OPWDD/OMH: Where are we now, and where are we going?

10/29/19

Jill Pettinger
Division of Service Delivery
NYS OPWDD

Moira Tashjian
Adult State Operations
NYS OMH
Interagency Collaborative Planning

- Identify each department’s areas of responsibility to implement timely, well-planned transitions as people return to their communities

- Provide joint OMH and OPWDD resources to arrive at shared solutions

- OMH and OPWDD will develop policies and tools to ensure that professionals collaborate across disciplines and participate in joint forums for service and treatment planning
Specialized Inpatient Psychiatry Units, and “Step-Down” Residential Units for Adults and Children with Comorbid Mental Health Conditions and Intellectual/Developmental Disabilities
NYS Model of Care for Children/Adolescents

- Creation of a 12 bed Multi-Disciplinary and Specialized Inpatient Psychiatry Unit (Ages 5 to 17)
- Dually diagnosed with a serious emotional disturbance and a developmental disability/ Autism Spectrum Disorder
- Located at a community partner hospital licensed under Article 28 and/or Article 31
- Estimated average length of stay: 38-40 days
- Also includes the establishment of a 12 bed Step-Down Residential Unit to provide capacity for continuing treatment for children who need a longer period of stabilization
  - Baker Victory Intensive Treatment Program-opened August 2018
- NYS OMH is/will be the primary licensing agency, and will work in partnership with OPWDD regarding admission and discharge processes
Approaches and Interventions

- Multi-disciplinary approach
- Creation of expert assessments, behavior plans, and discharge recommendations
- Higher patient to staff ratio
- Creation of an academic environment open to learning, teaching, and staff development
- Careful medication trials including “wash-outs”
- Use of alternative modalities such as art and music therapy
- Individualized behavior and education plans to ensure treatment goals are sustained upon discharge
- Treatment plans focus on 2-4 target behaviors
- Integration of strong behavioral components with pharmacological treatment
- Patients may undergo systematic behavioral assessment to identify problem behaviors including: Functional Assessment, Data Collection and establishment of a Clinical Baseline
Approaches and Interventions (cont’d)

- Use of tools and sensory-oriented therapies
- Activities during the day include occupational therapy, speech therapy, school, therapeutic groups and recreational groups including music and gym
- Increased involvement of the parents or caregiver in forming, working on, and continuing the treatment plan
- Higher and more complex responsibilities of direct care staff and nurses
- Enhanced Staffing ratios
- Nursing and direct care staff are trained in:
  - Behavioral management skills
  - Behavioral data collection
- Communication interventions (i.e., visual supports, use of picture icons)
- Occupational therapy interventions (i.e., motor regulation strategies)
NYS Model of Care for Adults

- Creation of a 12 bed Multi-Disciplinary and Specialized Inpatient Psychiatric Unit (OPWDD Eligible Adults 18 + and out of school, or 21 and over)
- Located at NYC Health+ Hospitals/Kings County in Brooklyn
  - Serving the Five Boroughs
  - Slated to open in January 2020
- Estimated average length of stay: 38-42 days
- OMH will be the primary licensing agency, and will work in partnership with OPWDD regarding admission and discharge processes
NYS Model of Care for Adults (cont’d)

- Enhanced Rate and Enhanced Staffing Pattern
- Linked with OPWDD-run 12 bed **Step-Down Residential Unit** (referred to as the **Extended Treatment Unit**)
- Continued collaboration between OMH, OPWDD, NYC Health + Hospitals, King’s County, NY Systemic, Therapeutic, Assessment, Resources, and Treatment (NYSTART), & Department of Health

**Inclusion Criteria for Inpatient Admission:**
- Challenging Behavior / Emotional Dysregulation Services
- Diagnostic Confusion
- Medical and Neurological Comorbidities
- Simplifying Complex Medication Regimens
- Recurrent Use of Emergency Services
- Depression
- Anxiety/PTSD
- Mania
- Psychosis

**Exclusion Criteria:**
- Primary Issue is Disposition (Housing and Services)
- Respite
- “Medication Wash”
- Primary Issue is the Setting
- Outpatient Provider Unwillingness to Collaborate
- Current Arrest
- Primary Substance Use
NYS Model of Care for Adults (cont’d)

- Referral process will involve ongoing and active collaboration between OPWDD, OMH, King’s County Hospital and NYSTART Team and address:
  - Planned admissions from the community
  - Emergent admissions from Kings County
  - Planned admissions from outside inpatient unit
  - Emergent admissions from outside Emergency Department, Inpatient Unit, etc.
Approaches and Interventions

- Multimodal evaluation and treatment planning while on inpatient unit
- Close collaboration with outpatient providers (family, residence, medical and behavioral health treatment providers, care coordinators)
- Once individuals have been admitted to the unit, it is an expectation that any caregivers that are involved in the client’s treatment (family, residence, care coordinator) are present for weekly treatment team meetings to discuss:
  - Progress
  - How treatment can be generalized to community
  - Plans for discharge
- Implementing supports and intervention tools that can be maintained in the community
- Once the client reaches behavioral and psychiatric stabilization, it is expected that they return to prior setting with improved care and potentially increased services (e.g. NYSTART in-home coaching)
OPWDD Extended Treatment Unit

- Located at the Bernard Fineson Campus in a new building, never before occupied

- A 12 bed Multi-Disciplinary and Specialized Extended Treatment Unit

- Functioning as an Intermediate Care Facility with a high staffing ratio and rich clinical staffing

- Admission will be solely through a transfer from the King’s County Specialized Adult Inpatient Unit
OPWDD Extended Treatment Unit (cont’d)

- Provide specialized psychiatric and behavioral services and discharge planning services in collaboration with NYSTART

- Close collaboration with the clinical team at the King’s county inpatient program

- Partner with OMH

- Intake criteria will be similar to those identified by the King’s County inpatient unit

- Expectation will be that levels of acuity of need will be diminished, though individual’s will still not be ready for discharge to their home environment
OPWDD Extended Treatment Unit (cont’d)

Aims for the unit:

• To be an interdisciplinary and cross-systems collaborative approach to help individuals with a dual diagnosis of mental health and intellectual disability
• To provide stabilization and potential new strategies for caregivers in the community

Importance of Collaboration:

• To date, there are no specialized adult inpatient units for individuals with a dual diagnosis in NY
• A new way for several systems (OPWDD, OMH, NYC Health + Hospitals, NYSTART) to learn from one another, collaborate, and influence systems change to assist in the care of individuals who are dually diagnosed
NYSTART 2018/2019 Highlights

• NYSTART has seen continued growth as a statewide program with increased capacity each year. In Fiscal Year (FY) 18/19, all programs experienced growth and an additional 467 individuals were served.

• In reviewing data from all of the NYSTART teams at the end of 2018, consistent data shows reduced Emergency Service use and Psychiatric hospitalizations for Individuals enrolled in NYSTART when compared to their pre-START utilization rates for an average period of 15 months.

<table>
<thead>
<tr>
<th></th>
<th>Children</th>
<th></th>
<th>Adults</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Psychiatric Hospitalization</td>
<td>Emergency Department</td>
<td>Psychiatric Hospitalization</td>
<td>Emergency Department</td>
</tr>
<tr>
<td>Pre-Enrollment</td>
<td>19%</td>
<td>30%</td>
<td>35%</td>
<td>46%</td>
</tr>
<tr>
<td>Post-Enrollment</td>
<td>4%</td>
<td>9%</td>
<td>9%</td>
<td>23%</td>
</tr>
</tbody>
</table>

• In FY 18/19, NYSTART responded to 1843 crisis calls. 60% of these were in-person responses. In 46% of these cases, the availability of START crisis intervention prevented the individual from requiring a higher level of care.

• NYSTART currently has 314 linkage/collaboration agreements with community partners across the state. They held 43 Clinical Education Team Trainings and provided over 1000 hours of direct community training/education to community stakeholders providers in FY 18/19.

The above data can be found in the NYSTART Annual Reports at the following link: https://www.centerforstartservices.org/regional-start-program-annual-evaluations
Status of Current NYSTART Teams

At this time, OPWDD has five NYSTART Teams that are in various stages of development:

• Region 1 – Western Finger Lakes (Operated by ARC of Chemung)
  – Providing Clinical Coordination, In-Home Therapeutic Coaching, and Resource Center Services. They currently have 336 active cases.

• Region 3 – Capital District, Taconic, and Hudson Valley (Operated by the State Team)
  – Providing Clinical Coordination to 258 active cases.
  – Kingston location Resource Center is under development, and an RFA will be released in the Fall of 2019 with a tentative operational date in Winter 2020.

• Region 4 – Richmond Kings (Operated by SUS in Brooklyn and Staten Island)
  – Providing Clinical Coordination, In-Home Therapeutic Coaching, and Resource Center Services. They currently have 271 active cases.

• Region 4 – Tri-Borough (Operated by YAI in Bronx, Manhattan, and Queens)
  – Providing Clinical Coordination, In-Home Therapeutic Coaching, and Resource Center Services. They currently have 351 active cases.

• Region 5 – Long Island (Operated by FREE)
  – Providing Clinical Coordination and In-Home Therapeutic Coaching. They currently have 175 active cases.
  – The Suffolk County Resource Center is under development with a tentative operational date in Winter 2020.

Region 2 Tentative Timeline:

• Request for Application release – Fall 2019
• Preliminary contract award announced – Winter 2020
• Contract Start Date – Winter/Spring 2020
Questions/Discussion