



SOUTHWEST COLORADO MENTAL HEALTH CENTER (SWCMHC)

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COMMUNITY UPDATE

January 2009

Notes From Bern

I hope that this and previous newsletters are proving both interesting and useful. Feedback is most welcome. Please contact Karen Spungen (kspungen@swcmhc.org) or me (bheath@swcmhc.org) with any suggestions or to unsubscribe.

Archuleta County & Communities

Comings & Goings:

At our Pagosa Springs office, **Jessica Carr** left to care for her new baby. **Linda Stanger, LCSW**, has joined our clinical staff and **Darcy Downing** has taken the vacant Regional Youth Family Support and CRS position.

Facts & Figures:

Program Services: For the fiscal year ending June 30, 2008, 607 Archuleta County residents were provided with 3,832 hours of service through the Center. We provided 37 emergency assessments with 13 resulting in ATU stays (averaging just over 5 days per stay) and 12 psychiatric hospital stays (averaging 23.5 days per stay). Archuleta ATU admissions accounted for 5.7% of all ATU admits.

Program/Service News:

Case Management: In September we collaborated with Archuleta County Social Services to design a new joint case management position serving children and families in the Archuleta County area; and we have also begun to provide individual and group counseling in the Pagosa Springs Elementary School. **Tom Bonde, LCSW, LAC**, has joined the Archuleta County DUI Court and is providing consultation around mental health issues to Judge Denvir and the team.

Pagosa Mountain Hospital: Pagosa Mountain Hospital is now a year old. We are continuing to work with the Hospital and the community to develop a response to psychiatric emergencies that present at the hospital. We hope to have a local Emergency Services Team in operation in the very near future.

We continue to talk to the Hospital Board and administration about the possibility of moving our offices

and co-locating on the campus. We will keep everyone updated as these discussions mature.

La Plata/San Juan Counties & Communities

Comings & Goings:

After 8½ years with the Center as a residential counselor and then as Case Manager, **Cindy Stangby** decided to commit herself full time to nursing school. Case Managers **Peggy Radzinski** and **Danelle Price** both left the Center, moving out of state, as did **Lisa Jackson**, who served as our Triage Therapist, and **Angela Stout**, who was our Administrative Assistant at New Day. On the Vocational Services side, **Melinda Loyst** left the Center. **Lorraine Pearson**, our Advance Practice Nurse, made the decision to return her family to Tennessee, and **Shelly Millsap**, Regional Youth Coordinator, moved into private practice but still maintains a connection with the Center as a casual employee.

At the same time we welcomed **Chuck Southcote** as our new VP of Information Technology who replaced **Brent Oliver** at the Center. **Allen Ernst, MS**, has joined the Center as an Emergency Services Therapist, **Kristyn Berry** has taken the position of ATU Case Manager, and **Megan Murphy** has joined our Case Management staff.

Also new to the Center are **Leland Becenti, MSW**, in the Regional Youth program, **Danielle Weswah** has joined our Bodo reception staff, and **Jeanine Ten Broeck, MA**, became our Triage Therapist in July.

Facts & Figures:

Program Services: For the fiscal year ending June 30, 2008, 4,360 La Plata and San Juan County residents were provided with 29,326 hours of service through the Center. In La Plata County alone we provided 403 emergency assessments with 146 resulting in ATU stays (averaging 5.8 days per stay) and 42 psychiatric hospital stays (averaging just under 33 days per stay). La Plata ATU admissions accounted for 64.3% of all ATU admits.

In fiscal year 2008, 28 San Juan County residents were provided with emergency assessments with five resulting in ATU stays (averaging 5.2 days per stay) and one psychiatric hospital stay of 5 days.

Montezuma/Dolores Counties & Communities

Program/Service News:

Integrated Health Care: We continue to provide behavioral health consulting services at the Health Services Clinic for 15-20 hours per week. As a result of requests from their staff, we are doing a series of lunch time presentations, "Small Bites", on behavioral health topics. The providers have also completed Screening, Brief Intervention and Referral to Treatment (SBIRT) training for alcohol abuse and have added a new alcohol screener to their behavioral health screening.

The School-Based Health Center at Durango High School is in its second year with behavioral health services. Over half of the contacts at the SBHC are for behavioral health services. As of January, a new psychiatric consultation model has been added. **Mark Fallon-Cyr, MD**, meets with the SBHC Team every other week to provide consultation for students who are on or who may need psychotropic medications. This is an innovative program for the SBHC and will help develop a model to be used by other SBHCs in other parts of the State, as well as nationally.

We continue to participate in the planning committee for a new SBHC at Florida Mesa Elementary School. This Health Center is targeted to be in operation next September and will include behavioral health services.

We are also part of a regional planning committee for school-based health centers. Pagosa Springs, Cortez and Ignacio are all exploring the potential of developing a SBHC in their schools.

Substance Abuse. Since October we have contracted with School District 9R to provide a drug and alcohol counselor for 20 hours per week located at the Durango High School to deliver education, intervention, and treatment services. In February this counselor will begin an adolescent integrated dual disorders treatment program in partnership with our Behavioral Health Consultant working in the School Based Health Center.

At the La Plata County Jail, we have expanded substance use disorder therapy services for women and added a third treatment group.

Consumer & Family Affairs. The Office of Consumer and Family Affairs (OCFA) has opened an Empowerment Center in Durango located at the La Plata County Fairgrounds with established drop-in hours on Monday, Wednesday, and Friday from 11:00 a.m. to 3:00 p.m. Consumers and community members interested in sharing a skill or talent in a group setting at the Empowerment Center are encouraged to call **Mark White**, OCFA Director, at 759-2615. Mark can also provide additional information on the current schedule. OCFA has also sponsored the startup of two "Double Trouble in Recovery" 12-step meetings for persons who are coping with a mental illness and a substance use disorder. Meetings are on Sunday at 9:00 a.m. at Durango Joe's on College Avenue, and Wednesday at noon at the new Empowerment Center.

Comings & Goings:

The only change in the Cortez office is the addition of **Tom Seymour, Ph.D.**, as Cortez Director.

Facts & Figures:

Program Services: For the fiscal year ending June 30, 2008, 1,472 Montezuma and Dolores County residents were provided with 8,684 hours of service through the Center. In Montezuma County alone we provided 124 emergency assessments with 45 resulting in ATU stays (averaging just over 5 days per stay) and 18 psychiatric hospital stays (averaging 22.2 days per stay). Montezuma ATU admissions accounted for 19.8% of all ATU admits.

In fiscal year 2008, 24 Dolores County residents received emergency assessment services through the Center, with six resulting in ATU stays (averaging 3.33 days per stay) and one psychiatric hospital admission lasting 63 days.

Program/Service News:

Integrated Health Care: We are providing behavioral services at Southwest Memorial Primary Care under a contract with Southwest Memorial Hospital. Tom Seymour is currently providing these services as well as being the new Director of the Cortez office.

We are excited to report that we are in the process of finalizing a contract with the Dove Creek Clinic (FQHC). We will provide 20 hours per week of staff, psychiatric consultation and training to the clinic.

Substance Abuse. We have initiated substance use disorder treatment in the Cortez office. Services currently available include assessments, DUI and traditional outpatient treatment. In partnership with Cortez Addiction Recovery Services, an integrated dual disorders treatment group for adults has also been developed and successfully implemented.

Center-Wide Bits and Pieces

Management Information System (MIS): The Center employs a management information system that includes an electronic clinical record (ECR). This system has served us well over the past five years but lacks database flexibility and capacity to be modified. As a consequence, the Center has entered into a partnership with **Colorado West Regional Mental Health Center** and with **Midwestern Mental Health Center** (our two partners serving the West Slope) in purchasing the next generation of ECR through Qualifacts Systems. The implementation process began this month, with "go live" planned for November 1, 2009.

With the new system, we will be able to configure our own forms, have the ability to build reports, and also collaborate with the developers to build clinical records which support our vision of fully integrated service provision. The Center has identified a Core Project Team and will soon be forming workgroups to develop parts of the new system.

and input as we proceed with this challenging but exciting and critically important project.

Please let me know (bheath@swcmhc.org) if you have any other topics you would like addressed.

It is our intention to use this system as a foundation for participation in a broader Regional Health Information Organization (RHIO). Such an organization would allow for sharing of critical health information between systems of care for better, more effective and coordinated health care. This would be done with an absolute and full commitment to inform and receive consent from consumers and with adequate protections to ensure confidentiality.

Medicaid Managed Care: The Center, together with Colorado West Regional Mental Health Center, Midwestern Mental Health Center, **Pikes Peak Mental Health Center, San Luis Valley Mental Health Center, Spanish Peaks Mental Health Center, West Central Mental Health Center, Southeast Mental Health Center** and **Value Options**, holds the State contract for mental health managed care for Medicaid enrollees in our collective regions. It constitutes the largest Medicaid managed care region in the State. The Medicaid mental health, managed care contracts in the State are now in the re-bid process. The Colorado Department of Health Care Policy and Finance (HCPF) has issued the RFP. This contract constitutes about 37% of our Center's business, and we should hear by April whether or not we have secured the new contract

Internal Organizational Changes: Center Staff are currently piloting a new integrated style of adult assessment as we move toward more complete integration of all of our behavioral health services,. Our goal is to provide easier entry into all Center services with one joint assessment. An integrated child and adolescent assessment is in development.

The Office of Consumer and Family Affairs is planning a regional fundraising event for the month of May. Funds raised will support the efforts of the leadership and advocacy groups, as well as materials for activities at the Durango Empowerment Center and the Cortez KIVA.

Coming Attractions

In future newsletters look for updates on the Center's evolving role in leading an effort to transform health care throughout our region into an integrated model.

The Board of Directors of Southwest Colorado Mental Health Center is fully committed to the integrated care transformation. In an effort to aid this process, the Board met in a retreat this month to plan how to best engage and educate our communities and partners. Look for the Center's first investment in public relations and community messaging. We welcome your thoughts