



BEHAVIORAL HEALTH IN CARROLL COUNTY

PRESENTED BY

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BEHAVIORAL HEALTH IN CARROLL COUNTY

Behavioral Health Treatment Definition:

- “Behavioral health treatments are ways of helping people with mental illnesses or substance use disorders...counseling and more specialized psychotherapies seek to change behaviors, thoughts, emotions, and how people see and understand situations. Medications for mental and substance use disorders provide significant relief for many people and help manage symptoms to the point where people can use other strategies to pursue recovery.” (SAMHSA, 2021)

WHAT IS A BEHAVIORAL HEALTH DISORDER?

THE TERM BEHAVIORAL HEALTH DISORDER IS A BLANKET TERM USED TO EXPLAIN MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS.

- MENTAL ILLNESS OR MENTAL HEALTH CONDITIONS REFER TO DISORDERS INVOLVING MOOD, BEHAVIOR, OR THINKING.
- MENTAL HEALTH DISORDERS INCLUDE DIAGNOSES SUCH AS; ANXIETY, DEPRESSION, SCHIZOPHRENIA, EATING DISORDERS AND SUBSTANCE USE ([MAYOCLINIC.ORG](https://www.mayoclinic.org)).
- SUBSTANCE USE DISORDERS CAN BE MILD, MODERATE, OR SEVERE

MENTAL HEALTH AND SUBSTANCE USE DISORDERS

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“Mental health and substance use disorders affect people from all walks of life and all age groups. These illnesses are common, recurrent, and often serious, but they are treatable and many people do recover. Mental disorders involve changes in thinking, mood, and/or behavior. These disorders can affect how we relate to others and make choices. Reaching a level that can be formally diagnosed often depends on a reduction in a person’s ability to function as a result of the disorder. For example:”

- “Serious mental illness is defined by someone over 18 having (within the past year) a diagnosable mental, behavior, or emotional disorder that causes serious functional impairment that substantially interferes with or limits one or more major life activities.”
- “For people under the age of 18, the term “Serious Emotional Disturbance” refers to a diagnosable mental, behavioral, or emotional disorder in the past year, which resulted in functional impairment that substantially interferes with or limits the child’s role or functioning in family, school, or community activities.”
- “Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.”

(SAMHSA.GOV, 2020)

MENTAL HEALTH LEVELS OF CARE

- Outpatient Individual Treatment (OP)
- Intensive Outpatient Treatment (IOP)
- Inpatient (IP)
- Partial Hospital Program (PHP)
- Residential Rehabilitation Program (RRP)
- Residential Treatment Center (RTC)
- Targeted Case Management (TCM)
- And many other supportive services

See Optum Maryland: <https://maryland.optum.com>

SUBSTANCE USE DISORDER – LEVELS OF CARE

- The intensity of treatment progresses along a continuum from zero to four depending on the needs of the person in each of these six dimensions. This continuum of care includes:
- **Level .5 – Early Intervention** - Includes DUI programs.
- **Level 1 – Outpatient** - Less than 9 hours/week for adults or less than 6 hours/week for adolescents
- **Level 2.1 – Intensive Outpatient** - 9 or more hours/week for adults or 6 or more hours/week for adolescents
- **Level 2.5 – Partial Hospitalization** - 20 hours or more/week outpatient
- **Level 3.1 – Clinically Managed Low-Intensity Residential** - Halfway Houses. 24 hour living support with at least 5 hours clinical services/week (may be provided on-site or in an outpatient services program).
- **Level 3.3 – Clinically Managed Population Specific High-Intensity Residential** - Adults only. 24 hour care for adults with significant cognitive impairments. Includes specialized programming.
- **Level 3.5 – Clinically Managed Residential – High Intensity for Adults, Medium Intensity for Adolescents** - 24 hour care with clinical staff including addiction counselors, social workers, or licensed professional counsellors and allied health professionals. No on-site physician, but nursing staff.
- **Level 3.7 – Medically Monitored Inpatient – Intensive for Adults, High-Intensity for adolescents** - Highly structured 24 hour services. Physician available on-site 24 hours daily, along with RNs, addiction counsellors and other clinical staff.
- **Level IV – Medically Managed Intensive Inpatient** - Daily direct care from a physician. Hospital-based setting.

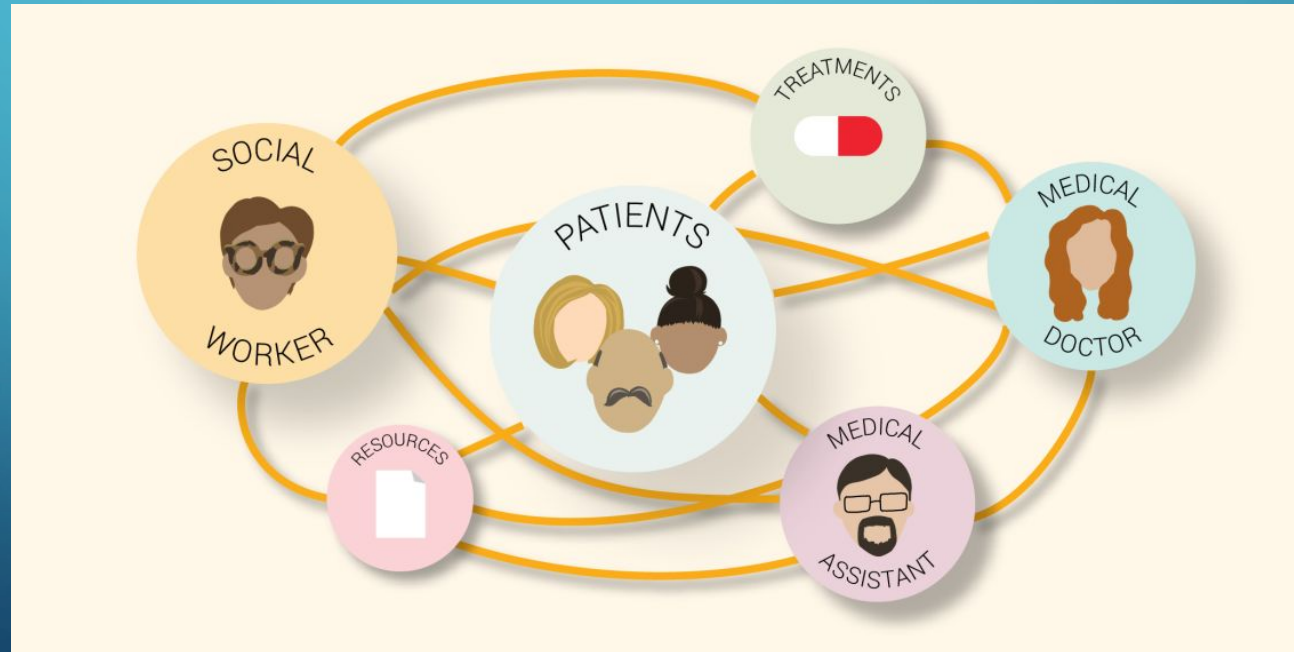
Source: <https://www.mdcoalition.org/substance-use-disorder-understanding-levels-of-care/>

GRANT FUNDED SERVICES IN CARROLL COUNTY PROJECTS

- LAW ENFORCEMENT ASSISTED DIVERSION (LEAD) - COLLABORATION BETWEEN WPD AND CCHD
- OVERDOSE RESPONSE TEAMS (NEW) - COLLABORATION BETWEEN WPD AND CCHD
- CONTINUUM OF CARE (SHELTER PLUS CARE) - CCHD - LBHA
- SUD TRIAGE BEDS - CCHD AND COUNTY
- PEER RECOVERY SUPPORT - CCHD, CARROLL HOSPITAL, ACCESS CARROLL, MOUNTAIN MANOR, WESTMINSTER RESCUE MISSION
- SANTE MOBILE CRISIS TEAM
- PROJECTS AND ASSISTANCE TO TRANSITION FROM HOMELESSNESS (PATH)

INTEGRATED BEHAVIORAL HEALTH CARE

INTEGRATED CARE ALLOWS INDIVIDUALS TO GET THEIR PRIMARY HEALTH, BEHAVIORAL HEALTH, AND OTHER CARE ALL IN ONE PLACE



ACCESS CARROLL BEHAVIORAL HEALTH SERVICES

- Mental Health and Substance Use Disorder, co-occurring treatment
- Walk-In Substance Use Disorder Assessments
- Mental Health Evaluations – Scheduled
- Level I and Level II.1 Substance Use Disorder Services
- Individual, Family, Group Counseling and Intensive Outpatient (IOP)
- Psychiatry for Adults and Adolescents
- Carroll County Drug Treatment Court – primary service provider
- Jail Mental Health and Substance Use Disorder Services – assessments and counseling services, screenings, outreach, and case management
- Naloxone (Narcan) Training - every Third Wednesday community classes – individual training offered full time
- Theracoustic Spa Sound Wave Therapy Services
- Acudetox – Auricular Acupuncture
- Sexual Health and Recovery
- Crisis Response Services – Triage and Crisis bed placement
- Peer Recovery Support Specialist
- Partner with Mobile Crisis Services

BEHAVIORAL HEALTH PROVIDER HOTLINE

443-952-7555

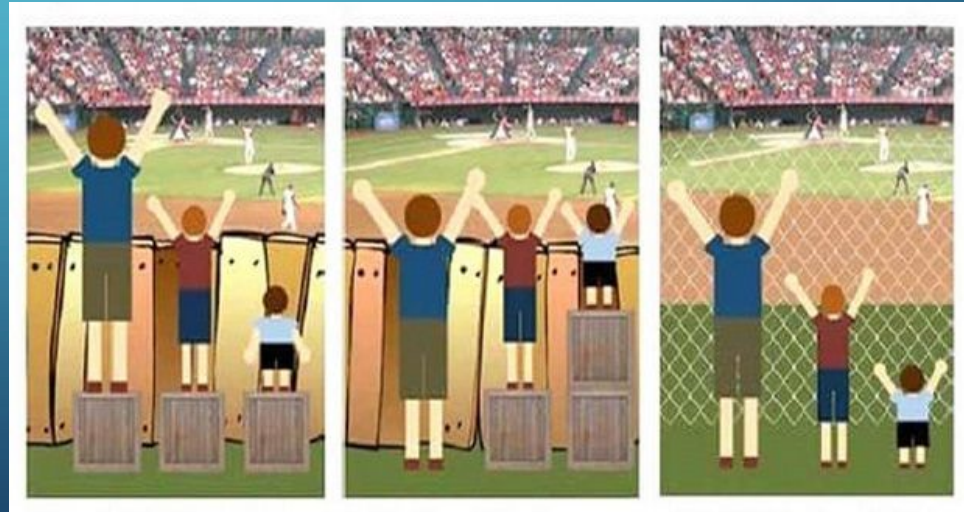
- •EASILY ACCESSIBLE HOTLINE FOR PROVIDERS OR PATIENTS THEY REFER
- •ACCESS CARROLL HOST - **PHASE IN** ACCESS INITIALLY - EXPAND TO 24/7 PENDING DEMAND
- •8AM TO 8 PM MONDAY THROUGH FRIDAY
- •9 AM TO 1 PM SATURDAY AND SUNDAY
- •TRAINED AND LICENSED STAFF TO PROCESS NEED AND NAVIGATE ACCESSIBLE RESOURCES
- •LINK PROVIDERS TO PROVIDERS
- •LINK PATIENTS TO TRIAGE, ASSESSMENTS AND TREATMENT
- •LINK PATIENTS TO BIOPSYCHOSOCIAL WRAP-AROUND SERVICES

CONSIDERATIONS FOR REFERRALS

- Provider Directory - PUBLIC BEHAVIORAL HEALTH SYSTEM
- <https://healthycarroll.org/behavioral-health-directory/>
- INSURANCE - MEDICAID/MEDICARE, UNINSURED, PRIVATELY INSURED
- ELIGIBILITY CRITERIA AND TREATMENT NEEDS
- RECOGNIZED GAPS IN TREATMENT AREAS
- WHO TO CONTACT
 - not sure where to begin...contact service coordination at the CCHD at 410-876-4449 or at cchd.servicecoordination@maryland.gov
 - Access Carroll at 410-871-1478

CLAS INITIATIVE – CULTURAL AND LINGUISTIC APPROPRIATE SERVICES & HEALTH EQUITY

- CLAS IS A NATIONAL FRAMEWORK USED TO IMPROVE SERVICES TO ALL INDIVIDUALS SEEKING BEHAVIORAL HEALTH TREATMENT.
- THIS MODEL RESPECTS THE WHOLE PERSON AND TAKES INTO CONSIDERATION THEIR UNIQUE QUALITIES SUCH AS LANGUAGE, SPIRITUALITY, RELIGION, CULTURE, AND IDENTITY.
- REDUCES DISPARITIES IN CARE
- REMOVES BARRIERS
- MEETS PEOPLE'S NEEDS



CLAS CONTINUED...

- GOAL 1: ESTABLISH AND MAINTAIN CULTURALLY AND LINGUISTICALLY COMPETENT BEHAVIORAL HEALTH SERVICES
- GOAL 2: ELIMINATE CULTURAL AND LINGUISTIC BARRIERS TO ACCESS BEHAVIORAL HEALTH SERVICE
- GOAL 3: CREATE A SYSTEM OF DATA DRIVEN DECISION-MAKING PROCESSES THAT RESULT IN THE FORMATION OF CULTURALLY AND LINGUISTICALLY COMPETENT POLICIES AND PRACTICES
- GOAL 4: SUPPORT THE USAGE OF EVIDENCE-BASED PRACTICES TO ADDRESS THE UNIQUE NEEDS OF INDIVIDUALS IN MARYLAND'S PUBLIC BEHAVIORAL HEALTH SYSTEM
- GOAL 5: ADVOCATE FOR AND INSTITUTE ONGOING WORKFORCE DEVELOPMENT PROGRAMS IN CULTURAL AND LINGUISTIC COMPETENCE REFLECTIVE OF MARYLAND'S DIVERSE POPULATION

FUTURE PLANS

- GREATER BALTIMORE REGIONAL INTEGRATED CRISIS SERVICES (GBRICS)
- 988 – FEDERAL BEHAVIORAL HEALTH HOTLINE
 - JULY 2022
- CROSS AGENCY TRAINING for PROVIDERS TO PROVIDERS
 - FY2023



WANT MORE INFORMATION?

ACCESS CARROLL

TAMMY BLACK - TBLACK@LIFEBRIDGEHEALTH.ORG OR 410-871-1478

CARROLL COUNTY HEALTH DEPARTMENT - LOCAL BEHAVIORAL HEALTH
AUTHORITY

AMY BAKER - AMY.BAKER@MARYLAND.GOV OR 410-876-4910

BUREAU OF PREVENTION, WELLNESS AND RECOVERY SERVICE
COORDINATORS AT 410-876-4449