utah department of human services
SUBSTANCE ABUSE AND MENTAL HEALTH

Treatment Resources & Access to Care in Utah

Doug Thomas, LCSW & Brent Kelsey
Utah Indigent Defense Commission
June 17, 2020

"Prevention works, treatment is effective, people can and do recover from mental health and substance use conditions

Substance use disorders and mental illnesses are chronic diseases that can be treated effectively.

Our Vision

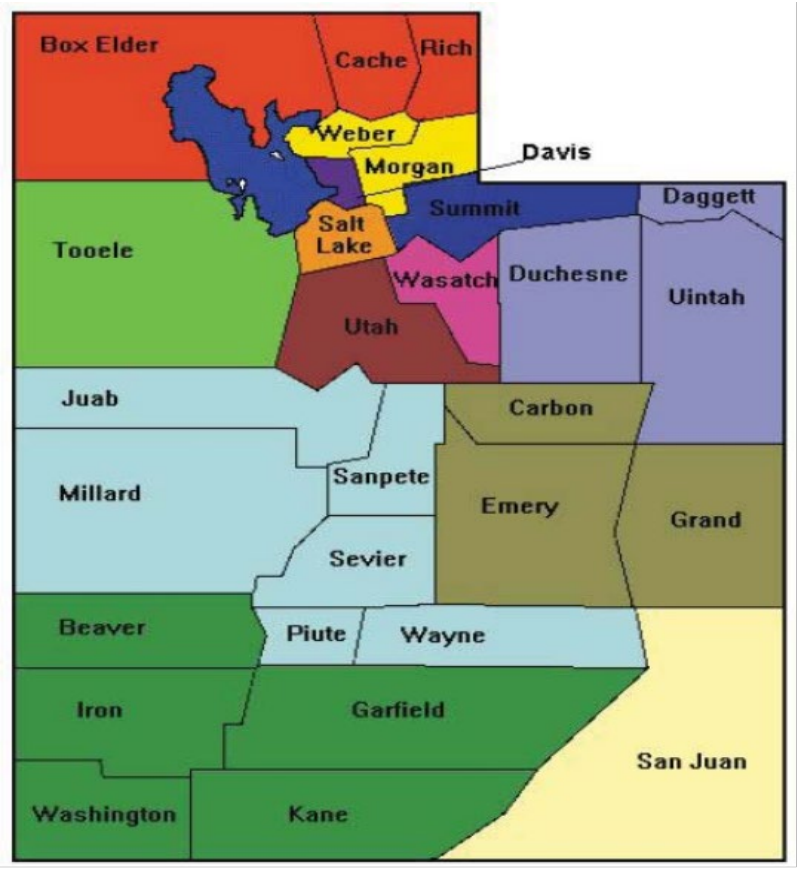
is to contribute to the development of healthy individuals, families and communities

DSAMH is changing personal attitudes and professional practices in the state of Utah

Partnerships

DSAMH contracts with counties (Local Mental Health and Substance Abuse Authorities) to provide prevention, treatment and recovery support services to the citizens of Utah.

We subscribe to a **public health** approach with our partners and assure best practices are used and effective outcomes are achieved.



Who We Serve In Treatment

Substance Use Disorder

- 15,222 Adults; 1,002 Youth
- 86% below Federal Poverty Level
- Urban: 73%, Rural: 27%
- Male: 61%, Female: 39%
- Largest Referral Source - Courts
- Medicaid: 30%
- Justice Involved Clients - 79%
- Opioid Disorder - 41%

Mental Health

- 35,296 Adults; 21,142 Child/Youth
- 89% Below Federal Poverty Level
- Urban 69%; Rural 31%
- Male: 48%, Female 52%
- Largest Referral Source - Self
- Medicaid: 56%
- Adult Supported Employment - 1,550
- Youth/School Based Services - 22%

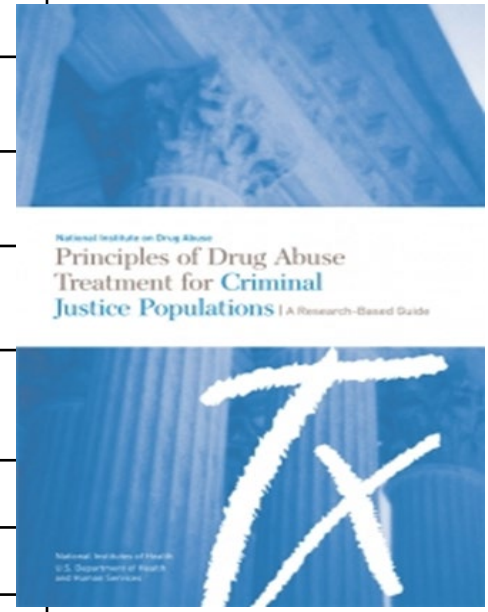
Justice Certification Initiative

Key Accomplishments:

- Establish treatment standards for the provision of substance abuse and mental health treatment for individuals required to participate in treatment by the court or the Board of Pardons and Parole (R523-4).
- Certification for treatment
- MRT, ASAM and other training programs
- 90 agencies with 206 treatment facilities certified to treat justice involved clients.

Key Elements of Effective Substance Abuse Programs

- Standardized substance abuse assessment tool(s)
- Standardized risk assessment tool(s)
- Interventions to encourage engagement and motivation
- Cognitive behavioral/behavioral modification techniques
- Target factors that are associated with criminal behavior
- Services that address co-occurring medical and mental health disorders
- Family involvement in treatment
- Treatment duration of 90 or more days
- Systems integration and a continuum of care
- Use of sanctions and incentives



Medicaid Expansion

- On December 23, 2019, the Centers for Medicare and Medicaid Services (CMS) authorized the Utah Department of Health (UDOH) to implement a full Medicaid expansion.
- Extends Medicaid eligibility to Utah adults whose annual income is up to 138% of the federal poverty level ($17,608 for an individual or $36,156 for a family of four).
- The federal government covers 90% of the costs for these services, with the state covering the remaining 10%.
- It is estimated that up to 120,000 Utah adults are eligible for the expansion program.
- Newly eligible adults must enroll in their employer-sponsored health plan if one is available. Medicaid will then cover the individual's monthly premium and other out-of-pocket expenses like co-pays and deductibles.
- Due to COVID-19, Medicaid has suspended the Community Engagement (self-sufficiency/work) requirement.

Benefits:

Doctor, hospital, and emergency services

- Prescriptions
- Laboratory and x-rays
- Behavioral health services including addiction and recovery treatment services
- Family planning services
- Maternity care
- Home health services
- Preventive and wellness services
- Chronic disease management services
- And more!

Targeted Adult Medicaid (TAM)

Who is eligible?

Adults without dependent children earning up to 5% of the federal poverty level (FPL) who are:

- Chronically homeless
- Involved in the justice system through probation, parole, or court ordered treatment needing substance abuse or mental health treatment
  - ***Recently expanded to include probation and parole***
- Needing substance abuse treatment or mental health treatment
- 12 MONTHS CONTINUOUS ELIGIBILTY

How to Apply

- **Apply Online**: https://jobs.utah.gov/mycase/
  - **If you apply online, you do not need to complete a paper application.**
- **By Mail**
  - Download a Medical Application.
  - Mail completed application to:
    Department of Workforce Services
    PO Box 143245
    Salt Lake City, UT 84114-3245
- **By Fax**
  - Download a Medical Application.
  - Fax completed application to:
    Department of Workforce Services
    Fax: 801-526-9505
    Toll-free Fax: 1-888-522-9505
- **In Person**
  - Download a Medical Application.
  - You may apply at any Department of Workforce Services (DWS) office
- **For answers to your questions on how to apply, please call the Department of Workforce Services (DWS): Salt Lake County (801) 526-0950 or Toll-free 1-866-435-7414.**
- **Federally-Facilitated Marketplace** www.healthcare.gov or call 1-800-318-2596.

MAXIMUM INCOME GUIDELINES		
FAMILY SIZE	PER MONTH	PER YEAR
1	$1,467	$17,608
2	$1,982	$23,791
3	$2,497	$29,973
4	$3,013	$36,156
5	$3,528	$42,338
6	$4,043	$48,520
7	$4,558	$54,703
8	$5,073	$60,885

Additional TAM Documentation

Submit an application during an open enrollment period:

Meet basic eligibility requirements) residency, citizenship etc.),

Not eligible for other Medicaid programs,

No resource test,

Between the age of 19 and 64

No countable income - 5% disregard

No dependent children under the age of 19

12-month continuous eligibility,

• Meet criteria for one of the following

- Chronically Homeless
- Justice Involved
- Needing Treatment.

43A 01/2020

State of Utah
Department of Health

D3061190021010 1

Targeted Adult Medicaid – Justice Involved

This form is to be completed by an individual who works for the correctional agency, court, or an agency working with the correctional agency or court and has knowledge of the applicant's situation.

Applicant's Name: _____

SSN (optional) or DOB: _____ eREP Case # (optional): _____

Name of Agency or Court _____

Dates Incarcerated (only applicable for clients released from jail/prison): _____

Release Date (only applicable for clients released from jail/prison): _____

Check all that apply

1. Did the individual comply with and substantially complete a substance use disorder treatment program while incarcerated? Yes ☐ No ☐
2. Is the individual currently involved with a drug or mental health court? Yes ☐ No ☐
3. Is the individual court ordered to receive substance abuse or mental health treatment through a district or tribal court? Yes ☐ No ☐
4. Is the individual on probation or parole and has a serious mental illness or serious substance use disorder? Yes ☐ No ☐

Form completed by:

Print Name: _____ Phone #: _____

Signature: _____ Date: _____

Form may be emailed to tam@utah.gov

1 / 1

Utah Health Policy Project- Take Care Utah

- Eligibility and Enrollment Experts.
- Free Assistance
- Remote enrollment options, including phone appointments, video chat assistance, and screen sharing capabilities. http://www.healthpolicyproject.org/remote-enrollment-options/
- Hours: Monday-Friday, 9am-5pm
- Information available in English | Spanish
- Allison: 385-313-8513 | allison@healthpolicyproject.org
- SOR Grant Last Quarter: Held 86 outreach events, 922 people reached
- partnership with the following organizations:

  State Prison, Drug Courts, Fourth Street Clinic, Road Home, Volunteers of America, County Jails + County Agencies, Adult Probation and Parole, Odyssey House – SLC, Salt Lake County Division of Behavioral Health, Salt Lake Housing Street, NUCC, Weber Human Services, Bear River Substance Abuse.
- Do you have a suggested location for an outreach event?

TAKE CARE UTAH

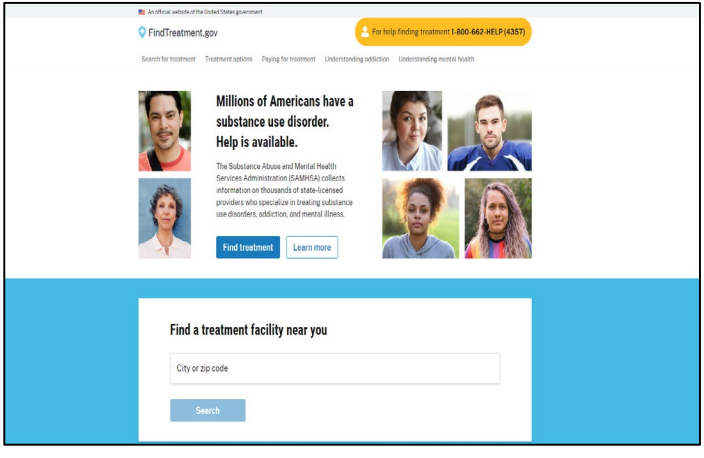
Finding Treatment Services

County Local Authorities- https://dsamh.utah.gov/contact/location-map

JRI Certified Provider List- https://dsamh.utah.gov/pdf/jri/Judge's%20List%20by%20Agency.pdf

DUI Education- https://dsamh.utah.gov/seeking-safety-2020/dui-classes

Sober Living/ Recovery Residence- https://hslic.utah.gov/db-search



Screening:

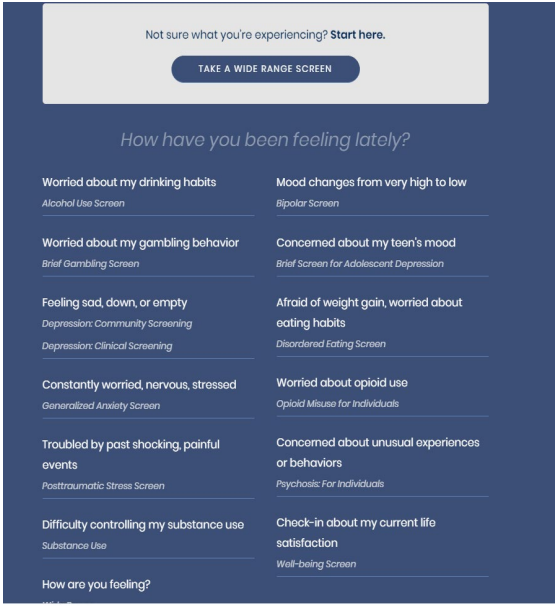
Preliminary appraisal to determine if further assessment of mental health, and/or substance use risk and needs is warranted.

identify problems related to mental health, substance use, trauma/PTSD, criminal risk and the need for further assessment.

identify acute issues requiring immediate attention (suicidal thoughts or behaviors, risk for violence, withdrawal, symptoms of serious, mental disorders.)

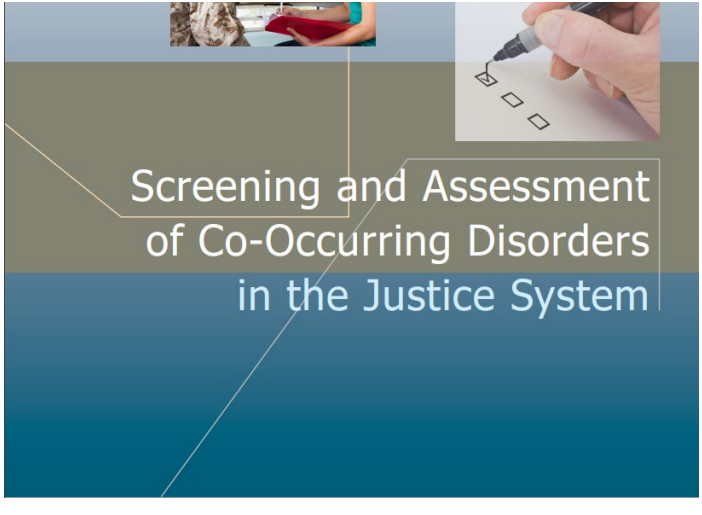
Generally, screening instruments do not require staff members are licensed, certified, or otherwise credentialed, and minimal training is usually required.

Utah Administrative Rule R523-4 establishes standards for Screening.



Assessment

- Clinical interview and may include psychological, laboratory, or other testing and compilation of collateral information from family, friends, and others in close proximity to the individual,
- Conducted by mental health therapist or MD, DO with specific training,
- Informs treatment planning, or case planning,
- Examines a range of long-term needs and factors that may affect engagement and retention in services, such as housing, vocational and educational needs, transportation, family and social supports, motivation for treatment, and history of involvement in behavioral health services.
- SCREEN FIRST!



Risk Principle
(Who)

The level of supervision or services should be matched to the risk level of the offender: i.e., more intensive supervision and services should be reserved for higher risk offenders.

Risk/Need

- **High Risk – High Need**

Intensive supervision

Intensive treatment

Problem Solving Court

Supervision & Tx - proximal

- **Low Risk – High Need**

Compliance Calendar

Intensive treatment

Treatment is proximal

Build sanctions slowly

- **High Risk – Low Need**

Criminals

Status calendar

Intensive supervision

Supervision & Abstinence - proximal

- **Low Risk – Low Need**

Compliance calendar

Prevention services

Abstinence is proximal

Treatment is actually contra-indicated

Medication-assisted Treatment Policy

Contracts: Funds ..shall not be expended by any agency which would deny any eligible client access to their program because of their use of FDA-approved medications for the treatment of substance use disorders…

Clients shall be allowed to participate in methadone treatment…

Medications available by prescription or office-based implantation shall be permitted….

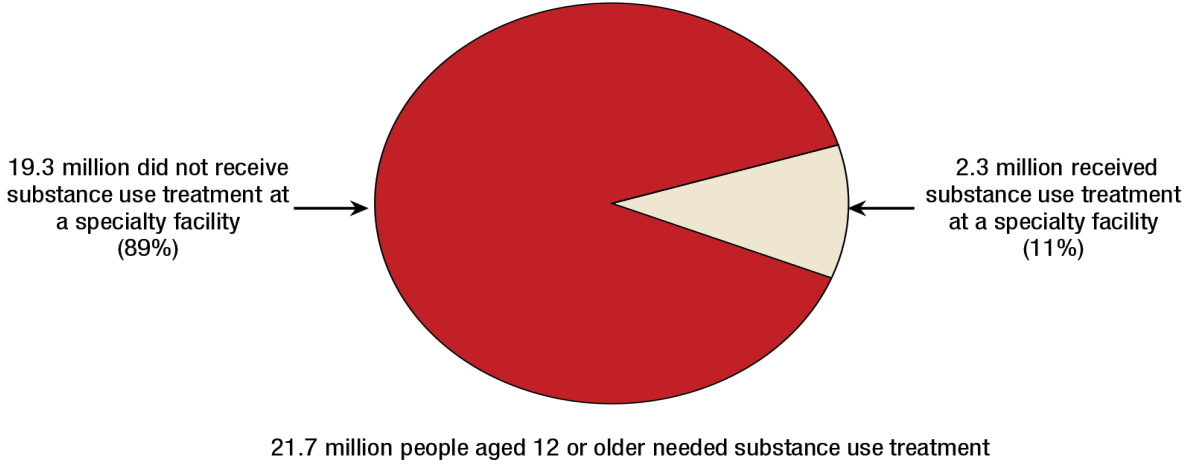
In all cases, medications shall be permitted to be continued for as long as the prescriber or treatment provider determines that the medication is clinically beneficial.

Entities in receipt of funds shall assure that clients will not be compelled to taper or abstain from medications as part of the conditions of any programming if stopping is inconsistent with a licensed prescriber's recommendation or valid prescription

Recovery Resources

- Recovery Community Centers
- Peer Support Telephone Recovery Coaching
- Family Support
- Online resources

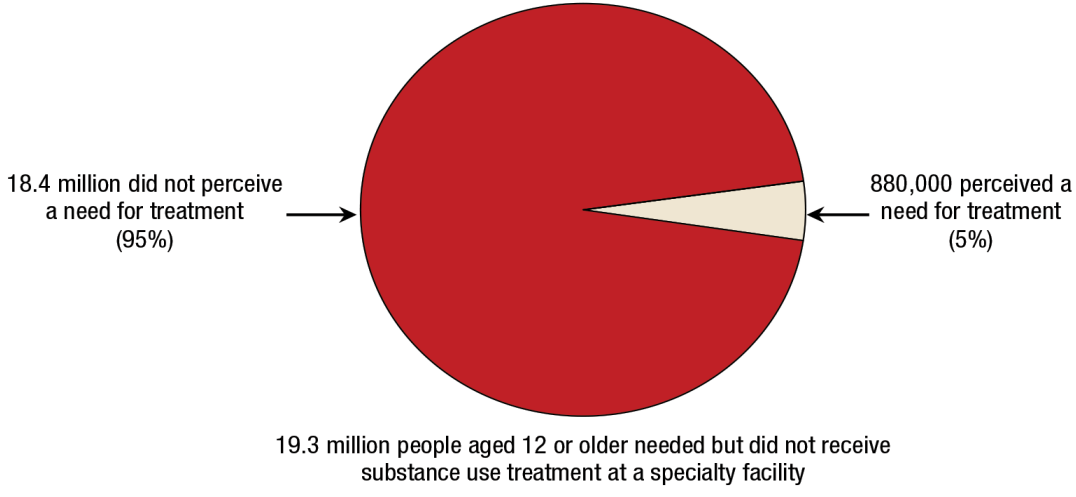
Receipt of SUD Treatment at a Specialty Facility in the past year among people 12 or older who needed SUD Treatment - 2015



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health (NSDUH), 2015.

utah department of human services
SUBSTANCE ABUSE AND MENTAL HEALTH

Perceived need for substance use treatment among people aged 12 or older who needed but did not receive substance use treatment in the past year: 2015



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health (NSDUH), 2015

utah department of human services
SUBSTANCE ABUSE AND MENTAL HEALTH

Stigma

- Studies consistently show that the public holds highly stigmatizing attitudes towards substance use disorders.
- People with substance use disorder are often perceived as dangerous, unpredictable, unable to make decisions and to blame for their own conditions.
- Evidence-based programs that can reduce societal-level stigma towards those with substance use disorders are needed.

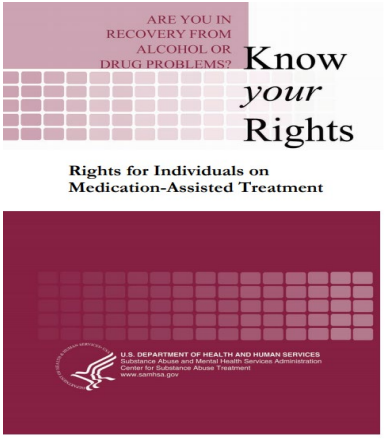
- Yang LH1, Wong LY, Grivel MM, Hasin DS Curr Opin Psychiatry. (2017)Stigma and substance use disorders: an international phenomenon.

Language Matters

Stigmatizing language perpetuates negative perceptions.
"Person First" language focuses on the person, not the disorder.

Avoid:	Say This:
Alcoholic	Person with alcohol use disorder
Drug problem, drug habit	Substance use disorder
Drug abuse	Drug misuse, harmful use
Drug abuser	Person with substance use disorder
Clean	Abstinent, not actively using
Dirty	Actively using
A clean drug screen	Testing negative for substance use
A dirty drug screen	Testing positive for substance use
Former/reformed addict/alcoholic	Person in recovery, person in long-term recovery
Opioid replacement, methadone maintenance	Medication assisted treatment

utah department of human services
SUBSTANCE ABUSE AND MENTAL HEALTH

Public Defender Wish-list

- Understand that substance use disorder is a chronic progressive disease
- Screen (or arrange screen) client's for substance use disorder and mental illness.
- Help clients connect with entities that can help with public and private insurance enrollment
- Recognize that problems relating to health, physical and mental state, culture, family and circumstances such as housing and employment must be addressed if long-term recovery is to be achieved.
- Understand the spectrum of treatment and maintain an ongoing awareness of available treatment options.
- Ensure that clients are offered the least restrictive treatment options and that the treatment provided is not more onerous than required or agreed upon at admission
- Recognize the importance of medication-assisted treatment and advocate on clients behalf.