DEPARTMENT OF MENTAL HEALTH

STRATEGIC PLAN HIGHLIGHTS

FY15 Fourth Quarter

Project ADAPT Operating at Two Pilot Sites

Two new pilot sites are offering evidence-based assessment and treatment options for young adults in Mississippi who have substance use or co-occurring substance use and mental health disorders.

ADAPT - Advanced Drug and Alcohol Program for Teens – is up and running at Region 12, Pine Belt Community Mental Healthcare Resources, and Region 2, Communicare. It is the Department of Mental Health's community program name for the Mississippi State Adolescent and Transitional Aged Youth Treatment Enhancement and Dissemination (MS SYT-ED) Project, a Substance Abuse and Mental Health Services Administration (SAMHSA) discretionary grant. The initiative is an effort to improve assessment and treatment services to adolescents experiencing substance use or co-occurring substance use and mental health disorders between the ages of 12-18, as well as their families or primary caregivers.

Goal 1: To increase access to community-based care and supports through a network of service providers that are committed to a resiliency and recovery-oriented system of care.

Objective 1.2: Develop two learning sites in Mississippi for evidence-based treatment for adolescents to strengthen the State's system to serve adolescents, ages 12-18, with co-occurring substance use and mental health disorders.

The pilot sites selected were based off of a needs assessment that established priority areas that took into account risk factors such as poverty percentages, unemployment percentages, the availability of social supports, high school graduation rates and more.

"Mississippi is largely rural and what we have found is that adolescents and families do well during initial treatment," said Pam Smith, ADAPT Program Manager. "Once they're successfully discharged and are back in the community, the recidivism rate can be high because they didn't have the proper supports needed to sustain their sobriety."

ADAPT seeks to address this issue by utilizing an assessment tool that facilitates evidence-based, intensive outpatient and outpatient treatment services.

DMH staff joined the community pilot site partners for three days of classroom training with Chestnut Health Systems in Illinois, where they studied the treatment model that is being implemented with ADAPT. This model is the Adolescent Community Reinforcement Approach (A-CRA) and Assertive Continuing Care (ACC). The state and community partners also participated in on-line distance learning training for the administration of the assessment model. This model is the Global Appraisal of Individual Needs Initial (GAIN-I). Both models are listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

The A-CRA and the ACC are both strengths-based treatment models that teach young people and their families how to analyze their own behavior to learn and develop the skills they'll need to reduce substance use, conflict, stress and, ultimately, relapse.

That initial phase is a three-month period during which the individuals and the behavioral health professionals meet each week. The adolescents learn problem solving skills and create plans for incremental changes in their lives that develop talents and interests. Parents and caregivers support them and work to develop their own skills. The second phase is another three-month program during which counselors visit the adolescents and youth in their own communities. This second phase is key to combat the most vulnerable period for these adolescents.

"Our primary goal is to assist young people in Mississippi to maintain their sobriety so they will have the opportunity to become well-rounded adults," Smith said. "The A-CRA has three areas that it addresses. The model addresses the adolescent alone, the parent or caregiver alone, and it works with the adolescent and the caregivers together."

ADAPT also aims to identify needed changes to state policies and enhance the current financing structure. One way it is doing that is by working with the Division of Medicaid to discuss the possibility of substance use disorders becoming a standalone, primary diagnosis. That change would allow Medicaid to reimburse providers for treating a substance use disorder as a primary diagnosis. Currently, providers can only bill Medicaid for a substance use disorder in conjunction with

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a primary diagnosis of a mental illness.

The ADAPT blueprint for assessment and treatment is currently in the process of being duplicated in various other regions of the state. The plan is for selective training of the evidence-based programs, the A-CRA & GAIN-I, for state-certified agencies across Mississippi.

"It is very important to duplicate an effective program in Mississippi such as the ADAPT program, because this level of care is not commonly available to residents of Mississippi," Smith said. "The partnership this program is creating is priceless.

"I see ADAPT as integrated treatment at its best," Smith said. "We're blending the mental health and substance abuse focus together, while we provide services to youth and their families. What we really like about this process is that it's treating them together as a functioning unit."

DMH Reaching Out to Law Enforcement for CIT Training

Goal 1: To increase access to community-based care and supports through a network of service providers that are committed to a resiliency and recovery-oriented system of care.

Objective 1.5.2: Create a statewide awareness campaign about Crisis Intervention Training (CIT) and partner with the Department of Public Safety to create a recognized joint certificate for CIT officer training.

Beginning in April, the Department of Mental Health (DMH) developed a statewide outreach campaign to law enforcement agencies to educate them about Crisis Intervention Teams.

In the intervening months, DMH has mailed information regarding Crisis Intervention Team training to sheriff departments in all 82 Mississippi counties, 127 police departments and all 14 Community Mental Health Centers (CMHCs). Those packets contained letters asking CMHCs and law enforcement agencies to consider establishing a local CIT, cards with an overview of the CIT concept and a video containing comments from Lauderdale Sheriff Department Ward Calhoun and Governor Phil Bryant, who spoke at a press conference regarding crisis intervention this past February.

Crisis Intervention Teams are partnerships between law enforcement and behavioral health professionals who are trained to respond to individuals believed to be experiencing a mental health crisis and divert them to an appropriate setting, ensuring those people get the treatment they need instead of being arrested and held in jail.

Before the outreach campaign began, DMH Executive Director Diana Mikula met with Governor Bryant to share the video with him and further discuss the CIT concept. Governor Bryant expressed his support for Crisis Intervention Teams and CIT training. That video is also now online on the Department of Mental Health's Vimeo page at www.vimeo.com/msdmh.

Brent Hurley, with the DMH Division of Crisis Response, has also developed a joint certificate with the Mississippi Department of Public Safety that recognizes Crisis Intervention Team training. Officers who have been through the CIT program will be able to use that training time to count towards the continuing education credits they are required to complete. Officers who receive the certificate realize that they are recognized by two state agencies as a certified Crisis Intervention Team Officer in accordance with MS Code Section 41-21-131.

Fourteen officers representing 11 departments and seven counties completed training on May 15. The departments represented were: Lauderdale County Sheriff's Department, Meridian Police Department, Meridian Public School District, Philadelphia Police Department, Neshoba County Sheriff Department, DeKalb Police Department, Kemper County Sheriff Department, Hinds County Sheriff Department, Heidelberg Police Department, Moss Point Police Department and Smith County Sheriff Department.

That group was the first of hopefully many who will complete CIT training at no cost to their agencies thanks to a federal grant administered by the Department of Mental Health. The training is led by the East Mississippi CIT in Meridian. The Lauderdale County Sheriff Department and Weems Community Mental Health Center have been instrumental in establishing that CIT, with staff members there helping to write and submit the first grant that funded the CIT, and staff members serving on the team as well. Nearby Central Mississippi Residential Center in Newton is acting as the single point of entry, putting all the needed pieces in place.

The next CIT training class is scheduled for August 17-21 in Meridian.