

# **Behavioral Health Needs, Services, Plans in Brockton**



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**Brockton City Council**

**Finance Committee**

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## Clinical Locations



# OUR SERVICES



- Primary care services for all ages—physicals, sick visits, management of chronic conditions
- OB & Specialty Gynecological Services—including prenatal care and family planning
- Dental
- Eye Examinations, treatment, glasses
- Health Education
- HIV Services
- Nutritional Education
- Referrals to Specialists
- Vaccinations

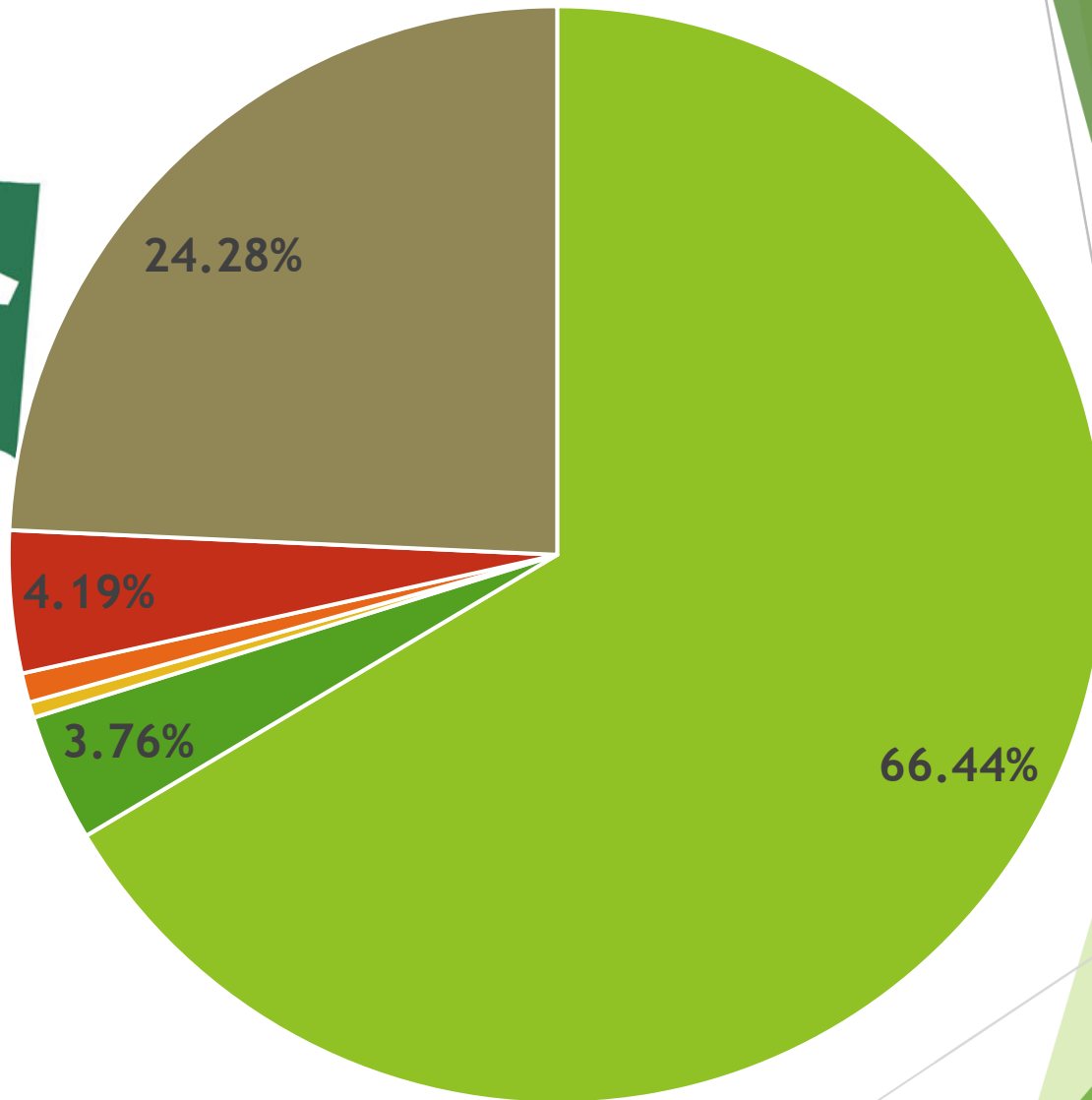
# Behavioral Health Services at BNHC

- Comprehensive Psychosocial Assessments
- Psychiatric Evaluation & Medication Management
- Crisis Evaluation
- Individual Therapy—groups returning soon!
- Substance Use Disorder services, including Suboxone and Vivitrol Treatment



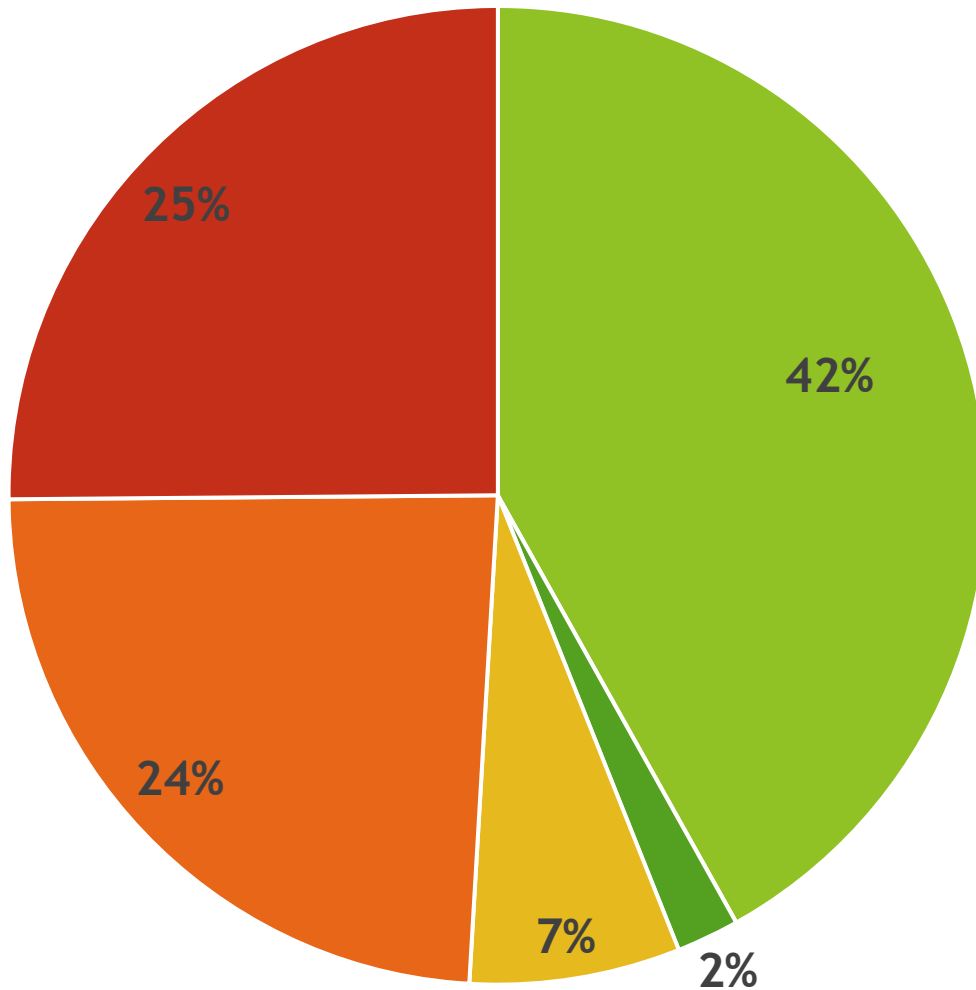


# SERVICE AREA



■ Brockton ■ Taunton ■ Avon ■ Holbrook ■ Stoughton ■ Other

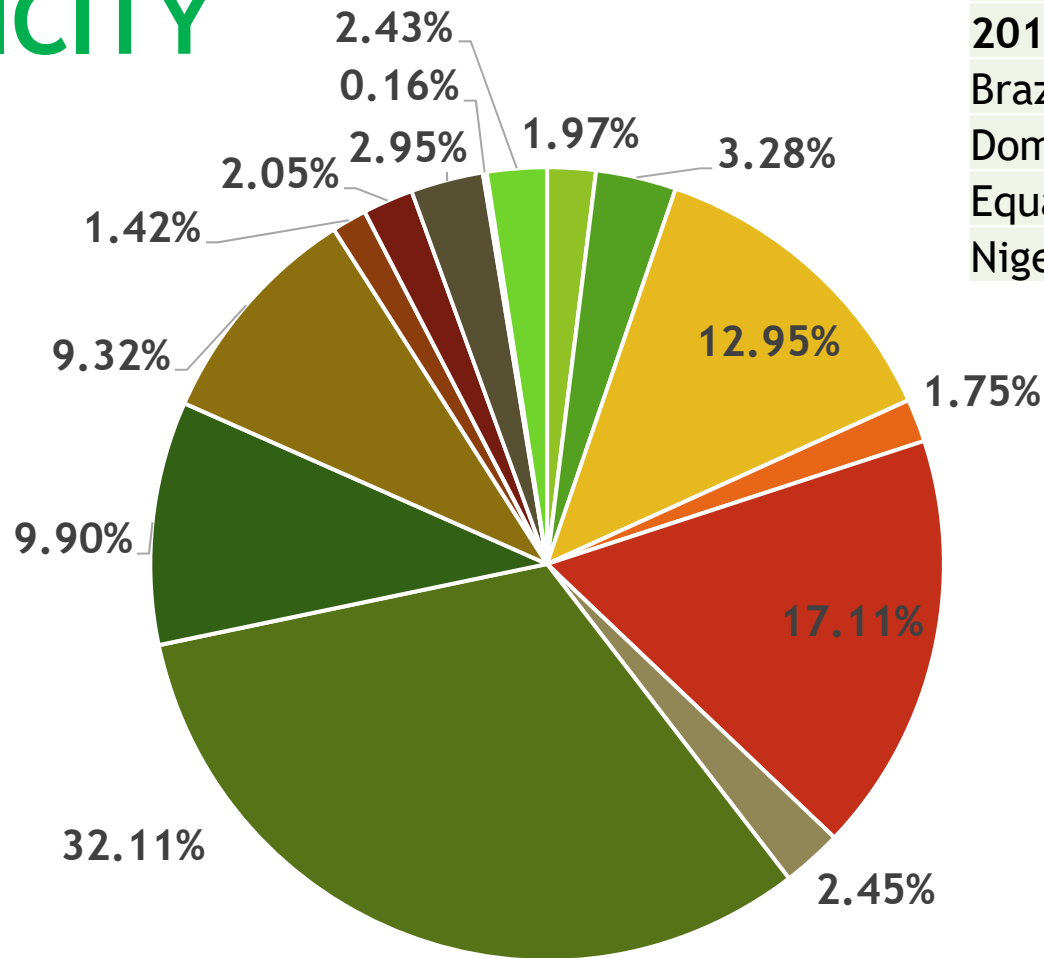
# PAYOR MIX



- Medicaid
- Medicare (not dual)
- Dual
- Other Public/private
- Uninsured



# ETHNICITY



- Central America
- South America
- Brazil
- Carribean
- Haiti
- Africa
- Cabo Verde
- African American
- American white
- American other
- Asia
- Europe
- Native Am
- Puerto Rico

## HIGHEST % GROWTH

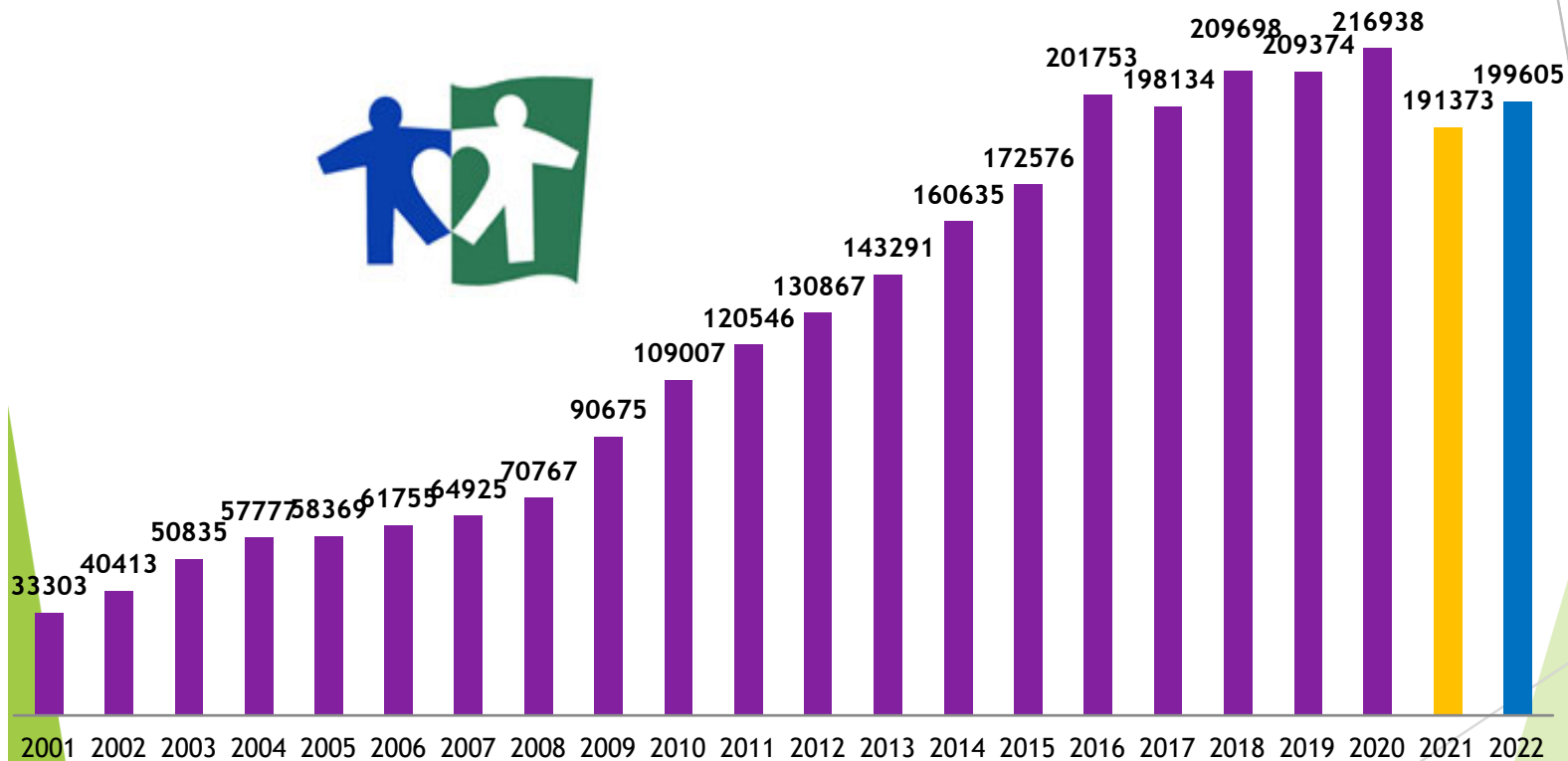
2016-2019

Brazil	82%
Dominican Republic	33%
Ecuador	43%
Nigeria	67%

# Brockton Neighborhood Health Center

## Visits by Fiscal year

COVID VAX/TESTING ONLY NOT INCLUDED



Since the pandemic hit in March 2020, we continue to see high levels of:

- Anxiety
- Depression
- Loneliness
- Isolation
- Increased reports of suicidal and self-harming thoughts



The 2021 State of Mental Health in America report confirms that many states are not prepared to deal with this crisis.

In 2019, prior to the COVID pandemic, 19.86% of adults experienced mental illness, which is equivalent to 50 million Americans.

In 2021, 4.58% of adults report having serious thoughts of suicide, which is an increase of 664,000 people from last year's data set





# BNHC DATA 2021

	VISITS	PATIENTS
Alcohol-related	2755	449
Other substance-related (excluding tobacco use disorders)	9355	875
Tobacco use disorder	1068	386
Depression and other mood disorders	18358	2798
Anxiety, including post-traumatic stress disorder (PTSD)	14688	2410
Attention deficit and disruptive behavior	2049	421
Other BH	10843	3155
Intimate Partner violence	67	6
TOTAL	59183	



# BEHAVIORAL HEALTH NEEDS IN BROCKTON---CHILDREN:

## 2020 survey--BPS guidance and adjustment counselors--grades 6 – 12

- only 200 of BPS' 8,400 secondary students were successfully connected to mental health service providers that year.
- 39% of counselors were aware of a child who had intentionally cut, burned, or bruised himself/herself in the past 12 months
- 36% were aware of a child who contemplated suicide in the past 12 months.



Nationally, 1 out of 5 children experience a mental health issue.

There's an 8- to 10-year delay in proper diagnosis of mental health conditions in children.

4 out of 5 children with a mental health illness do not receive an adequate diagnosis of this illness.

Lack of Training: Not enough clinicians are trained in evidence-based care practices.

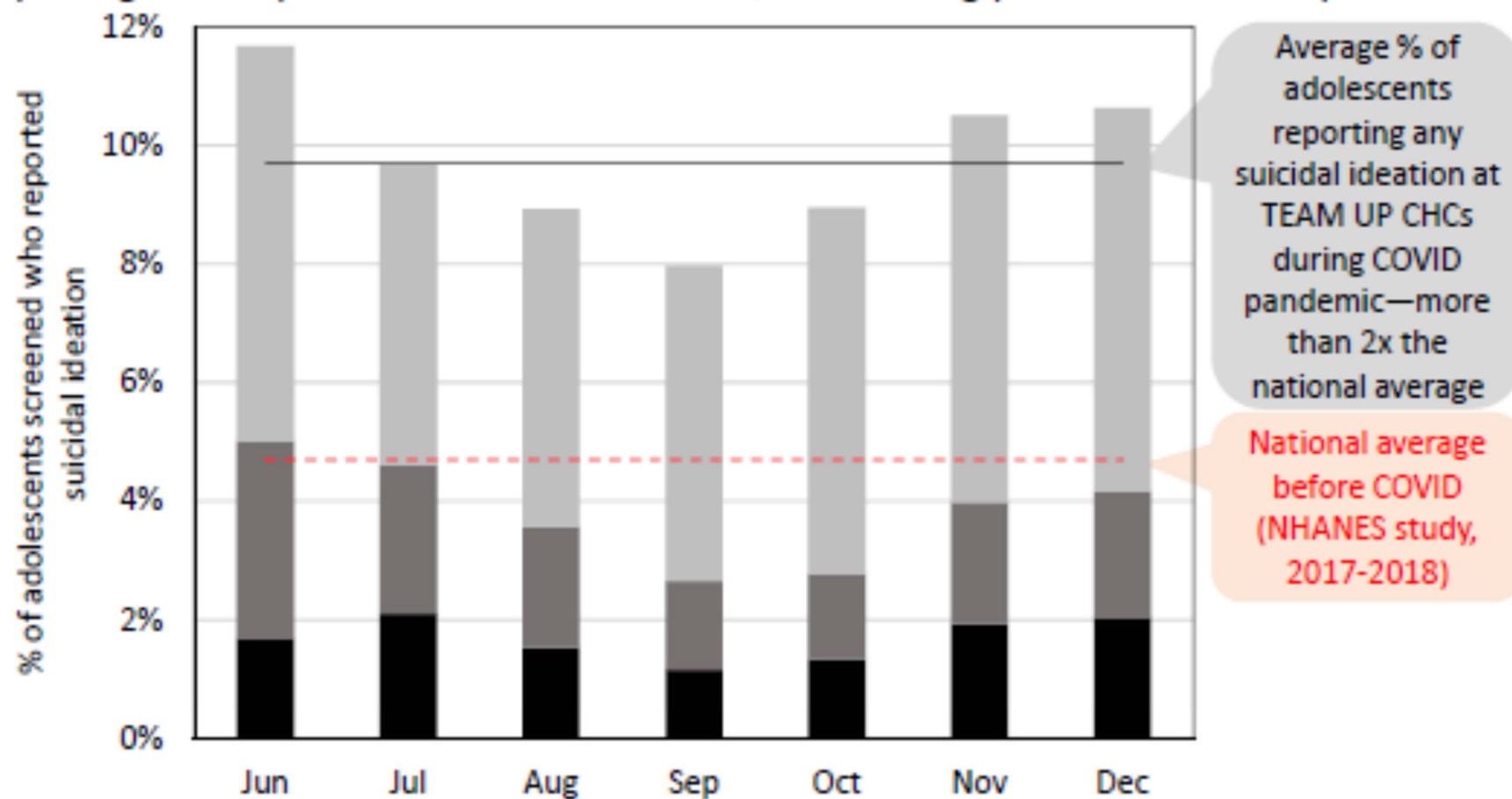
Costly Illness: Mental illness is the most costly childhood illness and is a major driver of health costs into adulthood.

(data from TEAM UP For Children, 2019)

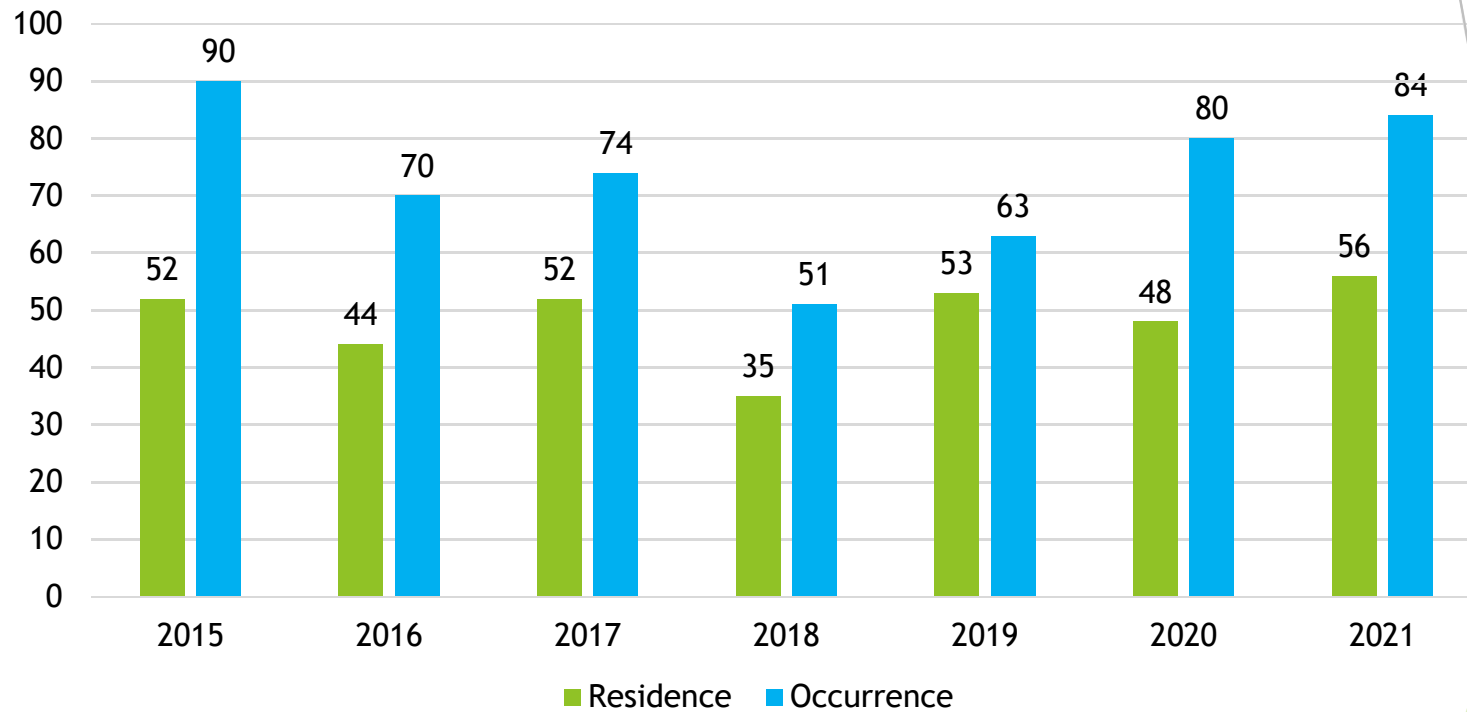


## Screening for suicidal ideation in TEAM UP (Cohort 2)

Question posed to adolescents: Over the last 2 weeks, how often have you been bothered by thoughts that you would be better off dead, or of hurting yourself in some way?



## Opioid-related Overdose Deaths in Brockton 2015-2021



# Qualitative Data - Brockton-focused

**Question 2: Identify the top two barriers that get in the way of treatment:**

## **Barrier One**

Individuals could only check one option for this question.

- |                             |          |
|-----------------------------|----------|
| ➤ Availability of Treatment | 64 (38%) |
| ➤ Not ready for treatment   | 21 (12%) |
| ➤ Health Insurance          | 17 (10%) |
| ➤ Don't know where to go    | 15 (9%)  |
| ➤ Stigma                    | 12 (7%)  |
| ➤ Child Care                | 11 (7%)  |
| ➤ Employment Complications  | 8 (5%)   |
| ➤ Other                     | 7 (4%)   |
| ➤ No Response               | 13 (8%)  |



## Question 4: What types of treatment have you wanted but have not been able to access?

Individuals were asked to check all that apply, so the results add to more than 100%. The following is each response category with the percent of individuals that said **Yes** this is a treatment they have wanted but have not been able to access.

- Sober Living 57 (34%)
- Support Groups 42 (25%)
- Outpatient 39 (23%)
- MAT 38 (23%)
- Inpatient (not detox) 36 (21%)
- Primary Care Dr. 30 (18%)
- Peer Support Group 25 (15%)
- Detox 18 (11%)



Also, 24 (14%) individuals did not check any of the treatment options indicating they have not had difficulty accessing any of these treatment services.

# Trends in drug supply

- Fentanyl contamination in other substances
  - cocaine, crack cocaine, methamphetamine but not as often as is perceived
  - Pressed, counterfeit pills especially fake benzodiazepines
- Emergence of xylazine “horse tranquilizer”
  - Can cause extra sedation and increases risk for overdose
  - Concerning because we don’t have evidence that Narcan/naloxone reverses overdose
  - Causes severe necrotic skin lesions at places other than the injection site
- Ever-increasing potency of opioid product
- Other types of pressed pills
  - Pressed methamphetamine/caffeine sold as Adderall



# 988



- ▶ Nationwide Suicide Hotline
- ▶ Launched July 16, 2022

# Massachusetts Behavioral Health Roadmap

*Ensuring the right treatment when and where people need it.*

The Roadmap is a multi-year blueprint, based on listening sessions and feedback from nearly 700 individuals, families, providers and other stakeholders who identified the need for expanded access to treatment, more effective treatment, and improved health equity.

A critical piece of the Roadmap is to create a “front door” to treatment—a new, centralized service for people or their loved ones to call or text to get connected to mental health and addiction treatment.

## Front door to treatment

This front door will help people connect with a provider before there's a mental health emergency, for routine or urgent help in their community, or even right at home.

For the first time, this front door will allow individuals and families to fully access the range of comprehensive services offered in the Commonwealth.

## More about the Roadmap

Expanded access to treatment, including nights and weekends for a subset of behavioral health providers.

More behavioral health treatment—mental health and addiction services—at primary care offices.

Better, more convenient community-based alternatives to the emergency department for crisis intervention services.



# Community Behavioral Health Centers

Beginning January 2023, designated Community Behavioral Health Centers (CBHCs) will provide expanded access to behavioral health evaluation and treatment in communities across the Commonwealth.

- Same-day evaluation and access to treatment, with timely follow-up appointments
- Evening and weekend hours
- Behavioral health urgent care
- Evidence-based treatment for mental health conditions and substance use disorders, including clinical services and peer support services
- 24/7 community-based locations for crisis intervention, and mobile crisis teams
- Crisis stabilization beds

# Brockton BH Task Force

- ▶ **BAMSI- 508-584-4357**
- ▶ **Community Services of Bristol County (CCBC)**
- ▶ **Department of Mental Health (DMH)**
- ▶ **High Point Treatment Center**
- ▶ **Old Colony YMCA**
- ▶ **Signature Outpatient Services**
- ▶ Family and Community Resources
- ▶ The Family Counseling Services
- ▶ **Council on Aging**
- ▶ **Father Bill's Mainspring**
- ▶ Private/Group Practices:
  - ▶ Luminosity
  - ▶ Inclusion Family Services

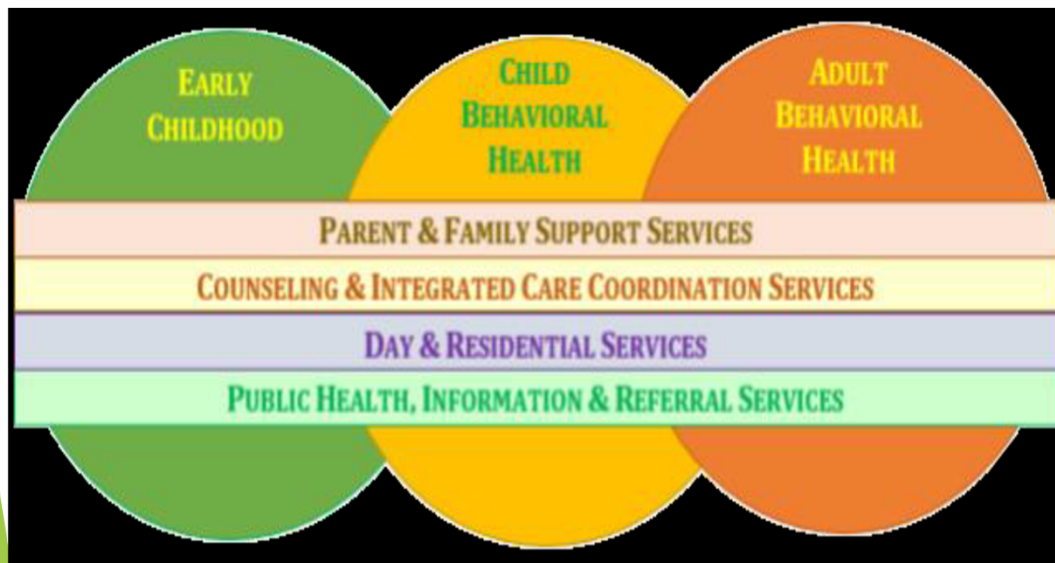
# BNHC BH & SS Programs



- ▶ **Integrated Behavioral Health: Pedi/OB and Adult**
  - ▶ Co-located in medical teams
  - ▶ On demand support across BNHC
  - ▶ Same day access
  - ▶ Rapid evaluation, assessment, disposition of care
  - ▶ Clinical and SDOH Supports (Clinicians and CHW's)
  
- ▶ **Outpatient Services:**
  - ▶ 12 Masters level clinicians (therapist)
  - ▶ 3 Psychiatric Providers
  - ▶ 1 Case Manager
  
- ▶ **Care Management-** for highest risk patients
  - ▶ 3 Clinicians (LCSW, 3RN's)
  - ▶ 5 CHW's
  - ▶ 1 ED Specialist (patient engagement specialist)
  - ▶ BHCP Program in collaboration with HPTC

# BAMSI

## Services



## Highlights

- ▶ Helpline
- ▶ Outpatient
- ▶ CSA
- ▶ EI
- ▶ COPE (HIV, HCV, STI testing)

# CCBC

## Services

- ▶ Adult Behavioral Health Services
- ▶ Outpatient MH & SUD Services
- ▶ Elder Services
- ▶ Child and Family Services
- ▶ ESP, PHP, CSP
- ▶ HIV Services

## Highlights

- ▶ **Emergency Services Program**
- ▶ **Community Services Program**

# High Point Treatment Services & Affiliates

## Services

- ▶ Inpatient Services (MH & SUD)
- ▶ Residential Services
- ▶ Outpatient MH & SUD services
- ▶ Community Based Services
- ▶ HIV Services

## Highlights

- ▶ **BHCP**
- ▶ **CSS**
- ▶ **Detox**



# Community Behavioral Health Center--Brockton Site

## Who, when, where, what, why?

- ▶ Lead: High Point Treatment Center & Subcontractors: CCBC and Child and Family Services
- ▶ Opening January 2023
- ▶ Outpatient therapy and psychiatry for Adults and Pediatrics
- ▶ Mobile Crisis Teams (Adults and Pediatrics)
- ▶ ED Diversion/Walk-in Urgent BH Services
- ▶ Crisis Stabilization (Adult in Brockton; Pedi in New Bedford)
- ▶ NEED for easy access and crisis management support

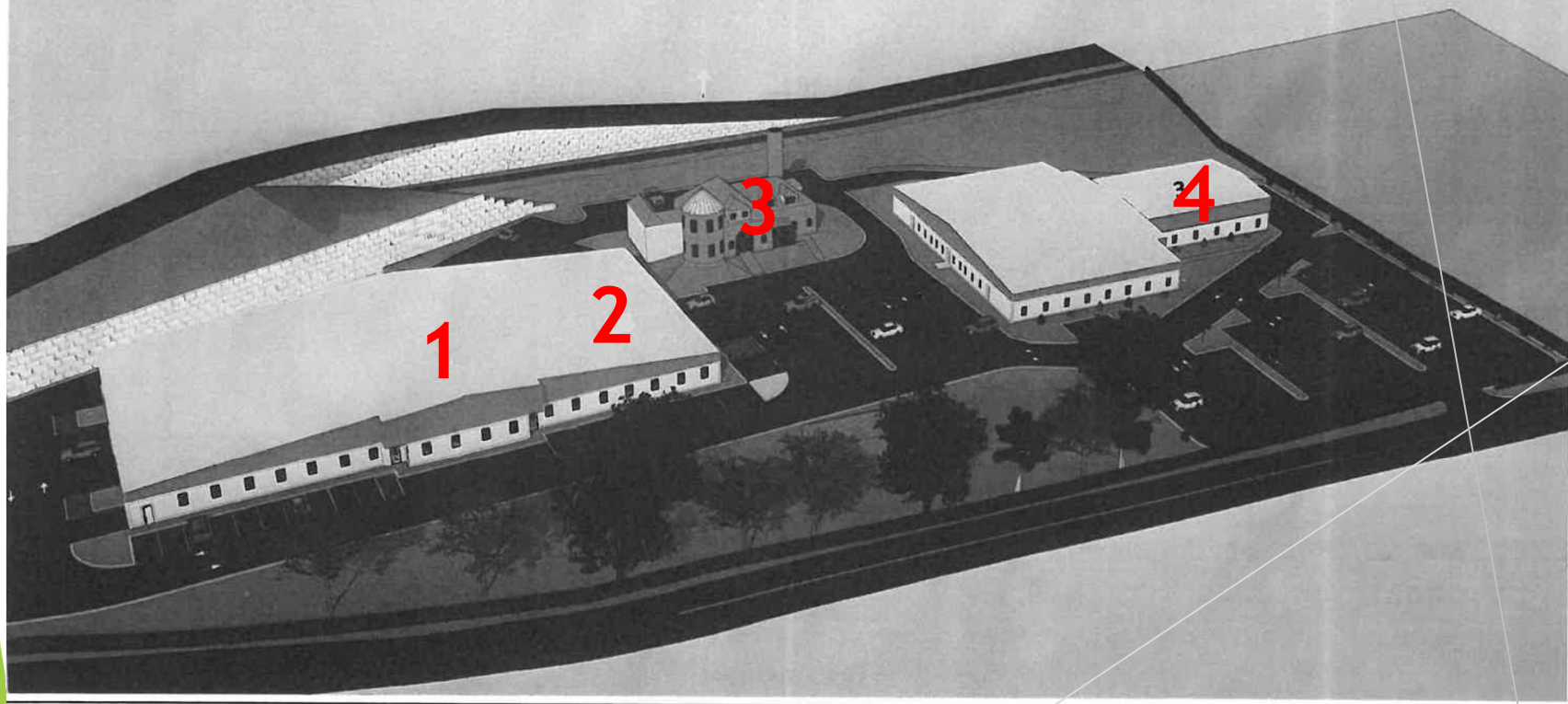
## Key:

1: Child and Adolescent CBHC

2: Adult Crisis Stabilization Beds

3: Mobile Crisis Teams (Pedi and Adult)

4: Adult CBHC



# Boston Medical Center Inpatient Unit

**Who, when, where, what, why?**

- ▶ BMC
- ▶ October, 2022
- ▶ **IP Psych Unit:** 16 years of age and up; **CSS:** 18 years of age and up
- ▶ **Services rendered:** The Center will hold IP Psych and CSS units only.
- ▶ **IP Psych:** 56 beds totals (There will be 2 IP Psych units with 28 beds each); **CSS:** 26 beds.





It is easier to build  
strong children than  
to repair broken men.

*Frederick Douglass*

[animaplates.com](http://animaplates.com)

# TEAM UP for Children

- ▶ TEAM UP: Transforming and Expanding Access to Mental Health Care in Urban Pediatrics
- ▶ Purpose: Building capacity in CHC's to deliver high quality, evidence-based integrated BH to children and families
- ▶ TEAM Up program is built on a “Transformational Model” outlining the core components of BHI
  - ▶ Creating learning communities (trainings for all of the roles in a care team)
  - ▶ Strengthening primary care foundations
  - ▶ Transforming clinical care



# BNHC School-based Health Center

## Our Mission:

We will create a trusted medical home for the students of Brockton High School through provision of high quality, integrated healthcare, education and advocacy services that are:

- Equitable
- Comprehensive
- Accessible
- for students to play an active role in promoting their own health, wellbeing and educational outcomes.





# BNHC School-based Health Center

The school-based health center will provide comprehensive medical and behavioral health services, including:

- Annual physicals and sports physicals
- labwork
- Urgent care visits
- Immunizations
- STI screening and treatment
- **Urgent and short term behavioral health assessment and counseling**
- **Assessment for substance use disorder and referrals to treatment**







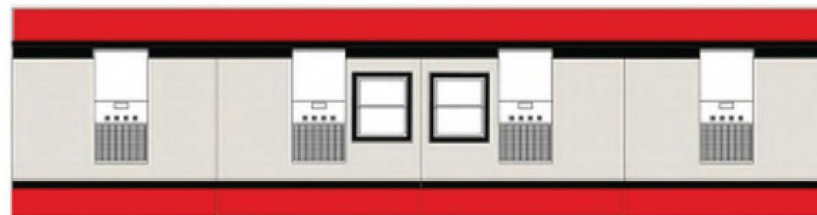


REAR ELEVATION



FRONT ELEVATION

PIN MOUNTED SIGN



RIGHT ELEVATION



LEFT ELEVATION

# Harm Reduction Clinic

## Key Services:

- Nurse Care Manager model
  - Medication for opioid use disorder: Suboxone, Vivitrol, Sublocade
  - Medication for alcohol use disorder: Vivitrol, Campral, Antabuse
- Behavioral health (counseling) support
- Recovery coaching
- Contingency Management for stimulant use disorder

## How we deliver these services:

- Low-threshold:
  - Treat each use disorder as its own
  - Flexibility for appointments/starting services
  - Services are not mandated
  - No discharge for resumed use/other substance use



# Moms Do Care



## Key Services:

- Wraparound services for pregnant, postpartum, and parenting women
  - Any type of substance use disorder/problematic substance use
  - **Pregnant** or have a **child under the age of 3 years**
- Help navigating DCF involvement
- Medication for SUD
- Services provided by midwife, social worker, RN/supervisor, recovery coaches, community health worker



# BROCKTON SUD RESOURCES

## Low-threshold/drop-in

- BAMSI COPE Center
- Stairway to Recovery
- Peer Support Groups like AA/NA/SMART Recovery etc.

## Outpatient & Methadone Programs

- High Point Treatment Center - intensive outpatient & methadone program
- Habit OPCO - methadone program
- Old Colony YMCA Peer Support for teens/young adults
- Signature Healthcare OBAT
- A number of other private outpatient programs have opened recently (i.e. Column Health, Recovery Connection)

## Acute Treatment (Inpatient Detox)

- High Point Treatment Center - detox

## Longer-term Inpatient

- High Point Treatment Center - Clinical Stabilization Services
- Teen Challenge - Clinical Stabilization Services

## Primary Prevention

- High Point's Brockton-Area Prevention Collaborative

## Sober Homes

- Edwina Martin House

## Linkage Programs

- Champion Plan
- Plymouth County Outreach

