

Region 5 Mobile Crisis Team Project

A Partnership of Southeast Human Service Center
& SOLUTIONS Behavioral Healthcare
Professionals

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- › SOLUTIONS is non-profit mental health center established in 1999
- › Provide quality mental health services with a primary focus on unmet mental health needs
- › Services include outpatient mental health, in-home services, early intervention, school linked mental health, corporate foster care, and crisis intervention

The community can be impacted when an individual with a serious mental health or emotional problem is in crisis

Statistics on the impact of crises for individuals with mental illness

- › 7% of all police contacts in urban settings involve a person believed to have a mental illness
- › Incarcerated individuals with a Serious Mental Illness are 3-4 times more likely to be injured

- › 6% of all hospital emergency department visits reflect mental health emergencies
- › One in ten individuals discharged from a state psychiatric hospital will be readmitted within 30 days; more than one in five will be readmitted within 180 days.
- › Three fourths of youth in the juvenile justice system have mental health problems

- › One in five youth in the juvenile justice system have a serious mental health disorder
- › People with serious mental illnesses die an average of 25 years earlier than the general population

Suicide

- › 1 death by suicide every 60 seconds
- › Suicide exceeds the number of homicide and war deaths combined
- › 7th leading cause of death in males
- › 15th leading cause of death in females
- › 3rd leading cause of death in 15 to 24 year olds
- › 4 times as likely with Non-Hispanic white males 85 and older than any other grouping

Suicide (continued)

- › Highest rates occurs in Native American (14.3) and Non-Hispanic White (13.9)
- › Lowest rates occurs in Hispanic (5.9) and Non-Hispanic Black (6.2)
- › Most correlated factor for person dying from suicide is if the household has a gun (2 to 5 times more likely)
- › Fargo Police reports indicate an average of 80 calls per month related to suicide (4/13 to 10/13)

Reports from Survivors

- › 1 in 4 acted within five minutes of deciding to suicide
- › 1 in 2 acted within 20 minutes
- › 3 in 4 acted within 1 hour
- › 1 in 10 made another attempt again in their lifetimes
- › Primary reason for suicide attempt is to escape a stressor

Risk Factors

- › Depression, other mental disorders, or a substance-abuse disorder. More than 90 percent of people who die by suicide have these risk factors
- › A prior suicide attempt
- › Family history of mental disorder or substance abuse
- › Family history of suicide

- › Family violence, including physical or sexual abuse
- › Firearms in the home, the method used in more than half of suicides
- › Incarceration
- › Exposure to the suicidal behavior of others, such as family members, peers, or media figures.

What does it mean to be in a mental health crisis?

- Situations that involve intense feelings of personal distress (e.g., anxiety, depression, anger, panic, hopelessness)
- Obvious changes in functioning (e.g., neglect of personal hygiene, unusual behavior)
- Catastrophic life events (e.g., disruptions in personal relationships, support systems or living arrangements)

Values/Goals

(US Department of Health and Human Services)

- 1) Access to supports and services is timely
- 2) Services are provided in the least restrictive manner
- 3) Adequate time is spent with the individual
- 4) Crisis intervention considers the context of the individual's overall plan of services
- 5) Staff are appropriately trained and supervised

- 6) Individuals in a self-defined crisis are not turned away
- 7) Those intervening have a comprehensive understanding of the crisis
- 8) Helping the individual to regain a sense of control is a priority
- 9) Services are congruent with the culture, gender, race, age, and communication needs of the individual
- 10) Meaningful measures are taken to reduce the likelihood of future emergencies

Mobile Crisis Team

A collaborative service with ND DHS/Southeast Human Service Center (SEHSC) to meet the urgent (24-hour) mental health needs of individuals in Region 5.

This is a voluntary service for both children and adults.

It is accessed through SEHSC on-call staff.

Goals of Mobile Crisis Service

- 1) Respond in a timely manner (within 30 minutes of the call)
- 2) Resolve the crisis
 - › Engage the recipient
 - › Assess current issue
 - › Develop a plan with the recipient
 - › Plan follow up needs

Goals (continued)

- 3) Provide services in the least restrictive environment (typically in recipient's home)
- 4) Link to mental health services within 24 hours
- 5) Communicate / follow up with other mental health service providers within 24 hours

Mobile Crisis Team Staffing

- › 1 Mental Health Professional (e.g., Psychologist, Licensed Independent Social Worker, Licensed Professional Clinical Counselor)
- › 2 Human Service Practitioners (Bachelor's level with 2 years of experience)

Payment Sources

- › ND DHS
- › ND Medicaid
- › Private Insurance (Medica)

Statistics (4/13 through 11/13)

- › 99 deployments of the Mobile Crisis Team during its first 8 months of operation
- › 12.5 Calls per month (average)
- › 17 minutes average response time
- › Average length of response was about 2 hours (126 minutes)
- › 97 of 99 calls were resolved without accessing alternative placements or higher level care

Outcomes

- › Testimony-
 - Without this support, I would of gone to the hospital. (recipients)
 - I didn't know that this service existed. This was great. I will definitely use this again. (Police)
 - I can't believe how much I am talking. (recipient)
 - Thank you so much. (recipient)

Cost Comparison

- › Cost of Mobile Crisis Team - \$10,000 per month
- › Psychiatric Hospitalization (assuming ½ crises calls would of resulted in an inpatient stay for 3 days) - \$27,000 / month
- › Incarceration ????

Networking Efforts

SOLUTIONS and SEHSC have met with the following agencies to inform the community about the Mobile Crisis Team:

- › Prairie St. Johns
- › Sanford ER
- › Sanford Outreach Clinic
- › Center
- › Family Health Clinic
- › Trail County Social Services
- › Crisis Intervention Team (Fargo/West Fargo Police, Early Responders)
- › Catholic Charities
- › YWCA Women's Shelter

Comments /Questions?