# Human Services Committee
# Chuck Damschen, Chairman

October 29, 2013

Department of Human Services

# Evidence-based Services Provided and Outcomes

By JoAnne Hoesel, Director

Division Mental Health and Substance Abuse

# Service Delivery Defined

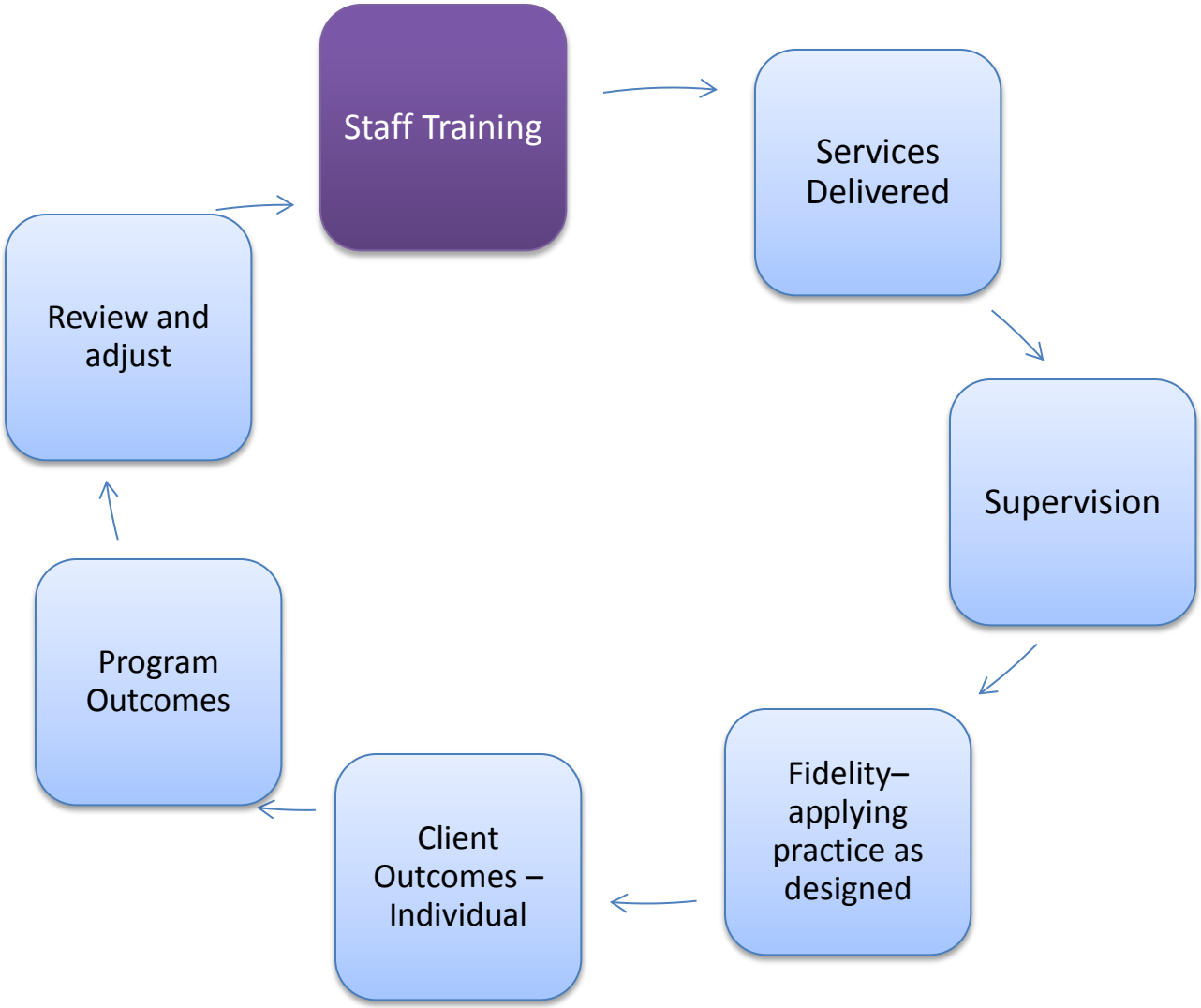
## Services Delivery Form

- Form (structure, configuration)
  - Individual, group, family, residential

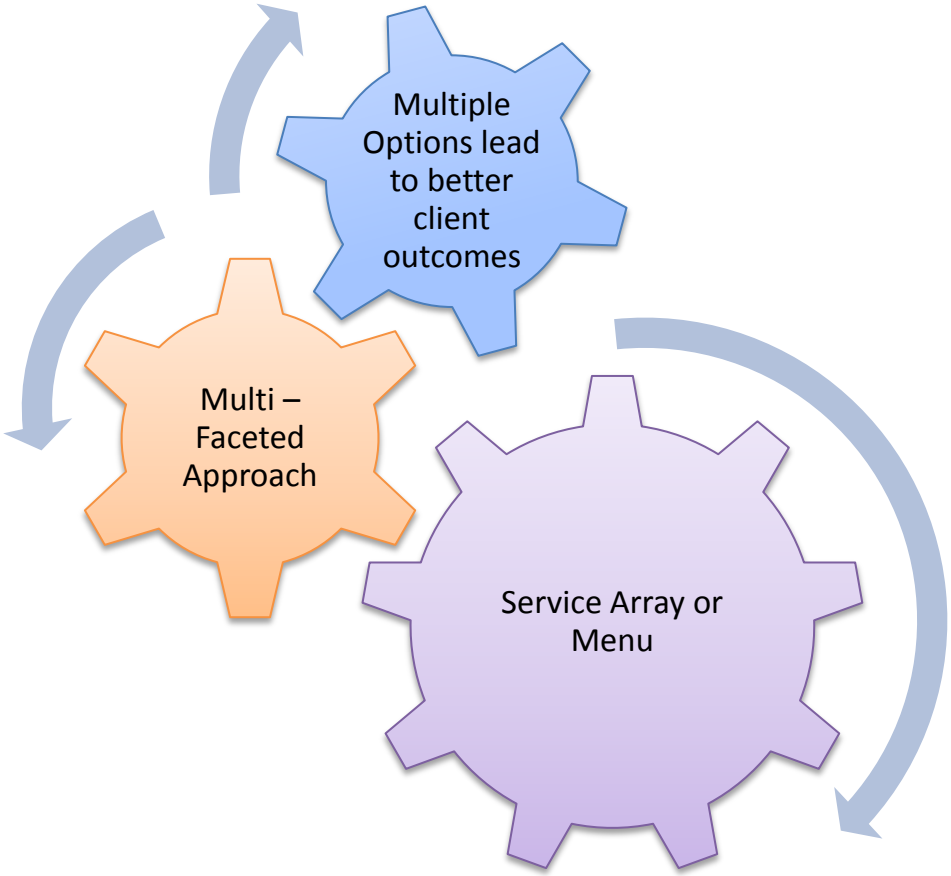
## Evidence-based Practices (EBP)

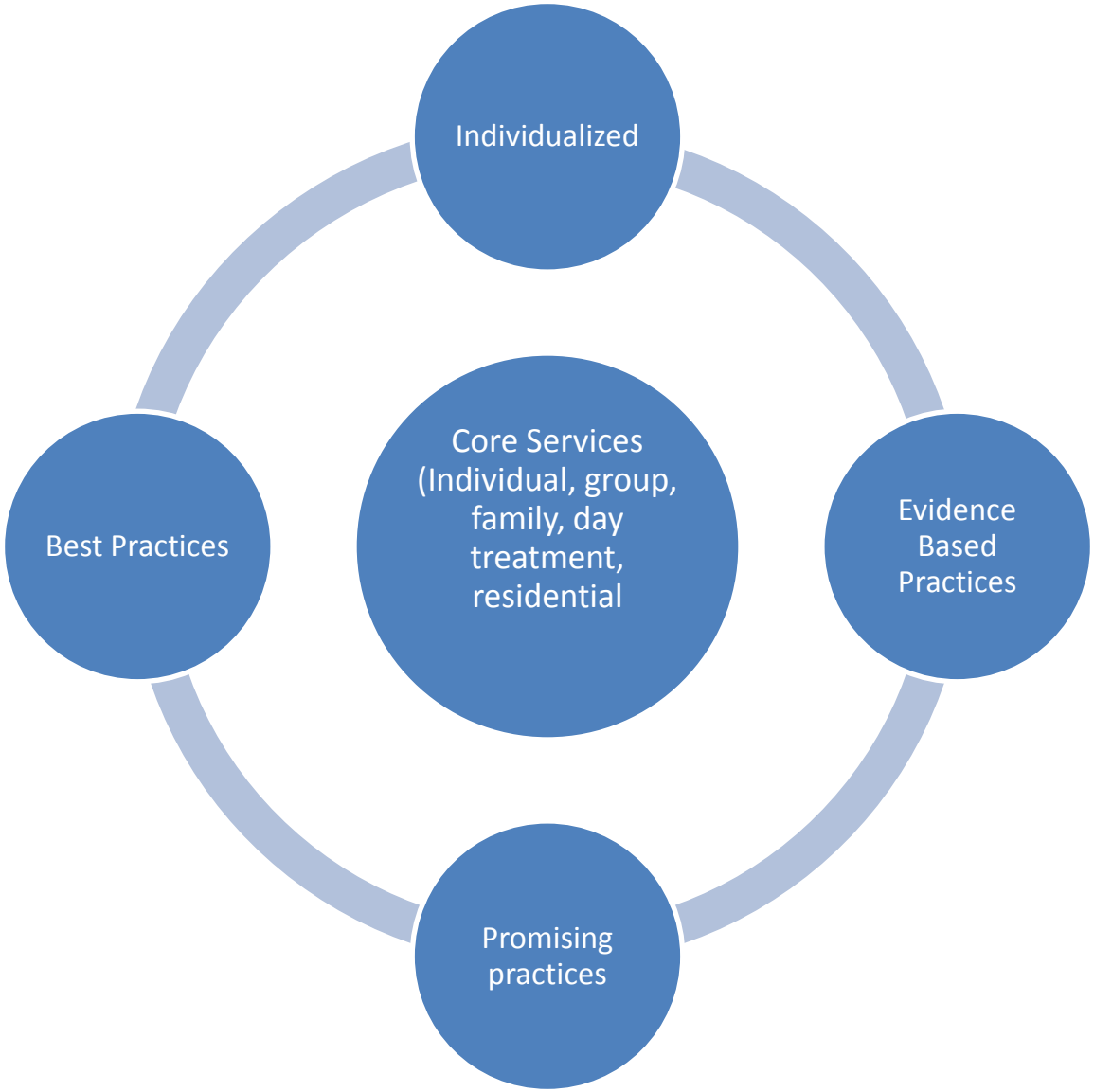
- Method (how) services are delivered within the form
  - Individual therapy (form) is provided using motivational interviewing (practice)
  - Group therapy (form) is provided using MATRIX model (practice)

# DHS approach to EBP Implementation



# Theory & Best Practice




Individualized
Best Practices
Core Services (Individual, group, family, day treatment, residential
Evidence Based Practices
Promising practices

# Evidence-Based Practices Provided

- Motivation Interviewing
- Integrated Dual Disorder Treatment
- MATRIX
- Trauma Practices –Trauma-Focused-Cognitive Behavioral Therapy/Structured Psychotherapy for Adolescents Responding to Chronic Stress
- Supported Employment Program
- Sex Offender High Risk Sex Offender Treatment – RULE CPC
- Dialectical Behavioral Treatment

- Supported Employment Program
- Wraparound case management-Partnerships
- Mental Health First Aide – provided funding for First Link to Provide three trainings per year

# PRACTICES AND OUTCOMES

# MOTIVATIONAL INTERVIEWING

# Motivational Interviewing

Technique to help motivate people and guide them to manage their Illness and behavioral health issues.

# Motivational Interviewing

**2009**

- 239 clinicians trained
- 40 supervisors trained

**2013**

- 137 clinicians trained
- 34 supervisors trained
- 4 private provider staff trained

# WRAPAROUND CASE MANAGEMENT-PARTNERSHIPS

# Child & Adolescent Functional Assessment Scale

**SCHOOL**

## CAFAS

59% improved on 1 or more outcomes

**HOME**

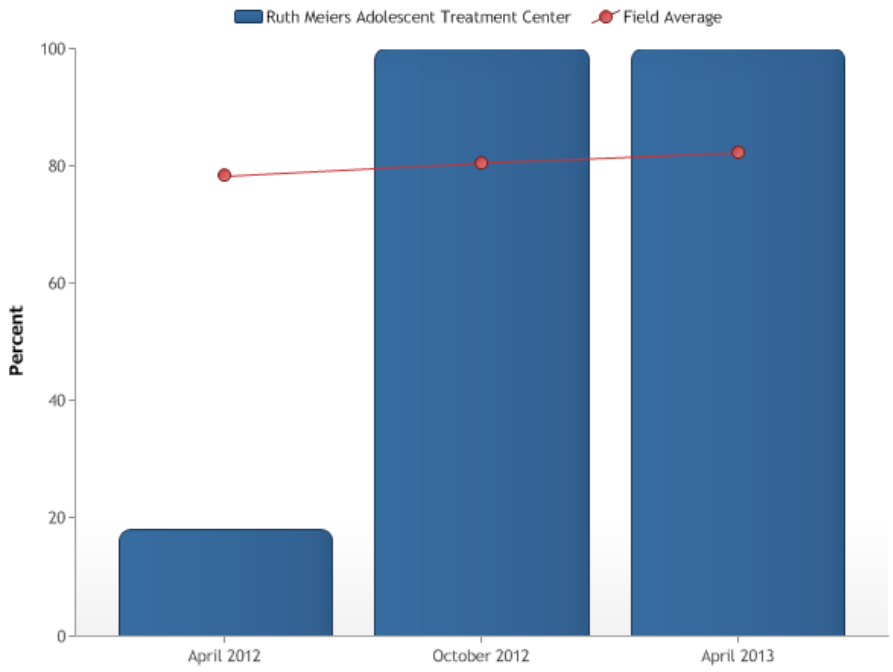
54% improved more than 20 points

79% improved that are considered pervasively behaviorally impaired

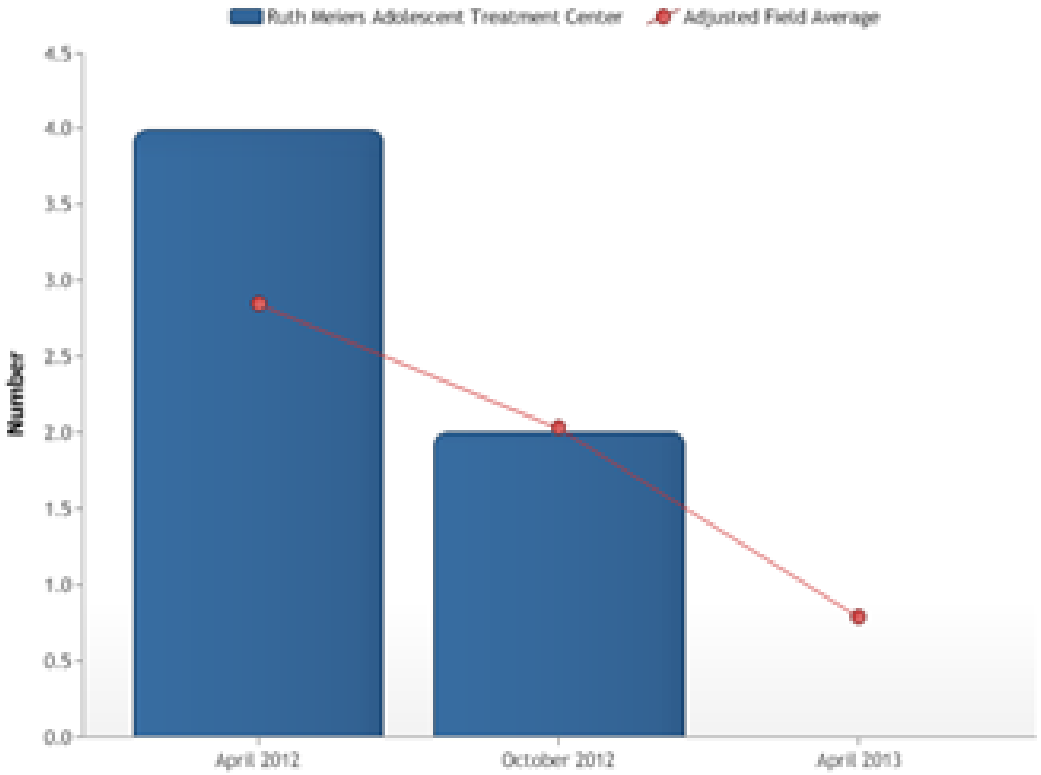
**COMMUNITY**

# RESIDENTIAL SERVICES – CHILDREN

**Mental Health**
**Percent of youths released with assessments that included family and/or guardian involvement**



**Security**
**Number of unplanned discharges.**



# INTEGRATED DUAL DISORDER TREATMENT (IDDT)

# January 2007 – August 2013 Outcomes

- 70.7% decrease in average number of days homeless from month 1 to month 24.
- 63.1% decrease for the average number of days in acute psychiatric hospital from month 1 to month 36.
- 85.9% decrease for the average number of days in the NDSH from month 1 to month 36.
- 89.6% decrease for the average number of days in crisis residential from month 1 to month 36.

# SEX OFFENDER TREATMENT – HIGH RISK

# Program Assessment

- Underwent a Correctional Program Assessment Inventory in 2008.
- Assessed against empirically derived principles of effective programs using tools in current best practice.
- Results scored in the ‘Very Satisfactory’ range.

## RULE CPC

| | |
|---|---|
| 301 | • Referrals |
| 1.99% | • CPC clients have sexually reoffended in 6.25 years |
| 20-29 | • Age of almost 50% of clients in the program |

# MATRIX

# MATRIX

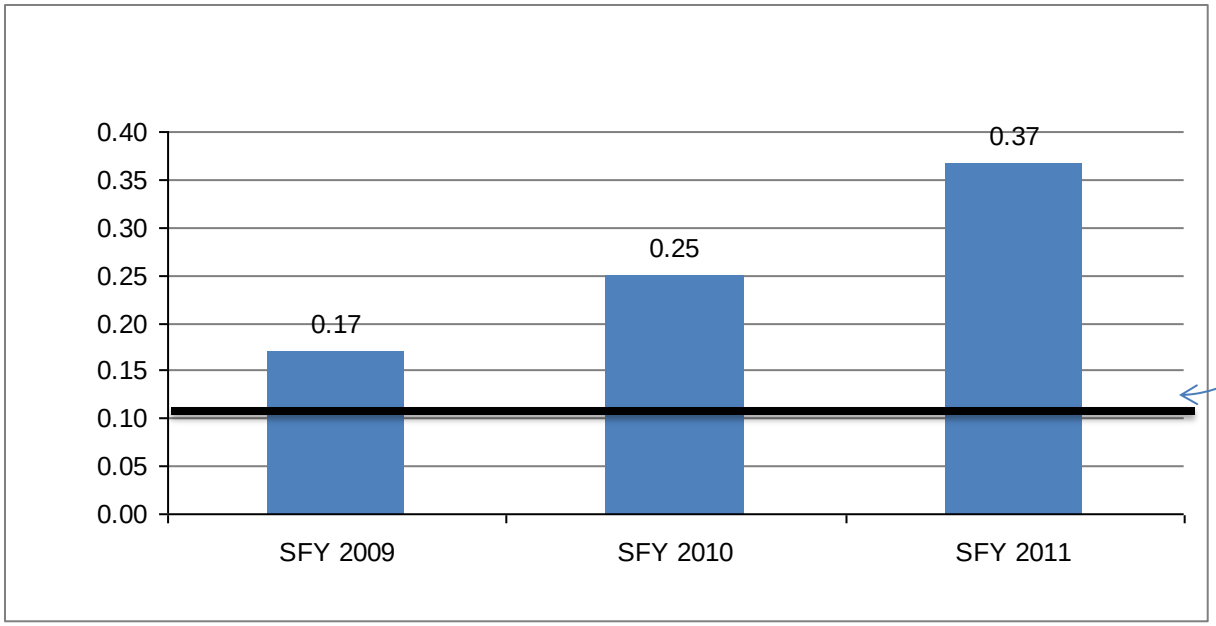
- 7 regional human service centers currently nationally certification from the Matrix Institute on Addictions.
- Meet and exceed an established set of standards.
- Onsite fidelity review completed fall of 2012.
  - Progress notes, materials, attendance, client and staff interviews, and tape review of an actual Matrix sessions were completed.

# EXTENDED SERVICES

# Extended Services

- Group Served- serious mental illness (SMI)
- GOAL– Person in program earns more from employment than the cost of the job support
  - 1.00 = earnings equal to cost of support
- Outcome: <u>All</u> earned more than cost of the support
- Ranges 1.41 to 2.20

# Employment-SMI

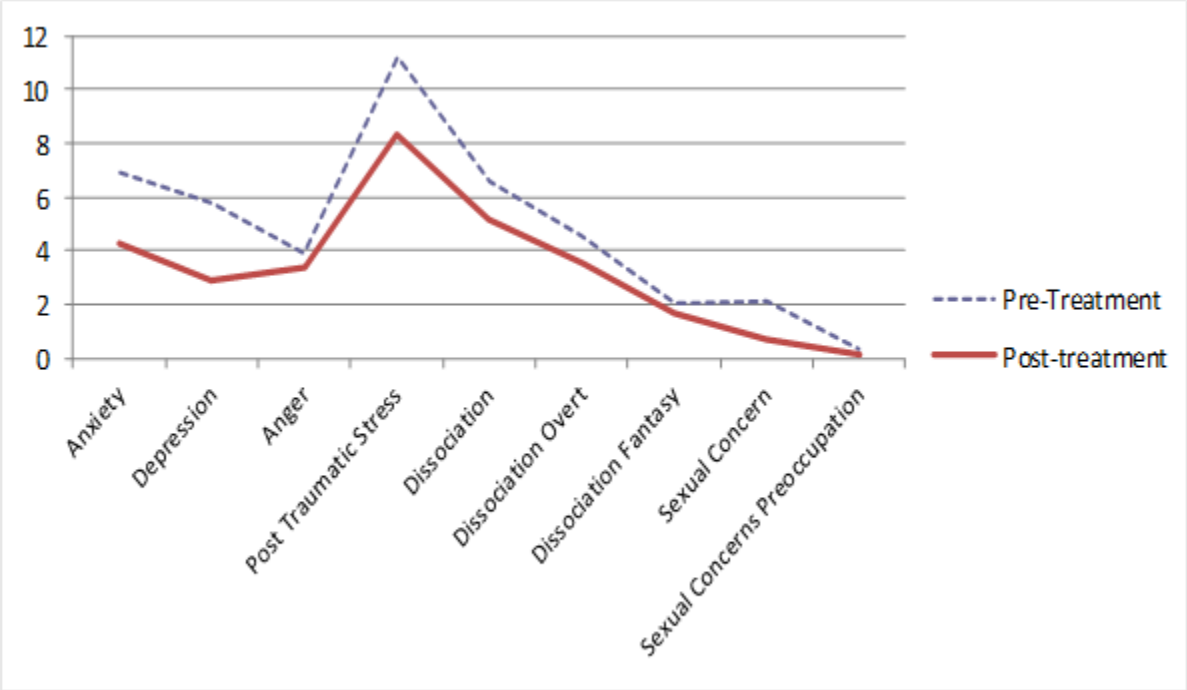



National Average

Percent of adults in North Dakota who receive public mental health services, are diagnosed with a serious mental illness (SMI), and are employed.

# TRAUMA SERVICES

# Trauma Services



# SUBSTANCE ABUSE TREATMENT

# Substance Abuse Treatment Discharge Data

- 90.5% Abstinent from use of alcohol
- 92.5% Clients without arrests in last 30 days
- 93.4% Abstinent from drugs
- 19.7% Attending self-help groups
- 97.5% Outpatient clients were in stable living arrangements

# NIATX

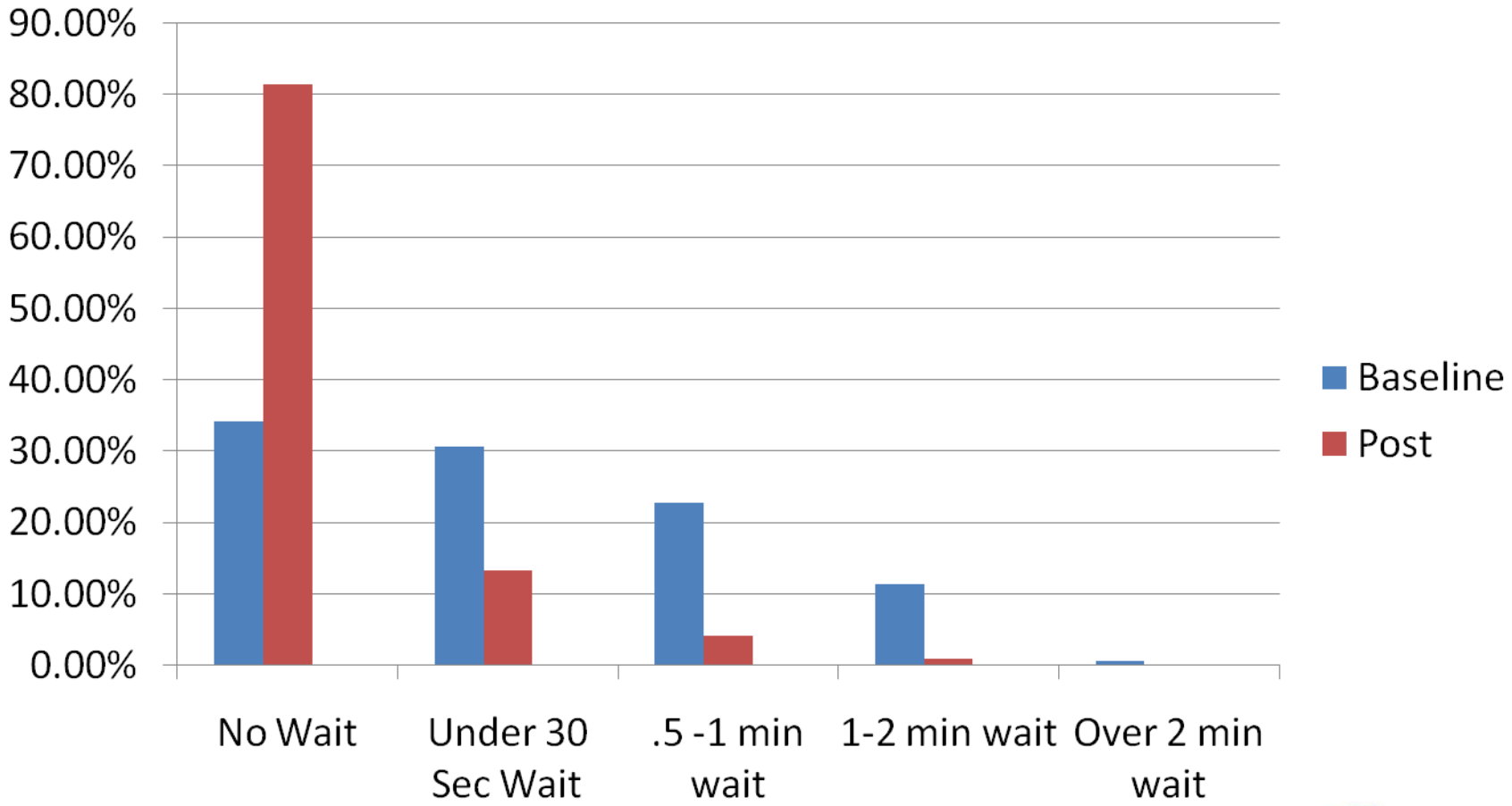
# NIATx

- Process Improvement Model
- Improve access to and retention in treatment
  - Reduce wait times
  - Reduce No-shows
  - Increase continuation in treatment

# NIATx #1

- Lake Region Human Service Center-Devils Lake
- Northeast Human Service Center-Grand Forks
- Southeast Human Service Center-Fargo

# Reduction in Wait Time Answering the Phone



# NIATx #2

- Badlands Human Service Center-Dickinson
- West Central Human Service Center - Bismarck
- South East Human Service Center-Fargo
- South Central Human Service Center - Jamestown

# SUPPORTED EMPLOYMENT PROGRAM - SEP

# SEP

- Used in 3 regions for those in the IDDT program.
- 125 individuals served in the Fargo region since 2009.
- Fargo region- of the 43 currently in the program, 22 are competitively employed.

- In Jamestown, since April 2013, of the 7 involved, 3 are competitively employed.
- In Bismarck, of the 14 involved, 2 are competitively employed.

# Future Rollout Plans

- CISM-Critical Incident Stress Management (DOCR-DOH-DHS-National Guard)
- CBISA – Cognitive Behavioral Intervention for Substance Abuse (DOCR)
- DBT – Dialectic Behavioral Therapy
- Trauma – Informed System of Care
- Medication Assisted Treatments -Vivitrol