

# CCBHC (Certified Community Behavioral Health Center) Overview

The CCBHC program is authorized under Section 223 of the Protecting Access to Medicare Act (PAMA) (PL 113-93).

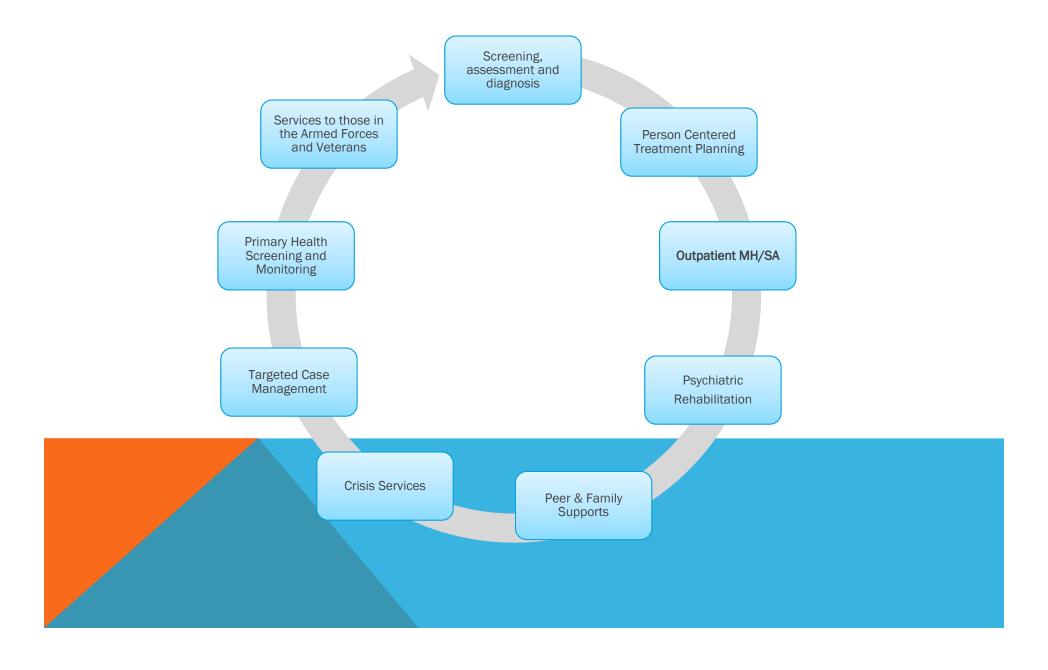
### **Objectives**

- Integrate behavioral health including addictions with physical health care.
- 2. Increase consistent use of evidence-based practices
- Improve access to high-quality care and demonstrate cost efficiencies.

NJ is one of 7 States selected.

Two year demonstration project paid under a Prospective Payment Rate system.

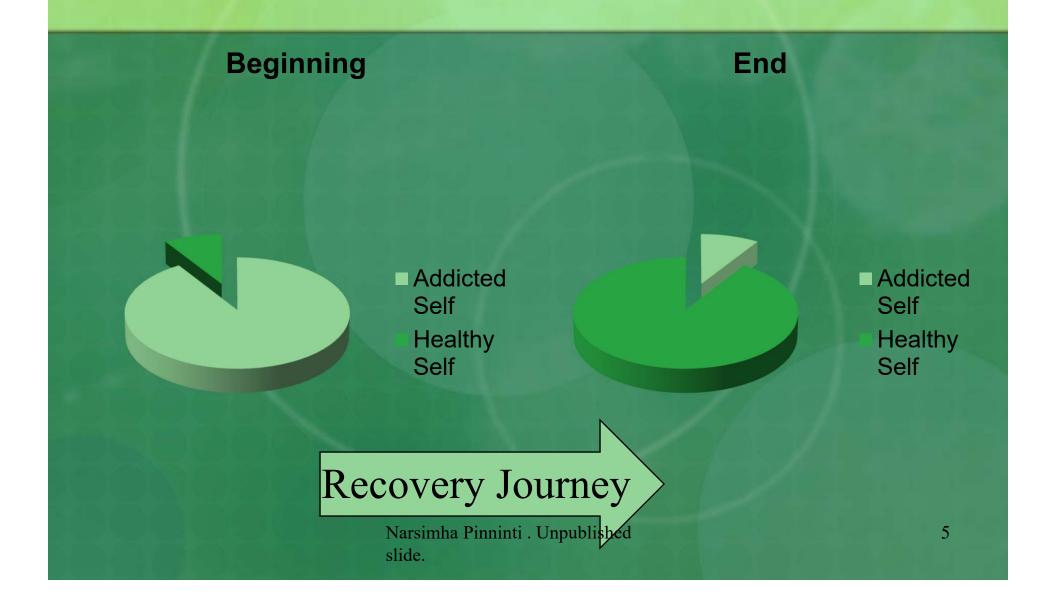
### **COMPONENTS OF THE NEW JERSEY CCBHC SYSTEM**



## **Our Philosophy**

- Addictive disorders are challenging and long term disorders. "It takes a village to help individual with addiction be in recovery"
- Barriers to effective treatments is single most important issue.
- Our current systems of care are piece meal fragmentary, place barriers in recovery.
- Our goal "Improve access, to treatment by relentlessly working to remove all barriers while treating individuals with dignity and respect"

# Interaction/Program goal



## What we do

#### **Contain Addicted Self**

- Comprehensive evaluation including UDS.
- Involve family, friends and other supports.
- Address addictive thinking through CBT
- Utilize peers to engage, instill hope and link.
- Have systems in place to hold this part accountable.

### **Strengthen Healthy Self**

- Think, speak and act in nonjudgmental way.
- Identify, focus on and build strengths.
- Teach new coping skills.
- Help build bridges with family and support systems.
- Encourage NA and AA involvement.
- EB pharmacotherapy

## **Program Overview**

- We opened Nov 27<sup>th</sup> 2017.
- We take Medicaid
- We are open five days a week and nurses on call 24/7.
- We provide transportation.
- Individuals get a psychiatric, addiction, physical health and social services evaluations.
- We provide detox services for opiates, Alcohol and benzodiazepines
- Duration of out patient detox 5 days

## **Our Data**

- Referrals and triage (duplicated) 44
- Number appropriate & accepted for treatment: 13.
- Number started treatment 8/13.
- Four out of 8 (50%) were started on treatment the day approached us. Five disengaged.
- Number completed treatment 8/8. 100%.
- Disengagement : Reasons include treatment delay.
- What clients had to endure: a) Homeless b) No food to eat c) no insurance coverage d) Assaults,
- One month sobriety 3. We are not yet 3 month period to evaluate sobriety.

# Transition and linkage for maintenance

- Transitions are periods of vulnerability.
- We are currently following people for four weeks, providing ongoing medication.
- We are referring the clients to HJA for MAT long term. We encourage every one to be in maintenance.
- We plan to track 3, 6 and 12 month sobriety rates.

## **Benefits of Out patient detox**

- Access: Expanding access
- Useful for working individuals. 25 % of people said they accessed treatment because it was out patient.
- Not sheltered from playing life roles and dealing with real life issues.
- Learned skills are being tested in real world.
- Opportunity to strengthen ties with families and friends.

# Some barriers to ideal services

#### **Barriers**

- Lack of financial resources.
- Social (homelessness)
- Perception: Judgmental
- Family disengaged.
- Fluctuating motivation
- Distress tolerating skills.
- Environment that triggers
- Trauma and adversity:
- Lack of vocational opportunities

#### **Possible solutions**

- Program taking hit for some individuals.
- Finding Shelters
- Dialogue : Open for F/B
- Address family burden
- Motivational Interview
- Build Skills ( Mindfulness
- Address environment
- Therapy for traumas
- Work with employers

## What Can You Do?

- If you are a family member or friend.
- If you are a behavioral health care provider.
- If you are physical health care provider
- If you are a regulator.
- If you are in legal system
- Policy maker
- Researcher

- Make interactions are recovery friendly.
- Be respectful non judgmental and hopeful
- Collaborate or provide addiction services.
- Address barrier regs
- Change mind set from punitive to therapeutic
- Continue to learn and push for better policies.

# If those of you in Trenton Area

- For Opioids, Alcohol and benzodiazepine addiction Call
- P- 609-396-5944 ext. 58182 or 53773
- Address: Oaks Integrated Care, 14-316 East State Street Trenton, NJ 08608
- Call or Walk in.
- Medicaid Accepted.
- Please see the flyer attached for referrals.

### **Bottom Line**

- America is facing an Addiction crisis.
- Young productive lives are lost to this scourge.
- We all need to work hard to address this enormous issue.
- It starts with constantly looking at what we can do better in our own sphere.
- We all have a challenging task of making the country a better place to live for our next generation

## Questions

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Thank you Seton Hall law school for putting this together a tremendous program.