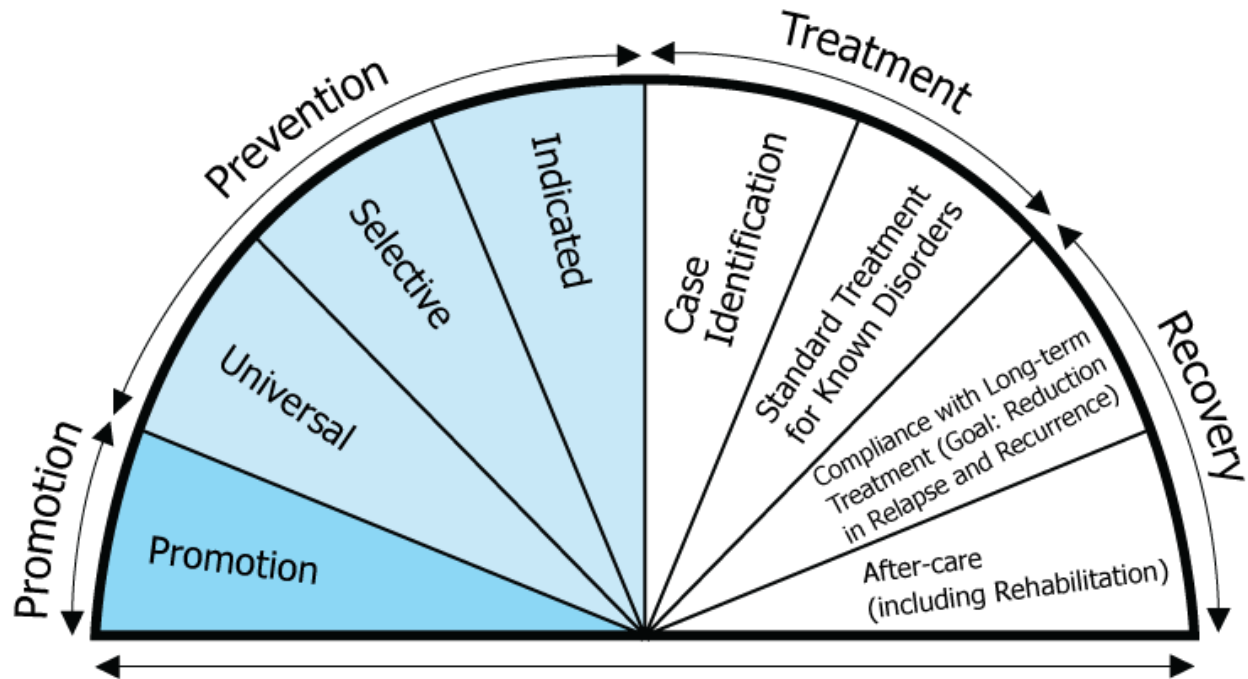


Continuum of Care



A comprehensive approach to behavioral health means seeing prevention, treatment, and recovery supports all as part of an overall continuum of care. The [Behavioral Health Continuum of Care Model](#) recognizes multiple opportunities for addressing behavioral health problems and disorders. Based on the Mental Health Intervention Spectrum, first introduced in a 1994 Institute of Medicine (IOM) report, the model includes the following components:

- **Promotion** – These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.
- **Prevention** – Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.
- **Treatment** – These services are for people diagnosed with a substance use, mental health, or other behavioral health disorder.

- **Recovery** – These services support individuals' abilities to live productive lives in the community and can often help with abstinence.

Prevention – Risk Level

- **Universal** – “Targeted to the general public or a whole population group that has not been identified on the basis of individual risk. The intervention is desirable for everyone in that group (IOM, 2009 p. xxix).”
- **Selective** – “Targeted to individuals or to a subgroup of the population whose risk of developing mental, emotional, or behavioral disorders is significantly higher than average. The risk may be imminent or it may be a lifetime risk. Risk groups may be identified on the basis of biological, psychological, or social risk factors that are known to be associated with the onset of a disorder. Those risk factors may be at the individual level for non-behavioral characteristics (e.g., biological characteristics such as low birth weight), at the family level (e.g., children with a family history of substance abuse but who do not have any history of use), or at the community/population level (e.g., schools or neighborhoods in high-poverty areas) (IOM, 2009 p. xxviii).”
- **Indicated** – “Targeted to high-risk individuals who are identified as having minimal but detectable signs or symptoms that foreshadow mental, emotional, or behavioral disorder, as well as biological markers that indicate a predisposition in a person for such a disorder but who does not meet diagnostic criteria at the time of the intervention (IOM, 2009 p. xxvi).”

Treatment Continuum of Care Components

- **Case Identification** – This includes initial contact with a provider (anyone who can assist with information and/or referral) to determine if an assessment or other treatment would be appropriate and beneficial. This is assistance to get into the correct type of service or to provide some initial soft support or reassurance

along with necessary information. This may include assisting with linkages to services or treatment supports.

- **Standard Treatment for Known Disorders** – A person has a diagnosis of a mental health or substance use disorder and is receiving any treatment service from the assessment through counseling, case management, medication-assisted treatment, and/or psychiatry, hospitalization, or in-patient. Treatment would be services that are typically billable if a person has adequate insurance as there are medical treatment codes for each level of service.

The levels of care for persons with various mental health issues include:

- In-patient Psychiatric Healthcare – can and often does include visits from local case managers to ensure continuity of care. The ADAMH Board pays for private psychiatric bed days when necessary.
- Crisis Services – available 24/7 to assess and stabilize a behavioral health crisis and determine the safe next steps
- Outpatient Services:
 1. Psychiatric and Nursing Care, usually includes medication evaluation, prescribing, and management
 2. Individual Counseling
 3. Group Counseling
 4. Family Counseling
 5. Community Support Services (Case Management)
 6. Peer Support
 7. In-home Counseling
 8. Intensive Home-based Therapy is available for youth.
 9. Residential Treatment, typically for youth

The levels of care for persons who are experiencing substance use disorders include:

- Detox – Hospital
- Detox Subacute
- Detox Ambulatory
- Residential – Note: The ADAMH Board usually only pays for this when it is a last resort and the person has a coexisting disorder, which needs this level of care.
- Intensive Outpatient
- Outpatient
- Individual
- Group
- Peer Support
- Case Management

Recovery Supports

A recovery-oriented system of care is:

“A coordinated network of community-based services and supports that is person-centered and building of the strengths and resilience of individuals, families and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug and/or mental health problems”

This is outcomes driven. A recovery-oriented system of care measures outcomes to improve the system of care. The service design and quality are driven by the performance data that include, at a minimum, the following outcomes measures:

For the individual:

- Abstinence, which can include adherence to a medication-assisted recovery regiment
- Education
- Employment

- Reduced Criminal Justice Involvement
- Stability in Housing
- Improved Health
- Social Connectedness
- Quality of Life

For the system:

- Increased Access/Capacity
- Proper Placement and Quality of Care
- Retention
- Perception of Care
- Cost Effectiveness
- Use of Evidence-based Practices
- Adequately and Flexibility Funded – A recovery-oriented system of care leverages and coordinates federal, state, county, and municipal funding. Funding is maximized to allow flexibility in providing a menu of service options.

**The Fairfield County ADAMH Board currently funds the following
Universal Prevention Projects:**

School-based Programming

Too Good for Drugs	Project Alert
Too Good for Violence	Red Flags
Alcohol, Tobacco, and Other Drugs	Safe Dates
Tobacco Education	Brain Power
The Incredible Years	Signs of Suicide (SOS)
Pax Good Behavior Game	Reconnecting Youth

Note: These programs are offered in various schools at various grade levels. The Recovery Center; Mid-Ohio Psychological Services, Inc.; OhioGuidestone; and New Horizons Mental Health Services are the providers. ADAMH receives grant-funding for these programs from the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and uses some levy dollars. ADAMH also provides community educational programming by offering Mental Health First Aid (MHFA), Youth Mental Health First Aid (YMHFA), and Trauma-informed Care.

The Fairfield County ADAMH Board currently fully or partially funds the following Treatment Programs:

Treatment-case Identification

- Crisis Intervention – Mobile Crisis, Youth Mobile Crisis – New Horizons Mental Health Services and Project F.O.R.T. (Fairfield County Overdose Response Team)
- Peer Support – The Recovery Center and New Horizons Mental Health Services
- Domestic Violence Shelter Support – The Lighthouse
- Early Childhood Consultation – OhioGuidestone
- South Oak Gambling Screenings – The Recovery Center, New Horizons Mental Health Services, and Lancaster Recovery Services
- Behavioral Health Navigation – Mental Health America of Ohio
- Outreach Services – Fairfield County 2-1-1 (Information & Referral)
- 740.687.TALK (Crisis Hotline) – Fairfield County 2-1-1 (Information & Referral)

Standard Treatment Services

Note: These are mental health and substance abuse services, which are in part paid through billing to insurances, such as Medicaid and private insurance. The ADAMH Board helps to pay for individuals who are uninsured or underinsured and who meet funding criteria as needing assistance.

Psychiatric Hospitalization – ADAMH funds some private hospitalizations when the state hospital is not an option and when an individual does not have insurance.

Assisted Outpatient Treatment (AOT) – Levy-funded, this program is one for which ADAMH partners with the Fairfield County Probate Court and New Horizons Mental Health Services to provide. It is court-ordered treatment on an outpatient basis for persons with a history of high-risk situations who have not engaged in treatment.

Residential care for children and adolescents is funded through a partnership with Fairfield County Family, Adult and Children First Council; Fairfield County Juvenile Court; Fairfield County Board of Developmental Disabilities; and the Fairfield County commissioners.

Multi-system youth coordination is a partnership of pooled funding, and Fairfield County Family, Adult and Children First Council is the provider.

Pro bono counseling is funded through ADAMH with levy dollars, and Mental Health America Ohio is the provider.

Mental health treatment providers can bill Medicaid and other insurances for many of the services offered on an outpatient basis. However, the ADAMH Board provides levy funding so that youth and adults who are uninsured or underinsured can receive services. Providers include New Horizons Mental Health Services; Mid-Ohio Psychological Services, Inc.; and OhioGuidestone.

Substance abuse disorder treatment is also billable to Medicaid and other insurances but the ADAMH Board obtains grant funding to assist in the costs of some programs and uses levy funds when needed. Providers include The Recovery Center, OhioGuidestone, New Horizons Mental Health Services, and Lancaster Recovery

Services. Gambling treatment funds are provided by OhioMHAS and allocated to The Recovery Center for treatment services.

The Fairfield County ADAMH Board currently fully or partially funds the following Recovery Supports:

Guardianship services are provided through a partnership with the Guardianship Board.

Payee Services through the Fairfield Mental Health Consumer Group and Fairfield County 2-1-1 (Information & Referral).

Recovery housing is provided in partnership with Lutheran Social Services Faith Mission of Fairfield County for both adult men and women.

Housing supports are provided by The Recovery Center and New Horizons Mental Health Services.

Consumer-operated services at the Center of Hope are provided through the Fairfield Mental Health Consumer Group.

Supported employment is provided through New Horizons Mental Health Services.

Material resources are provided on an as-needed basis to stabilize status in the community and access recovery supports and success through funding provided to New Horizons Mental Health Services, The Recovery Center, OhioGuidestone, and Lancaster Recovery Services.