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

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.

THE Lutheran Foundation

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

POLLING QUESTION

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

POLICY AND PERCEPTION

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

LOOK *up*

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

- **F**ort Wayne **A**llen County **T**ask Force for **O**pioid **S**trategic 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

QPR
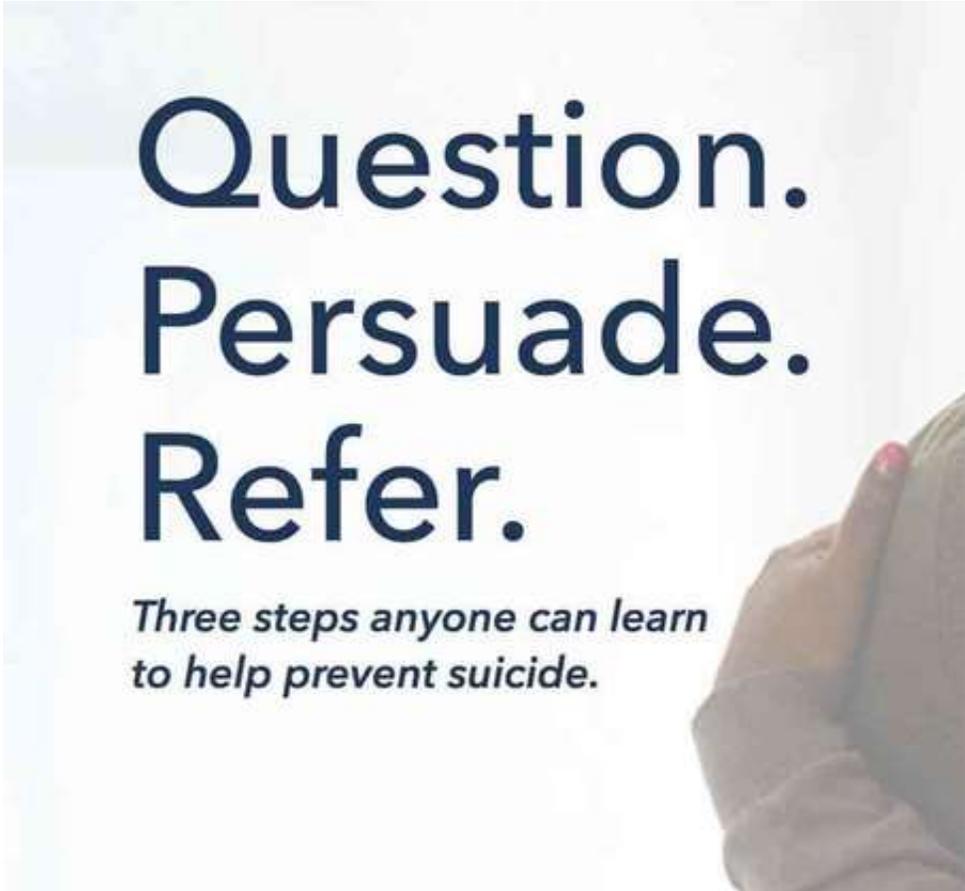
Question. Persuade. Refer.

Three steps anyone can learn to help prevent suicide.

- Question. Persuade. Refer.
  - CPR for the brain
- 40+ instructors
- 5,000 people
- Goal
  - One in Four People
  - One in Every Family
  - Super QPR Saturday

Primary Care-Mental Health Integration

# Why Primary and Behavioral Care Integration is Needed

MHA
Mental Health America
B4Stage4
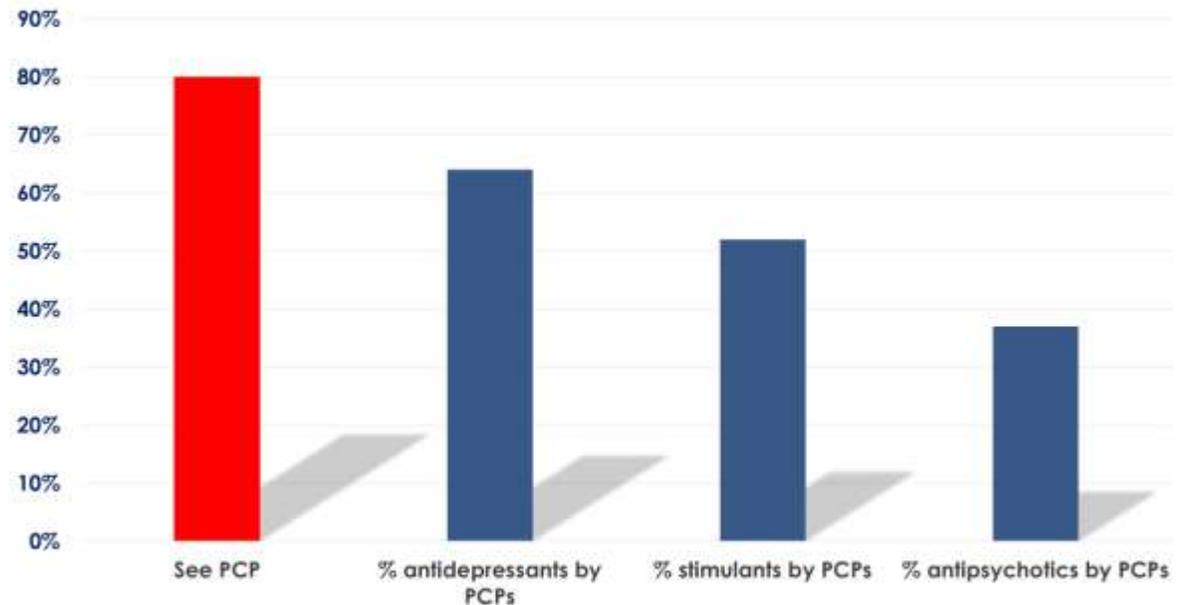
HOUSING

PEER ADDICTION RECOVERY COACH

- 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*
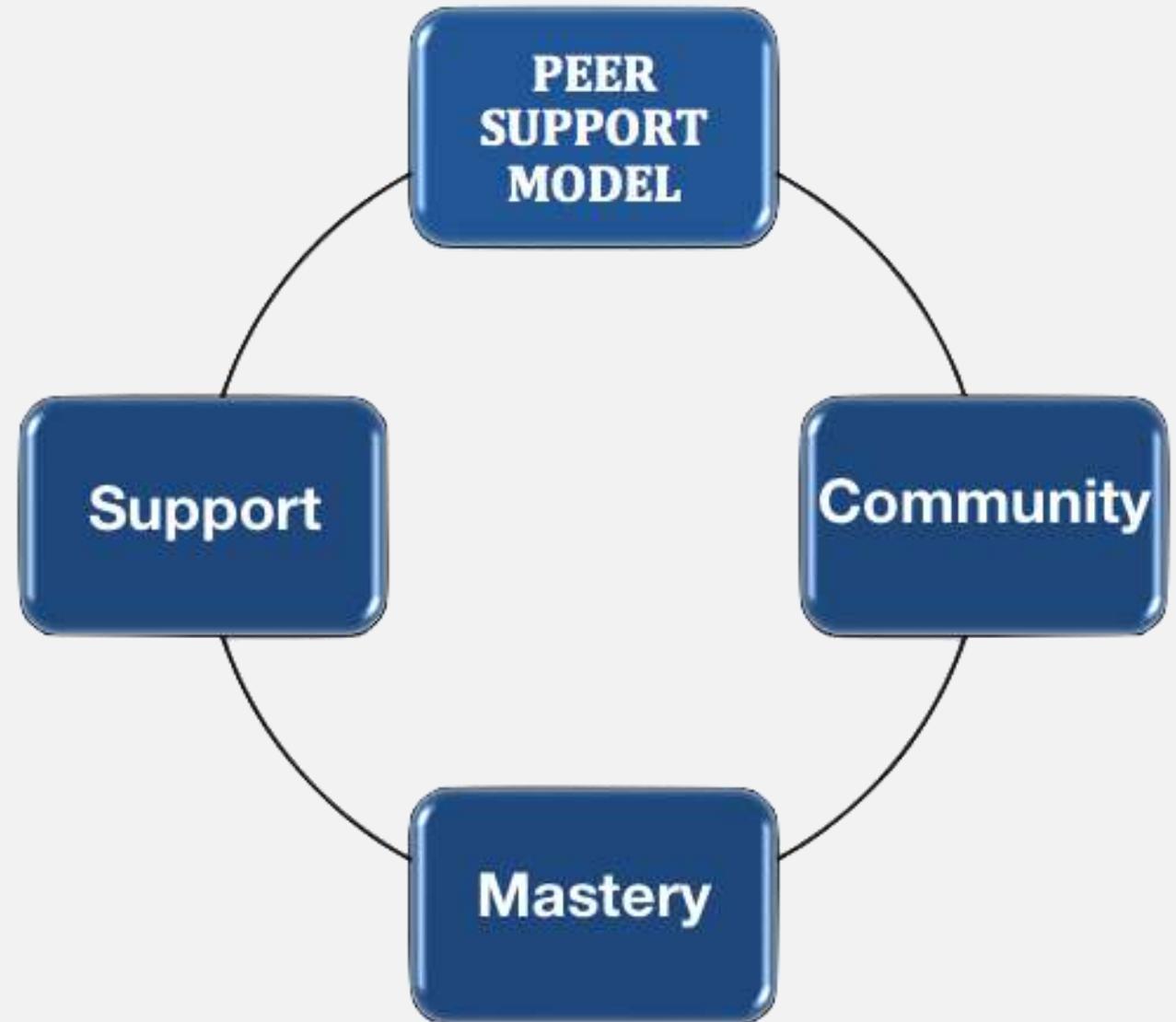
FACTS ABOUT PEER RECOVERY SPECIALISTS

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

- **July 18 through today**
- 5 Coaches-14 Coaches
  - 1000 plus enrolled
  - 800 plus engaged in treatment
- Pregnant Women
  - 173 clients
  - 31 active clients
  - No Universal Screening to date

PEER RECOVERY COACHES: BUILDING CONNECTIONS, TRUST

- 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

MAT IN ED: PRESCRIBING BUPRENORPHINE

- 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?
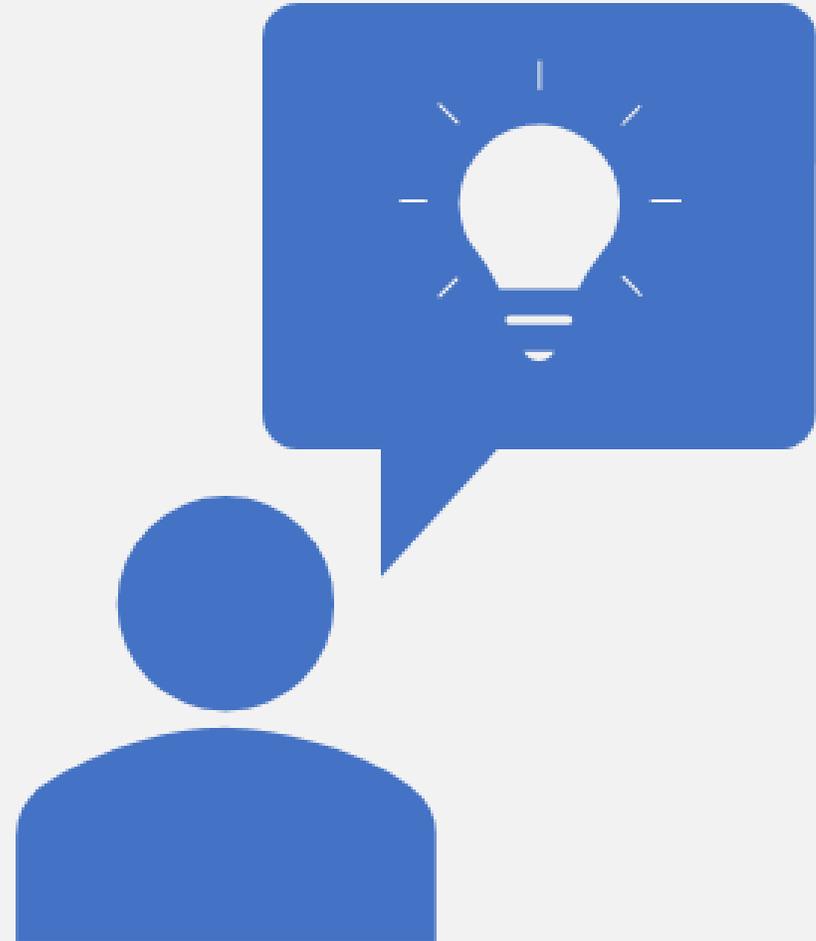
ENHANCING THE HUMAN CONNECTION

- 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

Next Scheduled Session:

Monday June 1st
12:30pm   Click to Join

Please check in within 30

How are you feeling?

How supported do you feel in your recovery?

Very Supported

Support On-Demand
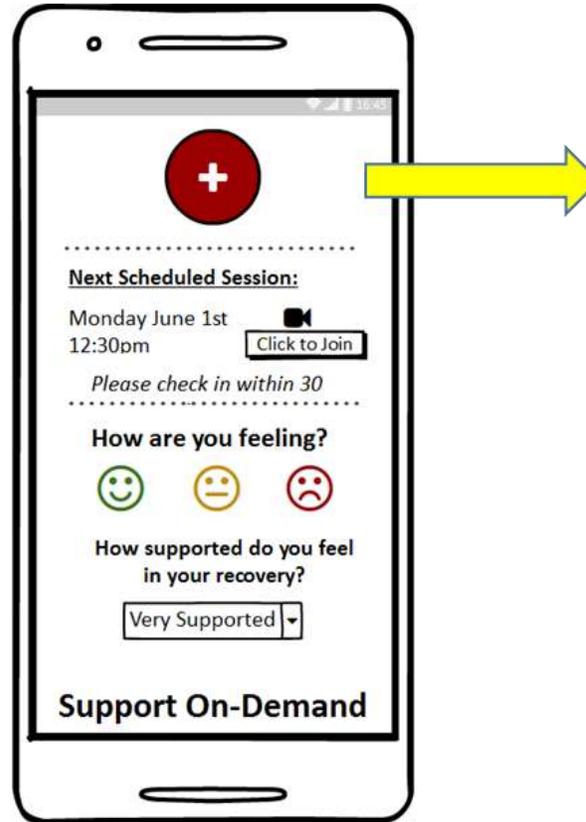
Recoveree

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

Recoveree

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How are you feeling?

😊 😐 ☹️

How supported do you feel
in your recovery?

Very Supported ▾

Support On-Demand

Scheduled Contact

- Reminder of upcoming appointments
- One click voice / video call
- Option to include family members or others to the call
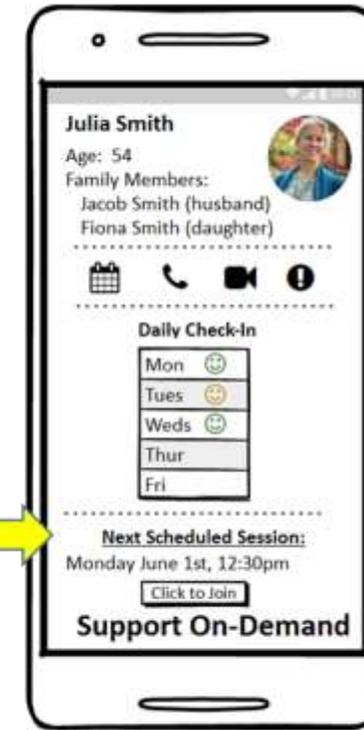
Peer Coach

Julia Smith
Age: 54
Family Members:
Jacob Smith (husband)
Fiona Smith (daughter)

📅 📞 📹 ❗

Daily Check-In

Mon	😊
Tues	😐
Weds	😊
Thur	
Fri	

Next Scheduled Session:
Monday June 1st, 12:30pm

Click to Join

Support On-Demand

TECHNOLOGY ENHANCED SUPPORT
FOR ADDICTION RECOVERY
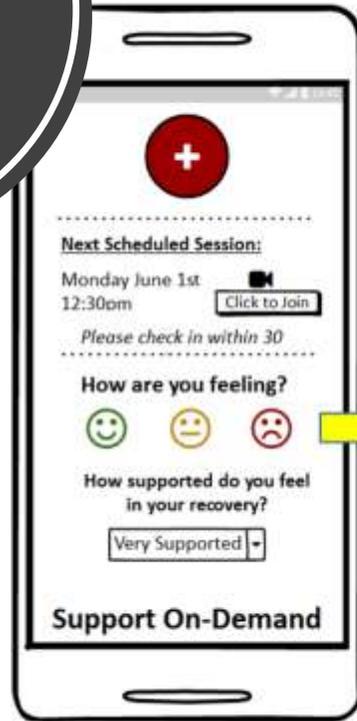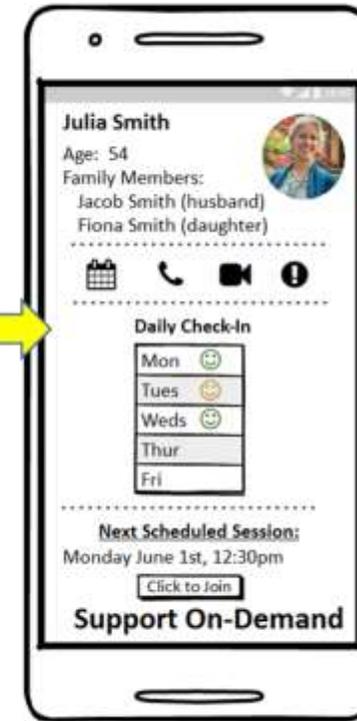
PLAN FOR RESEARCH – DESIGN

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

PLAN FOR RESEARCH – OUTCOMES

- Patient engagement in recovery
- Track cost avoidance
  - Wound Infection Prevention
  - Hepatitis C
  - Endocarditis
  - Overdose without Admission
  - Overdose with Admit
  - Neonatal Abstinence

BUILDING OUT A SUPPORTING RESEARCH TEAM

CYBERBULLYING

EATING DISORDER/ SOCIAL MEDIA

GENETICS INFORMED PRESCRIBING

PROGRAM EVALUATIONS

GRANT WRITING

MANUSCRIPTS

FUNDING

Funding Agency	Amount of Funding	Use of Funding
Robert Wood Johnson Foundation	$325K	Telemental Health
Indiana DMHA	$591K	Sources of Strength
Indiana DMHA	$500K	Peer Recovery Coaches in emergency departments
Indiana DMHA	$1.3 Million	Mobile integrated response grant
SAMHSA	$1.5 Million	Expansion of MAT services
American Hospital Association	$100K	Develop mobile app to support Recovery Coach – Recoveree communication
The Lutheran Foundation	$186K	Optimizing Health & Wellness through Behavioral Health Integration into Primary Care

Funding Agency	Amount of Funding	Use of Funding
HRSA	$ 725	MAT expansion
The Lutheran Foundation	$500K	Integrated Care Clinic start-up support
Allen County Commissioners, The Lutheran Foundation, Community Partners, and the State of Indiana	$3 Million	Increase in recovery residences (including inpatient care) resulting in 71 new beds
The Lutheran Foundation	$14 Million	Grants for mental and behavioral health and wellness

RELATIONSHIPS

PARKVIEW BEHAVIORAL HEALTH SERVICES & THE LUTHERAN FOUNDATION- CONNECTING THE COMMUNITY

WHY ARE WE TAKING THIS APPROACH?

Feeling so much better today! #positivevibes

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)