

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

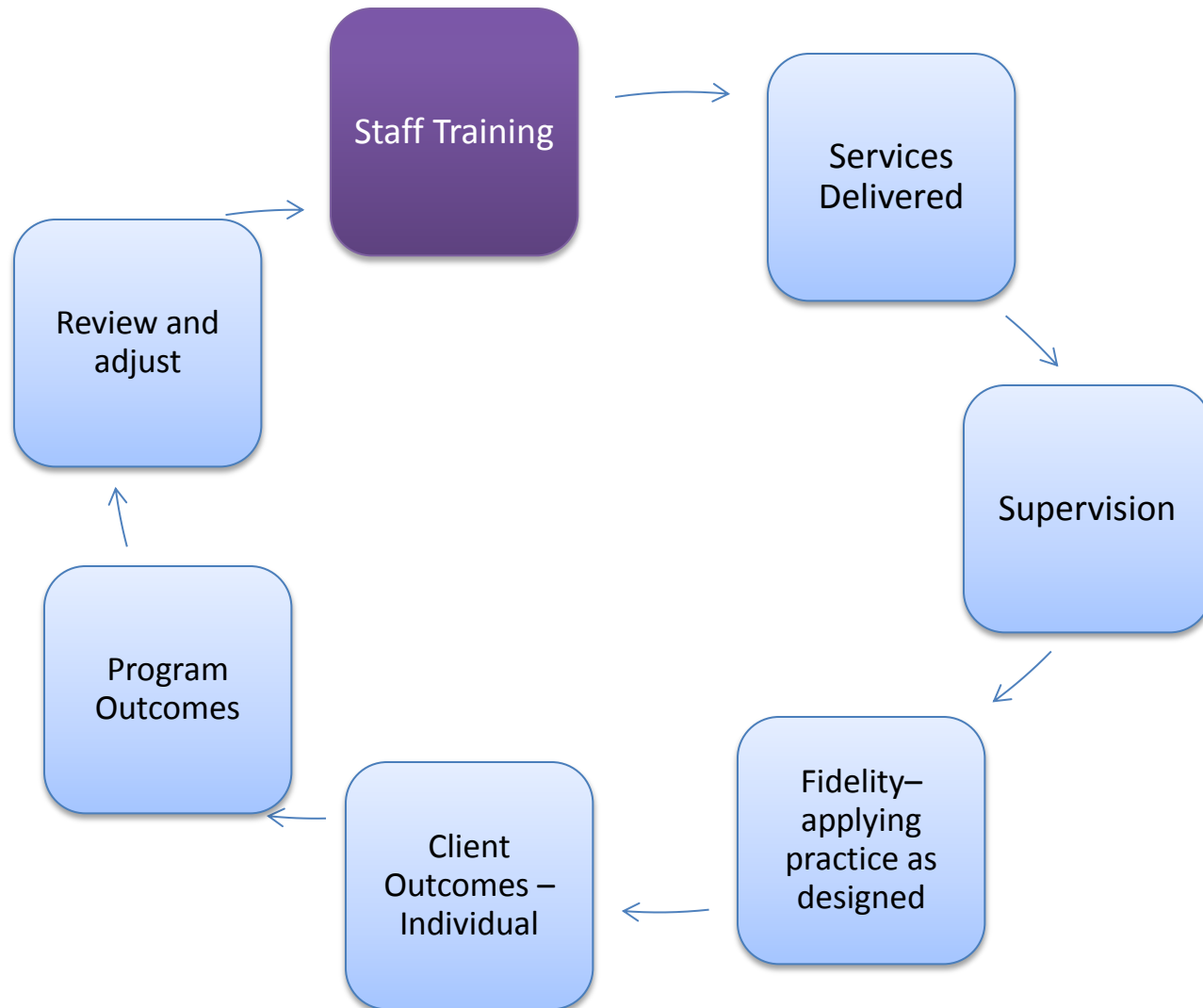
Services Delivery Form

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

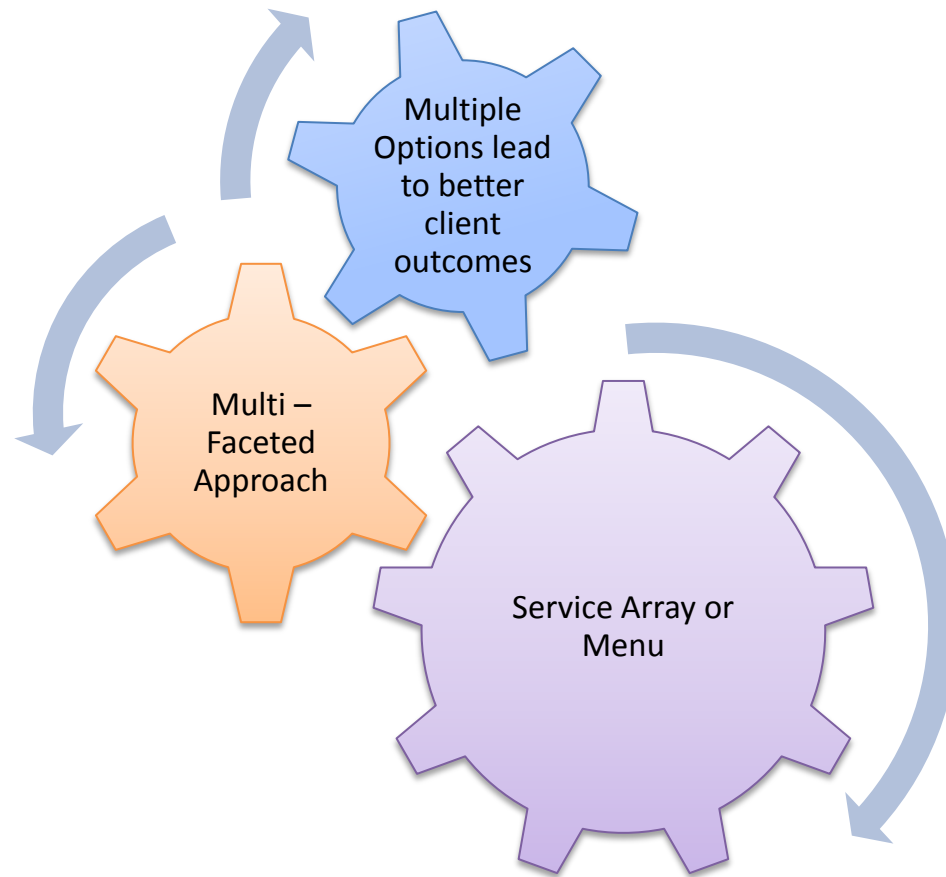
Evidence-based Practices (EBP)

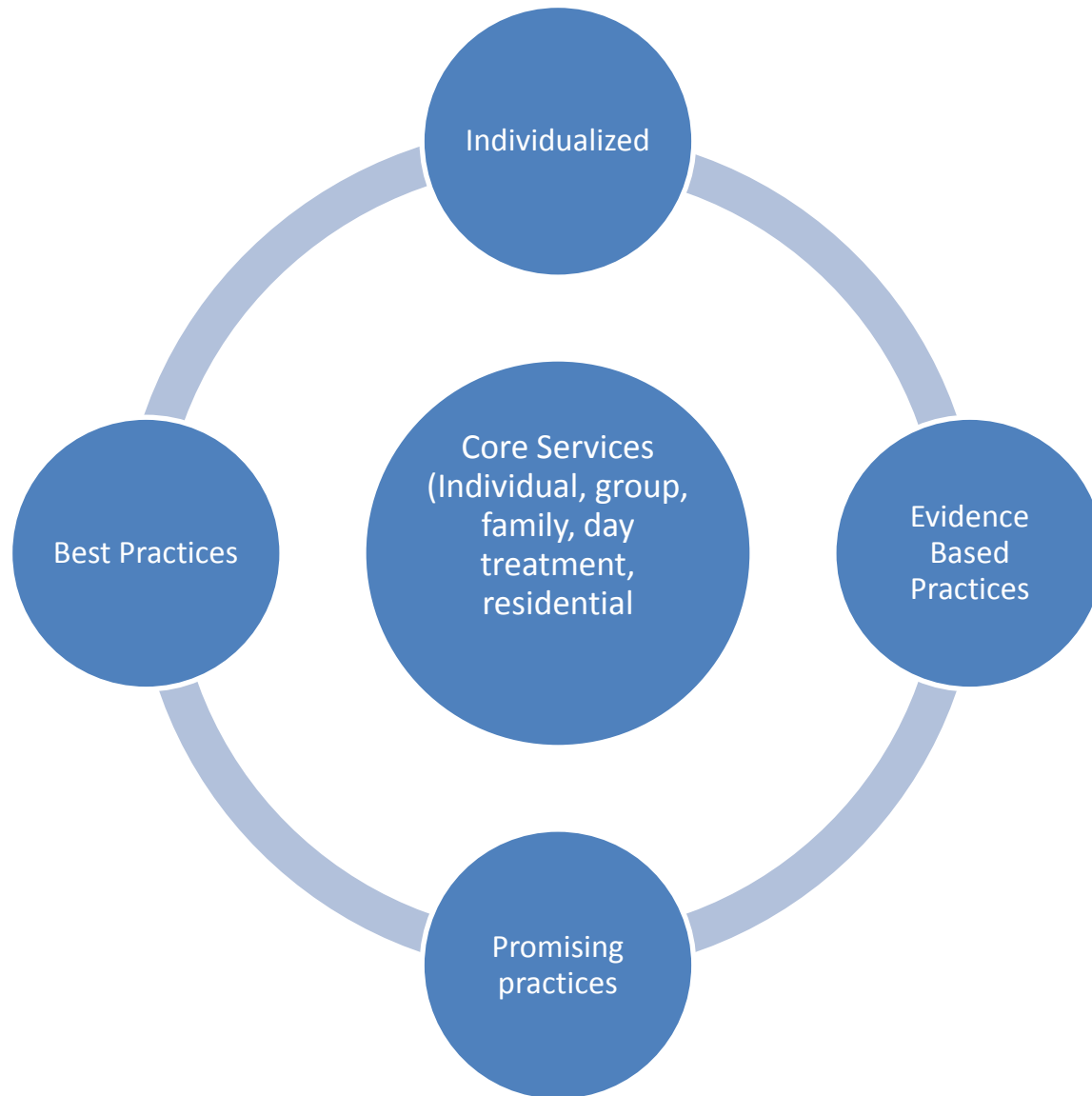
- Method (how) services are delivered within the form
 - Individual therapy (form) is provided using motivational interviewing (practice)
 - Group therapy (form) is provided using MATRIX model (practice)

DHS approach to EBP Implementation



Theory & Best Practice





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



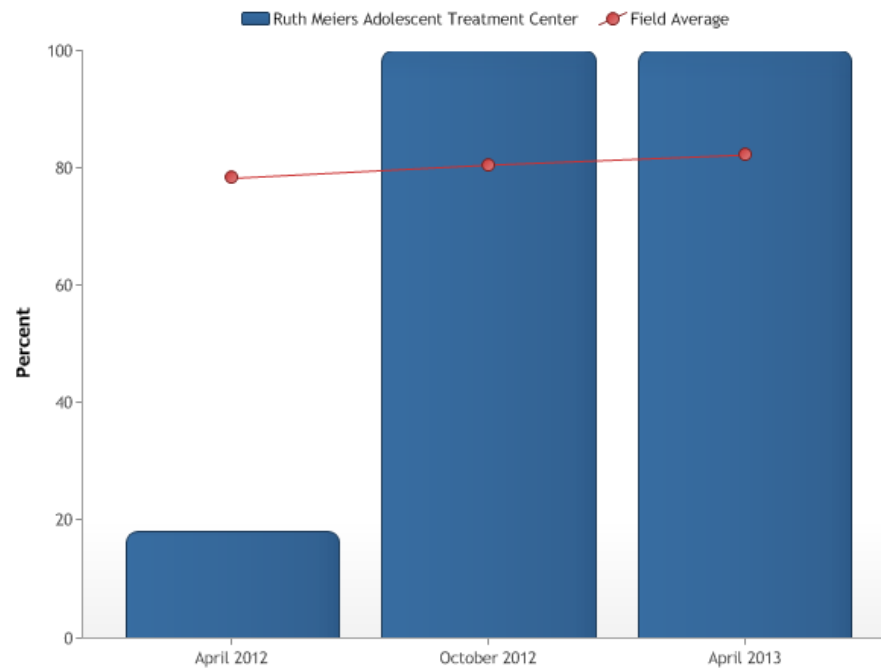
79% improved that are considered
pervasively behaviorally impaired

COMMUNITY

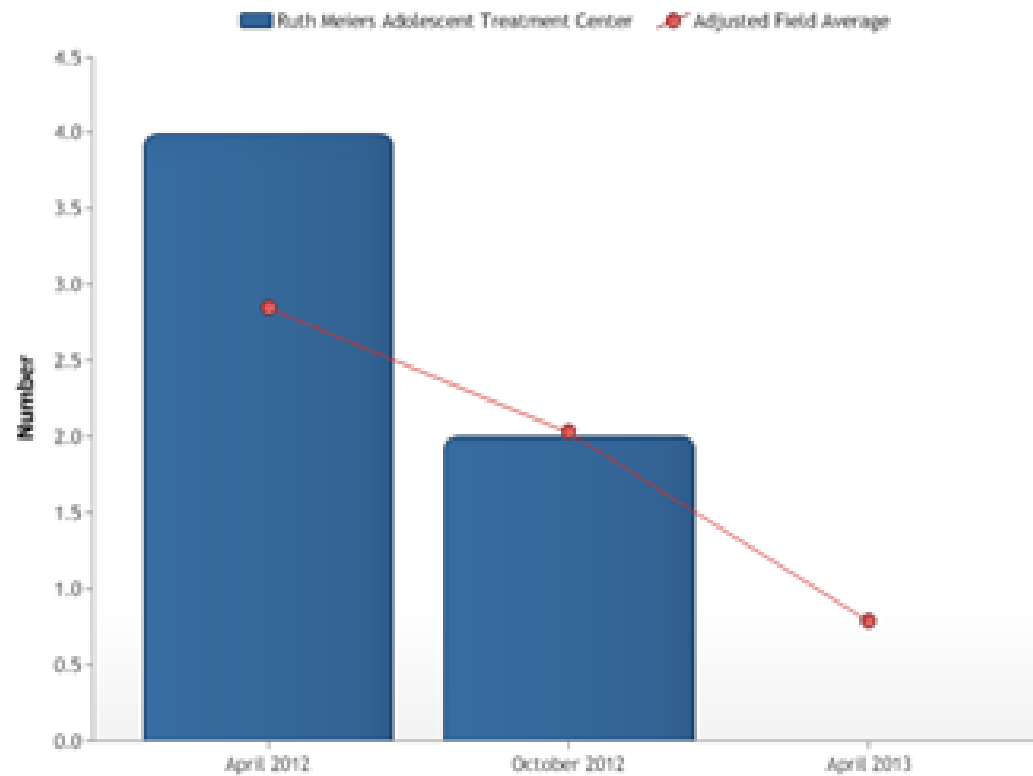
RESIDENTIAL SERVICES – CHILDREN

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

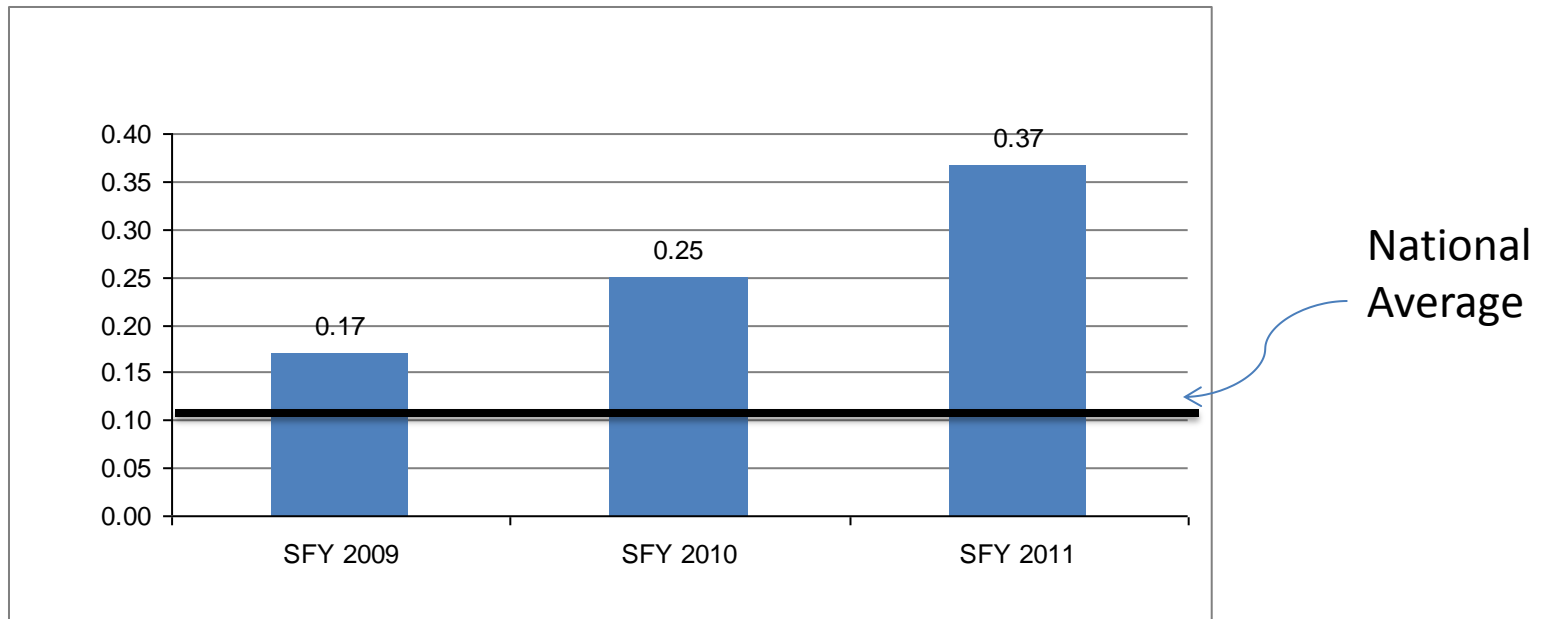
- 7 regional human service centers currently nationally certification from the Matrix Institute on Addictions.
- Meet and exceed an established set of standards.
- Onsite fidelity review completed fall of 2012.
 - Progress notes, materials, attendance, client and staff interviews, and tape review of 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: All earned more than cost of the support
- Ranges 1.41 to 2.20

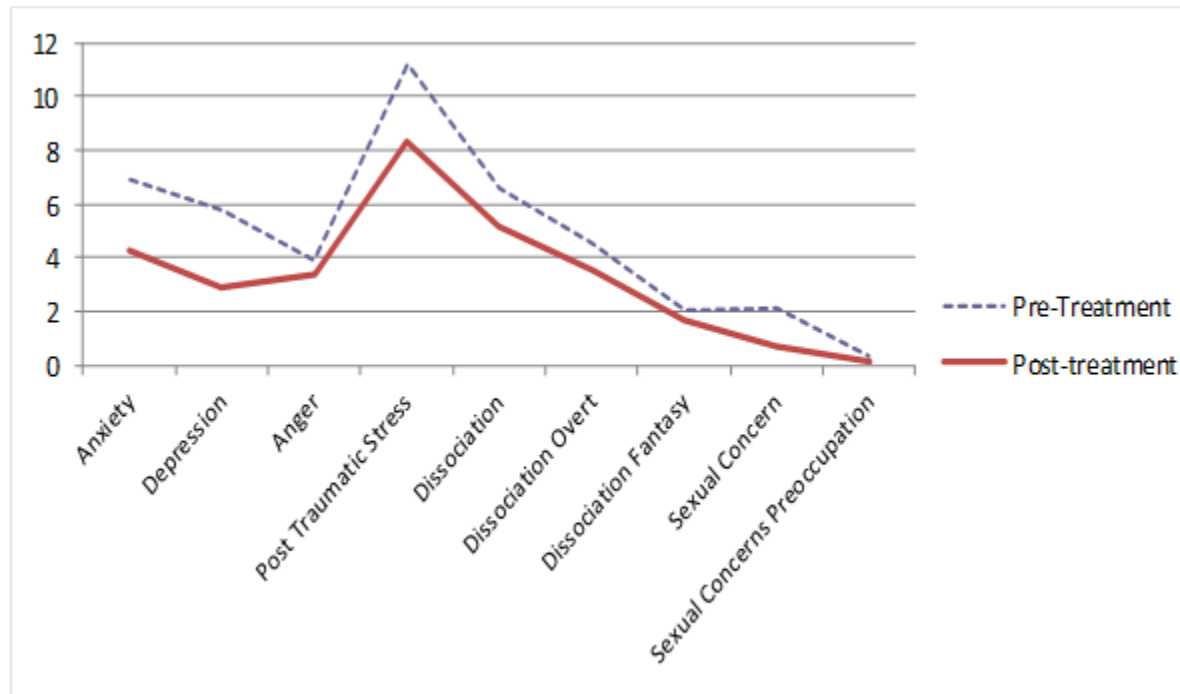
Employment-SMI



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

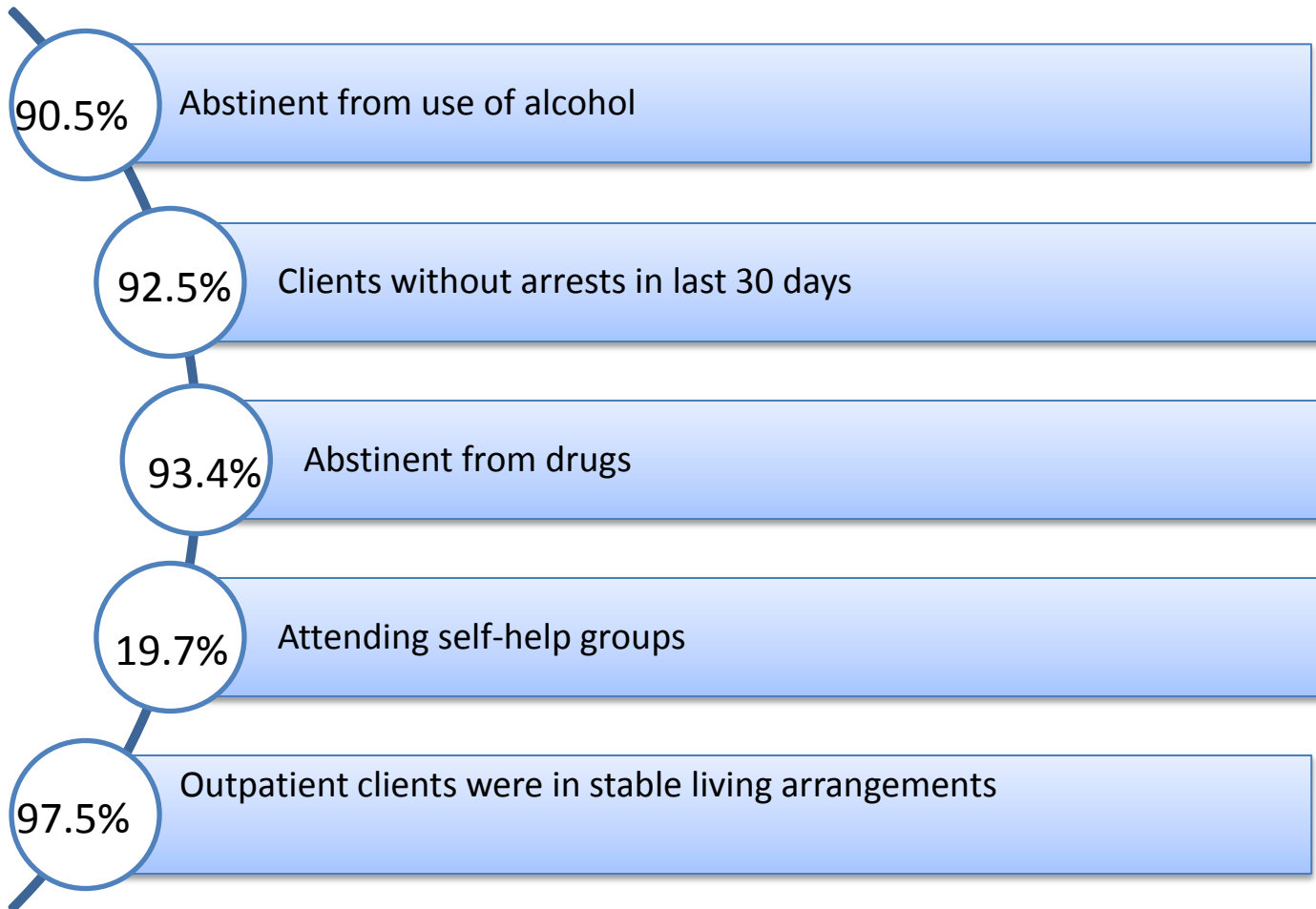
TRAUMA SERVICES

Trauma Services



SUBSTANCE ABUSE TREATMENT

Substance Abuse Treatment Discharge Data



NIATX

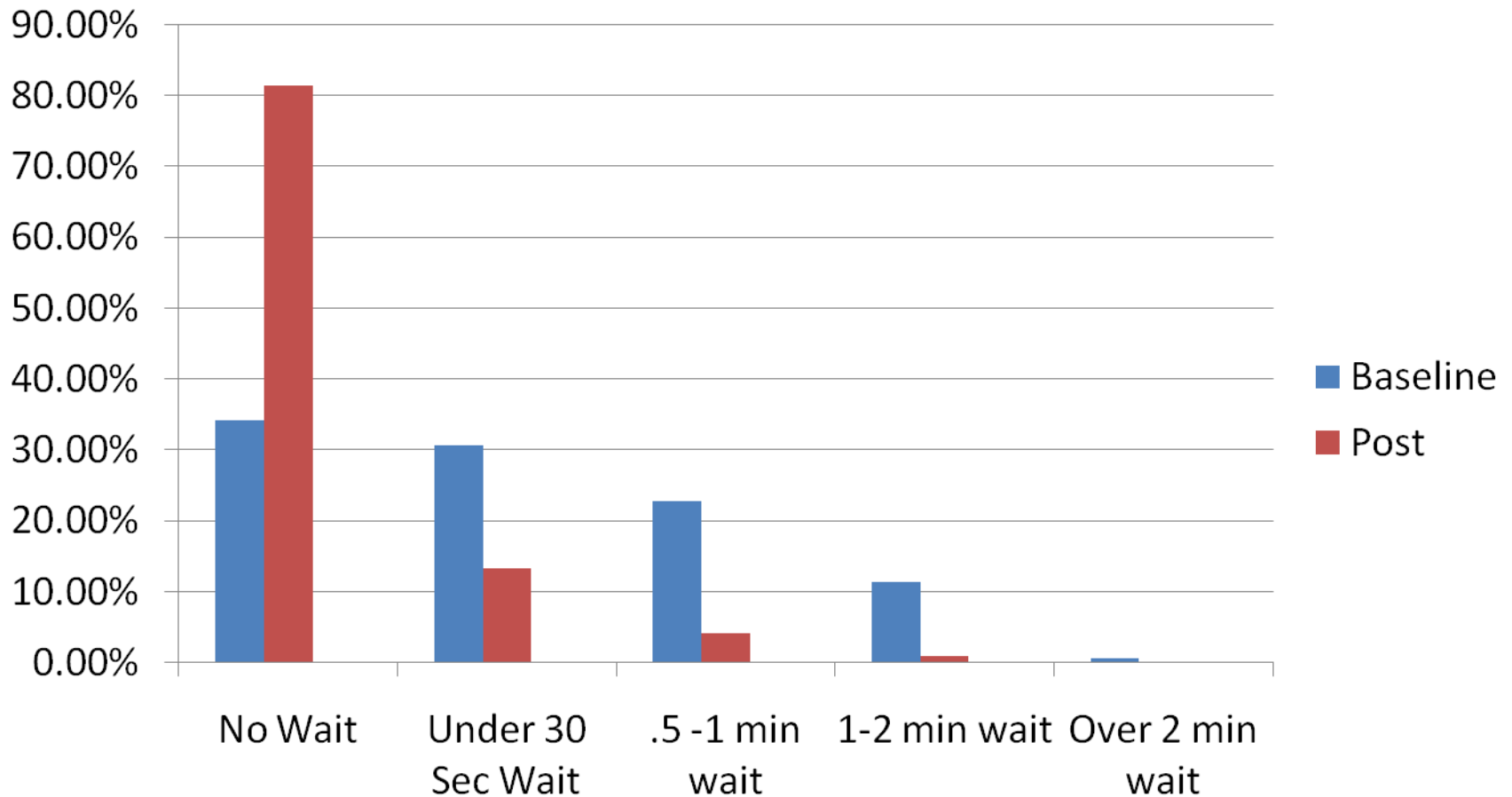
NIATx

- 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