

Capital Area Human Services District

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Facility Changes Made to Better Serve CAHSD Clients

The Center for Adult Behavioral Health, The Division for Developmental Disabilities and the administrative offices moved back to CAHSD's main campus on Government Street in August. CAHSD used the move as an opportunity to make physical changes to the building in preparation for needed services.

Children's Behavioral Health Services (CBHS) is now housed separately from the adult clients for better security and Prevention Services is now co-located to improve staff collaboration. These services complement clinical services by reducing the likely impact of substance use on healthy child development. They focus on substance abuse and antisocial behaviors such as bullying.

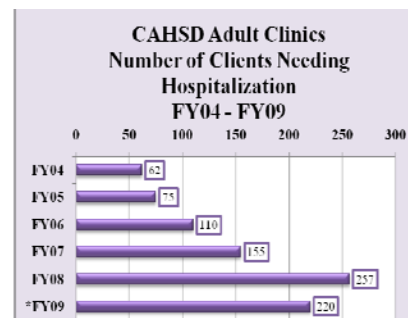
The Center for Adult Behavioral Health (ABH) now provides expanded access to physicians and nurses for clients with addictive disorders. It has also added two physical exam rooms to allow for primary care services.

Expanded evening hours at the ABH for intensive outpatient (IOP) treatment groups for clients engaged in the addiction recovery program have been added. Many of these clients are under court mandate for employment. Later hours were added to accommodate their needs through four 6:00-8:45 pm groups.

Clinics Strained by Acuity and Demand

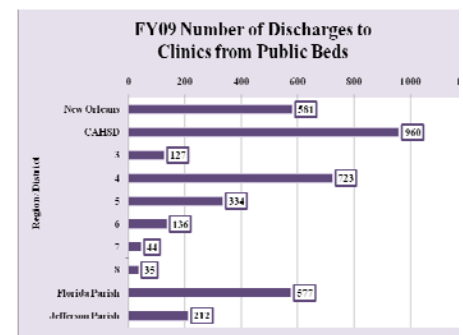
The loss of low cost housing stock, mental health providers and acute psychiatric beds in the greater New Orleans area continues to contribute to increased numbers of adults accessing CAHSD clinics for mental health services, extending wait times to up to 16 weeks. Extended waits increase the potential for dropping out of ongoing treatment, instability, crises and reliance on emergency departments and law enforcement.

Over four years post Hurricane Katrina, CAHSD clinics continue to experience a sustained increase of now 57% in new seriously mentally ill (SMI) clients with a three-fold increase in acuity requiring transfer to acute psychiatric hospitals.



Greatly compounding this problem is an increase in the number of patients discharged from public psychiatric hospitals and acute units statewide into this region, almost double that seen currently in New Orleans. CAHSD now receives 26% of all aftercares in the state from state hospitals and acute units. This does not include the number of aftercares discharged to CAHSD clinics from

the over 170 local private psychiatric acute hospitals. Clients discharged from acute psychiatric hospital beds are required to be seen by CAHSD psychiatrists within two weeks post-discharge. These appointments are therefore required to be prioritized over new and ongoing CAHSD clients, making other clients wait for up to 16 weeks for their first or next appointment respectively.



We have worked hard to increase capacity to serve this increasing number of people in need. Should a cut be implemented it would immediately increase clinic wait times, crises requiring more first responder interventions and a return to longer waits within the local emergency departments. This region cannot afford to lose any more capacity.

Fourth Crisis Intervention Team Training for the Capital Region Law Enforcement Officers

A total of 103 CIT agents have now been trained in this region by CAHSD with the completion of the fourth, 40 hour training institute which focuses on emergency behavioral health crisis (mental health, addictive disorders and other behavioral disorders) intervention. Officers, who complete the training, will receive college credit upon enrollment and passage of a challenge exam. (continued on page 2)



Celebrating 12 Years of Service

Our mission is to improve the availability and quality of support to enhance each individual's quality of life.

The CIT program, based on models in Memphis and Atlanta, was developed and presented by CAHSD as a component of a ten part comprehensive continuum to respond to the increased behavioral health crises seen in the greater Baton Rouge area.

Law enforcement agents from seven parishes were invited to participate. "This training experience increases the agent's de-escalation skills in handling individuals that may be in behavioral health crisis," said Jan Kasofsky, Ph.D., CAHSD Executive Director.

Members of the new CIT trained team include officers from: Ascension Parish Sheriff's Office; Baton Rouge Police Department; East Baton Rouge Sheriff's Office; LSU Police Department; Iberville Sheriff's Office; New Roads Police Department; Probation & Parole; and Southern University Police Department. 85% of the CIT officers surveyed stated that they would apply what they learned on their job.

Tobacco Cessation Programs Kickoff

Half of all smokers who participated in a CAHSD survey in the greater Baton Rouge area stated a desire for smoking cessation assistance. As a result, CAHSD is working with all seven local parish governments to offer free Tobacco Cessation programs in each parish.

Cigarette smoking is the leading preventable cause of death in the United States. On average, tobacco users die 13 to 14 years earlier than non-smokers.

Group participants will receive cessation education, strategies for quitting, and self-help material from a trained clinician. Participants will be offered the nicotine patch. For group details regarding time and place, please visit the addictive disorders link on the CAHSD website at www.cahsd.org.

Primary Care Integration Project Expands to Include Developmental Disabilities Services

CAHSD will be adding Developmental Disabilities Services (DD) to its primary care integration project through working with local providers in raising their awareness regarding the needs of people with developmental disabilities. District staff is tapping into the knowledge base of the Greater New Orleans Resource Center on Developmental Disabilities.

CAHSD's focus will be on building community capacity and improving quality health care supports for people with DD in the areas of medical, dental, allied, and behavioral health. The first step will be values training and an introduction to DD training for non-DD focused CAHSD staff. CAHSD will partner with staff at the Northlake Supports and Services Center to assist in these local trainings. CAHSD is the DD advocate and authority for this region.



Louisiana's Top Doctors Among CAHSD Staff

Three of CAHSD's physicians are identified as some of America's top doctors in the autumn edition of *Louisiana Life*. Best Doctors, Inc., a Boston-based company, is a preeminent organization for gathering professional peer ratings. Their selection is based on a nationwide survey of more than 30,000 doctors.

Ranked among the top doctors in Louisiana are Gerald Heintz, MD CAHSD Medical Director, Brian Monette, MD, and J. Robert Barnes, MD. Dr. Barnes was also selected as a top doctor in *New Orleans* magazine. CAHSD is grateful to count these physicians among its dedicated staff.

Early Intervention is Essential to Prevent the Onset of Alcohol Problems Among Youth

As part of the 2009 Summer Institute project, CAHSD funded a non-profit organization, Youth Elderly Services Outreach Center (YESOC), in Baton Rouge, to pilot youth initiatives programs, at Istrouma High School and at the Baton Rouge Community College (BRCC). The youth initiatives seek to empower youth to become active citizens, foster leadership development among youth, and to support and encourage the youth to design and implement community service projects aimed at making a contribution to their community and school.

The Istrouma High pilot has incorporated the Student's Against Destructive Decisions (S.A.D.D.). This approach involves young people delivering education and prevention

messages to their peers through school and community-wide activities and campaigns. Underage drinking is a highlighted issue. Underage alcohol use is more likely to kill young people than all illegal drugs combined, which has reached an all time high on the national level.

"35 percent of adults with an alcohol problem develop symptoms, such as binge drinking, by age 19."

The pilot program at BRCC is a collaborative effort with CAHSD. The overall goal is to stop students from engaging in risky behavior which is exacerbated by alcohol. Studies show that more than 35 percent of adults with an alcohol problem develop symptoms, such as binge drinking, by age 19. The first BRCC campaign to prevent binge drinking began in October.





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For More Information:

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It's a Child's World: School Based Therapy Keeps Kids in School

In 1991, this program was developed to provide behavioral health services to children and adolescents in their schools. Initially it was offered in three schools but has grown to over thirty. The program provides weekly individual, family, and group counseling as needed to students referred by parents, teachers, and others.

The treatment team consisting of master's level clinicians, a child psychiatrist, a pediatrician, a family practitioner, two social service counselors, and five Licensed Clinical Social Work supervisors who provide linkage to various specialized community resources including family preservation, Child and Adolescent Response Team (CART), substance abuse counseling, Respite, housing and consumer support, Interagency Service Coordination (ISC), and Police Mentors. Community services are provided through CAHSD's Behavioral Health Workshops, parent support groups, and teacher support groups.

During the 2008-2009 school year, data was collected from each school site. 881 clients received school based behavioral health services totaling 27,672 units of service. 32 students were up for expulsion and 16 were not expelled because they were receiving behavioral health services from the school based therapy program. 50% were allowed a second chance in part because they are engaged in treatment.

The students in the program demonstrated reduced school absenteeism by 25%, which improved overall academic achievement. 42% of the students showed reduced suspensions.

326 workshops focusing on mental health education and awareness were conducted and included some of the following topics: bullying, social skills, conflict resolution, self esteem, behavioral health education to parents and teachers, and special education rights for students. 5,909 members of the community were reached through these workshops. A summer enrichment program was held at 10 sites to provide continuity of care.

Margaret Womack Fund/CAHSD Stipend

CAHSD has partnered with LSU's School of Social Work for a second year in a stipend program, jointly funded by the Margaret Womack Endowment Fund, which places Master's level social workers with the Center for Adult Behavioral Health's co-occurring program. The program was established to train clinicians in co-occurring disorders; mental health and addictive disorders.

Within CAHSD's clientele, the measured percent average of co-occurring clients is approximately 30%. National literature states that 50-85% of behavioral health clients have co-occurring disorders. This integrated treatment helps people recover by offering both mental health and substance abuse services together leading to better outcomes.

Last year's intern's extensive training prepared her well to join CAHSD's staff upon graduation.

CAHSD is the largest internship placement site for LSU School of Social Work in the state. For the fall semester, CAHSD has placed approximately sixteen interns throughout the agency.

New Board Members Appointed to CAHSD Board

CAHSD is pleased to announce the appointments of Christy Burnett of Ascension Parish and Gary Spillman of West Baton Rouge Parish to its Board. Board members are nominated by their parish government and are appointed by the governor. A total of seventeen members represent each of the District's parishes and the fields of community-based mental health, developmental disabilities, and addiction recovery.

