COMMUNITY INSPIRED INNOVATIONS IN MENTAL HEALTH

Marcia Haaff, CEO, The Lutheran Foundation
Jessica Pater, PhD, Parkview Research Center
Connie Kerrigan RN, BSN, MBA, Director of Outreach, Parkview Behavioral Health
Rachel Blakeman, J.D., Community Research Institute Director, Purdue Fort Wayne
LEARNING OBJECTIVES

• Describe the positive impact of 5 synergistic elements for successful cross-sector collaborations for improved community mental health.

• Explain the advantages of an interdisciplinary approach in healthcare innovation.

• Describe the collaborative process put in place to acquire funding to test innovative approaches to deliver mental health care services.
COMMUNITY COLLABORATION: 5 SYNERGISTIC ELEMENTS

- Data Driven Efforts
- Community Champions
- Demand
- Organized Action
- Technology Innovation
- Funding
- Relationships
The Lutheran Foundation’s Mental and Behavioral Health Needs Assessment provided data for an application to RWJF in 2015.
A LEGACY OF CARING

The sale of the hospital in 1995 generated $137 million, forming the Foundation as we know it today.

Since then, we have invested over $169 million in regional organizations, churches, and schools.
COMMUNITY NEEDS ASSESSMENT

“We envision spiritual, mental, and physical well-being for all people.”

- Focus on mental and behavioral health and wellness
- Becoming an intentional and impactful investor
- The findings from the study drive The Lutheran Foundation strategically
What do you think is the highest need in your community around mental health and addiction?

- Access to treatment (psychiatrist, hospitalization, therapist, etc.)
- Opioid crisis
- Youth resilience
- Suicidal ideation/completions
- Alcohol or other drug addictions
- Understanding how to access mental health services
FINDINGS: COMMUNITY NEEDS ASSESSMENT

Gaps in Service

• Medically Underserved
  • Rural areas
  • Low income

• Mental Health Professionals
  • Shortage
  • Concentration in one county

Barriers to Service

• Stigma
• Income/ cost of care
• Distance to providers
• Entryways/Doors
• Off-roading (Do not collect $200!)
• **Policy and structural issues** in mental and behavioral health
  • Expand protective factors, especially in non-urban counties
  • **Combat the stigmatization** of mental and behavioral health
  • Keep mental and behavioral health issues in the **forefront** of public, community, and corporate policy development
ADDRESS ISSUES OF ACCESS

• Improving **resource and referral networks**
• **Sustaining care** until positive therapeutic outcomes can be realized
• Balancing personal cost and investment with **realities**
• **Expanded and accessible services** beyond case management and intake assessments in non-urban counties
• Address needs of **families** with mental illness amongst family members
• Seeding a **systemic approach**
• Supporting **schools** to become reliable referral resources
• Addressing **stigmatization**
LookUpIndiana.org

HEALING OUR COMMUNITY WITH
HOPE

Mental and behavioral health issues can be a silent struggle. But there’s always hope on the horizon. Whether you want to raise awareness, reduce stigma, find help or help others — it’s time to Look Up. Then look here for resources, information and providers.

LEARN MORE

GET IMMEDIATE HELP
CONFIDENTIAL & AVAILABLE 24/7

CALL 800-284-8439
OR TEXT LOOKUP TO 494949

OR

START A CHAT
COMMUNITY CHAMPIONS
DEMAND ORGANIZED ACTION
ORGANIZED ACTION GROUPS

- Regional Mental Health Coalition
- Fort Wayne Allen County Task Force for Opioid Strategic Planning (FATOS)
- Common Messaging Group
- Children’s Health Collaborative
SOURCES OF STRENGTH

- Connects teens to trusted adults
- Breaking codes of silence
- Increase protective factors
- 19 schools in NE Indiana
Question. Persuade. Refer.

Three steps anyone can learn to help prevent suicide.

QPR

- Question. Persuade. Refer.
- CPR for the brain
- 40+ instructors
- 5,000 people
- Goal
  - One in Four People
  - One in Every Family
  - Super QPR Saturday
Why Primary and Behavioral Care Integration is Needed

![Chart showing reasons for integrating primary and behavioral care integration.](chart.png)
Road To Recovery
• Passionate about recovery
  • may have “lived” experience

• 52 hours of training
  • Certification exam
  • 25 hours of supervision
  • 40 hours continuing education
    • 6 hours in ethics
FACTS ABOUT PEER RECOVERY SPECIALISTS

They Do
- Provide support along the recovery process
- Support individuals plan for recovery
- Assist with overcoming barriers to recovery and harm reduction

They are NOT
- Sponsors
- Therapists
- Treatment providers
OUTCOMES TO DATE

• No Universal Screening to date
• 31 active clients
• 173 clients
• Pregnant Women
• 800 plus engaged in treatment
• 1000 plus enrolled
• 5 Coaches - 14 Coaches
• July 18 through today
• Peers in emergency departments, overdose response with police department, homeless shelter, syringe services program, Huntington Superior Court, Fulton County J
• Walk alongside individuals in recovery
• Harm reduction
• Connect to recovery services
• Connect to social service agencies
EXPANSION OF MAT

- Park Center Affiliation - CMHC
  - Opens up a full continuum of care
  - SAMHSA grant to expand MAT services
  - Hub and Spoke Model
  - Access 7 days a week for treatment
- Integration Within the Health System
  - Goal is to align physical and mental health
  - Walk in Clinic
WHY MAT?

The ultimate goal of MAT is FULL RECOVERY from a medical disease, including the ability to live a SELF-DIRECTED LIFE.
MEDICATION-ASSISTED TREATMENT (MAT)

Combines behavioral therapy and medications to treat substance use disorder

MAT Medications

- normalize brain chemistry and body functions
- block the euphoric effects of the substance
- relieve physiological cravings
- approved by the FDA
- currently only exist for alcohol, opioids, and tobacco
- Ability to prescribe Suboxone (buprenorphine and naloxone) in emergency department as part of treatment for overdose
- Connect to additional clinical services via peer recovery coach
- Provide additional access point to MAT services
MOBILE INTEGRATED RESPONSE SYSTEM: $1.35 MILLION FSSA GRANT
TRAUMA-INFORMED RECOVERY-ORIENTED SYSTEM OF CARE

- Interdisciplinary effort
- Recognize trauma in the lives of the people we serve
- Actively resist re-traumatization
- Minimize trauma within the system
- Holistic approach
- Person-centered: Many paths to recovery
- Self-directed: Responsible for own recovery
- Participation of family, caregivers, significant others, friends, community
- Collaborative decision making: Voice and choice
FORT WAYNE POLICE: CAN’T ARREST OUR WAY OUT OF THIS PROBLEM

- Officers as part of Overdose Response Team
- Work directly with PRCs
- Visit sites, people who recently experienced overdose
- Assist in getting people to enter treatment, recovery
- Unmarked vehicles
- Plain-clothed officers
- Not an investigatory visit
LUTHERAN SOCIAL SERVICES:
WRAP-AROUND SERVICES

- Offered while in or after completion of clinical services
- Modeled on SAMHSA wrap services
- Intensive case management services via care coordination, support services, therapeutic services,
- LSSI Works (Lasting Stability and Success for Individuals) job training program
  - Personal and professional skill development
  - Long term, sustainable employment
  - Job retention support through case management services
LUTHERAN SOCIAL SERVICES: FAMILY SUPPORT SERVICES

- Need for therapeutic family services
  - Regardless of whether person who experienced/at risk of overdose receiving services
- Cohort model: six weeks, 1.5 hour sessions
- Topics:
  - Impact of SUD on family system
  - Trauma/ACES
  - Self-care and family recovery
  - Moving from codependency to empowerment
  - Family vitality
TECHNOLOGY INNOVATION
MIRRO CENTER FOR RESEARCH & INNOVATION

Improve the Health of our Community through Research and Innovation
ADDICTION RECOVERY SUPPORT
ON-DEMAND

American Hospital Association
Innovation Competition Winner, 2018
POLLING QUESTION

Do you think that technology has a role in connecting people to resources?

Or how important do you think technology in connecting people to resources?

Would you use technology as a means to get mental health care?
ENHANCING THE HUMAN CONNECTION

- Help in your pocket
- Support at point of decision making
  - Right Person
  - Right Message
  - Right Time
PROPOSED INTERVENTION

• Peer Coach
• Mobile App
  • Just-in-time support
TECHNOLOGY ENHANCED SUPPORT FOR ADDICTION RECOVERY

Recoveree

Urgent Distress

- Connect with Peer Coach
- Text interaction is initiated
- Option to move to voice or video call
- Option to initiate 3-way call with Emergency hotline
TECHNOLOGY ENHANCED SUPPORT FOR ADDICTION RECOVERY

Scheduled Contact

- Reminder of upcoming appointments
- One click voice/video call
- Option to include family members or others to the call
Outreach and Check-in

- The recoveree updates how they are feeling using icons and surveys
- Safety net feature to notify peer coach if recoveree does not check-in
- Optionally, a peer coach could reach out to a family member to initiate emergency protocol for recoveree
1. Identify **design requirements** for app
   - Co-design sessions with end users
2. Build a prototype app & test **usability**
   - Usability sessions in the lab
3. **Pilot** test in “in the wild”
   - High fidelity prototype
4. **Iterate** on design to refine app
   - Based on user feedback from pilot
5. Formal **trial** of intervention
• Patient engagement in recovery
• Track cost avoidance
  • Wound Infection Prevention
  • Hepatitis C
  • Endocarditis
  • Overdose without Admission
  • Overdose with Admit
  • Neonatal Abstinence
FUNDING
<table>
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<tr>
<th>Funding Agency</th>
<th>Amount of Funding</th>
<th>Use of Funding</th>
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<tbody>
<tr>
<td>Robert Wood Johnson Foundation</td>
<td>$325K</td>
<td>Telemental Health</td>
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<tr>
<td>Indiana DMHA</td>
<td>$591K</td>
<td>Sources of Strength</td>
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<tr>
<td>Indiana DMHA</td>
<td>$500K</td>
<td>Peer Recovery Coaches in emergency departments</td>
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<td>Indiana DMHA</td>
<td>$1.3 Million</td>
<td>Mobile integrated response grant</td>
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<td>SAMHSA</td>
<td>$1.5 Million</td>
<td>Expansion of MAT services</td>
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<td>American Hospital Association</td>
<td>$100K</td>
<td>Develop mobile app to support Recovery Coach – Recoveree communication</td>
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<td>The Lutheran Foundation</td>
<td>$186K</td>
<td>Optimizing Health &amp; Wellness through Behavioral Health Integration into Primary Care</td>
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<td>HRSA</td>
<td>$ 725</td>
<td>MAT expansion</td>
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<td>The Lutheran Foundation</td>
<td>$500K</td>
<td>Integrated Care Clinic start-up support</td>
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<tr>
<td>Allen County Commissioners, The Lutheran Foundation, Community Partners, and</td>
<td>$3 Million</td>
<td>Increase in recovery residences (including inpatient care) resulting in 71 new</td>
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<tr>
<td>the State of Indiana</td>
<td></td>
<td>beds</td>
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<tr>
<td>The Lutheran Foundation</td>
<td>$14 Million</td>
<td>Grants for mental and behavioral health and wellness</td>
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RELATIONSHIPS
WHY ARE WE TAKING THIS APPROACH?

Two beautiful women, five precious children whose lives are forever changed.
THANK YOU!

Questions?

Marcia Haaff (marcia@thelutheranfoundation.org)
Connie Kerrigan (connie.kerrigan@parkview.com)
Jessica Pater (jessica.pater@parkview.com)
Rachel Blakeman (rachel.blakeman@pfw.edu)