

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

PROGRAM TITLE: OPTIONS

PROVIDER: WESTCARE

PROGRAM DESCRIPTION:

The Options Daily Access Program serves consumers with a serious mental illness who are at risk of psychiatric hospitalization or recently hospitalized with the goal of optimizing community living skills, improving symptom management and interpersonal effectiveness and offering support toward wellness and recovery. Persons with co-occurring substance abuse disorders also receive specialized services to address the role that substance abuse plays in the management of their psychiatric illness. The focus is on those consumers most at risk of psychiatric hospitalization who are not otherwise linked to mental health resources and are frequent visitors to area emergency departments and inpatient psychiatric units. Days and times of operation are Monday-Friday 8am-5pm, 1st and 3rd Saturday/Holidays 8am-5pm.

AGES SERVED:

Children
 Adult

TAY
 Older Adult

DATES OF OPERATION: June 15, 2009 – Current

DATES OF DATA REPORTING PERIOD: Jan-Dec 2012

OUTCOME GOAL

1. Immediate contact post crisis to determine level of need and interventions to alleviate repeated ED access; as indicated by those referred to OPTIONS with viable contact information will be engaged and not have recidivism to ED for 72 hours.

OUTCOME DATA

234 persons were referred to OPTIONS from January 2012 through December 2012; of these 71 persons (30%) were admitted to service.

Of those admitted 52% (37 persons) were admitted within 1 day of referral, 24% (17 persons) were admitted within 2 days, 17%

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(12 persons) were admitted within 1 week and the remaining 7% (5 persons) were admitted 2 weeks or greater after the initial referral and after multiple contact attempts.

OPTIONS staff made initial contact attempt the same day of referral for 60% (140 persons), within 24 hours for 15% (35 person) and greater than 48 hours for 10% (24 persons). 35 persons referred (15%) could not be contacted due to inadequate contact information.

OPTIONS served a total of 111 consumers, with 71 consumers (64%) being new to the program in 2012. 40 consumers (36%) were existing consumers from the previous year. Eighty-seven (78%) had no mental health inpatient hospitalizations during participation in OPTIONS program, 18 persons (16%) had one mental health inpatient hospitalization and 6 (5%) had two or more mental health inpatient hospitalization during enrollment. The twenty-four persons hospitalized accounted for a total of 33 hospitalizations.

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2. Consumers achieve goals of adequate health care, independent living and self-sufficiency; indicated by number of OPTIONS participants who achieve stable health, housing, etc; are referred to other ongoing systems of care

63 clients were discharged between January 1, 2012 through December 31, 2012; of these 37 (58%) were linked to ongoing care. The remaining 26 clients (42%) self discharged or refused further services.

8 successfully linked to FSP
2 successfully linked to UCWC
17 successfully linked to Metro
2 successfully linked to Blue Sky
5 successfully linked to SEES
0 successfully linked to First Onset
3 successfully linked to out of county facility

Additional linkage included:

4 successfully linked to SSI
13 successfully linked to GR
5 successfully linked to Housing
1 successfully linked to a Specialty clinic
5 successfully linked to employment
4 successfully to school /College
3 referred to AOD treatment

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- 3. Consumers with psychological disorders achieve wellness and recovery, improved quality of life from the patient's perspective for those with depressive disorder. Decrease in symptoms; indicated by scores on PANNS (for psychotic disorders) MADRAS (for mood disorders), LOCUS score and GAF as compared at Admission and Discharge and CGI (positive and negative symptoms).**

63 clients were discharged during reporting period January 2012 to December 2012; of these 5 clients (8%) were assessed but did not engage in subsequent treatment; 5 clients (8%) did not have a complete data set (incomplete data – clients self discharged or refused further services) leaving 53 clients (84%) that had a complete data set (admission and discharge scores). Information presented for this outcome measure is based on those 53 clients.

LOCUS:

Mean score at admission was 22.6 with a range of 13-29;

Mean score at discharge was 18.7 with a range of 12-27

Four point average decrease in LOCUS score indicates significant improvement in overall functioning with reduction in level of care assessment.

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DSM IV GAF Rating

Average increase in GAF score from Admission to Discharge was 10.2 points indicating substantially reduced symptoms at time of discharge.

MADRAS (Mood Disorder Rating)

Average MADRAS score at admission was 43.4 indicating significant and disabling depressive symptoms.

Average MADRAS score at discharge was 35.2. Threshold for diagnosis of depression on MADRAS scale is 12.

CGI (Positive and Negative Symptoms)

Average intake score was 5.62 indicating a moderately ill person with a range of 4 (moderately ill) to 7 (among the most extremely ill persons)

Average discharge score was 4.43 indicating the person was much improved. A range of 1 (very much improved) to 4 (no change in

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symptoms)

**SIGNIFICANT IMPROVEMENT WAS
DEMONSTRATED IN ALL METRICS**

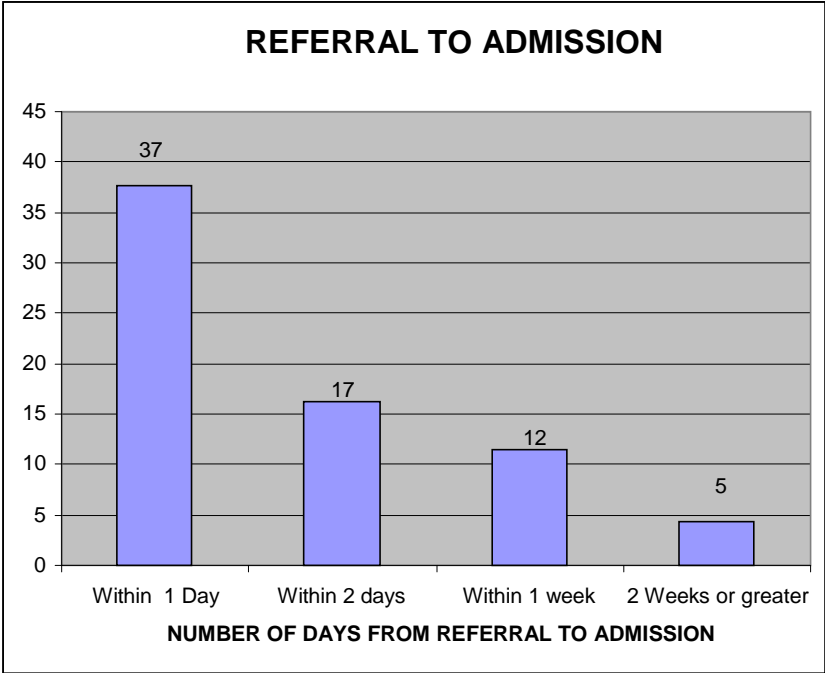
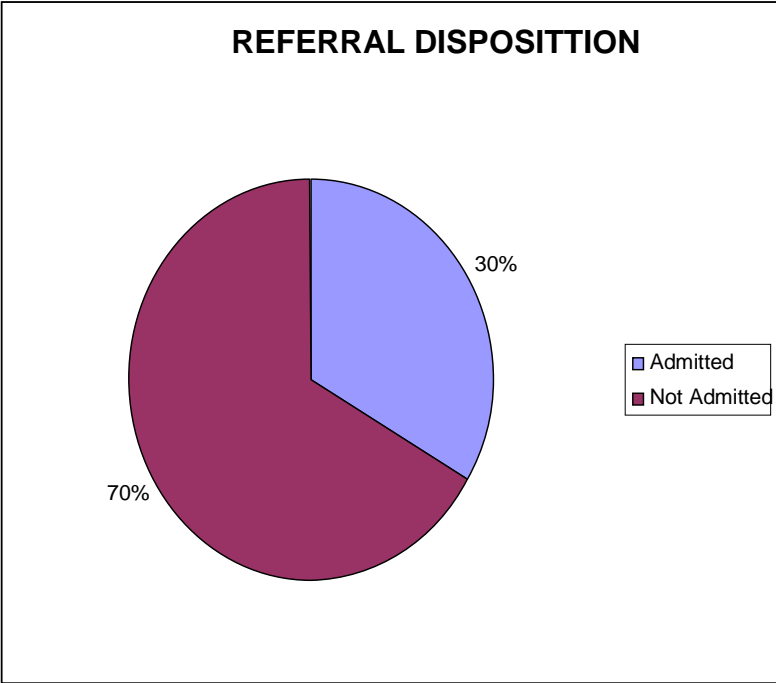
DEPARTMENT RECOMMENDATION(S):

Based on outcome and contract measurements reported, the Department recommends continuing MHSA funding for this program for FY 2013-14.

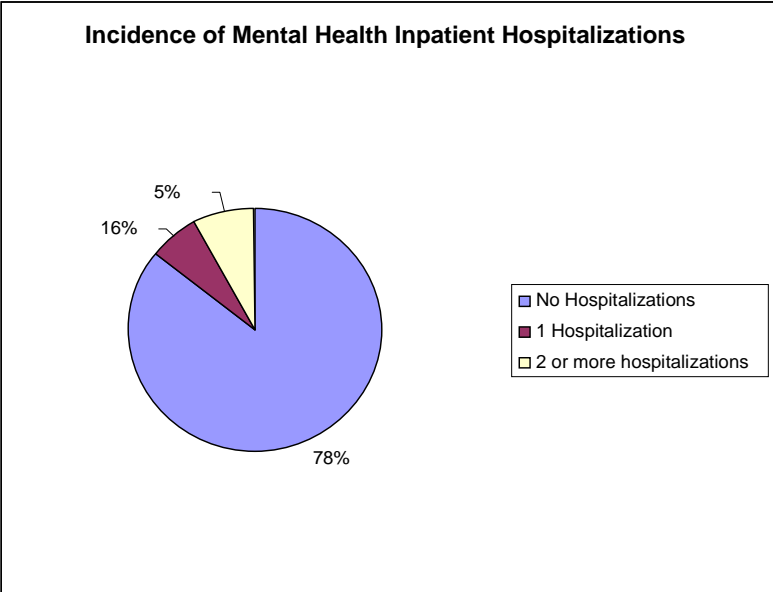
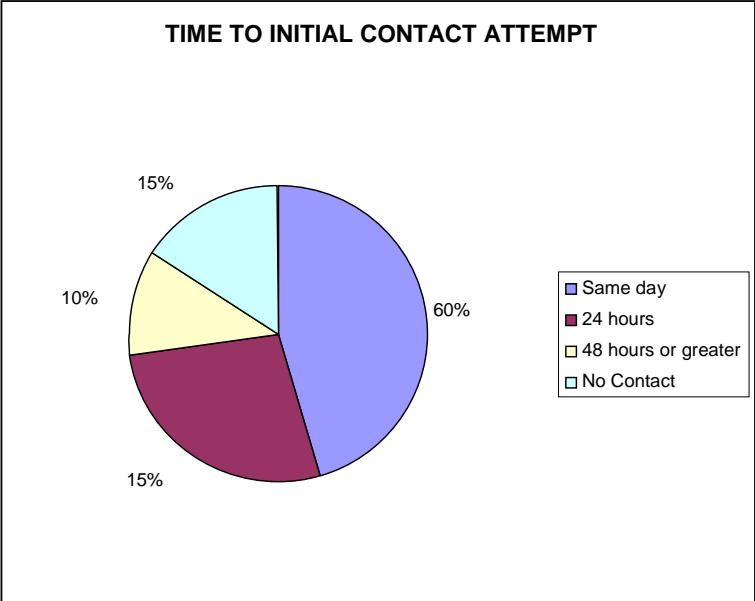
See Table and Charts on pages 7-10

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OUTCOME ONE

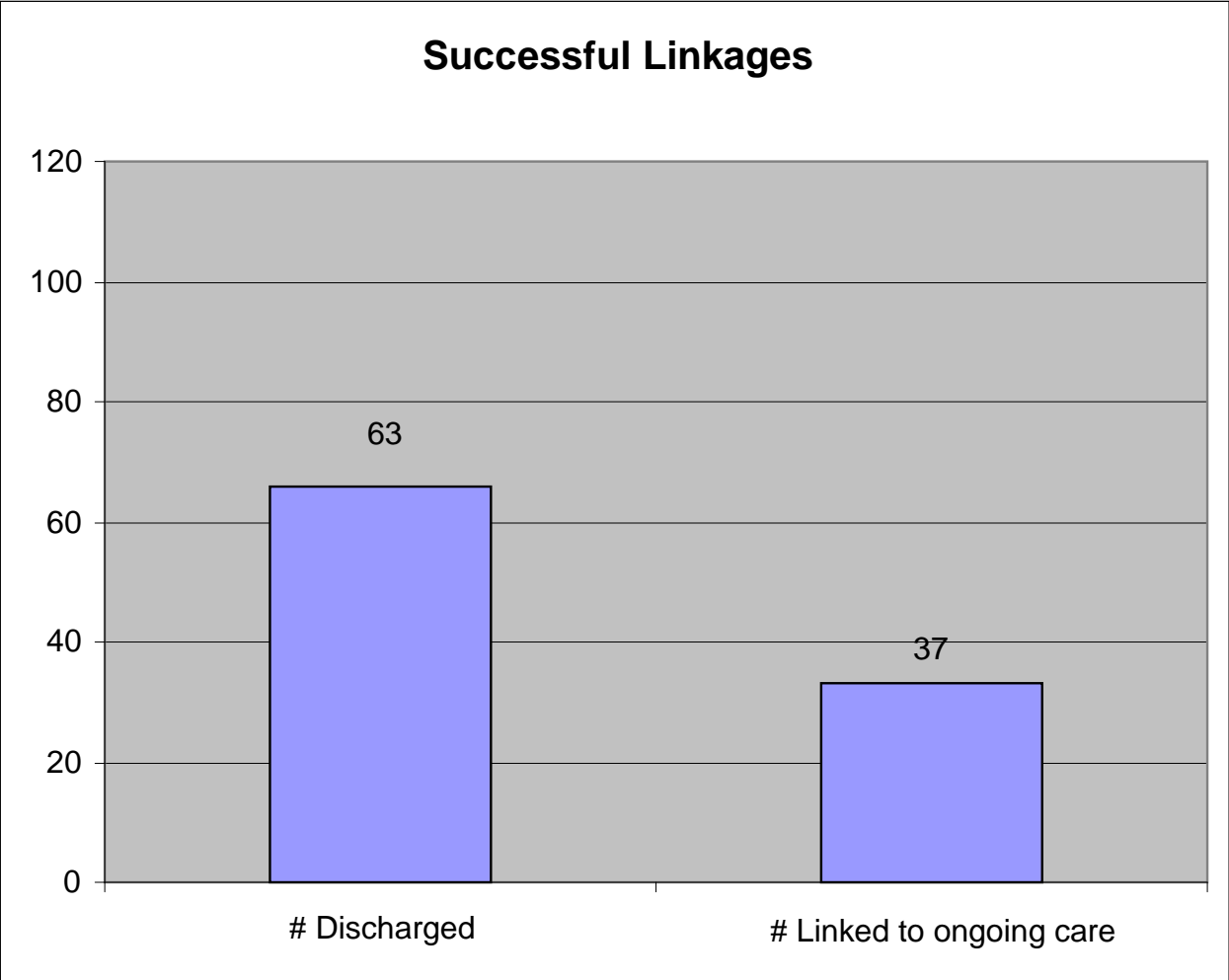


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OUTCOME TWO



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OUTCOME THREE

