

The image shows the Horizon Behavioral Health logo centered on a white background. The logo consists of a stylized orange sunburst with multiple rays of varying lengths, positioned above the word "HORIZON" in a bold, blue, sans-serif font. Below "HORIZON" is the phrase "BEHAVIORAL HEALTH" in a smaller, orange, all-caps, sans-serif font.

**Region I Crisis Response and  
Psychiatric Services**

Sandy Bryant, APRN, BC, LPC, LMFT  
Senior Director, Child and Family Services  
Horizon Community Services Board  
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## Region I Crisis Response and Psychiatric Services



### Region I: \$525,000 SGF FY13

- Expand mobile crisis team and crisis stabilization in Horizon CSB catchment area to non-Medicaid children.
- Expand child psychiatry to 5 CSBs and private Intensive In-Home providers through direct access and Tele-psychiatry.
- Psychiatric consultation to Pediatricians/Family Practice Physicians throughout region.
- Consultation by Horizon Behavioral Health to other CSBs on how to build services.

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## Region I Crisis Response and Psychiatric Services



### Region I: Catchment Area

Health Planning Region 1 (PPR1) includes Horizon Behavioral Health and seven other CSBs. The CSBs included are:

- Harrisonburg/Rockingham
- Horizon Behavioral Health
- Northwestern
- Rappahannock Area
- Rappahannock/Rapidan
- Region Ten
- Rockbridge
- Valley

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## Region I Crisis Response and Psychiatric Services



- Primarily rural, this region encompasses 12,695 square miles and a population of 1,506,533.



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## Region I Crisis Response and Psychiatric Services



### Number of Children Served for Fiscal Year 2013:

- Total unduplicated children served: 333
- 243 children received Child Psychiatry services.
- 175 children received Crisis Stabilization or Mobile Crisis services at Horizon. Region I monies provided immediate access to the above services for 36 children. Prior to Region I monies, Horizon's Crisis Stabilization and Mobile Crisis Team served Medicaid children only. These 36 children were at imminent risk of removal from their home and/or community. These children received up to 90 days of intensive crisis services. Average cost per child: \$1,562.

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## Crisis Mobile



### ***Crisis Intervention Definition:***

***Crisis Intervention Services will provide immediate mental health care, available 24 hours a day, seven days a week, to assist individuals who are experiencing acute dysfunction requiring immediate clinical attention.***

***Time frame: up to 30 days.***

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## Crisis Mobile



### ***Crisis Mobile Vignette: (Hospitalization Diversion):***

- ***16 year old female in Shelter Care – acting out in Shelter Care and at imminent risk of residential placement or hospitalization.***
- ***Run-away, depressed, suspensions from school.***
- ***Crisis mobile team provided services at shelter.***
- ***Disposition in 30 days.***
  - ***In school with improved school performance.***
  - ***Discharged to Foster Care home from Shelter Care.***
  - ***Step down to outpatient counseling successful.***
  - ***No run away behaviors, no suspensions.***

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## Crisis Stabilization



### ***Crisis Stabilization Definition:***

***Crisis Stabilization services shall provide direct mental health care to individuals experiencing an acute psychiatric crisis which may jeopardize their current community living situation.***

***Time frame: up to 15 consecutive days.***

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## Crisis Stabilization



### ***Crisis Stabilization Vignette:***

- ***Client was a 15 year old male with symptoms of depression, anxiety, and trauma induced psychosis due to being bullied at school.***
- ***Mother brought client to the hospital in hopes of getting him hospitalized at the local adolescent psychiatric unit, but client was denied admission due to no insurance. Mother did not want him to go outside of area.***
- ***Mobile Crisis Team evaluated child at the emergency room and crisis plan put in place.***
- ***Child was evaluated by the Crisis Child Psychiatrist and Crisis Stabilization started the next morning.***
- ***Client has been maintained in his home successfully.***

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## Child Psychiatry



- **Tele-psychiatry**
- **Face-to-Face with Child Psychiatrist**
- **Consultation across CSBs**
- **Consultation with local Pediatricians and Family Practice Physicians**

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## Child Psychiatry



### **Educational Sessions:**

- **Quarterly Primary Care Provider (PCP) Luncheons**
- **Quarterly Evening Trainings**
- **Topics Include:**
  1. **“Mental Health Issues and Psychotropic Medications for Children and Adolescents.”**
  2. **“Treating Children with Autism and Behavioral Health Issues.”**
  3. **Attendance has included pediatricians, family practice physicians, nurse practitioners, psychologists, and PCP office managers.**

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## Child Psychiatry



### Face-to-Face:

- Total number of children: 189
- Total number of visits: 500
- Rockbridge CSB
- Region Ten CSB – Louisa County site
- Horizon CSB – Children receiving crisis mobile and crisis stabilization services

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## Child Psychiatry Services to Private Sector



- Three MOUs (Memorandums of Understanding) with Private Intensive In-Home providers.

*“These psychiatric services have been instrumental in maintaining children in the community. Together the intensive services we provide, coupled with the regular oversight of medication administration have allowed the individuals we serve to recover and return to a normal level of functioning in their homes and communities.”*

Dana M. Wilkerson, MA LMHP-E  
Living Water Counseling Center Director

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## Tele-Psychiatry



- Total number of children: 54
- Total number of visits: 129
- Harrisonburg/Rockingham
- Rappahannock Area
- Rappahannock/Rapidan

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## Tele-Psychiatry



### *Rappahannock-Rapidan Vignette:*

- *Client presented with a history of defiant behavior and auditory hallucinations. Due to the child's young age, the child was referred to the Crisis Child Psychiatrist for treatment recommendations for a total of three sessions via the Tele-psychiatry program.*
- *Client's behavior is now stabilized. Client is more engaged in therapeutic services, and has reported a decline in behaviors and disappearance of auditory hallucinations.*
- *Crisis Child Psychiatrist consulted with local psychiatrist who is now following the child.*

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## Child Psychiatry Ongoing Consultation:



- Harrisonburg/Rockingham CSB
- Rappahannock Area CSB
- Rappahannock/Rapidan CSB
- Region Ten CSB
- Rockbridge CSB
- Lynchburg Family Practice Residency Program
- Centra Health Obesity Clinic for children

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## Child Psychiatry Consultation



*"In the short time that the child psychiatrist has been visiting, we have received guidance on the treatment of ADHD, anxiety, and depression for our pediatric patients. This has broadened our knowledge about medication management. Our physician graduates will gain experience and confidence in the management of children with behavioral health needs."*

Stacey A. Hinderliter MD  
Assistant Director of Pediatric  
Education  
Lynchburg Family Medicine

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## RN Case Managers



- Opens chart – completes state paperwork requirements
- Liaison to CSBs receiving Tele-psychiatry services
- RN for Rockbridge and Horizon CSB
  - Paperwork: Releases, consents
  - Vital signs and nursing assessment (enters BMI – Body Mass Index)
  - Height, weight
  - Educational services to parents and children
- Liaison to pharmacies across Region I
  - Preauthorization paperwork
- Doctors' Schedules

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## Workforce Development Activities



### October 2013:

- Family Practice Residency Rotation at Horizon Child Psychiatric Clinic – Elective
- Lynchburg College RN student rotation – Horizon Psychiatric Clinic and Walk-in Center

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## Fiscal Year 2013 Outcomes

**Decrease in Admissions compared to the same period in FY 12 (July-June):**

- Horizon: 71%
- Rappahannock/Rapidan: 53%
- Valley: 21%
- Rappahannock Area: 6%

**Decrease in Bed Day Utilization compared to the same period in FY 12 (July-June):**

- Horizon: 65%
- Rappahannock/Rapidan: 55%
- Valley: 39%
- Rappahannock Area: 12%
- Northwestern: 5%

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## Fiscal Year 2013 Outcomes

State Hospital Admissions and Bed Days: Horizon	
ADMISSIONS 2009-2010	40
ADMISSIONS 2010-2011	40
ADMISSIONS 2011-2012	34
ADMISSIONS 2012-2013	10
BED DAYS 2009-2010	1,209
BED DAYS 2010-2011	509
BED DAYS 2011-2012	480
BED DAYS 2012-2013	167

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## Looking Ahead: FY2014

An additional \$175,000 in FY14 will increase Child Psychiatry access across the region. Expansion Plans based on needs requested by CSBs:

- **Rockbridge:**
  - Start date: 9-10-13
  - 5.5 hours RN to go with Child Psychiatrist each Tuesday
  - Child Psychiatrist currently doing nursing assessment, vital signs, and paperwork (releases, consents, etc.)
- **Harrisonburg / Rockingham:**
  - Start date: 10-10-13
  - Increase Tele-psychiatry 1 hour every Thursday

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## Looking Ahead: FY2014

*Expansion Plans continued:*

- **Rappahannock Area:**
  - Start Date: TBD
  - New site: Stafford County Office
- **Region Ten:**
  - Start Date: January, 2014
  - New site: Nelson County
  - Start Date: October 2013
  - November: expand Louisa County to serve Greene County and Fluvanna County
- **Rappahannock/Rapidan:**
  - To be decided

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## Looking Ahead: FY2014



### *Expansion Plans continued:*

- **Horizon:**
  - **Start Date: January, 2014**
  - **New site: Amherst County**
  
- **Consultation:**
  - **Start Date: January, 2014**
  - **Blue Ridge Medical: Federally Qualified Health Clinic in Nelson County**
  - **70% live in Region Ten catchment area. 30% of children live in Horizon catchment area.**

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Questions?

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**Thank You**

Sandy Bryant, APRN, BC, LPC, LMFT  
Senior Director, Child and Family Services  
Horizon Behavioral Health  
Phone: 434-948-4831  
Email: [sandy.bryant@HorizonBH.org](mailto:sandy.bryant@HorizonBH.org)

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**HORIZON**  
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