

Pennington County Behavioral Health Continuum of Care

Goals for today

- Affirm past work
- Acknowledge challenges
- Recommend next steps

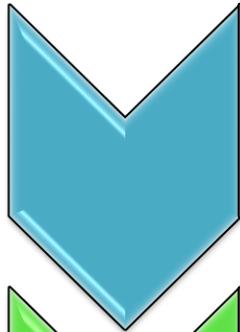
Strengths

- Care Campus
- One Heart
- Cornerstone
- Alliance
- Behavioral health providers
- Regional
- Local and Regional Law Enforcement
- Leadership
- Stakeholder Commitment
- Business Community participation

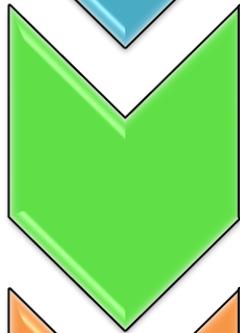
Challenges

- Need exceeds the services
- Non-expansion state means high uninsured population who need services
- Pennington County is the center for many rural/frontier counties and reservations
- Psychiatric shortage
- Staffing shortages
- Resources aren't always connected
- Suicide rate
- Poverty in Indian Country

Recommendation formulation



- Surveys
- Research

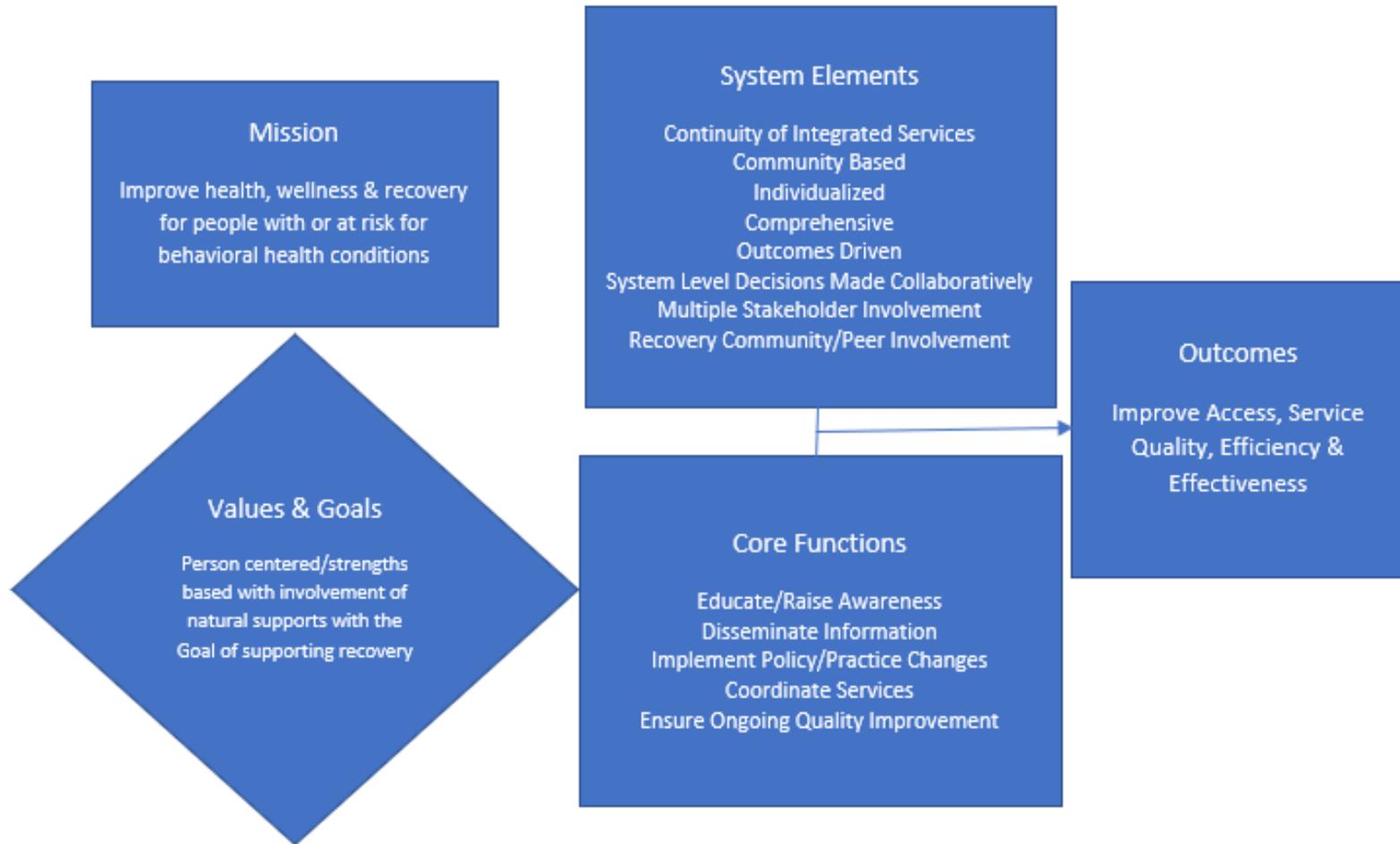


- Interviews
- Follow up



- National experience
- National trends

Overarching framework: Recovery Oriented System of Care (ROSC)



Recovery Oriented Systems of Care (ROSC): Not for Wimps



ROSC Core Elements:

1. Services integration
2. Environment that promotes strength, recovery & resilience
3. Inclusive, collaborative service teams & processes
4. Services, training & supervision that reflect recovery & resilience
5. Individualized services to identify & address barriers to wellness
6. Evidence-informed approaches
7. Promoting recovery & resilience through evaluation and quality improvement

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A word about psychiatric shortage

- Reflects national trends
- Consider:
 - Developing/re-activating partnership with residency programs
 - “Lifestyle recruiting”: what does Rapid City have to offer and how can a position support the lifestyle docs want?
 - Role of psychiatrist as specialist and consultant to others
 - Potential of collaborative care codes-doesn't address the high uninsured populations

Recommendations

1. Developing a Crisis Stabilization Unit at the Care Campus operated by Behavior Management Systems (BMS)
2. Develop telehealth crisis services for remote counties to support law enforcement
3. Expand the network of recovery houses and supported employment
4. Increase the number of psychiatric beds at Regional West
5. Conduct a Care Campus environmental scan
6. Conduct a study on funding challenges for services for American Indians
7. Expand case management services in all specialty courts
8. Conduct an environmental scan on the continuum of services for children with behavioral health needs
9. Develop a comprehensive plan for incorporating the voice of people in recovery
10. Establish a clear focus on and collaboration with integrated primary care
11. Create stronger community coalitions with clear focus on creating ROSC
12. Strengthen coordination across and within the system of care
13. Educate the community about behavioral health and wellness

1. Crisis Stabilization Unit at Care Campus operated by BMS

- 3-5 day treatment unit to stabilize crisis, initiate/change medication, provide for development of community treatment/recovery plan
- 8 beds in current crisis care space
- 24 hour staffing: bachelor's level staff (ideally those with lived experience)
- Therapeutic intervention by QMHP's
- Psychiatric coverage by Avera
- Why at Care Campus?

2. Develop telehealth crisis services for remote counties to support law enforcement

- Operating out of 24 hour staffed crisis stabilization unit
- Requires providing Ipads/tablets to all regional law enforcement
- Training for all remote ER staff in basic crisis assessment/intervention

3. Expand the network of recovery houses and supported employment

- Network of BMS operated housing units and apartments should be expanded to increase housing and housing stability
- Key consideration should be given for individuals with behavioral health conditions
- Increased coordination between various stakeholder groups working to end homelessness
- Support the development of additional recovery houses through existing network
- Increase options for supported employment: Cornerstone among others

4. Increase the number of psychiatric beds at Regional West Hospital (Regional West)

- Increase Regional West beds from 30 to 64 adult beds
- Develop coordinated effort on the part of the Mental Health Board, QMHPs, the Regional Hospital system, BMS, and other providers to ensure only those who cannot be treated in the County are transported to HSC
- Develop capacity for Regional West and The Crisis Stabilization Unit to receive people without needing to go through the Regional ED

5. Conduct a Care Campus environmental scan

- Environmental scan with focus on strengthen the Campus' recovery orientation and focus and to identify trauma-informed approaches that could be integrated into service delivery
- The environmental scan should be developed and completed in collaboration with individuals who receive services from the Care Campus
- Development of "high needs" coordination group for frequent users of the Care Campus
- Strengthen/broaden role of BMS in clinical care provision including protocol development and supervision
- Train staff in Trauma Informed Recovery Oriented Care

6. Conduct a study on funding challenges for services for American Indians

- Conduct a study to better understand the challenges and opportunities related to financing care and services for American Indians
- Training should be conducted with all finance staff in organizations that are affected by these finance streams
- Leverage new leadership at Sioux San, the developing 638 program, Pine Ridge behavioral health staff interested in engaging regional partners to develop these relationships
- We recommend consistent leadership and attendance and involvement of staff from the Vucurevich Foundation as the neutral convener from this group

7. Expand case management services in all specialty courts

- Increasing the case management staff by one additional case manager per court
- This will allow those case managers to both engage more effectively with their clients and build additional relationships in the community
- These expanded case managers could facilitate connections with the newly developed One Heart campus and the many organizations that will be located on that campus

8. Conduct an environmental scan on the continuum of services for children with behavioral health needs

- A similar effort should be conducted analyzing the scope of services and supports for children in Pennington County
- This effort should include the staff working at Rapid City schools in the critical areas of suicide prevention and MH awareness
- This environmental scan would require additional funding from foundations or other grants and should be conducted keeping in mind the direction set by whatever recommendations are adopted from this project

9. Develop a comprehensive plan for incorporating the voice of people in recovery

- Ensure each coalition and planning group related to behavioral health has peer representation
- Develop peer leadership training program for the region
- Advocate for Peer and Recovery Coach training and reimbursement by the State of South Dakota

10. Establish a clear focus on and collaboration with integrated primary care

- Community Health Center of the Black Hills and the primary care practices owned by Regional are establishing integrated behavioral and primary health care approaches. Supporting the full integration of these and other primary care practices in Rapid City with robust screening programs for depression, suicide, anxiety, and substance use provides a key “front door” approach to identifying behavioral health challenges before a person goes into crisis.
- At a minimum, representatives from these practices and from the CHC of the Black Hills should be included in planning work related to behavioral health issues.

11. Create stronger community coalitions with clear focus on creating ROSC

- Adopt a community wide agreement to adopt the ROSC principles and practices
- Institute process for community leaders to reconcile differences through the use of a third party convener

12. Strengthen coordination across and within the system of care

- Develop agreements across providers to allow for data sharing to ensure effective care coordination
- Develop behavioral health Key Performance Indicators for the community that a dedicated joint group of providers meeting regularly to monitor and develop action plans

13. Educate the community about behavioral health and wellness

- Develop a campaign to educate the public about behavioral health conditions to address stigma and create awareness of what all citizens can do to help
- Develop regular and ongoing Mental Health First Aid (MHFA) trainings

Discussion & Identifying Next Steps