

# Calculating an Adequate System Tool (CAST)

# SAPTA Strategic Goals



- ▶ Strengthen and enhance the Bureau's infrastructure to manage, lead, and sustain effective behavioral health promotion, programs, and strategies
- ▶ Build the capacity of local communities to provide the services to address their specific needs based on data-driven priorities
- ▶ Sustain and strengthen evidence-based practices and promote a competent workforce.
- ▶ Improve behavioral health care and wellness through relevant, timely, and accessible education, training, and information.
- ▶ Improve state and local cross-organizational collaboration to provide a system of effective and inclusive prevention, outreach, intervention, treatment, and recovery services

# SAMSHA Vision and Core Concepts



Vision: Nevadans are healthy and resilient and able to fully participate in their communities



## Core Concepts

Behavioral health is essential to health

Prevention works

Treatment is effective

People recover from mental and substance use disorders

# Behavioral Health

- ▶ Term used to refer to both mental health and substance use ([www.integration.samhsa.gov/glossary](http://www.integration.samhsa.gov/glossary)).
- ▶ For this report, behavioral health is primarily used to refer to substance use rather than mental health, as the scope of the capacity assessment was limited to the SUD service system

# **Project Purpose:** To assist SAPTA in understanding:



SUD prevention and treatment service system resources, unmet need and hospitalization risk for SUDs specific to each region.



Capacity building priorities in each region.



The scope and location of existing SUD prevention and treatment services in each region.



## Goal:

To position Nevada to **build treatment systems capacity** by understanding the current environment and identifying opportunities to strengthen the system at the regional level.



## Objectives:

Develop and implement a framework for assessing system capacity at the regional level.

Identify opportunities to strengthen the system through an analysis of the assessment results.

# CAST??



Created as a method for evaluating the capacity of the substance abuse care system within a defined geographic area



Provides users with both a risk assessment of county-level social and community determinants of substance abuse, and an assessment of local service need across the continuum of care



Uses social determinants of behavioral health and social disparities in behavioral health outcomes to provide insight into the chronic social conditions that may be contributing to behavioral health outcomes in a community

# Project Design Goals



Survey data, focus groups and other source documents developed by RBHCs



After data, webinars with each RBHC and their stakeholders to complete an assessment tool, prioritize capacity building needs, and identify strengths and assets in the region



SEI hoped to facilitate two webinars per region to review data and the template and to prioritize capacity building needs.



Once draft reports were developed for each region, they were forwarded to the Regional Behavioral Health Coordinators to review and solicit feedback and changes



# Five Assessment Categories

## Promotion:

Behavioral health promotion efforts are intended to raise awareness about specific substance use concerns, provide universal outreach to your community, and facilitate the intentional coordination of population health promotion efforts by community coalitions.

## Prevention:

Prevention programs are early-intervention strategies intended to reduce the impact of substance use disorders. Prevention programs are organized around the three population defining strategies of Universal, Selective, and Indicated programs

## Referral:

The referral system as defined in CAST is one that links individuals to treatment, be it voluntarily or involuntarily

## Treatment/Treatment:

Service types vary widely, and CAST does not offer tools for assessing the quality of care provided within a community. The use of CAST is intended to provide insight about the amount of treatment access and type of treatment access that members of the community are being offered

## Recovery:

Knowing the nature of a community's recovery support network can help to understand how and if resources may need to be allocated to support those in recovery, thereby reducing risk of relapse.

# Deliverables



A **Capacity Assessment Report** which provides a summary assessment of the system capacity, broken out to profile regional systems, and identifies priorities and recommendations for future action.



**Regional Capacity Assessment Reports** which provide an introduction and background of each region, data and an analysis of capacity and gaps in the region, and recommendations for systems strengthening as defined by the assessment and the region.

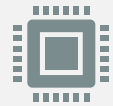
# Benefits and Success



Opportunity for the RBHCs to provide input from their own region



SEI provision of a robust list of regional resources



SEI responsive to regional needs and issues around technology, formats, etc.



Significant and detailed regional reports

# Challenges



Short Time Frame



Scheduling multiple focus groups, webinars, meetings with community stakeholders and board members



Resource list not always accurate



# ▶ RESULTS

# REGIONS

**Clark County South:** Clark County

**Clark County Rural:** Esmeralda and Nye Counties


**Northern Region:** Storey, Carson City, Douglas, Lyon, Mineral, and Churchill Counties

**Rural Region:** Elko, Eureka, Humboldt, Lander, Lincoln, Pershing and White Pine Counties


**Washoe Region:** Washoe County

# RISK LEVELS

**Low risk (green)** - The aggregated and calculated risk score for a community is equal to or lower than the national median for hospitalization due to drug/alcohol diagnosis.



**b. Medium risk (yellow)** - The aggregated and calculated risk score for a community is between 0-25% above that of the national median for hospitalization due to drug/alcohol diagnosis.



**c. High risk (red)** - The aggregated and calculated risk score for a community is more than 25% above that of the national median for hospitalization due to drug/alcohol diagnosis.

<b>County</b>	<b>Total Risk Score</b>
Clark County – Southern	12
Clark County – Southern Rural	17
Northern Region	8
Rural Region	15
Washoe County	15



# Clark County Region: Top Five Priorities

## Promotion: Marketing Advertisements

- Increase individual advertisements placed on tv, radio, print, billboards, web, and social media within one year

## Prevention: Housing Vouchers

- Increase the number of year round beds available via a voucher program.

## Treatment: Short-Term Inpatient Treatment

- Increase the number of facilities providing less than 30 days of non-acute care in a setting with treatment services for alcohol and other drug abuse and dependency.

## Treatment: Long-Term Inpatient Treatment

- Increase the number of facilities providing 30 days or more of non-acute care in a setting with treatment services for alcohol and other drug abuse and dependency

## Treatment: Psychiatrist Availability

- Increase the number of psychiatrists in Clark County

# Clark County Region Capacity Need Snapshot by CAST Category

Promotion	Prevention	Referral	Inpatient Treatment	Outpatient Treatment	Recovery Support
Marketing Ads	School-Based Prevention Programs	Adult Specialty Courts	Detox	Detox	Religious or Spiritual Advisors
Media Advocacy Events	Community- Based Prevention Programs	Youth Specialty Courts	24-hour Intensive Day Treatment	Counselors	12 Step Groups
Community Coalitions	Housing Vouchers for Low Income Residents	Social Workers	Short Term (30 days and <)	Psychiatrists	Transportation for Those Receiving Treatment ----- Employment Support Educational Support
	Needle Exchange		Long Term (30 days and >)	Psychologists	
	Prescription Drug Disposal Events/Locations			Opioid Treatment Program	Parenting Education
				Office Based Opiate Substitution	Housing Assistance
					Insurance Assistance

# Clark County Rural Region: Top Five Priorities

## Promotion: Marketing Advertisements

- Increase individual advertisements placed on tv, radio, print, billboards, web, and social media.

## Promotion: Advocacy Events

- Increase events to promote education regarding substance use and misuse

## Prevention: Drug Disposal

- Expand prescription drug disposal locations and events to communities that do not currently have them.

## Recovery: Transportation

- Increase the availability of transportation vouchers available to people seeking treatment

## Other: Training

- Increase the frequency of training provided to law enforcement officers to cover mental health as well as the administration of overdose prevention medication.

# Clark County Rural Region Capacity Need Snapshot by CAST Category

Promotion	Prevention	Referral	Inpatient Treatment	Outpatient Treatment	Recovery Support
Marketing Ads	School-Based Prevention Programs	Adult Specialty Courts	Detox	Detox	Religious or Spiritual Advisors
Media Advocacy Events	Community- Based Prevention Programs	Youth Specialty Courts	24-hour Intensive Day Treatment	Counselors	12 Step Groups
Community Coalitions	Housing Vouchers for Low Income Residents	Social Workers	Short Term (30 days and <)	Psychiatrists	Transportation for Those Receiving Treatment
	Needle Exchange		Long Term (30 days and >)	Psychologists	Educational Support
	Prescription Drug Disposal Events/Locations			Opioid Treatment Program	Parenting Education Employment Support
				Office Based Opiate Substitution	Housing Assistance
					Insurance Assistance

# Northern Region: Top Five Priorities

## Promotion: Marketing advertisements

- Increase individual advertisements placed on tv, radio, print, billboards, web, and social media within one year.

## Prevention: Housing vouchers

- Increase the number of year-round beds available via a voucher program.

## Treatment: Short-term inpatient treatment

- Increase the number of facilities providing less than 30 days of non-acute care in a setting with treatment services for alcohol and other drug abuse and dependency.

## Treatment: Long-term inpatient treatment

- Increase the number of facilities providing 30 days or more of non-acute care in a setting with treatment services for alcohol and other drug abuse and dependency.

## Treatment: Psychiatrists and psychologists

- Increase the number of psychiatrists and psychologists listed as specializing in substance abuse and addiction issues.

# Northern Region Capacity Need Snapshot by CAST Category

Promotion	Prevention	Referral	Inpatient Treatment	Outpatient Treatment	Recovery Support
Marketing Ads	School-Based Prevention Programs	Adult Specialty Courts	Detox	Detox	Religious or Spiritual Advisors
Media Advocacy Events	Community- Based Prevention Programs	Youth Specialty Courts	24-hour Intensive Day Treatment	Counselors	12 Step Groups
Community Coalitions	Housing Vouchers for Low Income Residents	Social Workers	Short Term (30 days and <)	Psychiatrists	Transportation for Those Receiving Treatment
	Needle Exchange		Long Term (30 days and >)	Psychologists	Employment Support For Those Receiving Treatment
	Prescription Drug Disposal Events/Locations			Opioid Treatment Program	Educational Support
				Office Based Opiate Substitution	Parenting Education
					Housing Assistance
					Insurance Assistance

# Rural Region Top Four Priorities

## Recovery: Transportation

- Increase the availability of transportation services

## Treatment: Outpatient

- Increase the availability of outpatient treatment by leveraging technology.

## Treatment: Outpatient

- Increase the availability of outpatient treatment for co-occurring disorders

## Recovery: Housing Support

- Increase the number of housing supports available

# Rural Region Capacity Need Snapshot by CAST Category

Promotion	Prevention	Referral	Inpatient Treatment	Outpatient Treatment	Recovery Support
Marketing Ads	School-Based Prevention Programs	Adult Specialty Courts	Detox	Detox	Religious or Spiritual Advisors
Media Advocacy Events	Community- Based Prevention Programs	Youth Specialty Courts	24-hour Intensive Day Treatment	Counselors	12 Step Groups
Community Coalitions	Housing Vouchers for Low Income Residents	Social Workers	Short Term (30 days and <)	Psychiatrists	Transportation for Those Receiving Treatment
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	Prescription Drug Disposal Events/Locations			Opioid Treatment Program	Educational Support
				Office Based Opiate Substitution	Parenting Education
					Housing Assistance
					Insurance Assistance



# Washoe Region Top Five Priorities

## Prevention: School-Based Prevention Programs

- Increase prevention programming in schools targeted to middle school-age youth.

## Prevention: Housing Vouchers

- Increase the affordable housing options for low-income individuals and families, including transitional housing.

## Referral: Case Manager Availability

- Increase the number and availability of case managers that are available to assist with care coordination for individuals with behavioral health care needs.

## Treatment: Crisis Stabilization, Detoxification, and Rehabilitation

- Increase regional capacity to provide crisis stabilization, detoxification services, and short-term (> 30 days) residential treatment.

## Treatment: Psychiatrist Availability

- Increase the number of psychiatrists in Washoe County.

# Washoe County Capacity Need Snapshot by CAST Category

Promotion	Prevention	Referral	Inpatient Treatment	Outpatient Treatment	Recovery Support
Marketing Ads	School-Based Prevention Programs	Adult Specialty Courts	Detox	Detox	Religious or Spiritual Advisors
Media Advocacy Events	Community- Based Prevention Programs	Youth Specialty Courts	24-hour Intensive Day Treatment	Counselors	12 Step Groups
Community Coalitions	Housing Vouchers for Low Income Residents	Social Workers	Short Term (30 days and <)	Psychiatrists	Transportation for Those Receiving Treatment
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				Office Based Opiate Substitution	Parenting Education
					Housing Assistance
					Insurance Assistance

# NEVADA

All but one of Nevada's regions are equal to or above the national median for being at risk for substance misuse-related hospitalization

The number of individuals within the State that need, but do not receive, treatment for substance abuse disorders is estimated to be around 400,000

Nevada's most pressing need is to increase the number of treatment services available to residents across the State

# WHAT NOW?

- ▶ Assessment results help pinpoint the needs and gaps by region across the state, highlighting specific treatment needs as a primary concern in each region
- ▶ The overwhelming need for short- and long- term residential treatment is evident in the data, but regional nuances are also clear and help underscore the importance of ensuring a sufficient workforce and supportive services to promote recovery.
- ▶ RBHCs shared results with boards and stakeholders, incorporating into annual reports and strategic planning
- ▶ Needs of each region are included as discussions progress on potential legislation, and support of regional behavioral health activities

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Thank you!