**Plans to Reduce Readmissions and Avoidable Utilization**

Adventist HealthCare Behavioral Health & Wellness Services is a comprehensive behavioral health provider with locations in Dorchester and Montgomery counties, including Adventist HealthCare Washington Adventist Hospital’s Behavioral Health services and The Lourie Center for Children’s Social & Emotional Wellness. The organization offers a broad range of behavioral health programs and services for young children, adolescents, adults and senior adults including therapeutic nursery programs, acute inpatient care, outpatient/dual diagnosis chemical dependency programs, residential treatment, special education and community-based residential services. Our Rockville and Takoma Park locations provide services to a handful of counties in Maryland, some of which include Montgomery, Prince George’s, Howard, Frederick, Baltimore, Arundel, and Washington. Adventist HealthCare Behavioral Health & Wellness Services has a Needs Assessment team in Shady Grove Medical Center and Washington Adventist Hospital Emergency Departments 24 hours/7 days a week providing substance abuse and mental health evaluations. The team determines level of need and facilitates, in collaboration with the emergency room physician and on call psychiatrist to determine final disposition of the individual being evaluated. In collaboration with Adventist Healthcare population health strategies and Community Needs Assessment goals, Adventist HealthCare Behavioral Health & Wellness services is expanding in an effort to increase access to services, reduce readmissions and improve the coordination of care. The facilitation of the goals will be accomplished through the development of new services and community provider partnerships to enhance the network of care.

**Target Population:**

Behavioral health patients are a significant part of the pool of ‘high risk, high utilizers” identified by hospitals. The behavioral health target population is defined as individuals who have an axis 1 mental health diagnosis and at least one of the following: 1) chronic homelessness as defined by HUD, 2) minimal or no supports, 3) more than one acute hospitalization and/or ED visits and/or 4) more than one incarceration.

**Metrics of Progress:**

Decrease ER visits for behavioral health conditions

Decrease in suicide rate

Decrease in substance abuse mortality

Decreased incarcerations

Increased behavioral health outcomes

**Shady Grove Medical Center Initiatives:**

The Rockville location for Adventist HealthCare Behavioral Health & Wellness is located adjacent to Shady Grove Medical Center. At that location is a wide variety of behavioral health programs and services, including 107 inpatient beds and multiple outpatient programs for children, adolescents and adults. Needs Assessment evaluation services are provided at the Shady Grove Medical Center emergency department. We also offer a Residential Treatment Center (RTC) with 82 beds, which provides residential treatment for adolescents 13 to 17 years who have a history of mental illness and severe emotional or behavioral challenges. The Rockville location also offers Intensive Outpatient Programs and Partial Hospital Programs for adolescents and adults. The Ridge School of Montgomery County, located at the Rockville campus, provides special and general education services to day school students and residents in our RTC.

**Initiatives:**

Adventist HealthCare Behavioral Health & Wellness Services at Rockville is expanding its outpatient services to meet the needs of the community. This will provide greater access to medication management, which will improve compliance of the target population. Noncompliance with medication treatment is often a primary reason for readmission to the hospital. Bridge appointments are being provided for those patients who do not have a scheduled appointment with a psychiatrist within seven days of discharge from inpatient services. Another initiative is to embed behavioral health services in primary care offices to facilitate better access and coordination of care for those individuals identified by their primary care physician with a mental health and/or substance abuse need. There are plans to open a primary care and Behavioral Health Clinic in 2017 which would provide a behavioral health home for the target population.

Needs Assessment Team will coordinate with the DC Transitions team to find appropriate disposition to avoid readmission to the hospital. Needs Assessment team communicate with community-based providers known to the presenting patient to coordinate appropriate care back into the community to avoid unnecessary hospital admission or readmission.

**Adventist HealthCare Washington Adventist Hospital Initiatives:**

Adventist HealthCare Behavioral Health & Wellness Services Takoma Park location at Adventist HealthCare Washington Adventist Hospital (WAH) offers 40 bed inpatient psychiatric care for adults, as well as a Partial Hospitalization Program. The Takoma Park location also offers an Outpatient Wellness Clinic.

**Initiatives:**

The (WAH) behavioral health inpatient team utilizes the Transitional Care Program to provide additional community based support to improve likelihood of compliance outside of the hospital. This is a 90 day outpatient care coordination program focused on empowering the patient to manage their health successfully in the outpatient setting. The Outpatient Wellness Clinic also provides bridge appointments within seven days of discharge from inpatient services. The Needs Assessment team provides behavioral health evaluations and disposition services for the Washington Adventist emergency department. The Needs Assessment team works closely with the DC Transitions team in the emergency department to appropriately coordinate care in the community to avoid unnecessary readmissions.

**Community Initiatives:**

Adventist Healthcare, Shady Grove Medical Center and Washington Adventist Hospital support the initiatives in Montgomery County to improve the health of the residents. One way this is accomplished is through our involvement in the Community Needs Assessment and the Healthy Montgomery Steering Committee. Behavioral Health concerns were one of three initiatives identified through the Community Needs Assessment and Health Montgomery as a priority. The Behavioral Health Task Force (BHTF) was formed by the Healthy Montgomery steering committee. The President of Adventist HealthCare Behavioral & Wellness Services was asked to co-chair this task force.

The purpose of the Behavioral Health Task Force (BHTF) is to carry out the strategies defined in the Healthy Montgomery Behavioral Health Action Plan. That is, to:

Consider ways in which *info* MONTGOMERY can be enhanced to create an accessible Web-based basic information, communications, and linkage system through which consumers, their families, providers and other social service agency or referral source personnel can easily gain clear, basic information about treatment options, the full range of available services, payment mechanisms, and how to access services;

Establish protocols to facilitate safe and appropriate transfer of clients from institutional settings (e.g., hospitals, emergency rooms, correctional facilities, schools, universities) to community behavioral health organizations, primary care organizations and crises centers;

Initiate a process to explore the creation of a coordinated system of care or other formal partnership-based business agreement to meet the needs of individuals with more serious behavioral health conditions who live in Montgomery County.

The BHTF works within the larger framework of the Healthy Montgomery overarching goals which include: improving access to health and social services; achieving health equity for all residents; and enhancing the physical and social environment to support optimal health and well-being and reduce unhealthy behaviors.

**Metrics of Progress**:

Healthy Montgomery and the BHTF use several behavioral health measures to focus Healthy Montgomery’s behavioral health work and monitor progress. The measures include emergency department visits for behavioral health conditions, suicide rates, adolescent/adult illicit drug use in the past month, and adults with any mental illness in past year

**\*\*IMD pilot**

The ability for Adventist Behavioral Health and Wellness to be successful with the proposed planed initiatives to reduce readmissions and avoidable utilization is somewhat contingent on the passing of S.599: Improving Access to Emergency Psychiatric Care Act extending the IMD Exclusion demonstration. The consequences of this bill not passing would result in a reduction of psychiatric bed capacity, increased wait time in the emergency departments and a delay in care for those individuals seeking behavioral health care.

**Respectfully Submitted,**

**Kevin Young, MHA, FACHE**

**President, Adventist Behavioral Health and Wellness**

**Adventist Healthcare**