



**CHATUGE REGIONAL  
HOSPITAL**

**Rural Hospital Stabilization  
Committee**

**Grant**

**Program Phase 3  
Presentation**



**SORH**  
GEORGIA STATE OFFICE OF RURAL HEALTH

# HUB AND SPOKE MODEL WE IDENTIFIED STAKEHOLDERS IN OUR COMUNITY



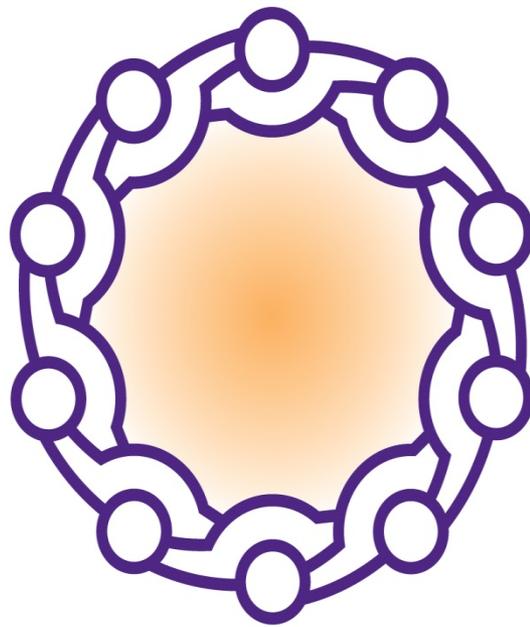
## **AFTER A CAREFUL COMMUNITY NEEDS ASSESSMENT**

- Chatuge Regional Hospital realized we were seeing a lot of readmissions to the Geri Psych Unit
- That we had a large number of 1013's in the ED
- That **WE NEEDED TO EXPAND OUR MENTAL HEALTH FOOTPRINT**

# PROJECT I: PROGRESSIVE OUTPATIENT PROGRAM

## **Project One Goals:**

- To reduce patients entering into mental health crisis
- Community safety
- Reduce 1013s entering the Emergency Room to be placed in inpatient treatment
- Current data shows high utilization of 1013 holds at Chatuge Regional Emergency room is at 59 hours



# Stand Against Stigma

*Changing minds about mental illness.*

**DR SHELLY MCINTYRE**

**Physician Champion**

LISA AIELLO-JANNEY, NP-C

SEAN WILLIAMSON, LCSW

SVEN LEGG-GRADY, LPC

We will serve:

1. Adult clients with preexisting mental health diagnosis and/or substance use disorder
2. Clients with intensification of mental health symptoms
3. Persons with a need for increased evaluation and assessment in order to establish appropriate treatment

## PROJECT I: PROGRESSIVE OUTPATIENT TREATMENT PROGRAMS



# SERVICES

- The program is for people who want to maintain their everyday life but also need more intensive services and therapy.
- Services include, but are not limited to: psychiatric services, mental health treatment, therapy and medication management for, depression, anxiety, anger, chronic pain, mood disorders, impulsive behavior, substance use disorder, grief and loss, PTSD

# What can the program do for our community?

- A safer community
- Ongoing intensive and progressive therapy and behavioral health services can help to reduce acute mental health crisis
- Possibly help to reduce amount of 911 calls, 1013s and Emergency Room visits
- Possible reduction of inpatient stays with ongoing therapies and medication stabilization

## Why the patient benefits:

- Our client base is in need of a structured setting in which to work toward overcoming symptoms of mental health, and/or substance use concerns
- When clients follow the regimen, the majority of these patients will benefit from engaging in an outpatient treatment program.

# MORE BENEFITS

- Intensive treatment allows individuals to receive thorough treatment that fully addresses their needs in a less restrictive environment, than if they were admitted to an inpatient facility
- This program option will provide a more structured therapeutic setting than is offered in a traditional outpatient setting

# Group therapy:

- Group therapy sessions will be the main treatment component of the program.
- The number and types of groups that meet will vary based on the needs of the participants.
- These sessions are led by licensed professionals who facilitate discussions that are relevant to the needs of the individuals who are taking part in the program.



# Individual therapy:

- Individual therapy sessions serve as a time for individuals to meet one-on-one with a licensed professional in a confidential setting.
- This serves as a time for individuals to process through their experiences in treatment, address any concerns that arise, ask any questions they have, receive ongoing support, and celebrate successes as they happen.
- These sessions are most commonly held on an as needed basis



# Medication management:

- In some instances, the implementation of medications can benefit certain individuals as a complement to therapeutic interventions.
- This can work to alleviate both physical and psychological distress
- All medications are prescribed by a licensed provider and follow-up meetings with the psychiatrist will be held on an as-needed basis.

# WHAT CAN YOU EXPECT FROM THIS PROGRAM?

- A safe, reliable, patient centered environment
- Psychiatric assessment, to ensure medical necessity and right care at the right time
- Nurse Practitioner, Licensed therapists and RNs
- Medication management
- Group therapies
- Psycho-education (educating patients about their diagnosis)
- Substance Use Disorder Treatment Program
- Follow up care coordination

# PREVALENCE OF MENTAL ILLNESS IN THE U.S.

- **8.1 million** adults with schizophrenia or bipolar disorder mental illness (3.3% of the population)<sup>+</sup>
- **5.4 million** – approximate number with severe bipolar disorder (2.2% of the population), 51% untreated<sup>+</sup>
- **2.7 million** – approximate number with schizophrenia (1.1% of the population), 40% untreated<sup>+</sup>
- **3.9 million** – approximate number untreated in any given year (1.6% of the population)<sup>+</sup>
- <sup>+</sup>National Institute of Mental Health, 2016

## **Why treatment and recovery for substance use disorder is important for our community:**

- **2017: Opioid overdose has been identified as the nation's MOST PRESSING HEALTH CONCERN**
- **2.5 MILLION PEOPLE with opiate/heroin use disorder**
- **2016: 64,070 overdose deaths involving opiates, up from 24,000 in 2014 ( due to fentanyl laced heroine)**
- **An 83% increase in non-medical opiate use (abuse)**



**By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.**

- **In addition, drug and alcohol use can lead to other chronic diseases such as diabetes and heart disease. Addressing the impact of substance use alone is estimated to cost Americans more than \$600 billion each year.**

# ADDRESSING ADDICTION

- Chatuge Regional Hospitals IOP, Unit and outpatient practice will now offer addiction treatment services. One medication we will be using is Suboxone. This drug, when paired with counseling and psychosocial support has shown to help clients into recovery and help with the detox process.
- Programs like this help reduce overdose
- Helps get illicit drugs out of the community
- Keeps the community safer
- Reduces cost to hospital ER

We, at Clearview and Chatuge Behavioral Health to work to educate others and help wipe out the stigma, that goes along with substance use disorder and mental health issues. Programs like the Suboxone program at CRH, can help to reduce overdose and help keep clients in recovery

# According to the Journal of American Medical Association (JAMA):

- 50% of the people who have a severe mental condition also have a substance abuse problem.
- The JAMA also found that 37% of alcoholics have a mental illness, as do 53% of drug addicts. These high rates make the relationship between mental health and drug abuse a strong one.

## Consequences of Non-treatment\*

- **169,000** homeless people with serious mental illness\*\*
- **383,000** inmates with mental illness in jails and prisons
- **50%** – estimated percentage of individuals with schizophrenia or bipolar attempt suicide during their lifetimes
- **10%** – estimated percentage of homicides involving an offender with serious mental illness  
(approximately 1,425 per year at 2014 homicide rates)

## Treatment Rates\*

**29%** – estimated percentage of family homicides are associated with serious mental illness

**50%** – estimated percentage of mass killings associated with serious mental illness

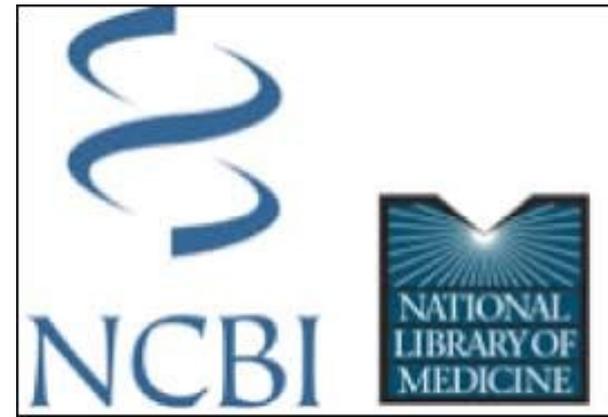
- Numbers and percentages of US adults
  - +National Institute of Mental Health, 2016
  - \*\*2015 Annual Homeless Assessment Report

\* Numbers and percentages of US adults

+National Institute of Mental Health, 2016

\*\*2015 Annual Homeless Assessment Report

Overall occurrence of anxiety and mood disorders in Georgia mirrored national findings. However, PTSD and General Anxiety Disorder occurred **at twice the published national rates (3.6 and 2.7%, respectively)**. Suicide rates in Georgia have risen by 30% from 1999-2016



**Intensive and Progressive outpatient treatment can help reduce crisis**

**Our program will provide goal-oriented and individualized supports focusing on improved self-sufficiency for the persons served through**

***assessment, planning, linkage, advocacy, coordination, and monitoring activities.***

**Successful service coordination results in community opportunities and increased independence for the persons served.**

# Facts:



- Suicide is the 10<sup>th</sup> leading cause of death in the US
- Each year 44,193 Americans die by suicide
- For every suicide, there are 25 prior attempts
- Suicide costs the US \$51 Billion annually

# More Facts:

- The annual age-adjusted suicide rate is **13.26 per 100,000** individuals.
- Men die by suicide **3.5x** more often than women.
- On average, there are **121** suicides per day.
- White males accounted for **7 of 10** suicides in 2015.
- The rate of suicide is **highest in middle age** — white men in particular.

\*Facts provided by the American Foundation for Suicide

# EVIDENCE BASED OUTCOMES AND SUCCESSES WITH OUTPATIENT TREATMENT

- SAMHSA, Substance Abuse, Mental Health Services Administration published 82 outpatient programs with effective or promising outcomes to combat the following.
- Depression, trauma or stress related disorders, sleep/wake disturbances, anxiety, specific and non specific mental health disorders, substance abuse, suicidation rational and social aggression just to name a few

**Chatuge Regional Hospital purchased the office at 120 River Street to help grow Dr. Shelly McIntyres practice to include Intensive and Progressive therapies.**





# Lobby



# IOP Room







# Almost done!



By opening day of Chatuge Behavioral Care, March 07, 2018 the Intensive Outpatient Programs waitlist had out grown the space provided



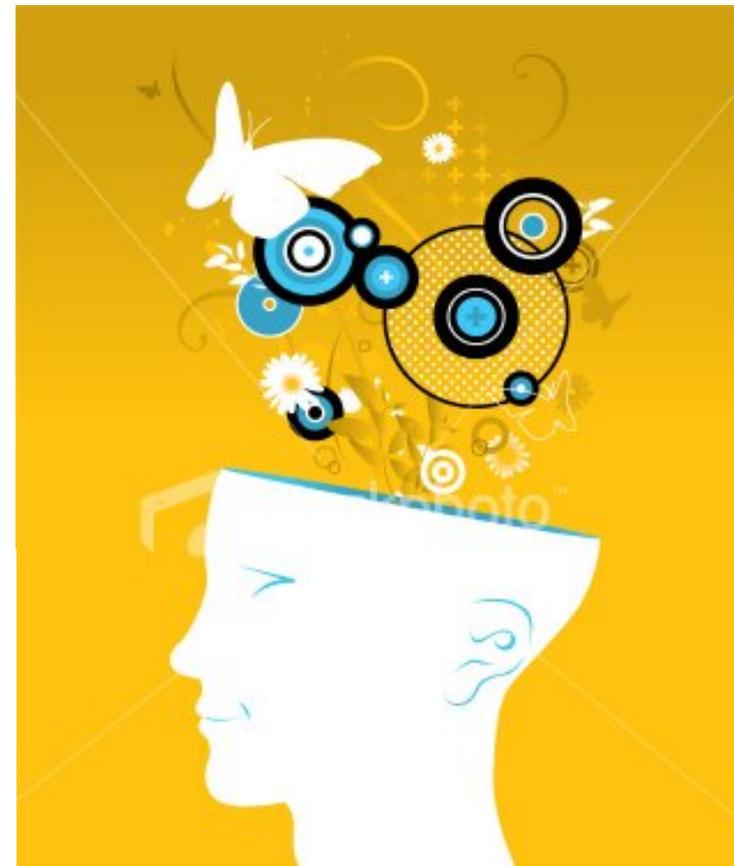
We are now our own location located at  
129 S .Main, Hiawassee, GA

## **CLEARVIEW CENTER**

### **Intensive Outpatient Program and Senior Wellness**

- **We have average daily census of 10-12**
- **We have total admissions of 16 patients**
- **We are now waitlisted**
- **We are in the planning stages of hiring another provider and offering afternoon IOP**

# QUESTIONS?





# CONTACT INFORMATION

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