



INITIATIVE 1.2: Prevent the onset of and delay the progression of substance use in youth ages 8-18 through implementation of culturally sensitive prevention best policies, programs, and practices.

National prevention policy and research indicates there is a period of increased risk for development of substance use disorders. People who do not develop a substance use problem by age 21 are less likely to do so. The average age of onset of substance use in the District is before age 13. District youth who use alcohol, tobacco and other drugs (ATOD) before age 13 are more likely to become involved in other risk behaviors such as increased drug use, physical fights, sexual activity, and carrying a weapon. Therefore, the introduction of prevention interventions must begin at early ages and be integrated into partnerships within DBH and other District agency partners. By September 30, 2015, DBH will provide 100 hours of technical assistance to relevant community stakeholders on using established prevention strategies to reduce and delay the first use of ATOD. **Completion Date: September, 2015.**

OBJECTIVE 2: Promote long-term recovery from substance use disorder through maintenance of a comprehensive continuum of accessible substance use treatment and recovery support services.

INITIATIVE 2.1: Promote sobriety by linking residents to clinically appropriate substance abuse treatment and recovery support services.

In APRA's adult system, clients will be treated within a more integrated system of care reflecting the newly implemented Adult Substance Abuse Rehabilitation Services (ASARS) benefit under Medicaid, improved collaboration with the Medicaid Managed Care Organizations (MCOs) and improved capacity to recognize and address co-occurring mental illness vis-à-vis the merger with the former Department of Mental Health. APRA has built the infrastructure through its electronic health record by which clients may advance through the levels of care until they successfully complete treatment. Clients initially receiving services at an intensive level of care (e.g. inpatient detoxification or residential treatment) will be referred to lower levels of care upon completion to cement, and build upon, the clinical gains made at the intensive levels. By September 30, 2015, APRA will continue to maintain its percentage of adult clients that successfully complete treatment, which is above the national standard.

In APRA's adolescent system, the completion rate for individuals receiving treatment falls below the national average of 36 percent. Thus in an effort to raise the completion rate for individuals in care, APRA is working in collaboration with CFSA and created a seamless referral process using the Districts Automated Treatment Accounting System (DATA). APRA and CFSA implemented a Memorandum of Understanding (MOU) which utilizes a mobile assessor to meet and engage clients at home, work, or school. APRA is also working with DYRS to create and implement a similar MOU arrangement. In addition, APRA recently implemented a new Evidenced Based Practice (EBP) called the Adolescent- Community Reinforcement Approach (A-CRA). APRA has engaged the Adolescent Substance Abuse Treatment Expansion Programs (ASTEP) to implement this EBP throughout the District. To date, there are over 45 adolescents and their families which are receiving services under this EBP. In addition, APRA provided SBIRT,



motivational interviewing, and other trainings to select CFSA staff with the intent to maintain the appropriate resources to keep adolescents engaged throughout their treatment episode. APRA anticipates an increase in the completion rate during FY 2015.

Completion Date: September, 2015.

KEY PERFORMANCE INDICATORS - Addiction Prevention and Recovery Administration

Measures	FY 2013 Actual	FY2014 Target	FY2014 Actual	FY2015 Projection	FY2016 Projection	FY 2017 Projection
Number of adults reached through planned prevention strategies	7,548	8,303	15,487	9,133	10,047	11,052
Number of youth reached through planned prevention strategies	8,527	9,380	17,022	10,318	11,350	12,485
Number of technical assistance encounters provided to prevention stakeholders	Not Applicable	Not Applicable	Not Applicable	100	120	150
Number of clients who receive Recovery Support Services	Not Applicable	Not Applicable	Not Applicable	2,000	2,500	3,000
Percent of adults that successfully complete treatment	59.4%	60%	61.3%	60%	60%	60%
Percent of youth that successfully complete treatment	19.6%	20%	10.6%	20%	20%	20%



Saint Elizabeths Hospital

SUMMARY OF SERVICES

Adults requiring mental health treatment in a 24-hour inpatient setting may receive services at Saint Elizabeths Hospital. A treatment model has been implemented that parallels life in the community for the vast majority of individuals in the hospital's care. Currently, the Hospital provides both acute and long-term care to adults with either a forensic or civil legal status. Emphasis continues to be on implementation of the recovery model and ensuring that the provision of treatment helps individuals in care stabilize as quickly as possible and return to the community with the skills and supports necessary for a successful transition.

OBJECTIVE 1: Continually improve the consistency and quality of behavioral health services.

INITIATIVE 1: Reduce weight gain and obesity levels of individuals in care.

Individuals in a psychiatric treatment setting are at higher risk of weight gain and becoming obese due to side effects of many psychiatric medications. According to the SEH's recent Trend Analysis report, the average percentage of weight gain reached 9% by 120 days of admission and the percentage of individuals in care with obesity (BMI \geq 30) was 42% as of September 30, 2013. For FY 15, Saint Elizabeths will reduce the average weight gain during the 1st 120 days of hospitalization to below 7% and the percentage of individuals with obesity (BMI \geq 30) to below 40%. **Completion date: September, 2015.**

INITIATIVE 2: Increase documented justification for individuals on more than one anti-psychotic medication.

According to the CMS Quality Data Report, 23% of individuals discharged during the 1st half of FY13 were prescribed with more than one anti-psychotic medication, and only 5% of those had appropriate justification for when more than one antipsychotic medication was prescribed documented in their records. For FY15, Saint Elizabeths will increase the percentage of records containing appropriate documentation on justification (rationale) for individuals prescribed with more than one anti-psychotic medication to 50%. **Completion date: September, 2015.**



KEY PERFORMANCE INDICATORS – *Saint Elizabeths Hospital*

Measures	FY 2013 Actual	FY 2014 Target	FY 2014 Actual ¹²	FY 2015 Projection	FY 2016 Projection	FY 2017 Projection
Percent of discharges with ≥ 2 anti-psychotic medications ¹³	Not Applicable	25%	15%	20%	15%	15%
Percent of discharges with appropriate justification documented when discharged with ≥ 2 anti-psychotic medications ¹⁴	Not Applicable	20%	14%	40%	60%	60%
Percent of nursing staff with competency-based recovery model training ¹⁵	95%	95%	90%	95%	95%	95%
Percent of clinical staff with competency-based recovery model training	Not Applicable	85%	100%	85%	85%	85%
Total patients served per day	267	275	283	275	275	275
Elopements per 1,000 patient days	0.31	0.28	0.09	0.28	0.28	0.28
Patient injuries per 1,000 patient days ¹⁶	0.15	0.25	0.34	0.25	0.25	0.25
Percent of missing documentation of medication administration results ¹⁷	0.41%	0.25%	0.61%	0.20%	0.20%	0.20%
Percent of unique patients who were restrained at least once during month	0.04%	0.1%	0.44%	0.1%	0.1%	0.1%
Percent of unique patients who were secluded at least once during month	1.0%	0.1%	2.12%	0.1%	0.1%	0.1%
Percent of patients re-admitted to Saint Elizabeths Hospital within 30 days of discharge	6.3%	5.9%	2.03%	5.8%	5.8%	5.8%

¹² Saint Elizabeths Hospital measures are now annualized to allow data auditing. FY14 data added after end of fiscal year.

¹³ This is a nation-wide behavioral healthcare measure defined by Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Hospital is required to report to the Center for the Medicare and Medicaid Services (CMS).

¹⁴ It is also a behavioral healthcare measure defined by JCAHO and the Hospital is required to report to CMS.

¹⁵ It was modified in FY14 to measure the percentage of completed training for nursing staff.

¹⁶ The National Research Institute (NRI) definition considers only those injuries that require beyond first-aid level treatment. Saint Elizabeths Hospital modified its logic to make it consistent with NRI's definition.

¹⁷ Measured by dividing the total number of medication administration records with missing documentation by the total number of scheduled medication administration records.



Behavioral Health Services and Supports

SUMMARY OF SERVICES

Behavioral Health Services and Supports include the design, delivery, and evaluation of a variety of services and supports for children, youth, families, adults, and special populations to maximize their ability to lead productive lives. The activities include: organizational development (training institute, applied research and evaluation, community services reviews); child and youth services (early childhood and school mental health services, community alternatives for out-of-home, residential care, and diversion from juvenile justice system, youth forensic services and oversight of youth placed in residential treatment centers, ASTEP treatment centers); adult services (supported housing, supported employment, assertive community treatment, forensic); care coordination (service access and suicide prevention and intervention services); integrated care (transition consumers from inpatient care to community, transitioning consumers from community residential facilities to less restrictive environments and Health Homes); mental health services (government operated including same day clinic, multicultural program, deaf/hard of hearing and intellectual disability program, physicians practice group, forensic assessments, outpatient competency restoration, pharmacy); substance abuse treatment services (government operated intake and assessment center); comprehensive psychiatric emergency services (extended observation beds, mobile crisis, homeless outreach) and onsite forensic services (an urgent care clinic at the D.C. Superior Court for immediate assessments for mental health and substance abuse issues).

OBJECTIVE 1: Expand the range of behavioral health services.

INITIATIVE 1.1: Increase the number of certified Peer Specialists.

In June 2014, DBH admitted 28 individuals into the Peer Specialist Certification Training (PSCT). Eight (8) of these individuals were also the first participants of the Family Peer Specialist program for families of child and youth consumers (the Child/Youth/Family Specialty Track). DBH also accepted eight (8) individuals into the Peer Specialist Certification Waiver Program. In FY 2015, due to the high demand for Peer Specialists, DBH will hold two (2) PSCT classes, one (1) in January and one (1) in June. DBH anticipates increasing the number of Certified Peer Specialist by at least 60 for FY 2015. DBH will also begin development of the curriculum for Recovery and Youth Peer Specialists, with the first classes planned to occur in FY 2016. **Completion Date: September, 2015.**

INITIATIVE 1.2: Introduce a new Evidence-Based Practice for youth with substance use disorders.

In FY 2013, APRA (then under the Department of Health) received a federal grant to introduce the Adolescent Community Reinforcement Approach (ACRA) to youth with substance use disorders. ACRA, an evidence-based practice, is a therapy for adolescents and transitional aged youth between the ages of 12-21 with co-occurring mental health and substance use. The ACRA model also includes the caregivers and community participation in sessions. DBH has awarded sub-grants to three (3) of the four (4) certified ASTEP providers and conducted training so that these providers can start ACRA treatment for appropriate youth. In FY 15, DBH will ensure that all four (4) ASTEP



providers are able to provide ACRA to youth ages 12-18 and trained to start providing ACRA to transition age youth ages 18-24 in FY 16. **Completion Date: September, 2015.**

OBJECTIVE 3: Continually improve the consistency and quality of behavioral health services.

INITIATIVE 3.1: Implement the Child and Adolescent Functional Assessment Scale (CAFAS) at all child providers within the DBH network and most child-serving agencies in the District.

By September 30, 2015, DBH will ensure all child and youth providers within the DBH network have been trained on and are using the CAFAS/PECFAS. Required use of the CAFAS/PECFAS begins on September 7, 2014 with the simultaneous advent of iCAMS, the new data management system for DBH. A single functional assessment tool used by child and youth provider agencies will allow DBH and the providers to develop more individualized treatment plans focused on identified areas of need, and allow them to assess whether the child or youth demonstrates improved daily functioning associated with the implementation of services. Use of CAFAS/PECFAS will also allow DBH to assess the efficacy of specific interventions and different providers so that if a child or youth is not making progress, the providers will be able to identify how the treatment plan should be modified to better serve the person. In June 2014, the Department of Youth Rehabilitation Services and the Department of Human Services (Parent and Adolescent Support Services (PASS) began implementation of the CAFAS. In January 2015, the Child and Family Services Agency will begin using the CAFAS/PECFAS. A data sharing system is being developed between these agencies allowing the different agencies serving one child to utilize each other's assessments, which will in turn enhance integration and continuity of care. **Completion Date: September, 2015.**

INITIATIVE 3.2: Implement a tiered licensure and reimbursement system for Mental Health Community Residence Facilities (MHCRFs).

MHCRFs are homes for those mental health consumers who are unable to live independently due to their mental health needs. A tiered licensure and reimbursement system will ensure that residents in the MHCRFs receive the mental health supports needed for successful community living, and will also ensure the MHCRF providers have the resources needed to sustain the homes. In FY 14 DBH conducted a rate review to determine appropriate reimbursement rates; these rates and the tiered licensure will be fully implemented in FY 15. **Completion Date: September, 2015.**



KEY PERFORMANCE INDICATORS – Behavioral Health Services and Supports

Measures	FY 2013 Actual	FY 2014 Target	FY 2014 Actual¹⁸	FY 2015 Projection	FY 2016 Projection	FY 2017 Projection
Number of certified Peer Specialists	14	20	34	60	60	60
Number of women served by Re-Entry Coordinator in Women’s jail	Not Applicable	60	100	75	75	75
Number of People in Mental Health First Aid Trainings	645	800	1,866	500	500	500
Percent of adults that receive at least one (1) non-crisis service in a non-emergency setting within 7 days of discharge from a psychiatric hospitalization	67.09	70%	61.52%	70%	70%	70%
Percent of children/youth that receive at least one (1) non-crisis service in a non-emergency setting within 7 days of discharge from a psychiatric hospitalization	71.28	70%	61.79%	70%	70%	70%
Percent of adults that receive at least one (1) non-crisis service in a non-emergency setting within 30 days of discharge from a psychiatric hospitalization	75.81	80%	74.10%	80%	80%	80%
Percent of children/youth that receive at least one (1) non-crisis service in a non-emergency setting within 30 days of discharge from a psychiatric hospitalization	86.13	80%	76.65%	80%	80%	80%

¹⁸ Behavioral Health Services and Supports FY14 data added that was not available at the time this document was printed.



Behavioral Health Financing/Fee for Service

SUMMARY OF SERVICES

The Behavioral Health Financing/Fee-for-Service Division is responsible for managing the financing of mental health services and supports. The DBH Claims Administration/Billing unit is responsible for: 1) claims processing and adjudication/processing of local fund warrants to the OCFO for D.C. Treasury payment to mental health rehabilitation services (MHRS) and adult substance abuse rehabilitative services (ASARS) providers (pre-process Medicaid claims to verify eligibility and authorization), and 2) Medicaid claims billing and reconciliation (collection and reporting of Medicaid federal funds portion (FFP) reimbursement).

OBJECTIVE 3: Continually improve the consistency and quality of behavioral health services.

INITIATIVE 3.1: Begin Medicaid claiming for ASARS services.

Implementation of Medicaid billing for Adult Substance Abuse Rehabilitative Services (ASARS) was begun in FY13 through a partnership with the Department of Health Care Finance to amend the ASARS SPA and develop regulations that will allow implementation of Medicaid services and billing. The work continued through FY 2014. Submission of the amended SPA to CMS for approval should occur in early 2015 with the regulations finalized in time for Medicaid billing to begin in March 2015. DBH is working closely with the Department of Health Care Finance in the implementation of this initiative. **Completion Date: September, 2015.**

KEY PERFORMANCE INDICATORS - Behavioral Health Financing/Fee for Service

Measures	FY 2013 Actual	FY 2014 Target	FY 2014 Actual	FY 2015 Projection	FY 2016 Projection	FY 2017 Projection
Percent of clean claims adjudicated within 30 days of receipt	97%	98%	99%	97%	99%	100%
Percent of District residents, accessing services through ASARS, screened for Medicaid eligibility within 90 days of the first date of service ¹⁹	Not Applicable	Not Applicable	No Data Available	50%	90%	95%

¹⁹ No data is available for ASARS since its implementation is pending.