Vermont Department of Mental Health

MELISSA BAILEY, COMMISSIONER

"THERE IS NO HEALTH WITHOUT MENTAL HEALTH."
Departmental Overview

DMH ORGANIZATION
PROVIDER AGENCIES
DEPARTMENTAL PROGRAMS AND SYSTEM OF CARE
BUDGET SNAPSHOT
DATA – EMERGENCY DEPARTMENTS, INPATIENT USE AND OTHER DATA POINTS

"THERE IS NO HEALTH WITHOUT MENTAL HEALTH."
Central Office Organization

Overall Operations supported by ~65 positions

Administrative Support Unit
Financial Services Unit
Legal Services Unit
Research & Statistics Unit
Clinical Care Management Unit
Operations, Policy, & Planning Unit
Quality Management Unit
Children, Adolescent and Family Unit (CAFU)
Adult Mental Health Services Unit

"THERE IS NO HEALTH WITHOUT MENTAL HEALTH."
Vermont Psychiatric Care Hospital and Middlesex Secure Residential

VPCH – 25 bed capacity
Middlesex – 7 bed capacity

About 206 classified positions between the two facilities with additional contracted positions for medical services and traveling nurses to operate 24/7 facilities with 3 shifts.
Designated Providers

<table>
<thead>
<tr>
<th>Designated Agencies</th>
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<tbody>
<tr>
<td>Clara Martin Center</td>
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<tr>
<td>Counseling Services of Addison County</td>
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<tr>
<td>Health Care and Rehabilitation Services of Southeastern Vermont</td>
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<tr>
<td>Howard Center</td>
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<tr>
<td>Lamoille County Mental Health Services</td>
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<tr>
<td>Northwest Counseling and Support Services</td>
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<tr>
<td>Northeast Kingdom Human Services</td>
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<tr>
<td>Rutland Mental Health Services</td>
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<tr>
<td>United Counseling Service</td>
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<td>Washington County Mental Health Services</td>
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<tr>
<th>Designated Hospitals</th>
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<tbody>
<tr>
<td>Brattleboro Retreat</td>
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<tr>
<td>Central Vermont Medical Center</td>
</tr>
<tr>
<td>Rutland Regional Medical Center</td>
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<tr>
<td>University of Vermont Medical Center</td>
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<tr>
<td>Windham Center</td>
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<tr>
<td>Vermont Psychiatric Care Hospital (State-run)</td>
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<tr>
<td>White River Junction VA Medical Center</td>
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<tr>
<th>Specialized Services Agencies</th>
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<tbody>
<tr>
<td>Pathways Vermont</td>
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<tr>
<td>Northeastern Family Institute</td>
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<th>State Secure Residential</th>
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<tbody>
<tr>
<td>Middlesex Therapeutic Community Residence</td>
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## Provider Capacity for Inpatient, Crisis and Residential Beds

### Designated Agencies
- Adult Crisis Beds: 38 beds
- Youth Crisis Beds: 12 beds
- Adult Intensive Residential: 42 beds

### Designated Hospitals
- Adult – Level 1 involuntary: 45 beds*
- Adult – Non-Level 1 (involuntary and voluntary): 154 beds
- Children and Youth: 28 beds

### Peer Service Agencies
- Adult Crisis Beds: 2 beds
- Adult Intensive Residential: 5 beds

### State Secure Residential
- Middlesex Therapeutic Community Residence: 7 beds*

*45 level 1 plus 7 secure residential = 52 beds replacing the 54 VSH beds

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Designated Providers

CMC  Clara Martin Center
CSAC  Counseling Services of Addison County
HC   Howard Center
HCRS  Health Care and Rehabilitation Services of Southeastern VT
LCMH  Lamoille County Mental Health Services
NCSS  Northwest Counseling and Support Services
NKHS  Northeast Kingdom Human Services
RMHS  Rutland Mental Health Services
UCS  United Counseling Service
WCMH  Washington County Mental Health Services
NFI  Northeastern Family Services (SSA)
PV  Pathways Vermont (SSA)

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Department of Mental Health
Adult Mental Health System of Care

Community Mental Health
Providing an array of service and supports to adults seeking mental health services

Services
• Individual, family, and group therapy
• Medication and medical consultation
• Clinical assessment
• Service planning and coordination
• Community supports
• Employment services
• Housing and home supports
• Group residential living
• Individual support throughout the continuum of care
• Peer programming

Programs
• Community Rehabilitation and Treatment
• Adult Outpatient

Emergency Mental Health
Providing services and supports to adults in crisis

Services
• Mobile Crisis
• Crisis assessment, support, and referral
• Continuing education and advocacy

Programs
• Emergency Mental Health Team Two

Crisis Beds Programs – providing extra support to adults in crisis to prevent hospitalization

Inpatient Hospitalization – providing service to adults at risk of harm to self or others

Intensive Residential Programs – providing additional services to adults recently discharged to support recovery

Secure Residential Program – providing services to adults to support recovery in a secure environment

Peer Recovery Services
providing individual support throughout the continuum of care

Color Legend

Department of Mental Health (DMH)

Designated Agencies
private, non-profit service providers that are responsible for ensuring needed services are available through program delivery, local planning, service coordination, and monitoring outcomes within their geographic region.

Specialized Services Agencies
private, non-profit service providers that provide a distinctive approach to service delivery and coordination or provide services that meet distinctive individual needs.

Private Providers
Psychiatrists, Psychologist, Nurse Practitioners, Social Workers, Physician Assistants, Licensed Mental Health Clinicians, Community Hospitals
# Community Programs

<table>
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<tr>
<th>Program</th>
<th>Description</th>
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<tbody>
<tr>
<td>Adult Outpatient (AOP)</td>
<td>Provides services for adults who do not have prolonged serious disabilities but who are experiencing emotional, behavioral, or adjustment problems severe enough to warrant professional attention</td>
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<tr>
<td>Community Rehabilitation and Treatment (CRT)*</td>
<td>Provides services for adults with severe and persistent mental illness</td>
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<tr>
<td>Children and Families (C&amp;F)*</td>
<td>Provide services to children and families who are undergoing emotional or psychological distress or are having problems adjusting to changing life situations.</td>
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<tr>
<td>Emergency Services</td>
<td>Serves individuals who are experiencing an acute mental health crisis. These services are provided on a 24-hour a day, 7-day-per-week basis with both telephone and face-to-face services available as needed.</td>
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<tr>
<td>Advocacy and Peer Services</td>
<td>Broad array of support services provided by trained peers (a person who has experienced a mental health condition or psychiatric disability) or peer-managed organizations focused on helping individuals with mental health and other co-occurring conditions to support recovery</td>
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FY19 Proposed Expenses

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Review of Key Data Points – Act 82

- Trend line of number of persons presenting with psychiatric complaints at ED (Q/A1)
- How this trend compares with ED utilization in general (Q/A2)
- Breakdown of people admitted voluntarily, involuntarily and court-ordered (Q/A3)
- Geographic differences (Q/A5)
- Average number waiting in EDs involuntarily and wait times (Q/A6)
- Length of stays adults and children as well as civil vs. forensics (Q/Q9)
- Changes in rate of rehospitalization (Q/A11)
- Changes in number of beds over time Pre-Irene to today (Q/A14)

"THERE IS NO HEALTH WITHOUT MENTAL HEALTH."
Thank You!
Questions and discussion