

# Travis County Mental Health System

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# Mental Health System in Travis County

- Funding from DSHS to LMHA
- State Designated Priority Populations
  - Schizophrenia
  - Bipolar Disorder
  - Major Depression
- Trainings to CIT Officers

# Mental Health System in Travis County

- Psychiatric Emergency Services, Residential, Hotline, OP
- Mobile Crisis Outreach Teams
  - Funded by Travis County and DSHS
- Purchase of inpatient bed capacity for indigent
  - Funded by Central Health (\$8.1M)
  - Access to private psychiatric facilities
- Mental Health Funding
  - FY12 City of Austin - \$2.3M
- Substance Use Funding
  - FY12 City of Austin - \$959K
- Department Programs and Contracts with Multiple CBOs
  - City of Austin and Travis County

# Current Planning Efforts

- **Psychiatric Services Stakeholders**
  - A forum for key mental health stakeholders to come together with the purpose of strengthening the local mental health crisis system
  - Convened by Central Health, collaborations since 2005
- **Crisis Intervention Committee**
- **Wide community representation**
- **Criminal Justice Planning Grant (Judge Hohengarten)**
- **Indicator Initiative (Dr. Susan Stone)**
- **Other Community Based Service Group**
- **10 Goals in 10 Years**

# 10 Goals in 10 Years

- Senator Watson
- Goal 7 – “Provide needed psychiatric care and facilities”
- Convened planning bodies
- Gaps identified:
  - Comprehensive Crisis Stabilization
  - Detoxification Services
  - Substance Use
  - Permanent Supportive Housing
  - Broaden community-based services

# Data About Our Community – Inpatient Bed Capacity

- Funding for indigent
  - DSHS bed allocation methodology
  - Central Health funded beds at private facilities
- Bed capacity expanding in the community

Current Bed Capacity		
Seton Shoal Creek Hospital	90 (25 children, 65 adult)	
Austin Lakes Hospital	56	
Austin State Hospital	66	
<b>Current Total Bed Capacity</b>	<b>212 Beds</b>	
Future Bed Capacity		
Austin Oaks Hospital	80 beds	Opening spring 2013
Georgetown Psychiatric Hospital	72 beds	Proposed construction begins early 2013
<b>Total Bed Capacity End 2013</b>	<b>364 Beds</b>	

- Demand for inpatient psychiatric beds is greater than funding capacity and at times greater than community capacity

# Data About Our Community – Dr. Stone's Research

- High Utilizers
- Characteristics of persons with 4+ Re-admissions
  - Male
  - Average age 38 years
  - 69% Homeless
  - Majority had a mood disorder
  - 92% had a co-occurring substance use disorder
- 13 individuals
- 575 hospital days = \$368,000

# Data About Our Community - Dashboard

- Track community progress through key indicators to inform policy decisions
- Incarcerated populations
  - FY12 15% of inmates with a mental health disorder
  - Of this group, 11% are classified as having high mental health needs
- Approximately 84 individuals per month in the ED need inpatient psychiatric services
- Wait for an inpatient bed at an ED is approximately 14 hours, similar to other payer sources
- When admitted to a psychiatric hospital, average stay is 6 days at a private hospital and 25 days at ASH (civil)



# 1115 Medicaid Waiver

- Change in how healthcare is financed
- Opportunity through Delivery System Reform Incentive Payments (DSRIP) – Pay for performance
- Travis County is part of Region 7
- <http://texasregion7rhp.net/>
- 18 behavioral health projects

# Travis County Behavioral Health Projects

- ACT for Residents of PSH – City of Austin
- Counseling on AISD campuses – AISD

# Seton

- Psychiatric Emergency Department
- Post Graduate Training for Psychiatric Specialties
- Psychiatric Telemedicine for Emergency Services
- Substance Abuse and Care Connection and Navigation
- Behavioral Health Care Connection and Navigation

# ATCIC

- **Crisis Services**
  - Expansion of MCOT
  - Telepsychiatry
  - Crisis Residential
  - Community Behavior Support Team
- **Outpatient Community-Based Services**
  - Integrated health
  - Chronic disease self management
  - Whole health peer support
- **Workforce Development**
  - Prescriber expansion
  - Mental Health First Aid and Suicide Prevention

# Community Care Collaborative

- Integrated behavioral health for diabetics
- Tele-psychiatry in community clinics

# Continued Areas of Need

- Permanent Supportive Housing
- Substance Use Treatment
- Detoxification Services

**Thank you!**

# Backup Slides



# 10 in 10 Guiding Principles

- A robust spectrum of community-based services is the means to ensure that crisis services are the last option
- An effective system responds to consumer needs at all levels with sufficient services
- Minimizes the use of the emergency department and ensures better connectivity between the emergency department and services in the community
- Maximizes all available financing mechanisms
- Ensures accountability

# Shared Concerns

- Identifying and putting into place needed services
- Access to inpatient beds by ensuring:
  - Funding for indigent
  - Bed capacity
- Developing solutions for those who are heavy utilizers of the systems
- Assessing and tracking community measures
- Better connectivity and communication between planning groups and other stakeholders