two professionals that will assist adults 21 years and older with a serious mental illness and intellectual disability. The team will include a Behavioral Specialist and a Registered Nurse who will work with individuals and their families, or other support systems. This service will include a Functional Behavioral Assessment which will be used to develop a treatment plan for the individual, focusing on their behavioral issues/needs, interventions, and other related needs. All direct services conducted by this team are considered mobile because they are most often delivered in settings outside of an office (often in the home or community).

Drug and Alcohol Brief Intervention

The primary goal of the D&A Mobile Brief Intervention and Assessment is to create an intercept point for individuals accessing hospital emergency services or are in physical healthcare units of local hospitals that may be in need of substance abuse services. This intercept point would provide identification and linkage services to substance abuse treatment for individuals struggling with addiction and co-occurring mental health problems.

IP Follow-Up after Hospitalization Discharge Support

This program will work with three local MH IP providers to develop a nursing support service that will assist high risk Members with their discharge and attendance at their follow-up appointment. The hospitals will develop a discharge nurse position that will follow the member after they have been discharged to support the individual with filling prescriptions, providing onsite medication reconciliation, verifying aftercare appointments, assuring potential barriers to attendance of the appointment are addressed and provide follow up consultation. The support will be short term and intensive, with the nurse beginning contact before the discharge. It is anticipated that the support will not last more than 30 days, and is expected to average 10 days in duration.

Behavioral Health/Physical Health Integration

This project consists of the implementation of two models of integrated BH and PH support. The first model established the Merakey Capital Region MH Outpatient Clinic located in Harrisburg as a Health Home program for Gateway members who receive their mental health treatment at the OP clinic with the addition of a Nurse Navigator. The program's objective is to support the triple aim of improving the health of individuals with SMI; enhancing the consumer experience of care (including quality, access, and reliability); and reducing/controlling the per capita cost of care. The second model developed by Lancaster General Hospital utilized a Community Health Worker (CHW) program focused on interventions with high utilizers of emergency department services. The objective is to determine if CHW interventions will improve post emergency room outcomes among low socio-economic individuals with corresponding mental illness. The CHWs interventions will be modeled after the Penn Medicine IMPaCT model of CHW care.

D&A Recovery Center

This grant project is part of SAMHSA's Center for Substance Abuse Services (CSAT) and has identified that the key focus of this grant is to foster peer-to-peer recovery support services that are designed and delivered by persons in recovery which will network and build strong and mutually supportive relationships with formal systems in their communities. Peer

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Operated Recovery Centers do not provide treatment and do not require to be staffed by paid professionals. This is a peer to peer operated program. The objective of this proposal is to seed the start up or revitalization of one Peer Operated Recovery Center in Dauphin County. This will only be one-time funding and a requirement of the Center is that they have an identified model that defines how it will be peer run and self-sustaining.

Common Ground

This service is to implement three Common Ground Decision Support Centers in three of our licensed adult MH OP clinics. There would be a selected Clinic in each of the Counties with CU/PE being a joiner and having one clinic between the two Counties. The Common Ground Decision Support Center is a nationally recognized, recovery-oriented program that assists a person in their preparation to meet with their psychiatrist to discuss their treatment and develop their person-centered plan, including Wellness Goals.

D&A Male Halfway House

This project is to develop a licensed D&A Rehab Halfway House that will serve the adult male population. There are currently two Halfway Houses in the five Counties that serve males. In CY 2014 and 2015 combined, there were 386 male admissions to the Halfway House level of care. Of these, 178 or 46.1% were placed in programs outside of our Counties. This data clearly shows that the local network of Halfway Houses for men should be enhanced. CABHC, in partnership with the County SCA Directors, PerformCare and the D&A Stakeholders will develop an RFP to solicit the development of this program. The facility's capacity would be targeted to be between 18-24 men with the potential to serve 100 members per year.

Supporting Positive Environments for Children (SPEC)

The SPEC program provides support to selected school districts by building a culture and skills that focuses on prevention and supporting the adults who work with young children and expanding the use of evidenced based programs in the community. The SPEC model consists of the one SPEC facilitator/school providing on-site support to guide the implementation of school wide positive behavior interventions and supports. The support will be provided in 5 selected school districts (one in each county). SPEC will support the shaping and/or reshaping of a positive environment to prevent students from being dismissed from their learning environments. Each County will select a school district for SPEC to work with.

Lancaster County D&A Recovery Houses

This program will provide start-up funding for two new recovery houses to expand the number of recovery houses located in Lancaster County that provide supportive housing to addicted individuals in the early stages of recovery. One male and one female house will be opened. Only recovery houses that require individuals to be engaged in outpatient treatment and 12 step support groups are considered for this start-up funding.

Cumberland/Perry County Forensic Housing

This program provides housing supportive services for individuals living in Cumberland or Perry County who may currently be in the criminal justice system or are former inmates who have a serious mental illness diagnosis, are eligible for Medical Assistance and the Housing Choice Vouchers Program. The program aims to serve individuals both short and medium term (3 – 6 months). Temporary assistance may be provided to individuals for rental assistance. It is anticipated that 20 individuals will receive a maximum of \$5,400 in short-or medium-term

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rental assistance over the 6-month period. An additional \$900 per household will also be available for financial assistance.

C/P D&A Recovery Specialist

The goal of this project was to employ two part-time D&A Recovery Specialists to provide substance abuse recovery support services for parents who are involved with the Cumberland County Children and Youth Services, and who are at risk of losing permanent custody of their children due to their substance abuse. All D&A Recovery Specialists hired under this program will be expected to become certified as a Recovery Specialist through the PA Certification Board. The adults served will be individuals who have cycled in and out of D&A services and have demonstrated difficulty in engaging in their recovery through traditional treatment and supports. The target population may also include support for persons as a step down from inpatient treatment. Services provided will focus on life and recovery skills development that will be vital to the success of the individual in their recovery process.

Extended Acute Care Development

This program supported the development of a Psychiatric MH IP 16 bed adult EAC located in our County territory. The program allows members to remain engaged in their communities, receive more focused care as a result of recovery-oriented treatment models, divert members from going to a State Hospital, and decrease the length of stay for extended care while still realizing successful discharge through reduced readmission rates. The EAC was located in one of our Counties. The EAC will incorporate Certified Peer Specialists as part of their treatment milieu.

Functional Family Therapy

An RFP for FFT services was disseminated to providers in the network. After a review process, TruNorth Wellness Services was selected as the FFT provider for the Capital Area. The objective of this reinvestment project is to fund the start-up costs of this program.

Psych Rehab

This project assisted three existing Psych Rehab site-based programs (Merakey STAR Program, CSG Tempo Program and Dauphin Keystone Human Services Program) in their submission and approval to become a supplemental service so that HealthChoices can fund this service for members who meet the eligibility criteria. The remaining part of this initiative assisted Lebanon County to develop the capacity to start-up a site based Psychiatric Rehab program through the procurement of a provider and provide the funding of the start-up using reinvestment funds.

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. The teleconferencing is secured between two site locations. Lancaster, Lebanon, Cumberland and Perry designated a county-specific secured site, typically at a case management location. The other secure site would be at the Residential Treatment Facility.

OP Evidenced Based Programs, EMDR and PCIT

The objective of this reinvestment project was to fund the certification of selected OP providers to gain the capacity to provide an evidenced based therapy called Eye Movement Desensitization Reprocessing (EMDR). EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma. Ten therapists will have the opportunity to attend and become certified to use EMDR. The project will also fund the

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expansion of PCIT into two Licensed OP clinics by paying for the certification of therapists and equipment/renovation expenses.

Latino D&A Rehab HH

This project developed a licensed D&A Rehab Halfway House that would be bilingual and bicultural to better serve the Hispanic population. CABHC, in partnership with the County SCA Directors, PerformCare and D&A Stakeholders developed an RFP to solicit the development of this program, with a critical requirement of past experience and capacity to run D&A treatment services for the Hispanic population. The facility's capacity would be targeted to be between 18-24 slots.

Hospital Based EAC Program

This project expanded the EAC capacity by 12 psychiatric beds that would be located in a general hospital facility to improve the ability to better serve adults in need of EAC/EAU services when they are also experiencing medical care needs that cannot be easily provided in a free-standing facility. The EAC unit in Ephrata opened on 7/25/17. The 12 beds are allotted to the following counties: Cumberland 2, Lancaster 5, Dauphin 2 and Lebanon 3. All EAC referrals go through the Philhaven Mount Gretna campus where both teams work collaboratively in making the decision as to where the patient should be placed (Ephrata or Mount Gretna). More medically complex patients will utilize the EAC in Ephrata.

Vivitrol Care Coordination

It has long been understood by professionals, researchers and persons in recovery that substance use and addiction are multifaceted health issues and it is apparent that there is a need to offer additional treatment supports that would help expand the use of Vivitrol as a treatment option. The development of the Vivitrol Care Coordination Service will provide education to physicians in an effort to engage additional PCPs who will utilize Vivitrol medication assisted treatment as part of a comprehensive opioid treatment and care coordination approach; Increase the number of members successfully utilizing Vivitrol in a recovery program from opioid addiction; and assist members who are engaged in Vivitrol treatment in their access to and coordination of support by other community agencies/organizations.

MH-IP Integrated Peer Specialist Services

The goal of this program was to implement the development of Certified Peer Specialist (CPS) services that were embedded into four of our local MH IP units, including Philhaven, Pennsylvania Psychiatric Institute, Lancaster General Hospital, and Holy Spirit Hospital. The CPS will be active with the inpatient unit staff team to bringing their recovery-oriented perspective to the culture of the program. The CPS will also support and educate persons in treatment about the recovery philosophy as experienced through their own recovery, assure that the person has a strong partner in their treatment choices and most important, to assist in the discharge planning process, including limited follow up in the community after discharge.

MH and D&A co-located Clinic

Data clearly indicates that the vast majority of residents in the Columbia area are required to leave the area to access MH and D&A OP treatment. Therefore, the development of a single provider run; co-located MH OP licensed satellite clinic and a D&A licensed OP clinic will offer better access for these members. CABHC, Lancaster County MH /ID and SCA, PerformCare and stakeholders developed and disseminated an RFP to select a provider that is licensed to provide both services in a co-located site.

Dauphin Recovery House

This program provided start-up funding for one new recovery house to be located in Dauphin County. This program expanded the number of recovery houses located in Dauphin County that provide supportive housing to addicted individuals in the early stages of recovery. Only recovery houses that require individuals to be engaged in outpatient treatment and 12 step support groups were considered for this start-up funding.

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D&A Detox and Rehab

Gaudenzia has proposed to expand their Common Ground detox service and the potential to expand their short-term rehab program in response to the growing demand to provide urgent access to treatment in the increasing Opioid addiction crisis that our communities are facing. To accomplish this proposal, Gaudenzia moved the Common Ground rehab and detox programs from their current facility to the Chambers Hill Adolescent Program facility and the Adolescent Program moved to the Common Ground facility. This move allowed a significant expansion of detox slots (from 10 to 18) without having to go through the zoning issues associated with a new facility. The Common Ground rehab program also has 24 slots (both rehab and dually diagnosed consumers). These slots will be maintained with the potential to expand this number at a later time.

Peer Operated D&A Recovery Centers

The goal of this project is to establish drug and alcohol recovery centers in the five counties. Services will target MA eligible adults (18 years or older) who are experiencing a substance abuse disorder. Peer Operated Recovery Centers may have many attributes and services, but each will be developed based on geographical need and resource capacity and will be self-directed by its members. These recovery centers do not typically provide treatment and are not staffed by paid professionals. They are peer operated programs. It is intended to be a local consumer driven center that will provide peer support services, sober recreation activities, and/or community education. These programs are places where an individual working on their recovery from substance abuse can find a sympathetic ear, information about recovery and substance abuse services, and enjoy a safe and drug and alcohol-free environment. Two projects were supported in Cumberland County given the distance between the centers.

Shippensburg D&A Recovery Center

The objective of this proposal is to seed the start up or revitalization of one Peer Operated Recovery Center located in Shippensburg, Cumberland County. This was one-time funding and a requirement of the Center is that they have an identified model that defines how it will be peer run and self-sustaining.

Recovery House Development

This project provided funding for eight new substance abuse recovery houses in the Counties through the purchase and/or renovation of selected homes. At least one of the homes will accommodate women and children. CABHC facilitated a selection committee to set the standards these programs needed to meet to be eligible for start-up funds.

MHIP Children/Adolescent Unit

CABHC in collaboration with Pennsylvania Psychiatric Inpatient's, PerformCare and the Counties' supported the development of a six to ten bed separate children's unit on 4 Landis and making 5 Landis a twelve to sixteen bed adolescent service. This will replace the current 16 bed children and adolescent unit on 5 Landis, which to date places children at risk for harm from the older youth resulting in frequent denials of a child's admission due to the acuity on the unit or there being concern over bringing an older adolescent who has a history of aggressive behaviors and therefore denying that admission.

OP Evidenced Based Treatment

Funding for this project supported the certification of selected OP providers to gain the capacity to provide **Dialectic Behavioral Therapy (DBT), and Trauma Focused Cognitive Behavioral Therapy (TF CBT)**. The Counties formed an ad hoc group, facilitated by CABHC and with PerformCare participation to select the providers targeted to participate in each of the EBP certifications. The funds paid for the identified and willing clinics to send selected staff to receive the required training and certification as well as one year of coaching, depending on the model and fidelity requirements.

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Housing Initiative

The co-developers, the Affordable Housing Associates of Dauphin County and Monarch Development Group, LLC, will develop a 35-unit affordable housing development. Of these, five units will have the capacity to house nine individuals that will be exclusively for MA eligible recipients of Behavioral Health Services and will be fully integrated into the development.

Adult Co-occurring OP Services

This project provided funds for the development of two Co-Occurring clinics targeted towards Medical Assistance eligible adults (18 years or older) who are experiencing mental health and substance abuse disorders. These individuals would enter services either through a drug and alcohol intake or an assessment completed at a mental health outpatient clinic. Those who are being evaluated for drug and alcohol related issues will also be screened for mental health issues, and those coming into mental health outpatient facilities will answer questions related to drug and alcohol use. Based on these results, the individual may be a candidate for a co-occurring group (8 weeks long). These groups will run twice per week for 1.5 hours. The provider of these groups will need to have a dual license as both an outpatient mental health and drug and alcohol clinic. The individual may also be involved in individual treatment and psychiatric support during this time.

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.

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

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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 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.

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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.

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.