

**COMMUNITY MENTAL HEALTH
SERVICES BLOCK GRANT**

VERMONT HUMAN SERVICES PLAN - FY 2016

FEDERAL ASSURANCES & DOCUMENTATION

Community Mental Health Services Block Grant
Department of Mental Health

	FFY'14	FFY'15	FFY'16
<u>Use of Funds by Goal or Activity</u>	<u>Actual</u>	<u>Estimated</u>	<u>Proposed</u>
<u>Goal #1</u>			
To enable children and adolescents who are experiencing a severe emotional disturbance to remain in community-based programs and public schools by providing community-based treatment, support services and consultation			
APPROPRIATION: MH- Children	\$4,706,384	\$5,107,813	\$5,122,305
State Funds	2,036,220	2,213,228	2,296,469
Additional state funds matched by others			
Federal	2,638,298	2,873,484	2,810,201
MH Block	31,866	21,101	15,635
<u>Goal #2</u>			
Services for families with a child or adolescent experiencing a severe emotional disturbance in order to avoid out-of-home placements			
APPROPRIATION: MH-Respite	\$930,345	\$950,760	\$950,760
State Funds	525,557	545,972	545,972
Federal	0	0	0
MH Block	404,788	404,788	404,788

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<u>Use of Funds by Goal or Activity</u>	<u>FFY'14 Actual</u>	<u>FFY'15 Estimated</u>	<u>FFY'16 Proposed</u>
<u>Goal #3</u>			
To increase the abilities of persons with long-term mental illness to function in community settings with the greatest possible independence from the mental-health and human-services system by providing community-based treatment, rehabilitation and support			
APPROPRIATION: MH-Community Rehabilitation & Treatment	\$65,834,837	\$71,529,354	\$71,843,986
State Funds	30,703,091	31,952,538	33,493,904
Federal	35,026,374	39,471,444	38,248,354
MH Block	105,372	105,372	101,728

Goal #4

To support the evidence-based practice of Integrated Dual Diagnosis Treatment (IDDT) for individuals with severe mental illness and substance-abuse at two designated agencies in Vermont

APPROPRIATION: MH-Co-Occurring Treatment	\$50,000	\$50,000	\$50,000
State Funds			
Federal			
MH Block	50,000	50,000	50,000

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<u>Use of Funds by Goal or Activity</u>	<u>FFY'14 Actual</u>	<u>FFY'15 Estimated</u>	<u>FFY'16 Proposed</u>
<u>Goal #5</u>			
To avoid unnecessary institutionalization of acutely mentally ill persons by providing immediate professional evaluation and treatment			
APPROPRIATION: MH-Emergency	\$7,566,141	\$9,928,323	\$9,928,323
State Funds	6,652,743	9,004,000	9,027,034
Federal	880,301	891,226	868,192
MH Block	33,097	33,097	33,097
<u>Goal #6</u>			
Housing infrastructure funds: consultation, etc. to maintain stable housing in the community for adults with severe mental illnesses			
Total	\$13,000	\$13,000	\$13,000
State Funds	0	0	0
Federal	0	0	0
MH Block	13,000	13,000	13,000
<u>Goal #7</u>			
Outreach to provide social-service intervention(s) citywide in Burlington for calls with social-service components that police receive			
Total	\$25,000	\$25,000	\$25,000
State Funds	0	0	0
Federal	0	0	0
MH Block	\$25,000	25,000	25,000

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<u>Use of Funds by Goal or Activity</u>	<u>FFY' 14 Actual</u>	<u>FFY' 15 Estimated</u>	<u>FFY' 16 Proposed</u>
<u>Goal #8</u>			
Support for activities of Vermont Psychiatric Survivors, a statewide consumer-run organization of consumers, survivors, and ex-patients with a multiplicity of activities and growing responsibilities			
Total	\$47,660	\$47,660	47,660
State Funds	0	0	0
Federal	0	0	0
MH Block	47,660	47,660	47,660
<u>Goal #9</u>			
Peer-operated initiatives			
Total	\$45,000	\$37,205	\$37,205
State Funds	0	0	0
Federal	0	0	0
MH Block	45,000	37,205	37,205
<u>Goal #10</u>			
Evidence-Based Practices for Adult Mental Health: Early-Episode Psychoses			
Total	\$83,821	\$83,821	\$83,821
State Funds	0	0	0
Federal	0	0	0
MH Block	\$83,821	83,821	83,821

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<u>TOTALS</u>	\$79,302,188	\$87,772,936	\$88,102,060
State Funds	39,917,611	43,715,738	45,363,379
Federal	38,544,973	43,236,154	41,926,747
MH Block	839,604	821,044	811,934
Additional state funds Matched by others			

Block Grant Awards

FFY14	\$839,604 (actual)
FFY15	\$821,044 (estimated)
FFY16	\$811,934 (projected)

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Community Mental Health Services Block Grant
Department of Mental Health

GOAL ACCOMPLISHMENT

Goal #1

Goal Description

Block grant and other funds are expended to enable children and adolescents who are experiencing a severe emotional disturbance to remain with their families or in community-based programs and public schools by providing treatment, support services, and consultation. Community mental health agencies and one private specialized nonprofit provider deliver a range of services which include outpatient services, residential treatment, individual and group therapy, case management and individualized wraparound services, chemotherapy, diagnosis and evaluation, and consultation to schools and other community agencies. All block grant funds for this goal go to the Northeastern Family Institute, in South Burlington, Vermont.

Goal Accomplishment

Services are provided on a statewide basis through a private nonprofit organization and ten community mental health centers (CMHCs) that cover the fourteen counties of Vermont in accordance with 3 VSA 24 (b), passed in 1988. Planning for systems change is carried out in accordance with 3 VSA 24 (b) and P.L. 106-310, which amended the Public Health Service Act with respect to children's health. The state law created an Advisory Board and established state and local interagency coordinating structures. The preparation of an annual "System of Care Plan for Children and Adolescents with a Severe Emotional Disturbance and Their Families" and an annual status report on implementation are required. If necessary, a waiver may be requested under Section 1916 (c) (2) (B) if it appears that set-aside requirements will substantially disrupt new services in place. Indicators of goal accomplishment include the number of children and adolescents who are experiencing a severe emotional disturbance served in non-institutional in-home and professional foster care services as an alternative to institutional placement and the total number of children and adolescents and their families served. In combination with grants from private foundations and other state and federal funding, Mental Health Block Grants have provided services as follows:

TOTAL NUMBER OF CLIENTS ASSIGNED
TO COMMUNITY-BASED PROGRAMS
FOR CHILDREN AND ADOLESCENTS
AND THEIR FAMILIES

FY 2014 Actual	10,490
FY 2015 Estimated	10,500
FY 2016 Projected	10,000-11,000

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Community Mental Health Services Block Grant
Department of Mental Health

Goal #2

Goal Description

Block grant and other funds are expended to provide respite services for families with a child or adolescent experiencing a severe emotional disturbance in order to avoid out-of-home placements.

Goal Accomplishment

In Vermont Fiscal Year 2014 (July 1, 2013-June 30, 2014), Vermont's designated agencies reported 7,232 episodes of respite services delivered to 443 Children's Services clients experiencing a severe emotional disturbance. Those numbers show an increase from 5,627 episodes of services delivered to 371 clients in Fiscal Year 2013. Demand for respite continues to be considerably in excess of the resources to provide it.

Goal #3

Goal Description

The Vermont Department of Mental Health (DMH) purchases services from designated agencies to increase the abilities of adults with severe mental illness to function in community settings with the greatest possible independence by providing community-based treatment, rehabilitation, and support. The services include community supports and coordination (case management); individual, group, and medication therapy; employment and educational supports; peer support groups and other recovery-oriented activities and counseling; and residential supports and programs.

Goal Accomplishment

The major indicator of Goal Accomplishment is the number of adults with severe mental illness receiving services in community programs. The number of adults with severe mental illness served in Community Rehabilitation and Treatment (CRT) programs from community mental health centers was 2,726 in Fiscal Year 2014. The numbers for Fiscal Years 2015 and 2016 are expected to remain in the range of 2,500-3,000 clients.

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Community Mental Health Services Block Grant Department of Mental Health

Goal #4

Goal Description

For many years the Department of Mental Health has used block grant funding to support Integrated Dual-Diagnosis Treatment for adults with diagnoses of severe mental illness and substance abuse in two of the state's catchment areas: Chittenden County, served by Howard Center; and Windsor and Windham counties, served by Health Care and Rehabilitation Services of Southeastern Vermont (HCRS). The programs continue with level funding of \$50,000 (\$25,000 for each agency) from the Community Mental Health Services Block Grant for Fiscal Years 2014, 2015, and 2016.

Goal #5

Goal Description

The Department of Mental Health funds emergency and crisis stabilization support services in all catchment areas of Vermont. The specific components include screening, evaluation, and referral; facilitation of an admission to an inpatient setting, if necessary, or facility-based crisis or respite services; in-home support and crisis stabilization services; psychiatric consultation and evaluation; telephone crisis lines (available twenty-four hours a day, seven days a week) staffed by mental-health professionals; and screening for court-ordered psychiatric evaluations in criminal cases.

Goal Accomplishment

Approximately 9,939 people in mental-health crises received emergency services from designated agencies in the community in Vermont Fiscal Year 2014; 85,842 units of services were delivered. In FY 2015, approximately 9,200 people in mental-health crises received emergency services from designated agencies and 81,114 units of services were delivered. The numbers for FY 2016 are projected to be, respectively, 9,700 and 78,000.

Goal #6

Goal Description

The \$13,000 from block grant funding for housing infrastructure buys such items as software licenses and technical capacity for maintaining data on homelessness, a requirement for federal funding. In addition, reports from data collected are used to determine outcomes and performance for DMH housing-subsidy programs operated by designated agencies both HUD-funded and the SAMHSA PATH Program-funded projects for the Department of Mental Health.

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Community Mental Health Services Block Grant Department of Mental Health

Goal Accomplishments

Housing infrastructure funding has provided consistent and reliable data for a number of years. The data quality monitoring on the DMH housing subsidy and care and other homeless projects in Vermont has been producing valuable reports for the Vermont legislature and SAMHSA. This improvement has assisted DMH in decision-making regarding statewide needs and funding.

Goal #7

Goal Description

A project that began several years ago as Howard Center's (HC) Street Outreach Team in downtown Burlington has become a citywide presence as a result of Police Chief Schirling's intention to provide social-service intervention for calls with a social-service component attached to them coming to the Police Department. (HC is the designated agency for mental-health services in Burlington and the rest of Chittenden County.) HC joins with others in Vermont's only Statistical Metropolitan Area in efforts to provide support and intervention from mental-health clinicians to anyone who needs them. "Others" in the community include representatives from the Downtown Business Association; United Way; Spectrum, a youth services agency; the Homeless Health Project; downtown merchants; the Mayor's Office; and the Burlington Police Department. The overall purpose is to have a coordinated response system citywide through:

- Developing positive, trusting relationships with individuals, merchants, and police,
- Enhancing social skills and behavior that will help individuals maintain their independence in the community, and
- Providing a single point of contact for the business community and the Burlington Police Department

Goal Accomplishment

The team mission is:

- Interaction with individuals with severe mental illness and/or mental health needs
- Consultation with community partners including the Burlington Police Department
- Responding with (or in lieu of) police to calls for service when the underlying issues are social-service needs

A community-client liaison is available in the downtown area for:

- Interaction, prevention or intervention with adults with severe mental illness,
- Coordination of services and supports with HCHS case management, crisis, homeless health, and other staff,

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Community Mental Health Services Block Grant Department of Mental Health

- Training about severe mental illness and challenging behavioral needs for the police, and
- Developing educational materials on needs and issues of people with severe mental illness for merchants in the area.

The Street Outreach Team provides coverage seven days and evenings a week.

Goal #8

Goal Description

Vermont Psychiatric Survivors (VPS) offers peer support, information, referral, and networking services to mental-health consumers all over Vermont in addition to technical assistance and a limited amount of funding to local support groups around Vermont. In addition VPS publishes *Counterpoint*, a voice for news and the arts by psychiatric survivors, ex-patients, and consumers of mental-health services, and their families and friends; assists individuals who have been denied Supplemental Security Income (SSI) or Social Security Disability Income (SSDI) and Medicaid; and provides patient advocacy and representation at Vermont's inpatient psychiatric units.

Goal Accomplishment

VPS continued with these activities and similar ones in Fiscal Years 2014 and 2015 and is under contract to do the same throughout Fiscal Year 2016.

Goal #9

Goal Description

Funding for this goal in FYs 2014, 2015, and 2016 goes to a variety of consumer-operated projects scattered around the state. These projects have all been designed to increase consumer empowerment, independence, and ability to support themselves and others in their communities.

Goal Accomplishment

Examples of consumer projects funded in Fiscal Years 2015 and 2016 include:

- ◆ Supporting local peer-support networks either one-on-one or by telephone
- ◆ Providing peer support in hospital Emergency Rooms for individuals awaiting admission to an inpatient unit
- ◆ An art and recovery group

Additional projects are awarded grants, based upon proposals from peers and reviewed by peers

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Community Mental Health Services Block Grant Department of Mental Health

and DMH, as funding becomes available through the Community Mental Health Services Block Grant.

Goal #10

Goal Description

The project to support evidence-based practices for Adult Mental Health involves allocating additional Mental Health Block Grant funds made available late in Fiscal Year 2014 to launch a multi-year initiative to adopt evidence-based interventions for young adults with first-break psychosis. The initial stage of implementation will complete a review of current evidence-based and promising practices for the target population, including practices that have already been piloted in Vermont, and will identify those practices that should continue as pilots and those that should be implemented statewide.

Goal Accomplishment

A multi-stakeholder advisory group has been formed and has met several times to review current literature on evidence-based and promising practices for early-episode psychosis and to interview experts in the field. A request for proposals to conduct research to find out what is currently happening in Vermont in regard to individuals experiencing early-episode psychoses and their families, the size of the target population, their access to services (either traditional or alternative), and their needs and preferences netted six responses, and the Department of Mental Health expects to be able to conclude a contract soon to complete this work in a timely fashion over the next several months. Funding for further activities depends on continued funding from the Center for Mental Health Services through the Community Mental Health Services Block Grant.

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