

NEW AND EXPANDED SUBSTANCE USE SERVICES

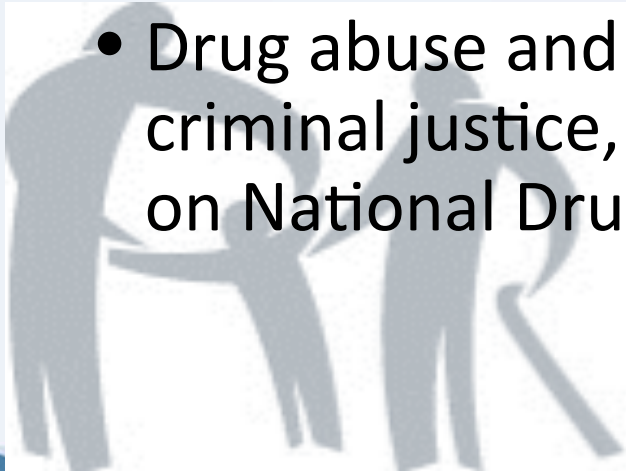
Available in the Rappahannock Rapidan Region



THE NEED FOR SERVICES



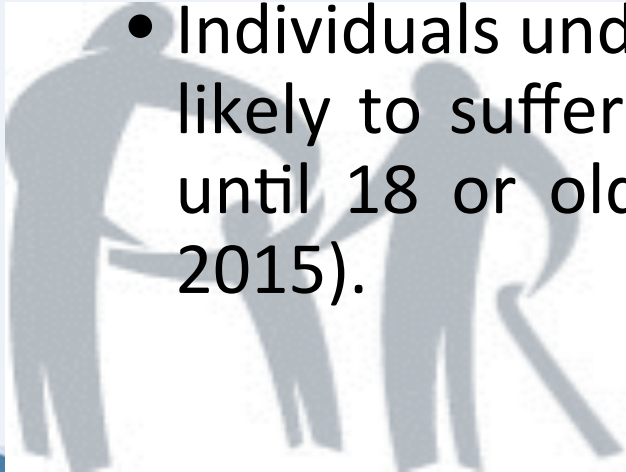
- 21.5 million American adults (aged 12 and older) battled a substance use disorder in 2014 (National Survey on Drug Use and Health, 2015)
- 8 million American adults battled both a mental health and a substance use disorder in 2014 (Substance Abuse and Mental Health Services Administration, 2015)
- Drug abuse and addiction cost close to \$200 billion in health care, criminal justice, legal, and lost workplace productivity in 2007 (Office on National Drug Control Policy, 2008)



THE NEED FOR ADOLESCENT SERVICES



- Approximately 5 percent or 1.3 million teens suffered from a substance use disorder in 2014 (National Survey on Drug Use and Health, 2015).
- Almost 867,000 of those teens suffered from an illicit drug disorder in 2014 (National Survey on Drug Use and Health, 2015).
- Individuals under 15 who tried alcohol or marijuana were four times as likely to suffer from marijuana use disorder than those who waited until 18 or older to try (National Survey on Drug Use and Health, 2015).



THE NEED FOR YOUNG ADULT SERVICES



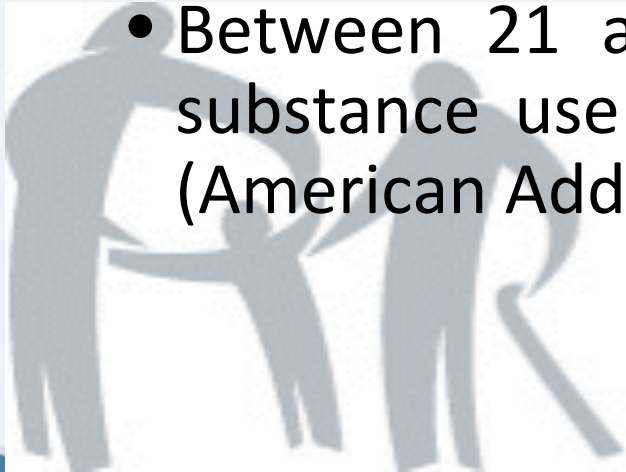
- About one out of every six young adults (18-25) battled drug addiction in 2014 (National Survey on Drug Use and Health, 2015).
- Heroin addiction in young adults (18-25) has doubled in the past ten years (American Association of Retired Persons, 2015).



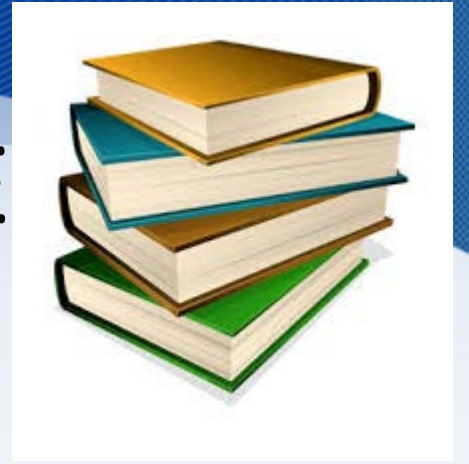
THE NEED FOR OLDER ADULT SERVICES



- 15 percent of elderly individuals suffer from a substance use addiction (Steinhagen & Friedman, 2008).
- Individuals in this category take more prescription medications and have more risks than younger individuals for developing a substance use disorder (Bogunovic, 2012).
- Between 21 and 66 percent of elderly individuals battle both a substance use disorder and a co-occurring mental health disorder (American Addiction Centers, 2017).



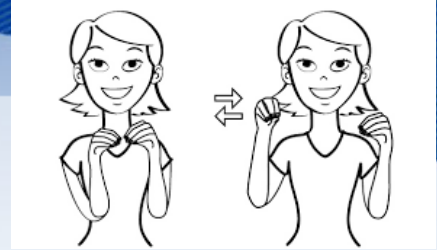
A REVIEW OF THE LITERATURE



- Drug Addiction is a Complex Disease
- Drugs Change an Individual's Brain Chemistry
- Drug Addiction is a “Relapsing” Disease



MORE ABOUT TREATMENT NEEDS



- In 2013, only 10.9 percent of individuals needing specialized substance use treatment received it. 95% of the people who need treatment don't feel they need it (National Society for Drug Use and Health, 2015)
- Opiates accounted for almost a quarter of all substance use treatment admissions in 2010 (Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, 2012).



MORE ABOUT TREATMENT NEEDS



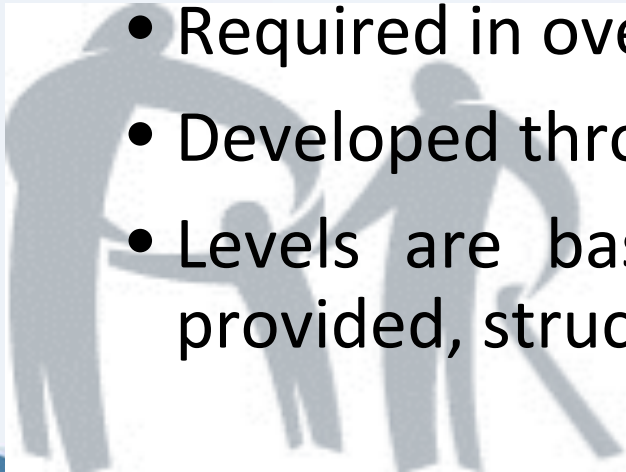
- Relapse is common in addiction treatment. The National Institute on Drug Abuse (2017), estimates relapse to occur in between 40 percent and 60 percent of cases. One study found that the percentage of relapse was as much as 91% for individuals with an opiate addiction (DrugAbuse.com, 2017)



SO HOW DO WE TREAT?



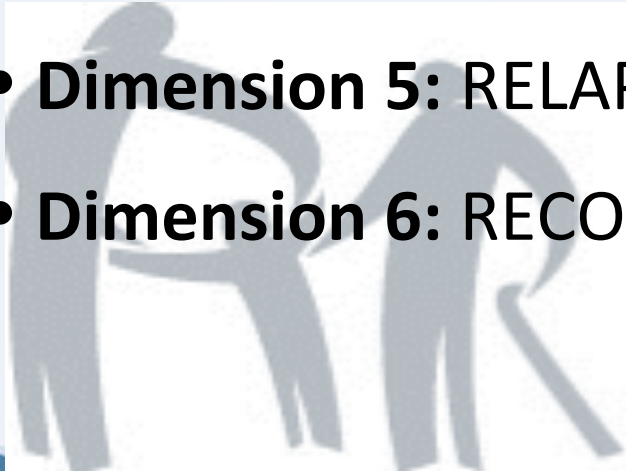
- One national set of criteria for providing outcome oriented-oriented and results-driven care in addiction treatment
- Most widely used and comprehensive set of guidelines for placement, continued stay and transfer/discharge of individuals with substance use addiction of co-occurring conditions
- Required in over 30 states
- Developed through the use of a multidimensional assessment
- Levels are based on the degree of direct medical management provided, structure, safety, security, and intensity of services needed.



ASAM DIMENSIONS



- **Dimension 1:** ACUTE INTOXICATION AND WITHDRAWAL POTENTIAL
- **Dimension 2:** BIOMEDICAL CONDITIONS AND COMPLICATIONS
- **Dimension 3:** EMOTIONAL, BEHAVIORAL, & COGNITIVE CONDITIONS
- **Dimension 4:** READINESS TO CHANGE
- **Dimension 5:** RELAPSE, CONTINUED USE, OR CONTINUED PROBLEM POTENTIAL
- **Dimension 6:** RECOVERY/LIVING ENVIRONMENT



DIMENSION 1: ACUTE INTOXICATION AND WITHDRAWAL POTENTIAL



- Focuses on an individual's past and current experiences of substance use and withdrawal.
- Greater risks are associated with alcohol, benzodiazepines, and opiates.



DIMENSION 2: BIOMEDICAL CONDITIONS AND COMPLICATIONS



- Explores an individual's health history and current physical conditions.
- Addresses treatment and stability of conditions.
- Higher risks associated with specific medical issues and specific substances.



DIMENSION 3: EMOTIONAL, BEHAVIORAL, & COGNITIVE CONDITIONS



- Explores an individual's thoughts, emotions, and mental health issues.
- Focuses on the stability of these issues.
- Higher risks associated with acute and unstable conditions.



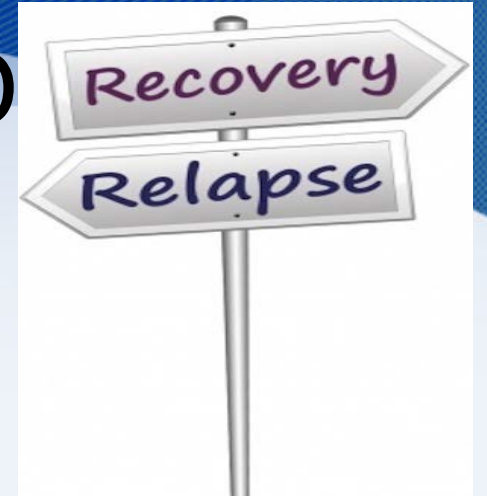
DIMENSION 4: READINESS TO CHANGE



- Explores an individual's readiness and interest in changing.
- High risks associated with individuals in the precontemplative and contemplative stages.
- High risks on Level 4 are not enough to warrant highest levels of care.



DIMENSION 5: RELAPSE, CONTINUED USE, OR CONTINUED PROBLEM POTENTIAL



- Explores an individual's unique relationship with relapse or continued use or problems.
- Addresses an individual's insight into their use and factors leading to successful recovery.



DIMENSION 6: RECOVERY/LIVING ENVIRONMENT



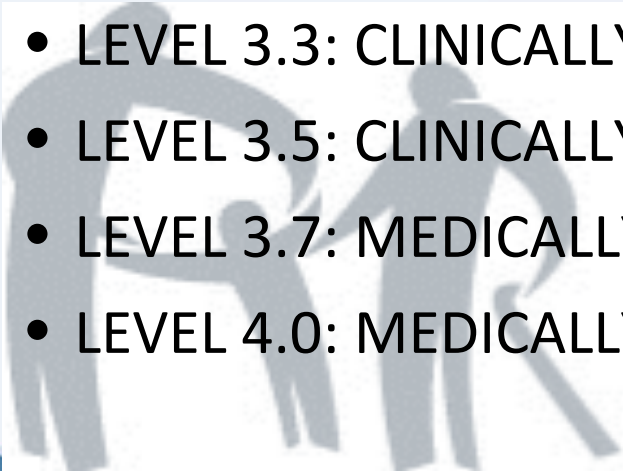
- Explores an individual's recovery or living situation, and the surrounding people, places, and things.
- Focuses on family support systems and their involvement in treatment.



LEVEL OF CARE



- LEVEL 0.5: EARLY INTERVENTION
- LEVEL 1.0: OUTPATIENT THERAPY
- LEVEL 2.1: INTENSIVE OUTPATIENT (IOP) SERVICES
- LEVEL 2.5: PARTIAL HOSPITALIZATION SERVICES
- LEVEL 3.1: CLINICALLY MANAGED LOW INTENSITY RESIDENTIAL SERVICES
- LEVEL 3.3: CLINICALLY MANAGED, POPULATION SPECIFIC, HIGH INTENSITY RESIDENTIAL
- LEVEL 3.5: CLINICALLY MANAGED, HIGH INTENSITY RESIDENTIAL
- LEVEL 3.7: MEDICALLY MONITORED INTENSIVE INPATIENT SERVICES
- LEVEL 4.0: MEDICALLY MANAGED INTENSIVE INPATIENT SERVICES



LEVEL 0.5: EARLY INTERVENTION



- Individuals at risk of developing substance-related problems and/or
- Individuals whom there is not yet enough evidence to document a substance use disorder



LEVEL 0.5 – RRCS PREVENTION



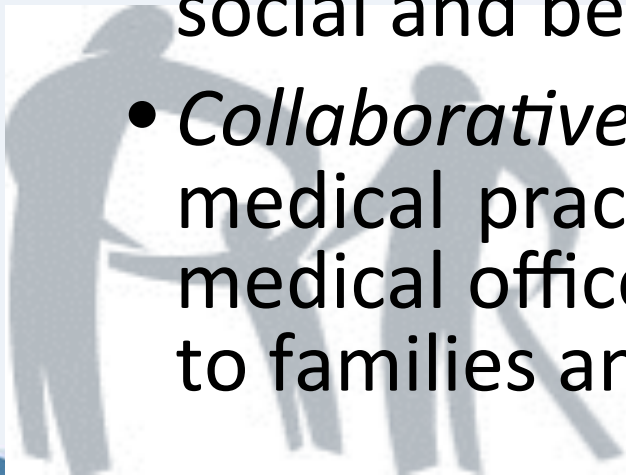
- Prevention Services utilizes community partnerships as an opportunity to educate residents and address issues including substance use disorders
- Our prevention specialists works directly with these partnerships to develop new, and support existing, community prevention programs that reduce risk factors and promote protective behaviors associated with these community issues



LEVEL 0.5 – RRCS PREVENTION



- *Too Good* is a comprehensive drug and violence prevention curriculum designed to develop resistance skills and healthy attitudes in students.
- *Build A Child* meetings with Orange County Public School social workers helps to identify and proactively address the social and behavioral health needs of students.
- *Collaborative Care*-is a partnership with a local pediatric medical practice in Orange. Support Coordinators go to the medical office to provide on site intakes, provide information to families and medical staff about RRCS services.

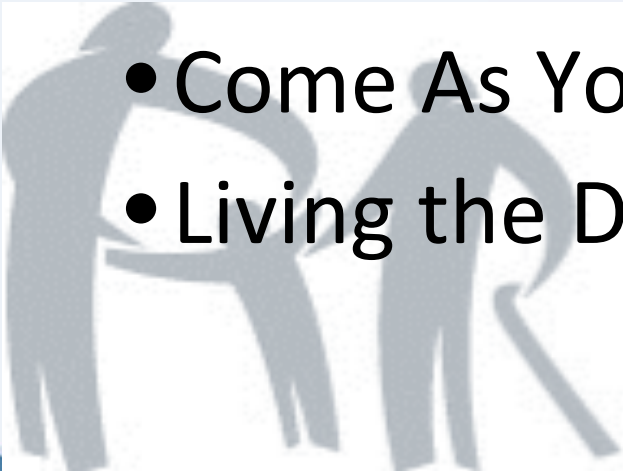


LEVEL 0.5 – RRCS PREVENTION



Additional Partnerships Include

- Healthy Culpeper
- Rusty Bowers Suicide Prevention Coalition
- Team Jordan
- Come As You Are (CAYA) Substance Abuse Prevention
- Living the Dream Foundation

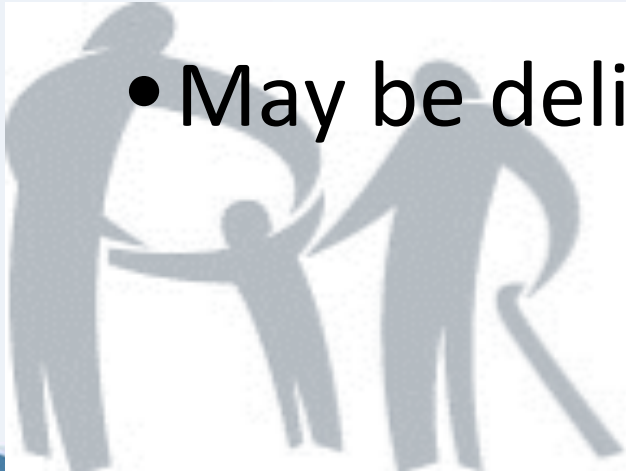


LEVEL 1.0 – OUTPATIENT SERVICES



Outpatient

- Less than 9 hours of services/week for adults and 6 hours of services/week for adolescents
- Consists of recovery and/or motivational enhancement therapies and strategies
- May be delivered in a wide variety of settings





Outpatient

LEVEL 1.0 – RRCS OUTPATIENT SERVICES

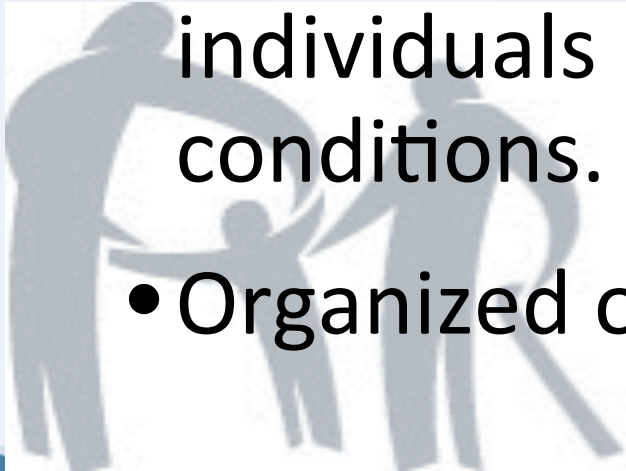
- Individual Substance Use Counseling
- Group Substance Use Counseling
- Medication Assisted Treatment
- Delivered at Culpeper and Fauquier Behavioral Healthcare



LEVEL 2.1 – INTENSIVE OUTPATIENT SERVICES



- Provides 9 hours or more per week and 6 hours or more per week of services to treat multidimensional instability.
- Services are capable of meeting complex needs of individuals with substance use and co-occurring conditions.
- Organized outpatient treatment approach.



LEVEL 2.1 – RRCS INTENSIVE OUTPATIENT SERVICES

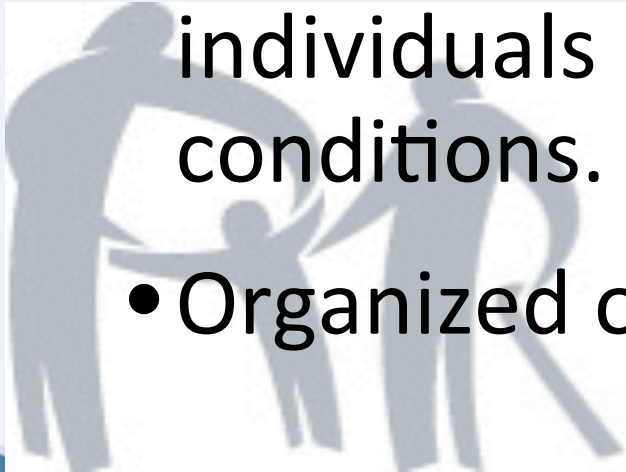


- Currently no IOP services are available within the community
- RRCS is currently developing an IOP program.
- Once developed, IOP program will offer a minimum of 24 groups per week in Culpeper and 6 groups per week in Fauquier.
- Groups will target various individual needs within substance use care.



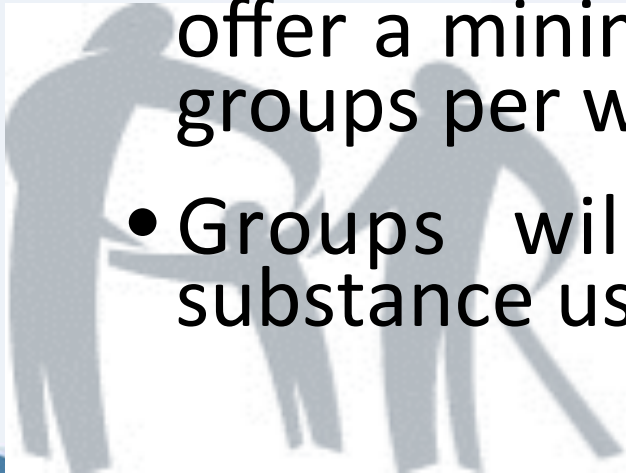
LEVEL 2.5 – PARTIAL HOSPITALIZATION SERVICES

- Provides 20 or more services hours per week for individuals who have multidimensional instability but do not require 24 hour care.
- Services are capable of meeting complex needs of individuals with substance use and co-occurring conditions.
- Organized outpatient treatment approach.



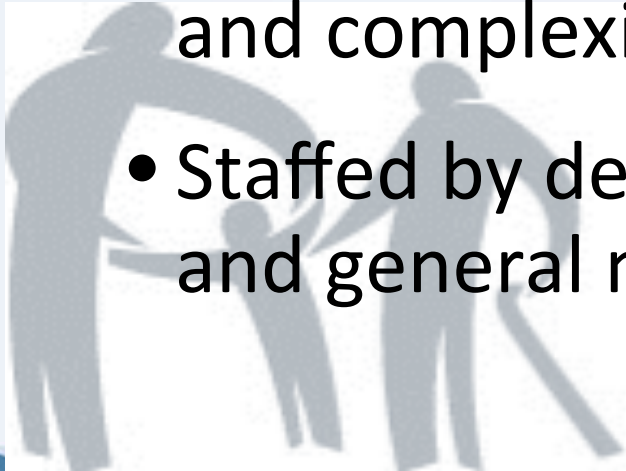
LEVEL 2.5 – RRCS PARTIAL HOSPITALIZATION PROGRAM

- Currently no Partial Hospitalization services are available within the community
- RRCS is currently developing an Partial Hospitalization program.
- Once developed, the partial hospitalization program will offer a minimum of 24 groups per week in Culpeper and 6 groups per week in Fauquier.
- Groups will target various individual needs within substance use care.



LEVEL 3.1 – CLINICALLY MANAGED LOW-INTENSITY RESIDENTIAL SERVICES

- Provides a 24 hour living support and structure with available trained personnel.
- Consists of at least 5 hours of service per week.
- Described as co-occurring capable, co-occurring enhanced and complexity capable services.
- Staffed by designated addiction treatment, mental health, and general medical personnel.



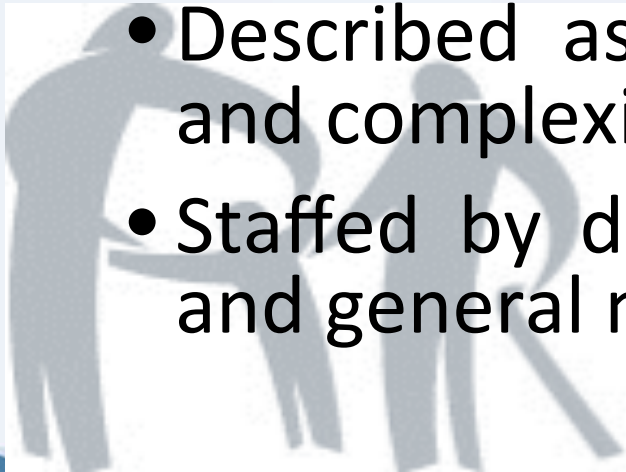
LEVEL 3.1 – RRCS CLINICALLY MANAGED LOW-INTENSITY RESIDENTIAL SERVICES

- Currently no clinically managed low-intensity residential services are available within the community
- An example of a clinically managed low-intensity residential is a halfway house.



LEVEL 3.3 – CLINICALLY MANAGED POPULATION-SPECIFIC HIGH-INTENSITY RESIDENTIAL SERVICES

- Adult Only
- Offers 24-hour care with trained counselors to stabilize multidimensional imminent danger along with Milieu and group treatment for individuals with cognitive or other impairments.
- Described as co-occurring capable, co-occurring enhanced and complexity capable services.
- Staffed by designated addiction treatment, mental health, and general medical personnel.



LEVEL 3.3 – CLINICALLY MANAGED POPULATION-SPECIFIC HIGH-INTENSITY RESIDENTIAL SERVICES

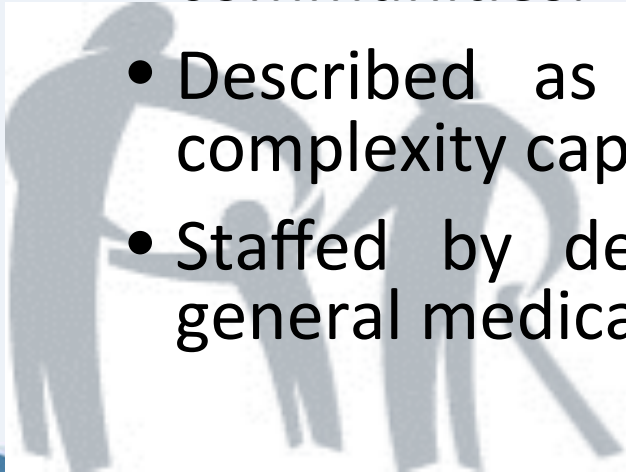
- Currently no clinically managed population-specific, high intensity residential services are available within the community



LEVEL 3.5 – CLINICALLY MANAGED, HIGH INTENSITY RESIDENTIAL SERVICES

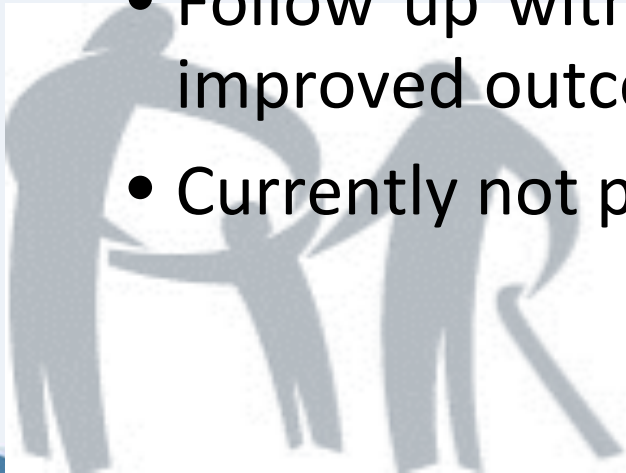


- Medium-Intensity for Adolescents and High-Intensity for Adults
- Provides 24-hour care with trained counselors to stabilize multidimensional imminent danger and prepare for outpatient treatment.
- Patients are able to tolerate and use full active milieu or therapeutic communities.
- Described as co-occurring capable, co-occurring enhanced and complexity capable services.
- Staffed by designated addiction treatment, mental health, and general medical personnel.



LEVEL 3.5 – RRCS BOXWOOD RECOVERY SERVICES

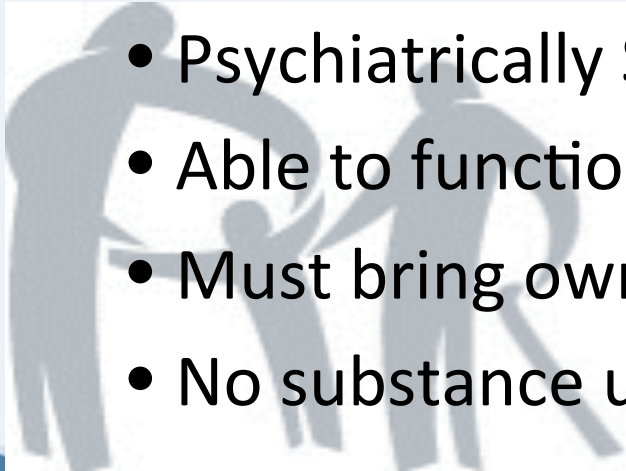
- 26 Residential beds for adult men & women
- Education about substance use disorder and recovery principles
- Group & Individual counseling
- Intensive daily schedule
- Follow up with outpatient counseling is correlated with significantly improved outcomes
- Currently not providing buprenorphine while at Boxwood



LEVEL 3.5 – RRCS BOXWOOD RECOVERY SERVICES

Admission Criteria

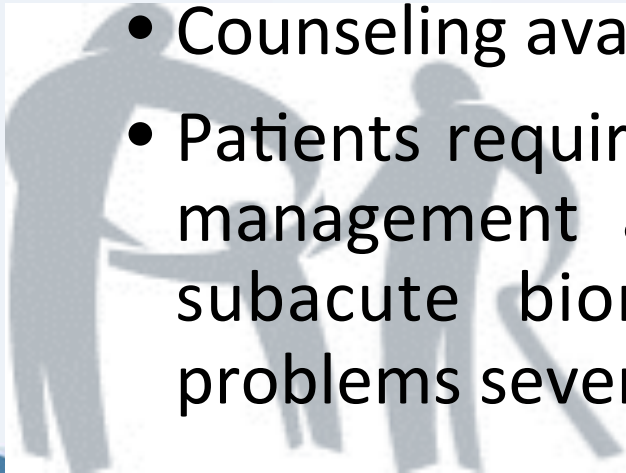
- Meet ASAM criteria for level of care
- Medically stable
 - No uncontrolled medical conditions
 - No open wounds
- Psychiatrically Stable
- Able to function independently
- Must bring own medications
- No substance use in past week/test negative at admission



LEVEL 3.7 – MEDICALLY MONITORED HIGH-INTENSITY SERVICES



- High-Intensity Inpatient Services for Adolescents and Medically Monitored High-Intensity Inpatient Services Withdrawal Management for Adults
- 24 hour nursing care with a physician's availability for significant problems in Dimensions 1, 2, or 3.
- Counseling available 16 hours a day.
- Patients require medication and have a recent history of withdrawal management at a less intensive level, including individuals with subacute biomedical and emotional, behavioral, or cognitive problems severe enough to warrant this level of treatment.



LEVEL 3.7 – MEDICALLY MONITORED HIGH-INTENSITY SERVICES



- Described as co-occurring capable, co-occurring enhanced and complexity capable services.
- Staffed by designated addiction treatment, mental health, and general medical personnel.



LEVEL 3.7 – RRCS BOXWOOD RECOVERY SERVICES - DETOX



- Goal is safe withdrawal
- Medically assisted withdrawal
- Detox only is discouraged

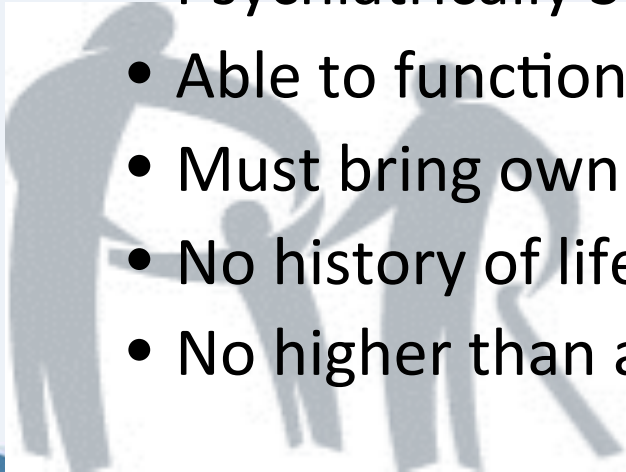


LEVEL 3.7 – RRCS BOXWOOD RECOVERY SERVICES - DETOX

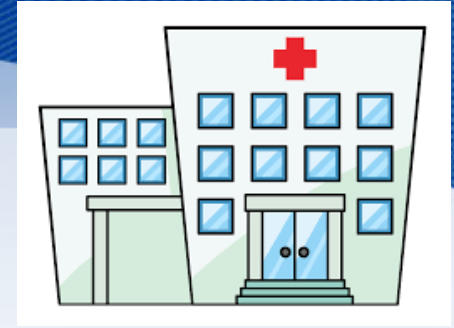


Admission Criteria

- Meet ASAM criteria for level of care
- Medically stable
 - No uncontrolled medical conditions
 - No open wounds
- Psychiatrically Stable
- Able to function independently
- Must bring own medications
- No history of life threatening withdrawal (ie., DTs or seizures)
- No higher than a .22 BAC



LEVEL 4.0 – CLINICALLY MANAGED INTENSIVE INPATIENT SERVICES



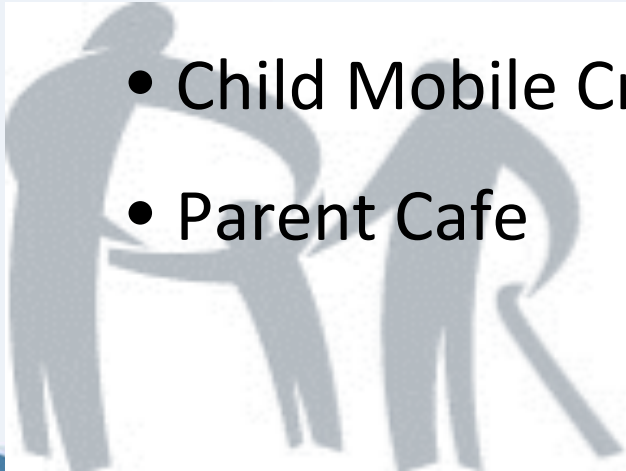
- 24 hour nursing care with a physician's availability for severe, unstable problems in Dimensions 1, 2, or 3.
- Services are available in local hospitals.



SUPPLEMENTAL SERVICES – IN THE COMMUNITY



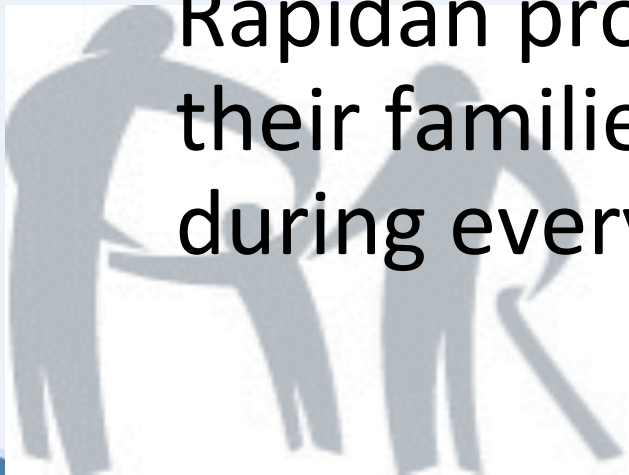
- Infant Toddler Connection
- Service Coordination
- Fauquier Link
- Crisis Services
- Child Mobile Crisis
- Parent Cafe





INFANT TODDLER CONNECTION

- Babies learn and grow at their own rate. Some babies need a little extra help.
- The Infant & Toddler Connection of Rappahannock Rapidan provides supports and services for babies and their families so that families can help their child learn during everyday activities and routines.

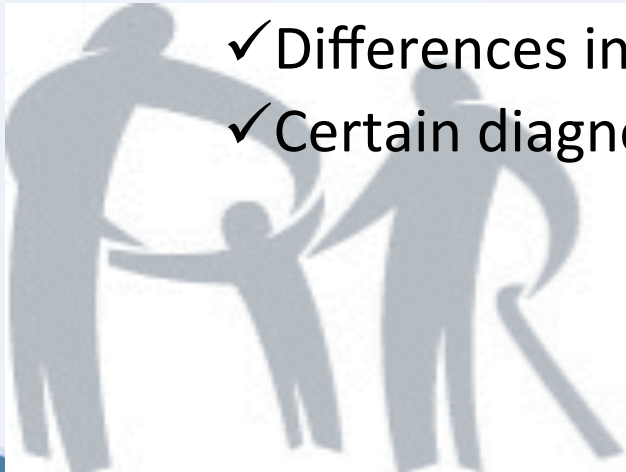




INFANT TODDLER CONNECTION

A child and family may receive early intervention supports and services if the child is:

- ✓ Up to three years old and,
- ✓ Has certain levels of developmental delay, or
- ✓ Differences in development and/or
- ✓ Certain diagnosed conditions, including Neonatal Abstinence Syndrome(NAS)



SUPPORT COORDINATION



RRCS provides different types of support coordination for all ages and types of need.

Support Coordination provides help to learn about, find, and access services to address behavioral health needs.



SUPPORT COORDINATORS ...



- ✓ Serve as the central coordinator for services
- ✓ Provide supportive counseling of the youth and family
- ✓ Serves as a support during crisis
- ✓ Provides information about community resources.
- ✓ Link individuals to appropriate behavioral health services.
- ✓ Coordinate needed services thru regular contacts with service providers, individuals, and family.
- ✓ Support and monitor the services received by the individual

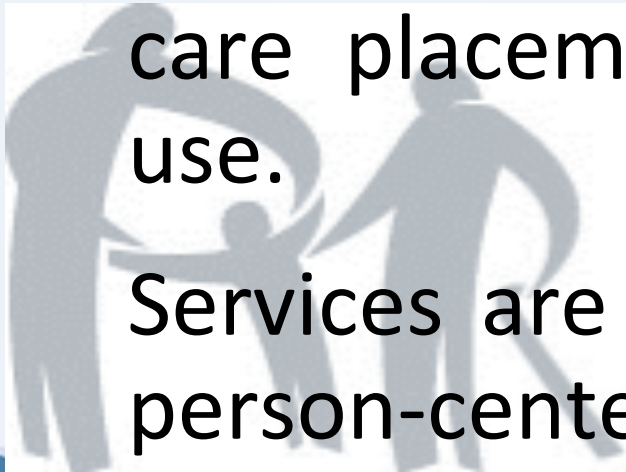


FAUQUIER LINK



Fauquier LINK is an interagency collaboration between the Fauquier County Department of Social Services and RRCS.

The goal is to reduce the number or length of foster care placements associated with parental substance use.



Services are recovery oriented, strength focused, and person-centered.

FAUQUIER LINK



Services include:

- Substance abuse screening & assessments
- Agency referrals & follow up
- Home Visits
- Intensive Case management (limit of 12 active clients)



CRISIS SERVICES



- Crisis services are available to any individual experiencing a crisis due to mental health or substance use issues. Services are available 24-hours a day, 7-days a week, 365-days a year and are focused on helping individuals deal with their immediate crisis. Services are short-term and immediate and are often provided over the phone, within one of our clinics, at our Crisis Intervention Assessment Center and sometimes within one of our local hospital emergency departments.
- Services encompass crisis stabilization, crisis supervision, and crisis intervention. Payment is not required at the time of service delivery and is billed to insurance providers.

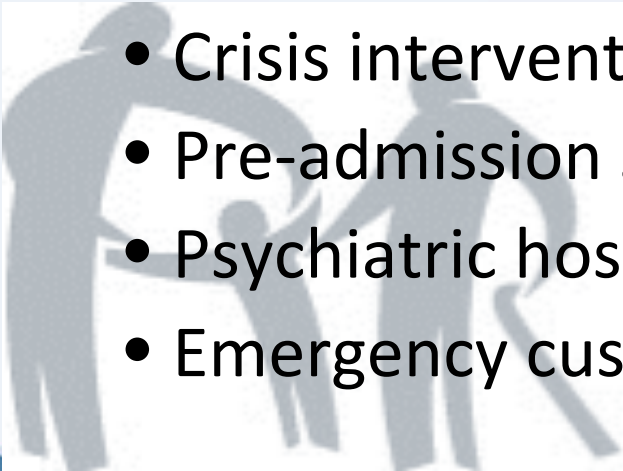


CRISIS SERVICES



Available services include:

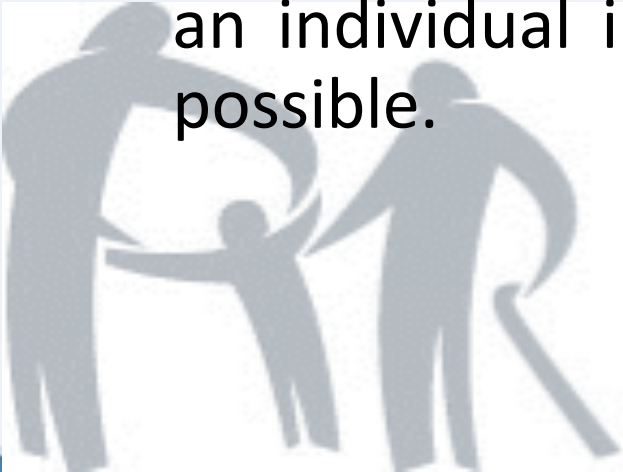
- Assistance with crisis de-escalation
- Initial assessment
- Safety planning
- Crisis intervention plans
- Crisis intervention counseling
- Pre-admission screening for crisis stabilization programs
- Psychiatric hospitalizations
- Emergency custody and temporary detention orders



CHILD MOBILE CRISIS SERVICES



- Mobile child crisis services are provided to anyone up to 18 years of age, who are experiencing an acute behavioral or mental health crisis that puts the individual at risk of psychiatric hospitalization.
- The purpose of this service is to avert hospitalizations, stabilize individuals, and mobilize family and community support to maintain an individual in the most natural and least restrictive environment possible.



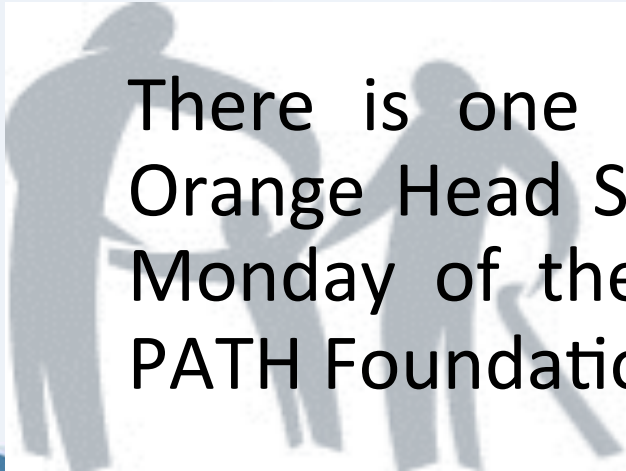


PARENT CAFE

Parents of children with significant behavioral and mental health needs are often isolated and sometimes feel they are not effective parents.

The Parent Café purpose is to create a sense of community and also to create an environment of safety and non-judgement.

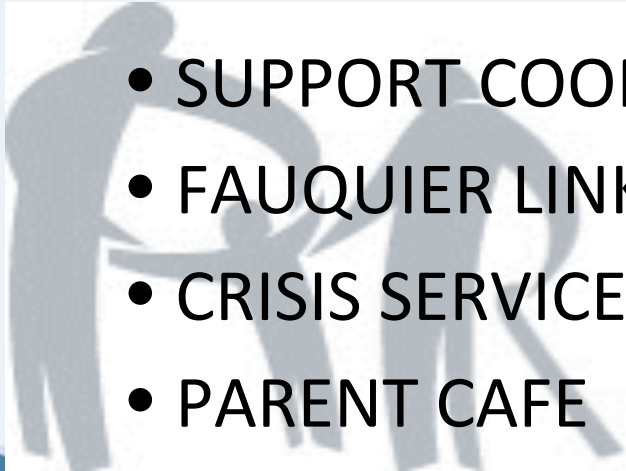
There is one Parent Café group in Orange (partnership with Orange Head Start) and a second Parent Café in Fauquier on 4th Monday of the Month (funding provided by a grant from The PATH Foundation).



HOW TO ACCESS SERVICES



- PREVENTION SERVICES
- OUTPATIENT, INTENSIVE OUTPATIENT, AND PARTIAL HOSPITALIZATION
- RESIDENTIAL SERVICES
- INFANT TODDLER CONNECTION
- SUPPORT COORDINATION
- FAUQUIER LINK
- CRISIS SERVICES
- PARENT CAFE



PREVENTION SERVICES



- For information regarding our prevention services, contact Alan Rasmussen or Kaitlyn Nickson at prevention@rrcsb.org

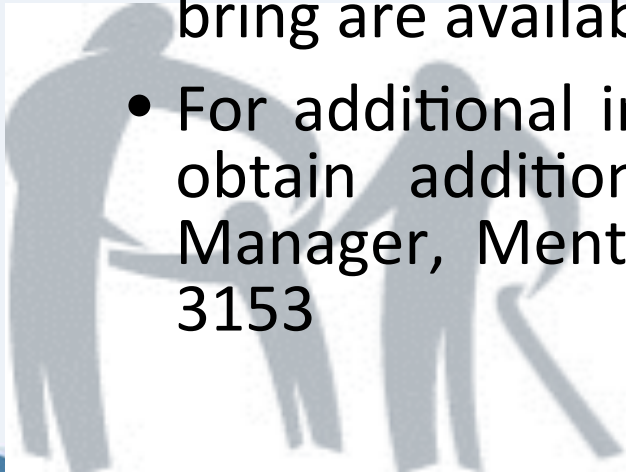


OUTPATIENT, INTENSIVE OUTPATIENT, AND PARTIAL HOSPITALIZATION



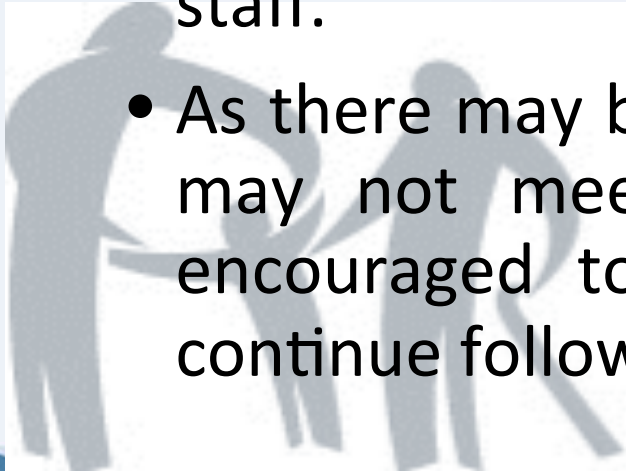
Outpatient

- All individuals seeking outpatient mental health or substance use services must attend Rapid Access.
- Rapid Access is available Tuesdays through Fridays from 8:30 a.m. – 11:00 a.m. at both our Culpeper and Fauquier Behavioral Health Clinics
- Rapid Access brochures which provide more information about what this first contact with our clinic entails and what is required for an individual to bring are available.
- For additional information about Rapid Access, outpatient services, or to obtain additional brochures, please contact, Ashley Clark, Program Manager, Mental Health and Substance Use Services at 540-825-3100 x 3153



RESIDENTIAL SERVICES

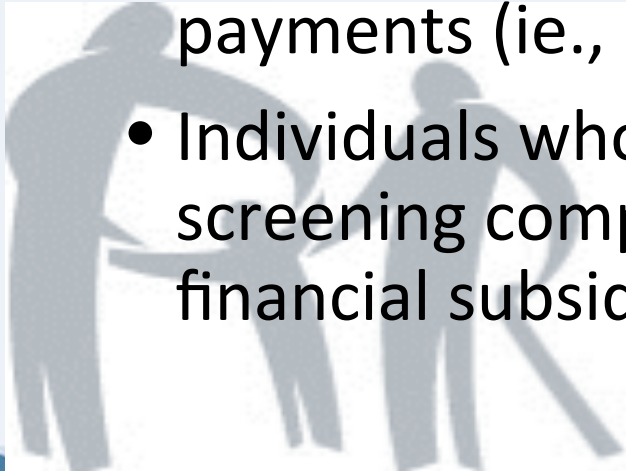
- Assessments for admissions to Boxwood for individuals living in Culpeper, Fauquier, Madison, Orange, or Rappahannock counties are completed by one of our crisis services clinicians.
- To schedule a Boxwood screening, individuals should call 540-825-5656 and request to speak to a member of our crisis services staff.
- As there may be a waiting list for residential admission or individuals may not meet criteria for inpatient admission, individuals are encouraged to attend Rapid Access to set up services that can continue following discharge from Boxwood (if applicable)



RESIDENTIAL SERVICES



- Prior to receiving a residential bed date (Detox or Rehab), individuals must make payment arrangements (ie., payment of copay)
- Subsidies are available to individuals in the catchment area who qualify.
- Medicaid is the only insurance accepted, however, third party payments (ie., probation and parole, FAPT, etc.) are accepted
- Individuals who do not reside in the catchment must have their screening completed by their local CSB and are not eligible for the financial subsidy

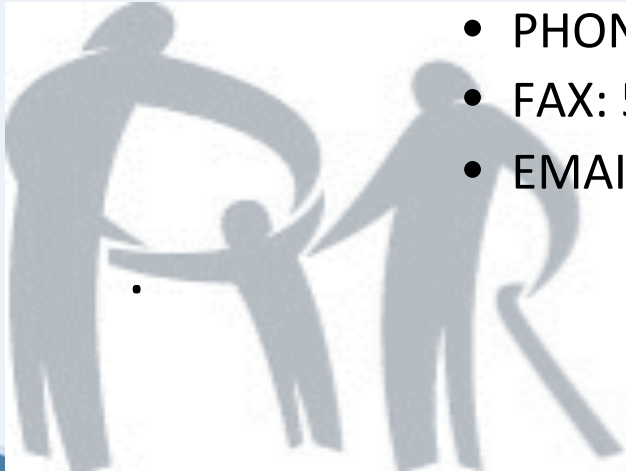




INFANT TODDLER CONNECTION

- Anyone with concerns regarding a baby's development can make a referral to Infant Toddler Connection
- ITC accepts referrals from the parent, physician, hospital, and other community agencies
- Referrals can be made by

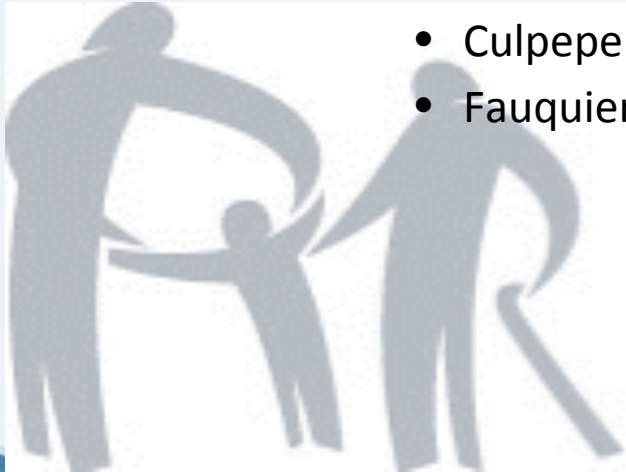
- PHONE: 540.829.7480 ext 105
- FAX: 540.829.7456
- EMAIL: ITC@rrcsb.org



SERVICE COORDINATION



- To make a referral for an individual <18,
 - Call Taisha Chavez: 540.423.7365
 - Send a fax: 540.672.6878
 - Send an email: ChildServices@rrcsb.org
- To make a referral for an individual >18
 - Call one of our two outpatient clinics
 - Culpeper, Orange, and Madison: 540-825-5656
 - Fauquier and Rappahannock: 540-347-7620



FAUQUIER LINK



- Referrals to Fauquier Link are made by Fauquier Department of Social Services to the Rappahannock Rapidan Community Services
- No other external referrals for this service are currently accepted



CRISIS SERVICES



- Crisis services are available 24/7/365
- Contact crisis services directly at 540-825-5656
- Please do not email or fax any referrals to crisis services for crisis care
- In the event of significant concern, you may also contact your local police department for intervention





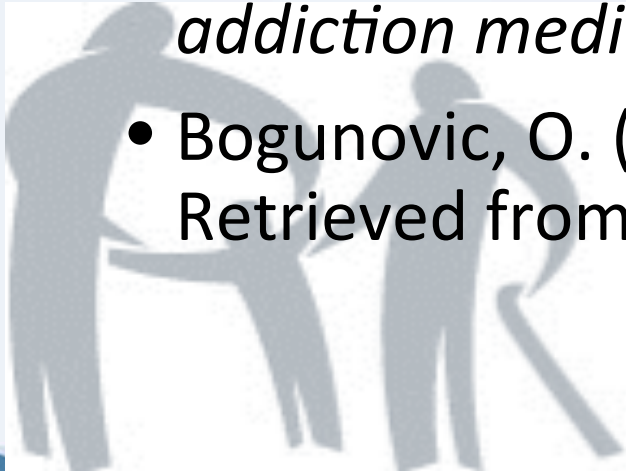
PARENT CAFE

- There is one Parent Café group in Orange (partnership with Orange Head Start) and a second Parent Café in Fauquier on 4th Monday of the Month at Fauquier Health Sycamore Room (funding provided by a grant from The PATH Foundation).
- For more information about the Parent Café, contact childservices@rrcsb.org



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ANY QUESTIONS

