

Excellence in Emerging Behavioral Health Strategies

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Spectrum Programs Inc.



- SPI located in Miami-Dade and Broward County is the oldest and largest non-profit substance abuse treatment provider in South Florida operating since 1970.
- SPI provides Residential, Outpatient, Family and Intervention Services (Case Management) for adults, families, and adolescents.

Miami Behavioral Health Center



- MBHC has served the Latino community (children, adults, and severely mentally ill and substance abusing) since 1977 providing both mental health and substance abuse services.
- MBHC provides Crisis Stabilization, Detox, Residential, Outpatient, Case Management, Peer Recovery-Oriented, Adult Day Care and On Site Services for children.

Banyan Health Systems

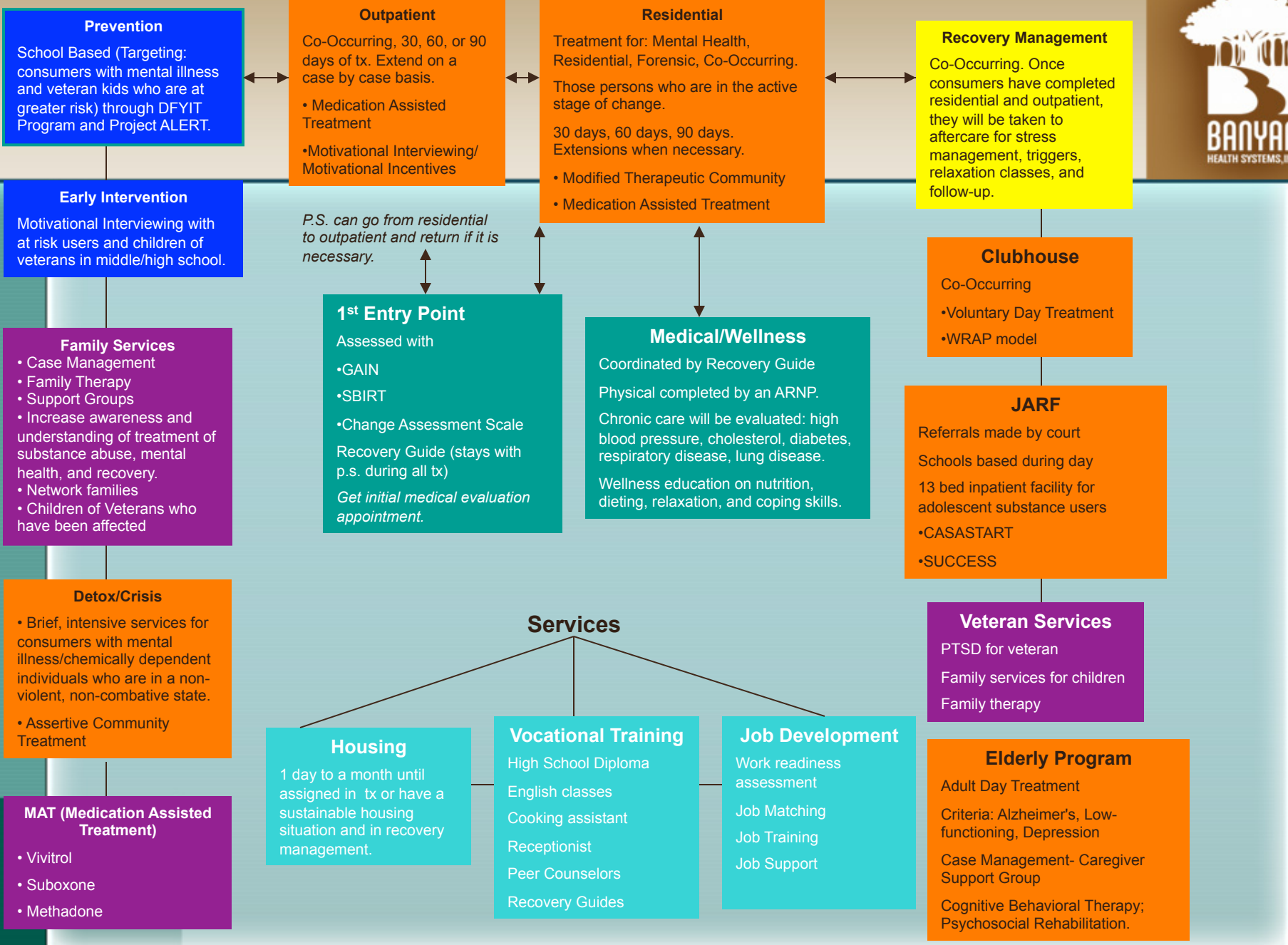


- Through a joint venture in 2003, SPI and MBHC have operated and provided services for substance abuse and mental health.
- Primary Health Care Services have been offered since 2009 for all treatment programs.

SAMHSA Grant Funding



- Why did we need it?
- What did we do with funding?
- Sustainability



Prevention
 School Based (Targeting: consumers with mental illness and veteran kids who are at greater risk) through DFYIT Program and Project ALERT.

Early Intervention
 Motivational Interviewing with at risk users and children of veterans in middle/high school.

Family Services

- Case Management
- Family Therapy
- Support Groups
- Increase awareness and understanding of treatment of substance abuse, mental health, and recovery.
- Network families
- Children of Veterans who have been affected

Detox/Crisis

- Brief, intensive services for consumers with mental illness/chemically dependent individuals who are in a non-violent, non-combative state.
- Assertive Community Treatment

MAT (Medication Assisted Treatment)

- Vivitrol
- Suboxone
- Methadone

Outpatient
 Co-Occurring, 30, 60, or 90 days of tx. Extend on a case by case basis.

- Medication Assisted Treatment
- Motivational Interviewing/ Motivational Incentives

P.S. can go from residential to outpatient and return if it is necessary.

1st Entry Point
 Assessed with

- GAIN
- SBIRT
- Change Assessment Scale

Recovery Guide (stays with p.s. during all tx)
Get initial medical evaluation appointment.

Residential
 Treatment for: Mental Health, Residential, Forensic, Co-Occurring.
 Those persons who are in the active stage of change.
 30 days, 60 days, 90 days. Extensions when necessary.

- Modified Therapeutic Community
- Medication Assisted Treatment

Medical/Wellness
 Coordinated by Recovery Guide
 Physical completed by an ARNP.
 Chronic care will be evaluated: high blood pressure, cholesterol, diabetes, respiratory disease, lung disease.
 Wellness education on nutrition, dieting, relaxation, and coping skills.

Recovery Management
 Co-Occurring. Once consumers have completed residential and outpatient, they will be taken to aftercare for stress management, triggers, relaxation classes, and follow-up.

Clubhouse
 Co-Occurring

- Voluntary Day Treatment
- WRAP model

JARF
 Referrals made by court
 Schools based during day
 13 bed inpatient facility for adolescent substance users

- CASASTART
- SUCCESS

Veteran Services
 PTSD for veteran
 Family services for children
 Family therapy

Services

- Housing**
 1 day to a month until assigned in tx or have a sustainable housing situation and in recovery management.
- Vocational Training**
 High School Diploma
 English classes
 Cooking assistant
 Receptionist
 Peer Counselors
 Recovery Guides
- Job Development**
 Work readiness assessment
 Job Matching
 Job Training
 Job Support

Elderly Program
 Adult Day Treatment
 Criteria: Alzheimer's, Low-functioning, Depression
 Case Management- Caregiver Support Group
 Cognitive Behavioral Therapy; Psychosocial Rehabilitation.

Grant Funding



Goals/Objectives

- Staff cross-trained in co-occurring treatment
 - Integrated Model of Care
 - Evidence Based Practices
 - Training
- Use of an integrated assessment (GAIN)

Implementation: Training

Adult Evidence Based Practices



- Medication Assisted Treatment (Vivitrol)
- Motivational Enhancement/ Motivational Interviewing Therapy
- Seeking Safety
- Trauma Informed Care
- WRAP



Adolescent Evidence Based Practices

- Aggression Replacement Training
- Motivational Enhancement/ Motivational Interviewing Therapy
- Seeking Safety
- Solution Focused

Trainings

- Aggression Replacement
- Therapeutic Community
- Co-Occurring
- Motivational Interviewing
- Pharmacology of Substance Abuse
- Seeking Safety
- Trauma Informed Care
- WRAP

Training



“A one-shot training workshop is unlikely to alter practice behavior sufficiently to make a difference in client outcomes,” (Miller & Mount, 2001; p. 468).

Steps to Consider in Training

- Training Implementation timeline
- Sustainability
- Weekly Supervision to sustain fidelity of EBP
- Video recordings and Coaching ratings
- Agency wide culture change

Data: Clients Served & Retention

Clients Served/ Staff

- 235 Staff trained
 - Aggression Replacement Training
 - Motivational Interviewing
 - Solution Focused Case Management
 - WRAP
- How many clients across all programs were touched by grant?
 - MAT: 68 un-duplicated Adults
 - Seeking Safety: 208 un-duplicated Adults
 - MI/MET: 250 un-duplicated Adults/ 100 un-duplicated Adolescents
 - Aggression Replacement Training: 106 un-duplicated Adolescents

GAIN Administration



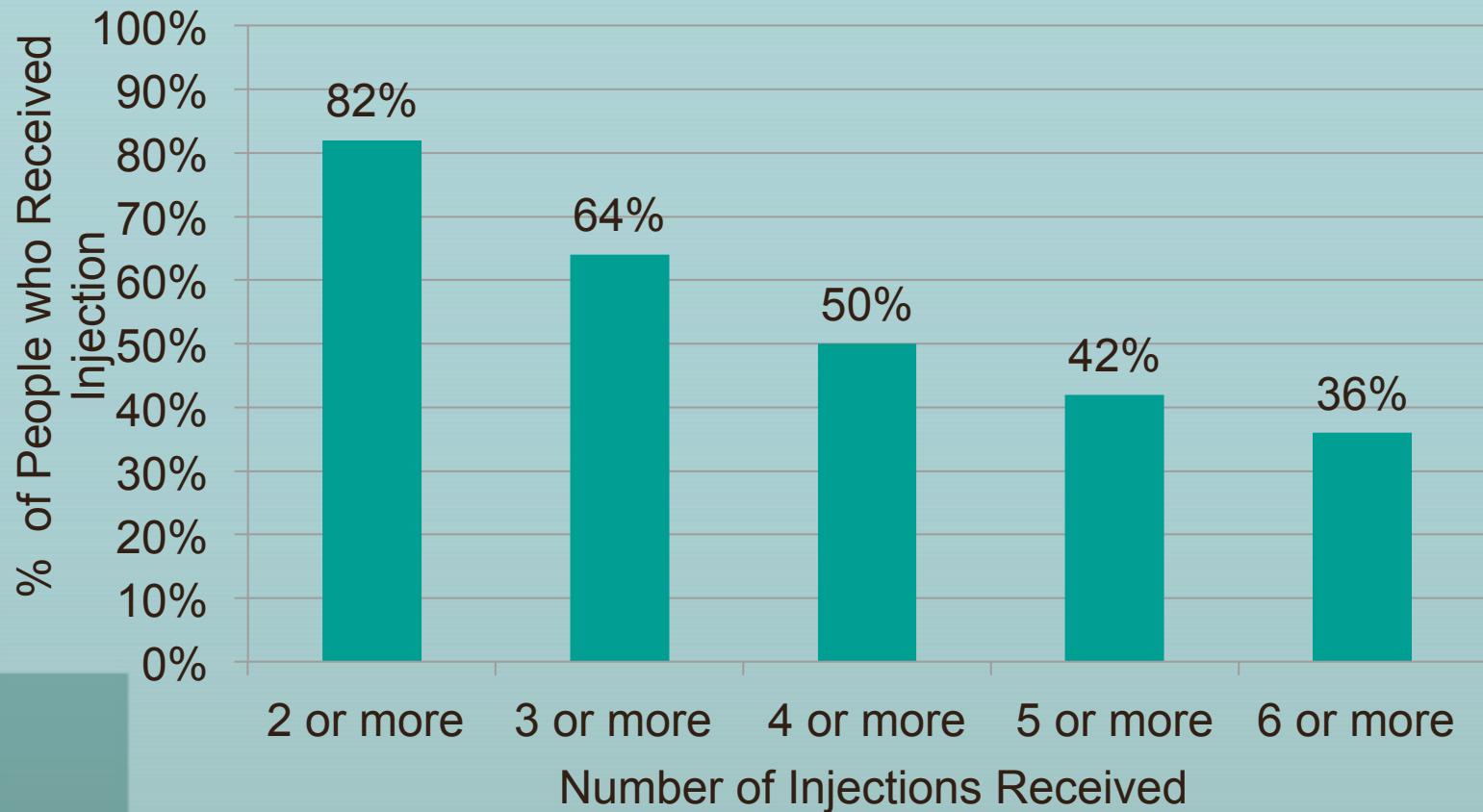
- 3,670 GAIN Q completed during FY 2010-2011
- 320 GAIN I completed during FY 2010-2011
- Issues with an integrated assessment
 - Mental Health Staff
 - Substance Abuse Staff

EBP Outcomes Data

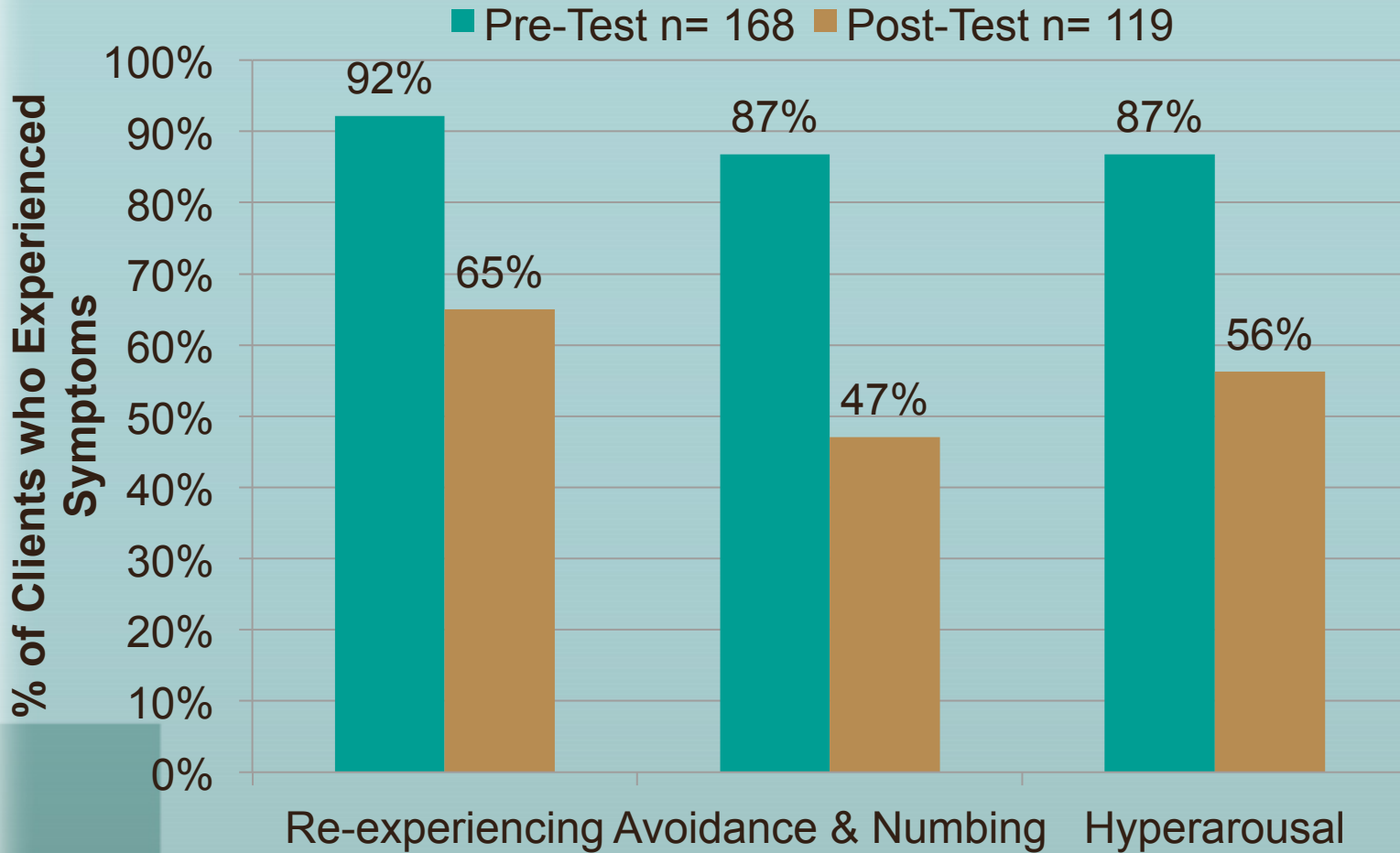
Medication Assisted Treatment

Vivitrol Injections

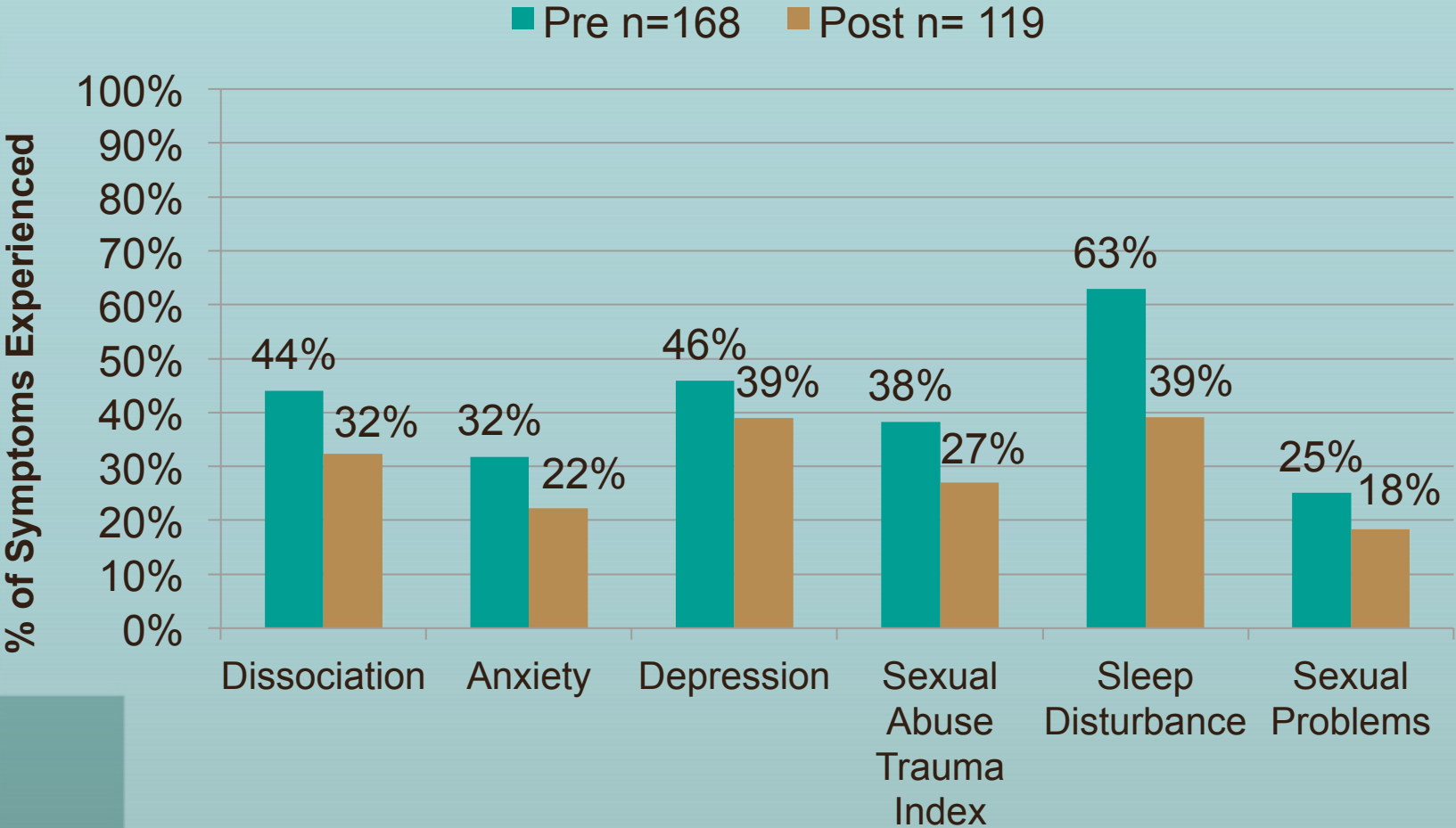
n=68



Seeking Safety PTSD Results



Seeking Safety Trauma Symptom Results



Retention

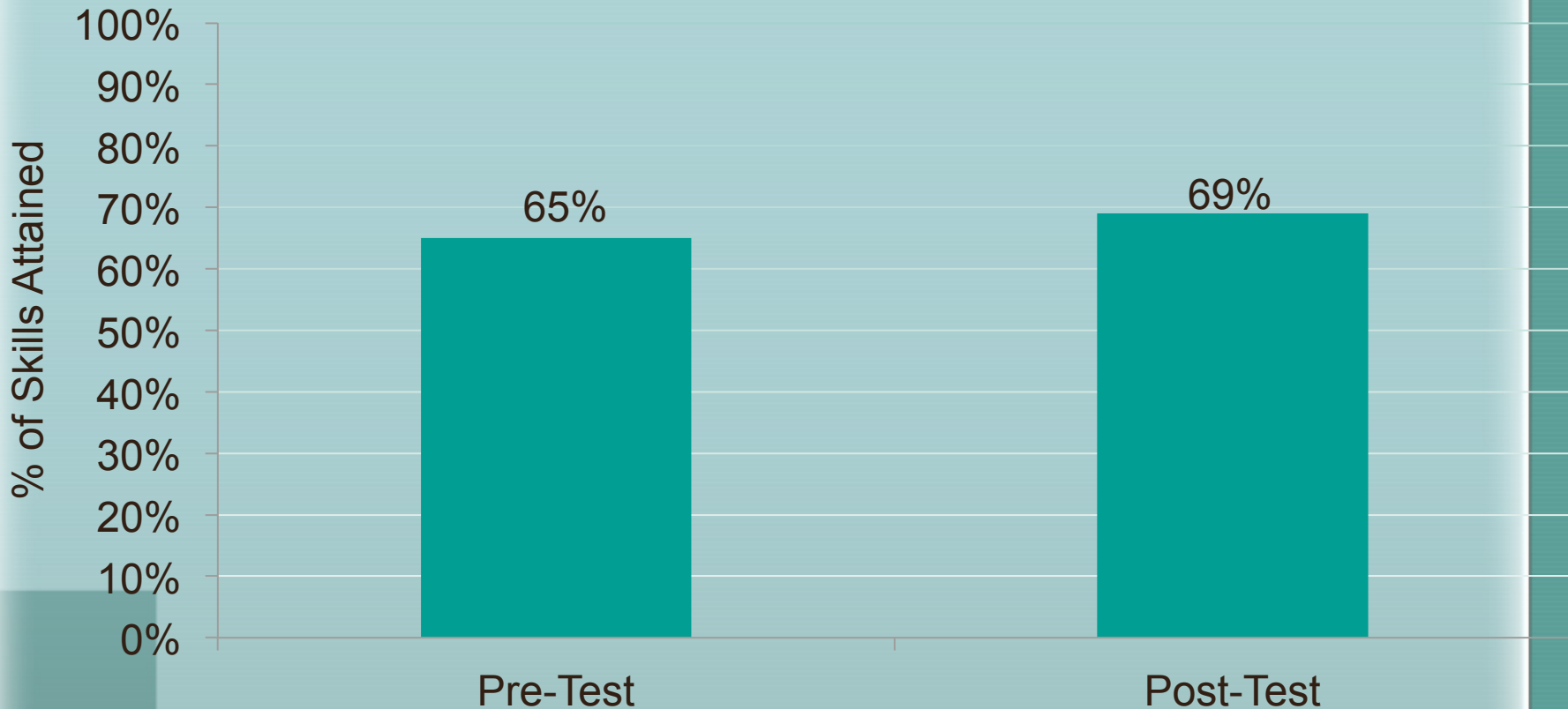


- Of those Adult clients who reported trauma there was an 88% client retention rate within the first 30 days of treatment.
- Of those Adult clients who reported trauma there was a client retention rate of 79% among clients through 90 days of treatment.

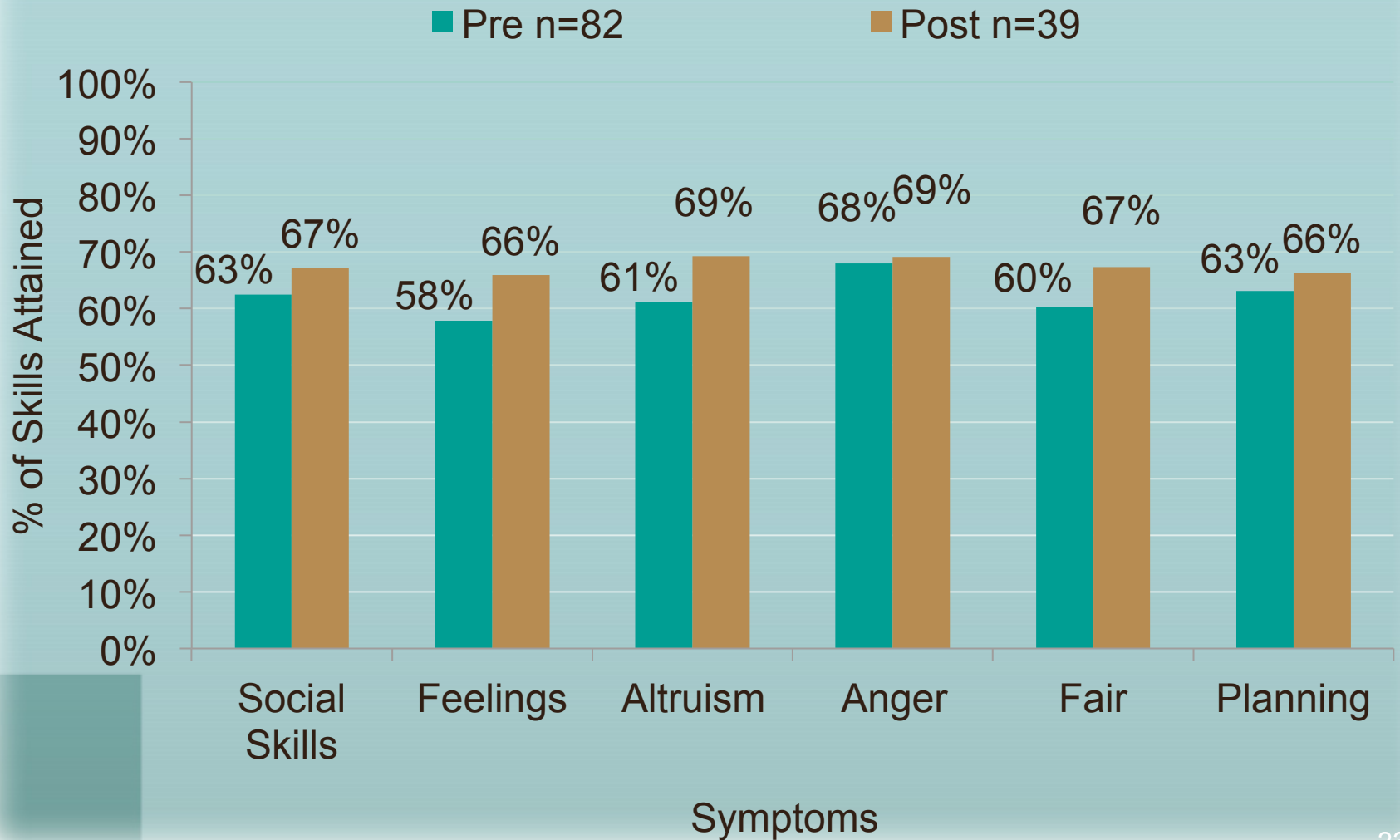
Aggression Replacement Training



Matched Sample n=31

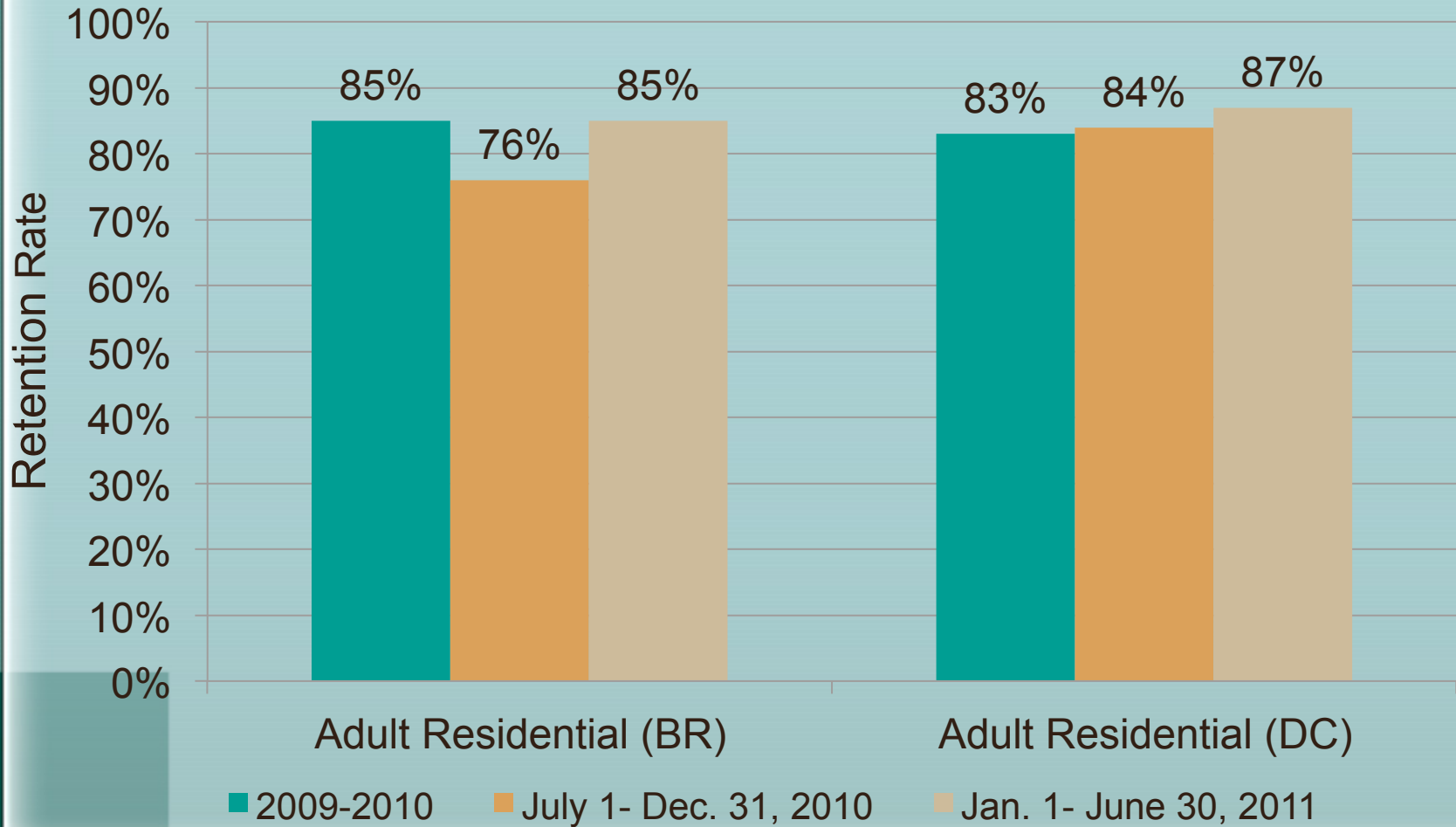


Aggression Replacement Training



Retention

Retention of 30 days or more



Wrap Up Outcomes

- Specific Impact of Evidence Based Practices
- Effect of Chaining Evidence Based Practices
- Does EBP impact retention?

Lessons Learned



- Staff Buy In/Staff Turnover
- Staff Training and Consistency
- Sustainability and Organizational Requirements
- Effectiveness of Evidence Based Practices

Next Steps



- **New Evidence Based Practices**
 - Solution Focused Case Management
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - Street Smart

For a copy of today's presentation, go to:

www.banyanhealth.org

Click on the research tab and go to the
program evaluation subsection

Questions or Comments

Resources

Seeking Safety

- www.seekingsafety.org
- Najavits, L. M. (2002). Seeking Safety A Treatment Manual for PTSD and Substance Abuse. New York: The Guilford Press

Aggression Replacement Training

<http://www.promoteprevent.org/publications/ebi-factsheets/aggression-replacement-training%C2%AE-art%C2%AE>