

# Capital Area Human Services District

Spring 2010

## ***CAHSD's Mid-Year Budget Adjustment and Next Year's Proposed Budget***

A mid-year budget reduction of \$840,000 in state general funds has been implemented and will be annualized over the coming fiscal year, starting July 1, 2010, to \$2.1M. To address this reduction, CAHSD has already eliminated 14 positions and by the end of this June, will have reduced its staff by a total of 34 full-time positions. Contract services have been reduced by \$442,000 and this same level of cut will remain over the coming fiscal year. Some of these reductions include loss of 20 social detoxification beds, 25 short-term beds for homeless individuals with mental health and/or addictive disorders, elimination of one and reduction of one substance abuse prevention contract, and a 30% reduction of priority 2 funding for family supports for individuals with a developmental disability. Some of these cuts have already been implemented while others will be implemented by June 30, 2010.

Decisions on how to apply these reductions were based on several weeks of program analysis and prioritization by the executive management team. Protected programs were prioritized by being assigned higher scores, and those with the least impact were rated lower. Of a total of 35 programs or positions, 26 will be eliminated.

In the coming fiscal year, CAHSD will also reduce addictive disorders treatment services funding by

\$591,000 and addiction prevention contract services by \$139,000 due to fewer federal block grant monies available to the state. The treatment monies will be taken from Capital Area Recovery Program, (CARP), CAHSD's, 28 day residential drug treatment program for adult males. Staffing will be reduced to minimum licensing requirements and remaining staff will be shared with our outpatient Center for Adult Behavioral Health, Addictive Disorders Department. To lessen the impact of the loss of community-based prevention services funding, CAHSD prevention staff will assume some of the contract activities while continuing to monitor and provide technical assistance to existing contracts.

## ***CAHSD Program Touted in 2009 Public Mental Health Care in Louisiana Report***

CAHSD is seen as a model to remedy Louisiana's "fragmented system of care" in the 2009 *Public Mental Health Care in Louisiana* (PAR) report published by the Public Affairs Research Council of Louisiana. Co-authored by David W. Hood, the report focuses on the public mental health care delivery system and recommends pragmatic solutions that are within current reach of policymakers and unyielding budgets. The report highlights CAHSD's Behavioral Health Emergency Services Collaborative which is a part of a ten component continuum of health care. An excerpt from the report is as follows:

A promising pilot project in Capital Area Human Services District

(CAHSD) could be replicated to serve as a short-term solution to the problem of poor coordination of care.

Collaboration among area agencies has produced highly effective innovative services: crisis intervention teams with specially trained law enforcement personnel; specialized emergency rooms in local hospitals with mental health professionals trained to handle behavioral crisis situations; medical case managers to help the mentally ill keep appointments and take medication; and mobile health clinics for those who lack access to primary medical care services.

The collaborative model brings together an array of services vital to the behavioral and physical health of persons with mental illness. A cost-effective system can be achieved by developing strong referral networks and emphasizing case management to ensure patient compliance. In addition to mental health and addiction specialists, hospitals and medical providers, other community collaborators would typically include law enforcement personnel, local jails, mental health advocates and attorneys, emergency transportation, emergency call centers and housing specialists.

The coordination of care that is possible in a system like the one developed by CAHSD would be instrumental in reducing excess emergency room usage by persons with mental illness. Use of case managers to provide referrals and follow-up could reduce emergency room visits significantly.

For the full report, log onto [www.la-par.org](http://www.la-par.org).



**Celebrating 12 Years of Service**

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

**MHERE**

Spring marks the opening for the new Mental Health Emergency Room Extension (MHERE) at LSU Earl K. Long Medical Center. The MHERE is the final product of a three year effort of the Behavioral Health Emergency Services Collaborative led by CAHSD.

In an effort to lessen the impact of large numbers of people in behavioral health (BH) crisis on emergency departments, the MHERE is one piece of a 10 component continuum of care. It is a 24-bed unit designed for behavioral health crises and will be a satellite of the LSU Earl K. Long Medical Center emergency department (ED).

This new service is a resource for people who are in behavioral health crisis that walk-in or are transported by a peace officer. The unit serves as a specialized ED where staff provides a high level of screening and assessment to accurately determine the appropriate level of care and connects clients to either acute or ongoing community-based treatment. Stabilization and treatment can be

initiated onsite. Staff will provide informed disposition into an ongoing system of care developed to prevent crises.

**Public Health Forum on Drug Use and Abuse Services Held**

CAHSD hosted its Annual Public Forum on March 11<sup>th</sup>. The goal of the Forum was to outline specific community needs so that strategies can be developed to address key issues that will enhance the regional recovery oriented system of care. It focused on gathering input and ideas from the public throughout its seven parish area concerning substance abuse prevention and treatment.

This year's theme was Resiliency and Hope. The agenda included an overview of the Office for Addictive Disorders (OAD) Statewide Initiatives and highlighted CAHSD's key strategic initiatives and services. Informational exhibits provided attendees an opportunity to interact with CAHSD's behavioral health professionals working in addiction

recovery programs. Over 100 community members turned out to participate in the forum.

**Pennington Grant**

CAHSD was awarded a \$24,946 Pennington Foundation grant to fund a part-time social worker in West Feliciana Parish. The social worker will provide: follow-up of referrals to primary care providers; care management of chronic health conditions; basic needs care management; health education; brief counseling; and psychosocial assessment for non-serious mentally ill clients. The services will be offered on Tuesdays and Fridays from 8:30am to 5:00pm at the West Feliciana Parish Public Health Unit. Social workers performing the same duties are also available in East Baton Rouge, Iberville, and West Baton Rouge Parishes.



**C'est Bon Satisfaction Survey**

Based on areas of access to services, appropriateness of services, outcome of receiving services, participation in treatment and general satisfaction with services, CAHSD received a "B" on the C'est Bon Survey. 95% of clients stated they would continue to use CAHSD services and 97% of clients would recommend CAHSD to a friend.

The C'est Bon Survey is conducted by specially trained consumers who interview adult mental health clients to get their opinion about the quality of services they receive from the Center for Adult Behavioral Health.

The purpose of the C'est Bon survey is continuous quality improvement of both services and facilities. Its greatest goal is to help the mental health system work for all by encouraging those involved to work together.

C'est Bon is a program of the Louisiana Office of Mental Health through the State Mental Health Planning Council.

**Recovery Oriented System of Care**

CAHSD is expanding its Recovery Oriented System of Care (ROSC) Program. The program is designed to improve the recovery outcomes of adult clients with substance abuse or addictive disorders by enhancing recovery support services for them and their family members within the Center for Adult Behavioral Health-Addiction Recovery Services.

CAHSD plans to improve services to more holistically serve clients by: 1) providing care coordination; and, 2) increasing the number of clients who receive recovery support services including housing, academic education,

employment, social support/peer mentoring, transportation and life skills/wellness programs consistent with best practices.

The population of persons with substance abuse addictive disorders includes those with co-occurring mental illness or medical conditions, and persons that have re-entered the community from the criminal justice system. There is an urgent need to keep people who are challenged by substance abuse problems engaged in the system of care with meaningful support services and care coordination to sustain recovery.

This program will positively impact the tremendous burden of poor education, unemployment, lack of health care and limited social supports that affect financially disadvantaged populations in the Greater Baton Rouge community. CAHSD has applied for a federal grant to support expansion of these services.





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

**For More Information:**

Jan Kasofsky, Ph.D.  
Capital Area Human  
Services District  
4615 Government Street, Bldg. 2  
Baton Rouge, LA 70806  
225.922.2700  
[www.cahsd.org](http://www.cahsd.org)

### ***Blood Pressure and Blood Sugar Screenings***

CAHSD and local governments are co-sponsoring free blood pressure and blood sugar screenings in Ascension, Iberville and West Baton Rouge Parishes.

One in three adults has high blood pressure, 30% of which don't know they have it. High blood pressure increases a person's risk of heart attack, heart failure, stroke or kidney disease. Those with diabetes are twice as likely to have heart disease or a stroke than a non diabetic. Testing is the only way to determine high blood pressure and to make sure blood sugar levels are in a healthy range.



The Ascension Parish Health Unit conducts screenings for their residents every third Friday of the month from 8:00 to 10:00 am. The screenings are provided at 1024 S. E. Ascension Complex Blvd. in Gonzales. For more information, call 225- 644-4582. This service is co-sponsored by the Parish of Ascension.

The Iberville Parish Health Unit conducts screenings for their residents on the first three Fridays of each month from 8:00 to 11:00 am. The screenings are provided at 24705 Plaza Drive (between the Civic Center and the Hospital) in Plaquemine. For more information, call 225-687-9021. This service is co-sponsored by Iberville Parish Government.

The West Baton Rouge Health Unit will conduct screenings for their residents on the first Thursday of each month beginning March 4<sup>th</sup> from 7:30 to 10:00 am. The screenings are provided at 685 Louisiana Avenue in Port Allen. For more information, call 225-342-7525. This service is co-sponsored by the West Baton Rouge Parish Council.

### ***Tobacco Cessation Classes are a Success***

CAHSD is providing cost-free tobacco cessation groups in the greater Baton Rouge area. Approximately 50% of the smokers surveyed by CAHSD in the region stated a desire for smoking cessation assistance. Groups meet weekly for eight (8) weeks. Participants receive cessation education, strategies for quitting, and self-help material from a trained clinician. Participants are offered the nicotine patch.

---

*"Coming to the group meetings and getting encouragement from others really helped. This is the first time I've been able to quit," said Anne R. who was smoking a pack a day for over 30 years.*

---

The following is a success story celebrated by a client from CAHSD's Capital Area Recovery Program (CARP): The client returned to thank the facility manager for having a tobacco cessation program after his discharge. The client was a four pack a day smoker before he came to CARP and believed that he would never be able to quit. But with the help of the patches and the tobacco cessation classes, he believes that he has quit forever. He also mentioned that this would save him about \$8,000 a year in addition to likely saving his life.

Cessation classes are offered at all CAHSD facilities and to the general public through most public health units. For more information about the tobacco cessation classes, go to [www.cahsd.org](http://www.cahsd.org).

### ***CAHSD New Board Member***

CAHSD is pleased to announce the appointment of Kathy D'Albor of Iberville Parish to its Board. Ms. D'Albor is the Supervisor of Special Education for the Iberville Parish School Board.