

# Nevada Substance Abuse Prevention and Treatment Agency

## Regional Capacity Assessment Report: Washoe County 2019



Nevada Department of  
Health and Human Services

**DIVISION OF PUBLIC AND  
BEHAVIORAL HEALTH**

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This report would not have been possible without the support of the CAST model's primary author, Dr. Brandn Green. His work to adjust estimates in the tool to reflect Washoe County were invaluable in making the tool a resource that can inform decision-making throughout the region.



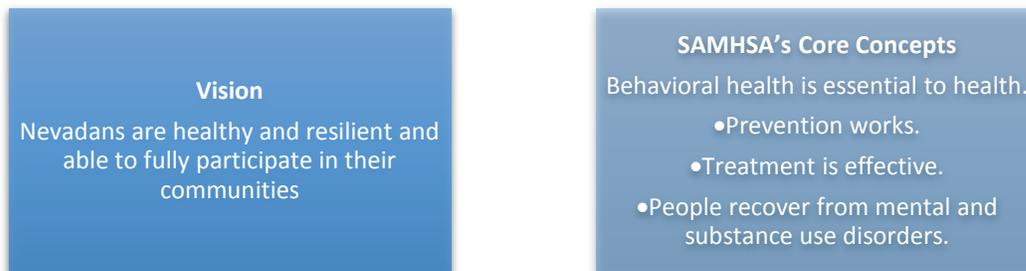
*Social Entrepreneurs, Inc., a company dedicated to improving the lives of people by helping organizations realize their potential, provided support in the development of this report.*

## Background and Introduction

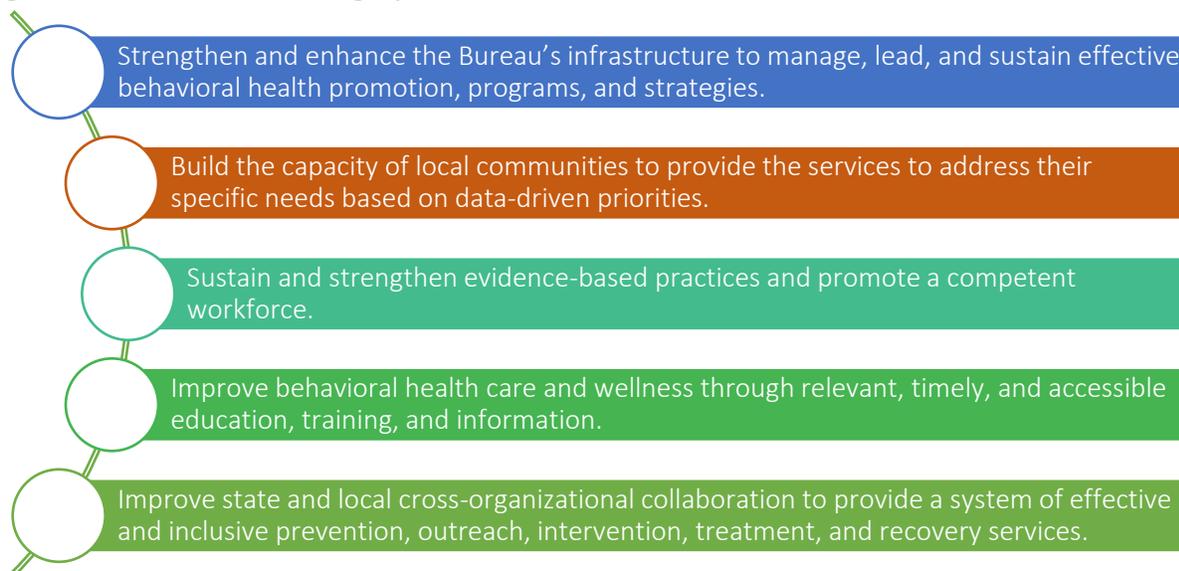
### Substance Abuse Prevention and Treatment Agency

This report was commissioned by Nevada’s Substance Abuse Prevention and Treatment Agency (SAPTA), which is part of the Bureau of Behavioral Health, Wellness and Prevention (BBHWP) within the Division of Public and Behavioral Health (DPBH). SAPTA plans, funds, and coordinates Nevada’s statewide substance use disorder service delivery system, which is the primary focus of this regional capacity assessment effort.<sup>1</sup> SAPTA’s key roles include distributing funding (tax dollars, general fund, and grants), creating and implementing statewide plans for substance use disorder services, and developing standards for certification of programs and services.

In 2017, SAPTA updated its strategic plan with a focus on promoting healthy behaviors and reducing the impact of substance use and co-occurring disorders for Nevada’s residents and communities. The following vision and the U.S. Substance Abuse and Mental Health Services Administration’s (SAMHSA) core concepts were adopted in the plan.



The goals outlined in the strategic plan include:



<sup>1</sup> SAMHSA defines **behavioral health** as “a 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.

To effectively implement the strategic plan, Nevada’s substance use disorder (SUD) prevention and treatment service system must have sufficient capacity to meet identified needs. The Washoe County Regional Behavioral Health (RBH) Policy Board oversees behavioral health planning and resource development for the region. Created by the 2017 Nevada Legislature, the Regional Behavioral Health Policy Boards (Northern, Washoe, Rural and Southern regions) consist of 13 members each and, in accordance with NRS 433.4295, advise DBPH on matters pertaining to behavioral health issues, promote improvements in the delivery of behavioral health services, coordinate with other regional policy boards and submit a report to the Commission on Behavioral Health.<sup>2</sup>



Figure 1: SAMHSA Strategic Prevention Framework (SPF)

SAMHSA’s Strategic Prevention Framework (SPF)<sup>3</sup> is one tool that RBH Policy Boards can utilize as a resource to guide their efforts. The SPF is a planning process for preventing substance misuse. The five steps (assessing needs, building capacity, planning, implementing and evaluating the plan’s implementation) and two guiding principles (sustainability and cultural competence) of the SPF offer prevention professionals a comprehensive process for addressing the substance misuse and related behavioral health problems facing their communities. The SPF begins with establishing a clear understanding of community needs and involves community members in all stages of the planning process. CAST requires that communities assess needs using data to drive identification of capacity building priorities. This report is designed to address Steps 1 and 2, *Assess Needs* and *Build Capacity*.

In order to assess community needs, public data was collected by region. Additional documents informed the report and provide context for the regional system and its capacity. They include:

- Washoe Regional Behavioral Health Policy Board 2018 Annual Report
- Regional Behavioral Health Policy Board Minutes 2018-2019
- Presentation: Washoe County Behavioral Health and Homelessness
- Presentation: A Community Coalition’s Role in Behavioral Health
- Presentation: Harm Reduction in Washoe County
- Issues Facing Washoe County Regarding Substance Use and Mental Health
- SAPTA Provider List
- SAPTA Needs Assessment 2018

### Purpose of Report

The purpose of Washoe County Capacity Assessment Report is to help SAPTA understand:

<sup>2</sup> Retrieved on May 28, 2019 from <http://dpbh.nv.gov/Boards/BoardsCouncils2/>

<sup>3</sup> Retrieved on March 31, 2019 from <https://www.samhsa.gov/capt/applying-strategic-prevention-framework>

- SUD prevention and treatment service system resources, unmet need and hospitalization risk for SUDs specific to Washoe County.
- Capacity building priorities in Washoe County.
- The scope and location of existing SUD prevention and treatment services in Washoe County, Nevada.

## Approach

In 2019, as part of an effort to understand current statewide and regional capacity for SUD prevention and treatment services and establish priorities to build future capacity, SAPTA conducted a system-wide assessment using the Calculating an Adequate System Tool (CAST). Social Entrepreneurs, Inc. (SEI) was engaged by the state to facilitate completion of CAST at the regional level, in collaboration with Nevada's Regional Behavioral Health Coordinators (RBHCs).

CAST was developed by an interdisciplinary group of researchers at SAMHSA's Center for Behavioral Health Statistics and Quality (CBHSQ) in 2016. Since this publication, CAST has been updated, and a manual<sup>4</sup> was recently developed which describes the purpose of CAST as follows:

“CAST was created as a method for evaluating the capacity of the substance abuse care system within a defined geographic area. CAST 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 [...] CAST 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 your community. Most often, CAST has been used to estimate need for a county as the geographic unit, but it can be used for smaller or larger areas, as long as data at those geographic levels is available or could be produced at that scale.” (p. 3)

## The CAST Model

The first iteration of CAST was a proof of concept that was tested in two pilot regions (Chicago and Newaygo County MI), leading to the publication of an article in [Preventing Chronic Disease](#). There were two basic goals built into the CAST model, which were to:

- Quantitatively assess the relative risk that a population had for adverse outcomes related to alcohol or drug use.

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<sup>4</sup> Green, B., Lyerla, R., Stroup, D., & Jones, K. (n.d.). *(CAST) Manual: Calculating an Adequate System Tool*. Retrieved January 1, 2019, from <http://jgresearch.org/wp-content/uploads/2018/06/cast-handbook-development-jg-research-evaluation-v1.pdf>

- Provide a mathematical method for comparing the observed totals of the substance misuse care continuum components that existed within a community to research informed estimate of need for that community.

By providing two distinctive community assessment methodologies, CAST provides information to community leaders about both the people who live in their place and the composition of their SUD care system. When taken together, these elements help to define the demand, need, and current service capacity of a community behavioral health care system related to SUD prevention, intervention, and treatment. The two complimentary assessments that inform the CAST are the Risk Score and the Community Capacity Calculator. Both are described further in the CAST Results section.

The CAST was used to generate estimates of need that can help to inform community or organizational planning efforts in Nevada. RBHCs were asked to assist by:

- Identifying and convening community stakeholders
- Assisting in data collection of local assets and resources
- Reviewing data collected by SEI
- Validating data
- Facilitating community meetings with SEI support to solicit information from community stakeholders
- Reviewing and providing input on the Regional CAST summary for their region

A handbook was developed and provided to the RBHCs to assist in the collection of specific data to produce estimates of local service capacity and need. This handbook included:

- An overview of the data required for CAST and an overview of the data collection approach
- Tools to assist in each step of the data collection approach, including:
  - Outlines of the process, timing, and responsibilities
  - Guidance, suggestions, and tips
  - Templates for communication and data collection
  - Handouts and worksheets
  - Assessment component definitions and units of measure for reference

### Timeline

To populate the CAST for the Washoe County region, both primary (publicly available) and secondary (regionally available) data was collected. Independent research was conducted in the first quarter of 2019. SEI contacted regional resources and worked with the RBHC to compile data and seek information through publicly available sources. The following is a timeline of activities:



SEI worked in partnership with the RBHCs, their policy boards and other community stakeholders in each region to ensure efficient and accurate data collection.<sup>5</sup>

<sup>5</sup> For more information about the technical calculations, processes, and methods of producing CAST, please refer to the [CAST Manual](#) published in 2018.

### Limitations and Assumptions

1. Regional characteristics are based on social determinants of health for the whole population of a region and are not limited to low-income or Medicaid populations.
2. Data collected about resources change regularly. The data depicts the system at a particular point in time and serves as a baseline for the region. It is likely that over time resources will differ from those described in CAST and depicted in maps which were generated in April 2019.
3. The numerical estimates are intended to provide a succinct and universal understanding of the care system. This is a view that is missing from assessment methodologies that utilize public surveys and focus groups, hence the value. Assessment using the CAST method occurs within a complex social environment of varied priorities and perspectives. The numbers were used to help facilitate conversation in a way that can be more precise and more informed.
4. Numeric estimates indicate the quantity of services at a point in time of the project (April 2019). However, an assessment of the quality of the services counted was not included in the scope of this report.
5. CAST is limited by the availability of high-quality data about each component of the care system. Users should be careful to document their sources and use those same sources for second or third waves of assessment.
6. CAST is limited by the generalness of the terms used for each component. For example, “school-based prevention programs” can vary widely depending on the evidence-based approach selected and/or the population of focus that is being addressed. Adjustments to usage rates and population totals can address much of this variation, but there is still a level of estimation and error in this approach, since very precise differences between programs will be overlooked and replaced with place-informed estimates of populations receiving services and program delivery methods.
7. CAST is limited by the nature of population-level surveillance of alcohol and drug use in the United States. The National Survey on Drug Use and Health (NSDUH) is the standard method for estimating use prevalence, but this survey, updated annually, provides state-level data only. This means that county and regional-level estimates must be extrapolated from NSDUH state-level prevalence estimates. Many counties and regions are anecdotally different from their state average. This has the effect of minimizing differences among counties or regions with high use rates or very low use rates.
8. Risk modeling for CAST tool was undertaken at the county-level. Analysis that attempts to aggregate totals across a region, as was done during this project, will likely lose some variation.

## Capacity Assessment Results

This section presents a high-level summary of Washoe County’s SUD prevention and treatment system capacity, using the assessment categories as outlined in CAST.

### Overview of CAST Assessment Categories

#### Assessment Categories:

- [Promotion](#)
- [Prevention](#)
- [Referral](#)
- [Treatment](#)
- [Recovery](#)

These five categories encompass 29 components of a behavioral health care system.

Components of the system that CAST helped to assess include:

<b>Promotion</b>	<ul style="list-style-type: none"><li>• 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.</li></ul>
<b>Prevention</b>	<ul style="list-style-type: none"><li>• 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.</li></ul>
<b>Referral</b>	<ul style="list-style-type: none"><li>• The referral system as defined in CAST is one that links individuals to treatment, be it voluntarily or involuntarily.</li></ul>
<b>Treatment</b>	<ul style="list-style-type: none"><li>• 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.</li></ul>
<b>Recovery</b>	<ul style="list-style-type: none"><li>• Knowing the nature of your community recovery support network can help to understand how and if resources may need to be allocated to supporting those in recovery, thereby reducing risk of relapse.</li></ul>

### CAST Regional Risk Score and Community Characteristics

The Risk Score uses a social determinants of behavioral health framework and operationalizes this framework at the regional level by calculating the risk contribution of the region’s social determinants of health and health disparities to the likelihood that the region’s hospitalization rate for SUDs will be above the national median hospitalization rate for SUDs<sup>6</sup>. CAST has a section that is color-coded in green, yellow, and red to provide a visual benchmark to users about a county’s or region’s general risk level as compared to other counties across the United States for hospitalization due to SUDs. There are three risk levels<sup>7</sup>:

- a. 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.

### Washoe County’s Risk Level

Table 1. Washoe County Risk Level of Hospitalization for Drug or Alcohol Related Cause

<b>County Risk Level Risk of Hospitalization for Drug or Alcohol Related Cause Level</b>	
<b>Total Risk Score</b>	15

CAST uses a regressive analysis of social determinants of health informed by national data and research on factors that increase the likelihood for a county or region to have higher than the national median for hospitalization due to SUDs. The characteristics for CAST based on Washoe County data are detailed below.

<sup>6</sup> . Table 7 (p. 52) in the appendix to the CAST manual displays the percent likelihood that the social determinants of risk present in the population will produce a hospitalization rate due to SUDs that is higher than the national median.

<sup>7</sup> Refer to the [CAST Manual](#) for more details.

Table 2. Social Determinants of Health in Washoe County

County Characteristics	Data Entry	Risk Contribution
<b>Total Population</b>	452,181	
<b>% of adult population that is male</b>	50.3	1
<b>% of population that is non-white</b>	35.9	0
<b>% of county that is rural</b>	4.3	0
<b>High school dropout rate</b>	9.79	0
<b>Veteran population</b>	7.28	0
<b>% of households with income below \$35,000</b>	28.9	0
<b>% of population with a college degree</b>	36.7	5
<b>% of population that is widowed or divorced</b>	19.19	0
<b>% of the population that is uninsured</b>	11.73	0
<b>Association rate per 100,000 people</b>	44.59	3
<b>Region designated as high incidence drug trafficking area</b>	1	0
<b>Alcohol outlet density rate per 100 non-alcohol businesses</b>	1.65	0
<b>Violent crime rate per 100,000 people</b>	372	2
<b>% of population with access to physical activity</b>	91	4
<b>% of the population that is age 18 or below</b>	22	0

CAST additionally estimates regional usage rates for the five most commonly misused substances according to the NSDUH.

Table 3. Estimated Usage Rates for Most Commonly Misused Substances in Washoe County

Total Population of Washoe County	Usage rates	Total Estimated # of users in region	Total estimated # of users in region with use disorders	Estimated # of users in region who will receive treatment	Estimated # of users in region needing but not receiving treatment in past year
452,181					
<b>Alcohol</b>	17.1%	77,233	25,593	2,261	23,623
<b>Marijuana</b>	16.8%	75,966	15,736	335	12,840
<b>Cocaine</b>	2.3%	10,400	10,400	253	8,466
<b>Opioid Misuse (Heroin and opioid pain relievers)</b>	4.4%	19,896	19,896	322	16,195
<b>Pain Reliever and prescription psychotherapeutics</b>	6.9%	31,200	3,120	534	2,540
<b>Totals</b>		191,079	57,486	3,704	48,583

### Regional Capacity Calculator Output

The CAST Community Capacity Calculator uses algorithms to estimate the numerical totals for core components of the SUD prevention and treatment continuum in a region. Each estimate is based upon a population total, a frequency of service utilization, and a group size who receives one unit of service. When the estimate is compared to observed totals, a rating is given for each component if it is calculated to be above or below the minimal level needed to provide care to community members most likely to use that component. It should be emphasized that this calculation reflects a *minimal level of care*, and communities may decide to prioritize specific populations or types of interventions. In multiple locations, it has been observed that even when the CAST assessment suggests a particular component is in adequate supply, community stakeholders will articulate clear reasons why they may want a program to serve a broader population group within their community than the minimum level of need indicated by CAST.

The following is a snapshot of the capacity results for Washoe County. Items in green indicate sufficient capacity within the region for that service component. Conversely, items in red indicate an unmet need for that component in the region. Unmet needs vary by item and detailed information for each item is found in the following section.

Table 4. Washoe County Capacity Need Snapshot by CAST Category

Promotion	Prevention	Referral	Inpatient Treatment	Outpatient Treatment	Recovery Support
Marketing Advertisements	School-based prevention programs	Adult Specialty Courts	Detoxification	Detoxification	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 or fewer)	Psychiatrists	Transportation for those receiving treatment
	Needle Exchange		Long-term (more than 30 days)	Psychologists	Employment support for those receiving treatment
	Prescription Drug Disposal Events/Locations			Opioid Treatment Program (OTP)	Educational support
				Office Based Opiate Substitution (OBOT)	Parenting education
					Insurance assistance

### Community Data

Using the five CAST categories to define the SUD continuum of care, data on regional resources was collected from publicly available sources as well as from community partners via input from the RBH Policy Board community workgroup members, and targeted surveys of community providers and stakeholders (e.g. law enforcement, coalitions, faith-based organizations). Adjustments to estimated need were made by the tool’s lead author, Dr. Green, based on information provided by the Washoe County RBHC.

The maps that follow each table illustrate the resources available to assist with the management of substance misuse in Washoe County. These resources are organized in accordance with the categories utilized by CAST to facilitate continuity within this report. Note that where appropriate, some categories have been combined into one map or further split out by subcategories.

Also available at <https://urlzs.com/5U97P> is an interactive, web-based map that community members, stakeholders, and government agencies may embed on their websites or share with clients. This map summarizes the SUD resources available across Nevada and gives a holistic, geographic snapshot of the promotion, prevention, referral, treatment, and recovery efforts taking place within Nevada. Upon completion of this report control of the map will be given to the RBHCs, who can collectively coordinate efforts to manage updating, sharing, and usage of the map.

### 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. Collecting data about these types of efforts is one of the more difficult data collection tasks in CAST. It is difficult because the scope of activities is broad and can be undertaken by a diverse set of stakeholders.<sup>8</sup>

In Washoe County, all three components within the category of promotion indicate sufficient capacity to meet the community's need, although these three components nonetheless have room for capacity growth. The RBHC and the policy board are encouraged to explore opportunities for assessing the effectiveness and impact of SUD-related messaging in Washoe County to ensure maximum reach to target audiences.

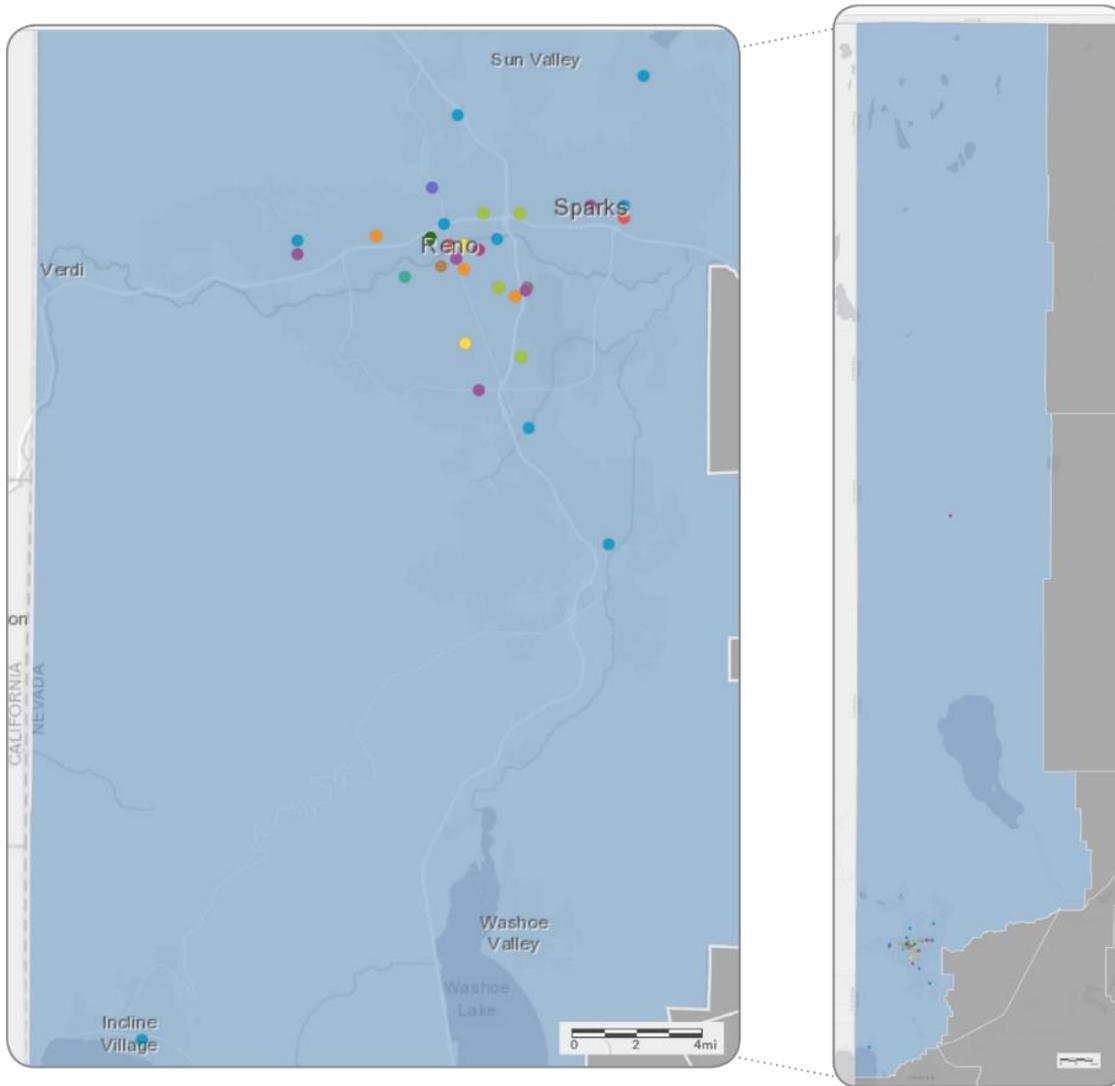
Table 5. Promotion Capacity Calculator Results, Washoe County

Components	Definition and Units of Measurement	Maximum Community Need	Program Usage Rate	Adjusted Community Need	Observed Community Totals	Estimated Need
<i>Promotion</i>						
Marketing Advertisements	Individual advertisements placed on tv, radio, print, billboards, web, and social media within a year.	271	85%	230.61	2087	1856
Media Advocacy Events	Individual, in-person gatherings meant to raise awareness of substance misuse.	388	3%	11.63	35	23
Community Coalitions	Individual coalitions of political, non-profit, and/or business organizations that receive and allocate grant funding to limit substance misuse.	13	7%	0.90	3	2

<sup>8</sup> Excerpt from the [CAST Manual](#).

Promotion and prevention resources have been combined on the following map, as many organizations provide both types of support. The capacity calculator results for prevention services are found on the page 14 in Table 6.

Map 1. Promotion and Prevention Providers in Washoe County



**Each dot represents an organization that provides or facilitates either:**

*Note that these dots represent the business address of one organization or service provider. Prevention and promotion activities facilitated by these organizations take place throughout the Washoe County region.*

- |  |   |  |   |   |
|--|---|--|---|---|
| <span style="color: green;">●</span> Advertisements                          | <span style="color: cyan;">●</span> Prescription drug disposal                      | <span style="color: purple;">●</span> Advertisements, advocacy events, and community coalition | <span style="color: magenta;">●</span> Advertisements, advocacy events, and community-based prevention programs | <span style="color: brown;">●</span> Advertisements, advocacy events, community coalition, school-based and community-based prevention programs |
| <span style="color: yellow;">●</span> Advocacy events                        | <span style="color: orange;">●</span> School-based prevention programs              | <span style="color: grey;">●</span> Advertisements, and community-based prevention programs    | <span style="color: red;">●</span> Advertisements, community-based prevention programs, and housing vouchers    |   |
| <span style="color: pink;">●</span> Community coalitions                     | <span style="color: purple;">●</span> Advertisements and advocacy events            | <span style="color: green;">●</span> Community-based prevention programs and needle exchange   |   |   |
| <span style="color: lightgrey;">●</span> Community-based prevention programs | <span style="color: teal;">●</span> Community- and school-based prevention programs |  |   |   |
| <span style="color: red;">●</span> Housing vouchers                          |   |  |   |   |

## Prevention

This category encompasses early-intervention strategies intended to prevent the onset and mitigate the impact of SUDs on individuals and communities. Prevention activities are organized around the three population-defining strategies of Universal, Selective, and Indicated programs.

- **Universal** programs include environmental prevention strategies and programs which aim to provide information to all individuals.
- **Selective** programs target subgroups of the community that are known to be at increased risk to engage in substance misuse.
- **Indicated** programs are intended for individuals who have demonstrated early signs of substance use problems.<sup>9</sup>

The Washoe County CAST reflects that all five of the components in this category lack sufficient capacity to meet identified community need. In addition to school-based prevention programming, the RBH policy board and its stakeholders agree that the severe shortage of affordable, safe housing options (including transitional housing) for individuals and families impacted by or at risk for developing a SUD is a critical gap that needs to be resolved. Increasingly, communities and funders working to address social determinants of health, including behavioral health, have identified the important role that housing plays in stabilization and recovery with the understanding that housing is a component of comprehensive health care. Beyond the provision of housing vouchers, Washoe County has highlighted affordable housing development as a capacity building priority during this capacity assessment process to strengthen the infrastructure of support across the continuum of SUD prevention, treatment, and recovery.

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<sup>9</sup> Excerpt from the [CAST Manual](#).

Table 6. Prevention Capacity Calculator Results, Washoe County

Components	Definition and Units of Measurement	Maximum Community Need	Program Usage Rate	Adjusted Community Need	Observed Community Totals	Estimated Need
<i>Prevention</i>						
School-based prevention programs	SUD prevention programs being implemented within schools.	81	93%	75.29	15	-60
Community-based prevention programs	SUD prevention programs being implemented within community settings.	904	12%	112.14	17	-95
Housing Vouchers for homeless residents	Dedicated beds for homeless, across all types of homeless Continuum of Care (CoC) project types.	7,958	20%	1,591.68	577	-1015
Needle Exchange	Number of locations offering needle exchange.	4	45%	1.66	1	-1
Prescription Drug Disposal Events/Locations	Number of drug disposal events held per year, combined with all drug disposal locations.	22	60%	13.16	9	-4

## Referral

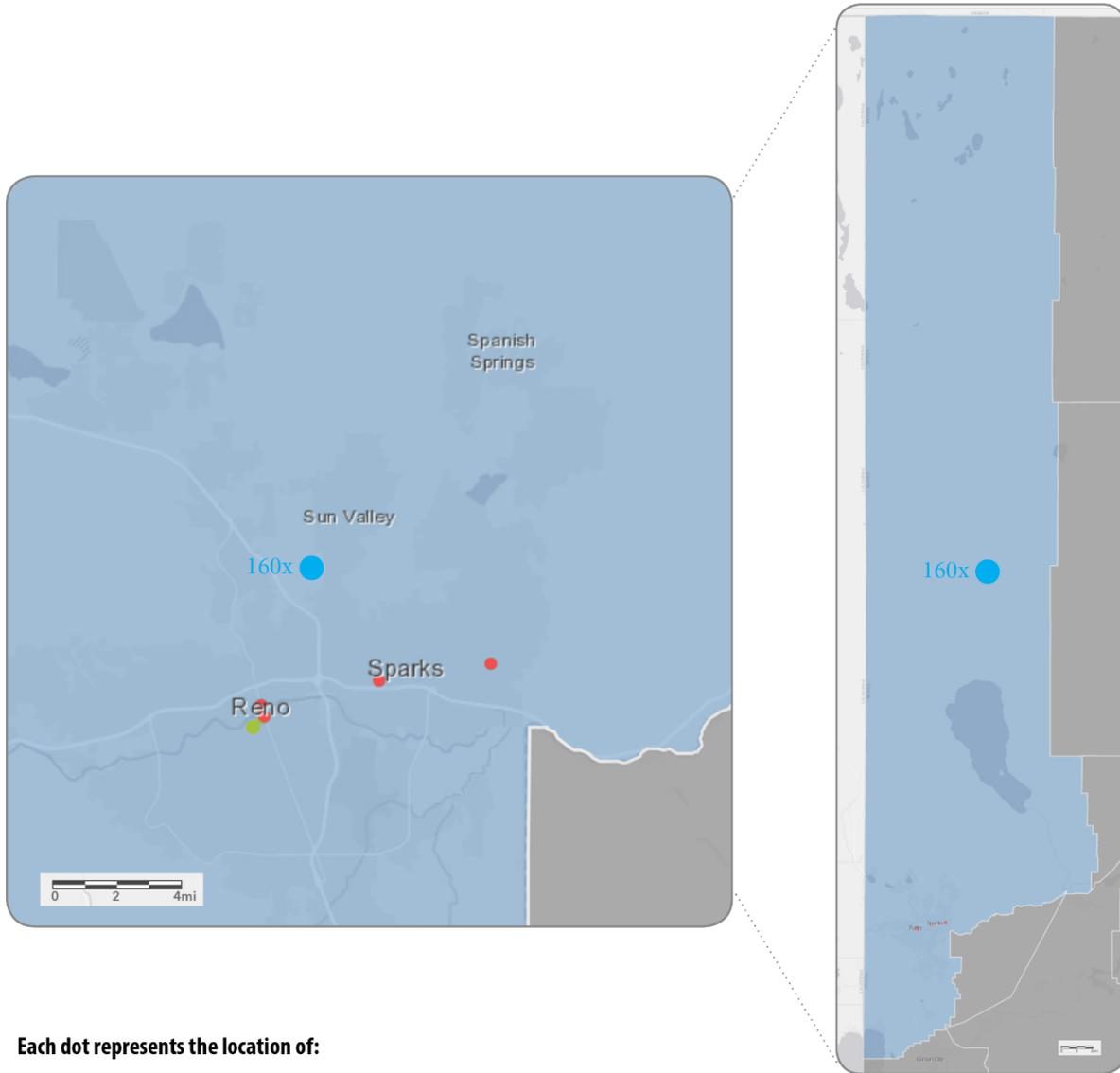
Knowing how individuals are accessing or being directed to SUD services can assist Washoe County's RBH Policy Board as it develops an integrated system of behavioral health care for the region. The referral system as defined in CAST is one that links individuals to treatment, be it voluntarily or involuntarily.

The capacity assessment results reflect that the referral system components in Washoe County as measured by CAST are at sufficient capacity levels to meet community need. However, there is consensus among the RBHC, RBH Policy Board members, and stakeholders that, because case management and care coordination are critical for supporting individuals with SUDs to cross the bridge from referral to treatment, there is a priority need for more social workers/case managers in Washoe County.

Table 7. Referral Capacity Calculator Results, Washoe County

Components	Definition and Units of Measurement	Maximum Community Need	Program Usage Rate	Adjusted Community Need	Observed Community Totals	Estimated Need
<i>Referral</i>						
Adult Specialty Court	All specialty courts that serve adults.	286	1%	2.86	13	10
Youth Specialty Court	All specialty courts that serve youth.	82	1%	0.82	2	1
Social Workers	Licensed social workers with a substance use or mental health focus (includes part-time social workers)	105	87%	91.27	160	69

Map 2. Referral Providers in Washoe County



**Each dot represents the location of:**

- Specialty Courts (Adult only)\*\*
- Specialty Courts (Adult and youth)\*\*
- Social workers (there are approximately 160 mental health and substance abuse social workers that operate throughout the region, but the majority do not share their business address)

*\*\*Note that multiple specialty courts may operate from the same location or building. There are a total of 13 adult and 2 youth specialty courts within Washoe County.*

## Treatment

To support an effective and responsive referral system, it is critical to have an adequate and accessible supply of SUD treatment resources to refer individuals to when they request or are identified as needing services. Treatment service levels and types vary widely, and the use of CAST is intended to provide communities with insight about the primary inpatient and outpatient components of treatment to better understand the array of treatment options available in Washoe County. It is important to note that CAST does not assess the quality of care being provided within the region.

### Inpatient/Residential Treatment<sup>10</sup>

There is an overall shortage of treatment options in Washoe County which negatively impacts both access to care and recovery outcomes. Ensuring treatment availability is a capacity priority for Washoe County, with a specific emphasis on:

- crisis stabilization,
- detoxification services,
- short-term inpatient treatment, and
- psychiatrists.

While the CAST indicates that both inpatient and outpatient (see below) detoxification services are in adequate supply, members of the RBH Policy Board and community stakeholders agree that additional detox capacity is a priority, as current supply is relatively limited in contrast to regional demand, which has been exacerbated by the recent closure of one of the region's largest providers of detoxification.<sup>11</sup>

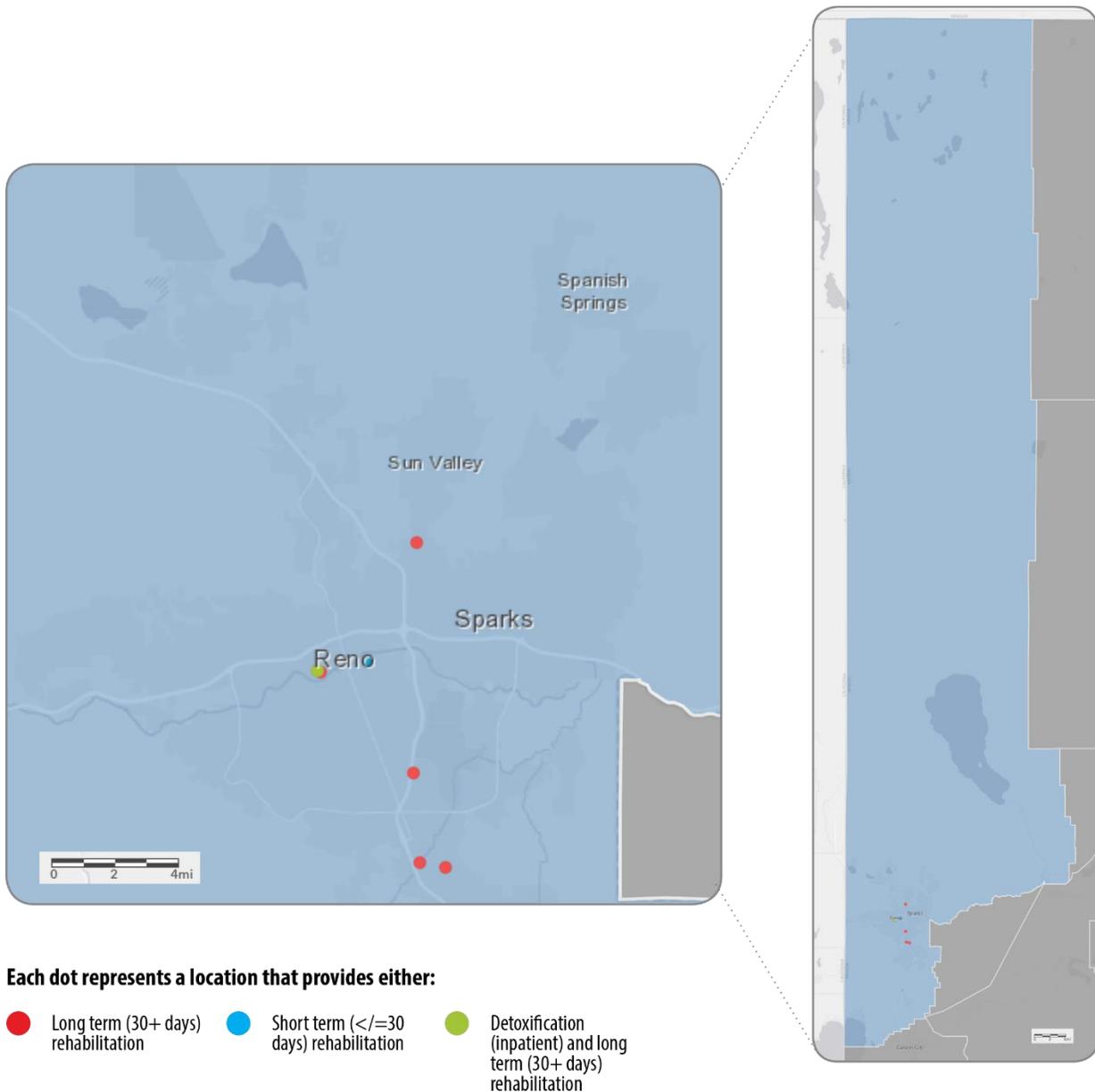
Table 8. Inpatient Treatment Capacity Calculator Results, Washoe County

Components	Definition and Units of Measurement	Maximum Community Need	Program Usage Rate	Adjusted Community Need	Observed Community Totals	Estimated Need
<i>Inpatient</i>						
Detoxification	Facilities providing in hospital or residential detoxification.	4	13%	0.57	1	0
24-hour/Intensive Day treatment	Facilities providing non-residential, psychiatric care programs, lasting two or more hours per day for 3 or more days per week.	48	8%	3.82	13	9
Short-term (30 days or fewer)	Facilities providing less than 30 days of non-acute care in a setting with SUD treatment services .	436	5%	21.79	1	-21
Long-term (more than 30 days)	Facilities providing 30 days or more of non-acute care in a setting with SUD treatment services.	418	6%	25.10	6	-19

<sup>10</sup> Note that CAST places Intensive Day Treatment under "Inpatient Treatment". That component has been moved to the Outpatient map to better match the definition of the service.

<sup>11</sup> Retrieved on May 28, 2019 from <https://www.rgj.com/story/news/2018/04/05/west-care-abruptly-closes-its-doors-stranding-police-no-where-take-those-needing-detoxin-need-detox/491817002/>

Map 3. Residential Treatment Providers in Washoe County



### Outpatient Treatment

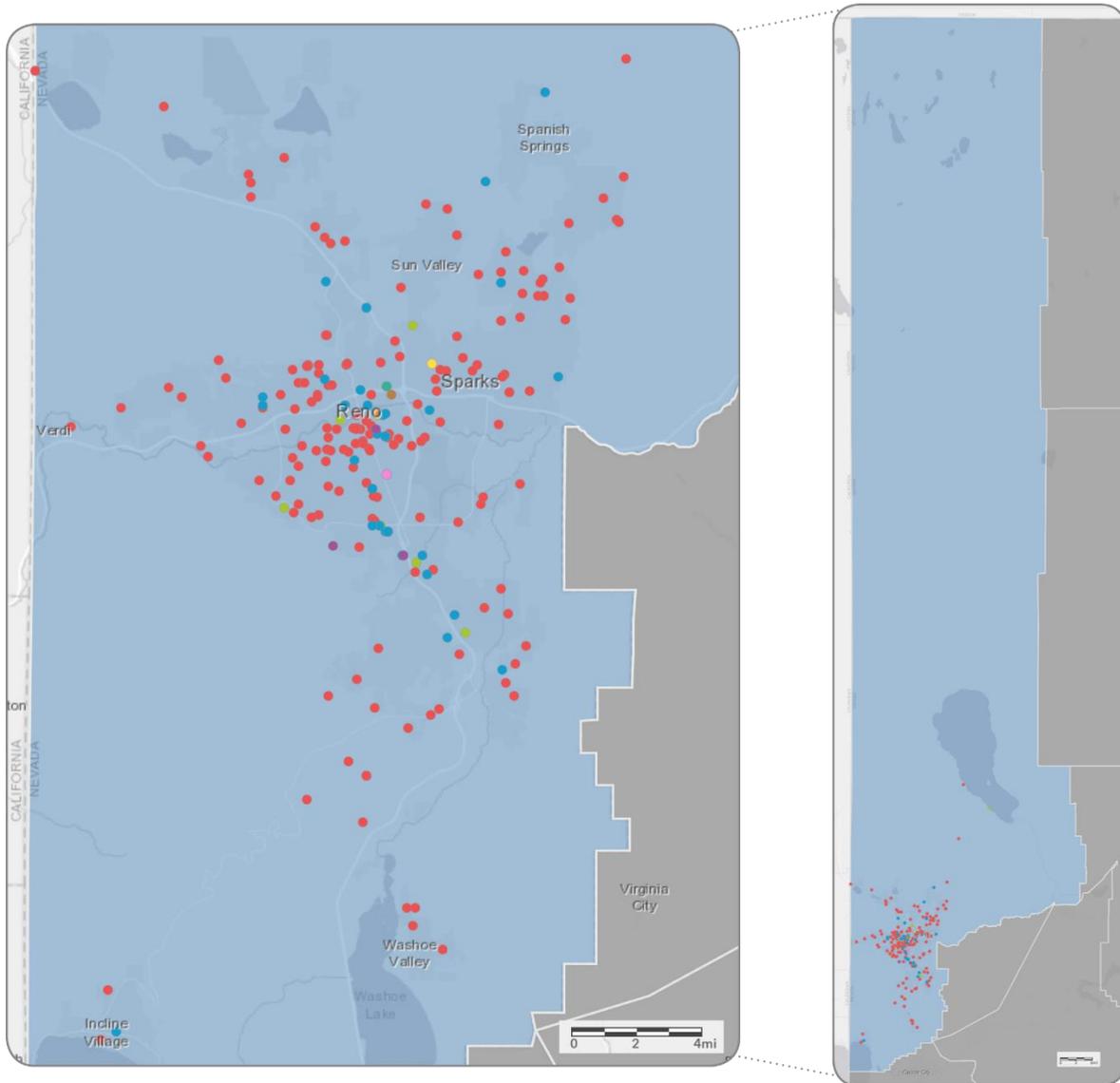
Washoe County is a designated mental health professional shortage area (HPSA) due to a high ratio of low-income residents to providers in urban areas of the region in addition to a high ratio of mental health needs in northern part of the county.<sup>12</sup> In urban areas, poverty is a significant factor in shortage designation, because many providers do not accept Medicaid. In rural and frontier areas, travel time to access a provider can be several hours, which is also a significant factor in shortage designation. While capacity improvement is desired for all of the outpatient components identified by CAST, the RBHC and the policy board have targeted an increase in psychiatrists as a high priority and are encouraged to work with DPBH and to address this critical workforce gap.

Table 9. Outpatient Treatment Capacity Calculator Results, Washoe County

Components	Definition and Units of Measurement	Maximum Community Need	Program Usage Rate	Adjusted Community Need	Observed Community Totals	Estimated Need
<i>Outpatient</i>						
Detoxification	Facilities providing outpatient/ambulatory detoxification.	5	13%	0.63	2	1
Counselors	Counselors licensed by the state to assist clients with drug and alcohol issues.	216	35%	75.53	183	107
Psychiatrists	Psychiatrists listed as specializing in SUD issues.	150	27%	40.60	2	-39
Psychologists	Psychologists listed as specializing in SUD issues.	150	4%	6.01	3	-3
Opioid Treatment program (OTP)	Providers that offer opioid treatment programs (OTPs), with daily supervised dosing.	19	25%	4.74	2	-3
Office based opiate substitution (OBOT)	Providers that offer office-based opioid treatment (OBOT), which provides medication on a prescribed weekly or monthly basis (is limited to buprenorphine).	276	25%	69.05	46	-23

<sup>12</sup> <https://data.hrsa.gov/tools/shortage-area/hpsa-find>

Map 4. Outpatient Treatment Providers in Washoe County



**Each dot represents a location that provides either:**

- Counselors
- Office-based buprenorphine treatment (OBOT)
- Psychiatrists specializing in substance abuse
- Intensive day treatment and detoxification (outpatient)
- Counselors, and psychiatrists with SA specialty
  
- Intensive day treatment
- Opioid treatment (OTP)
- Psychologists specializing in substance abuse
- Intensive day treatment, detoxification (outpatient), and OTP

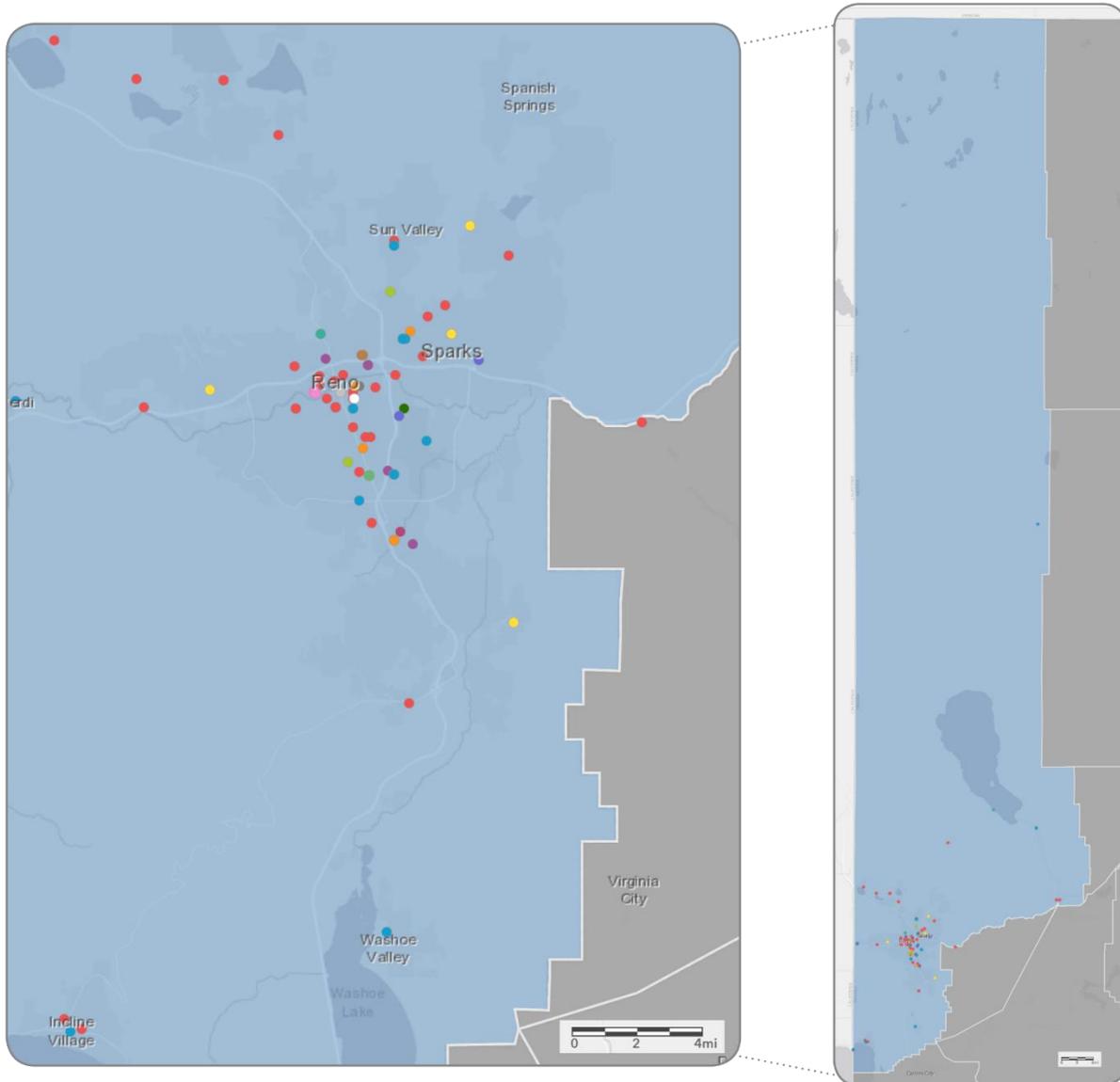
## Recovery Support

Relapse among those who have received treatment is a major concern for regional SUD care systems. Knowing the nature of Washoe County's recovery support network can help the RBH Policy Board to understand where resources may need to be allocated to strengthen the support system for those in or seeking recovery, thereby reducing risk of relapse and bolstering long-term health outcomes. Washoe County CAST results indicate that the region has a fairly robust system of recovery supports, although certain components, including faith-based services and linkages to affordable health insurance coverage, could be strengthened.

Table 10. Recovery Support Capacity Calculator Results, Washoe County

Components	Definition and Units of Measurement	Maximum Community Need	Program Usage Rate	Adjusted Community Need	Observed Community Totals	Estimated Need
<i>Recovery Support</i>						
Religious or spiritual advisors	Individual, religious or spiritual professionals providing SUD therapy and counseling.	1,307	11%	143.81	4	-140
12-step groups	Number of SUD support groups offered weekly.	356	30%	106.85	350	243
Transportation for those receiving treatment	Number of vouchers provided within a year to assist those seeking treatment.	1,781	14%	249.33	6576	6327
Employment support for those receiving treatment	Number of programs offered by each responding or reported group (number not specified counted as 1).	287	5%	15.66	20	4
Educational support for those who have completed treatment	Number of programs offered by each responding group (number not specified counted as 1).	62	14%	8.64	11	2
Parenting education for individuals with a use disorder	Number of programs offered by each responding group (number not specified counted as 1).	230	7%	14.95	55	40
Housing Assistance	Number of programs offered by each responding group (number not specified counted as 1).	138	7%	9.66	17	7
Insurance Assistance	Individual professionals who provide insurance enrollment support.	126	43%	54.38	45	-9

Map 5. Recovery Support Providers in Washoe County



**Each dot represents an organization that provides or facilitates either:**

*Note that these dots represent the business address of one organization or service provider that offers support that can help individuals recovering from substance abuse; each organization may provide multiple classes or vouchers.*

- 12-step programs
- Assistance obtaining health insurance
- Assistance obtaining housing
- Employment support programs
- 12-step programs, and assistance obtaining transportation
- 12-step programs, and religious or spiritual advising
- Assistance obtaining housing, and educational support programs
- Assistance obtaining housing, and employment support programs
- Assistance obtaining transportation, and employment support programs
- Assistance obtaining housing and health insurance
- Assistance obtaining housing and transportation
- Educational and employment support programs
- Assistance obtaining housing and transportation, and employment support programs
- 12-step programs, assistance obtaining transportation, and employment and education support
- 12-step programs, assistance obtaining transportation and insurance, educational support and employment support programs, and parenting education
- 12-step programs, assistance obtaining transportation and housing and insurance, employment support programs, and parenting education
- Assistance obtaining transportation and insurance, educational and employment support, programs, and parenting education

## Priorities for Action

Following a review and discussion of Washoe County's CAST results, including an analysis of the region's social characteristics, risk score and unmet need analysis in the context of planning efforts already underway, the following priorities were established for Washoe County related to building regional behavioral health capacity to meet community needs for SUD services. In keeping with principles of effective planning, priorities were limited to five per region to ensure that efforts won't be diffused by focusing on too many areas at one time. As progress is made on the following priorities, other areas of unmet need identified by CAST can be revisited.

The top five (unranked) priorities for Washoe County are:

### 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.

These priorities will be shared with the State of Nevada and included in a comprehensive report that includes the priorities for each region of the state. The report will identify areas of commonality across regions as well as regional differences in priorities.

## Appendix A: Notes from the CAST Tool Developer

### Utilization

CAST was designed to be used in conjunction with a community process. This requirement of using CAST is for two reasons. One, the values used to estimate each component of the care continuum were based upon national averages gleaned from the existing research literature. These values are likely to need to be adjusted to reflect the particular delivery models of each component within a given community or region. Two, the secondary data that is readily available for many elements of a care continuum are limited. This runs the risk of undercounting the presence of certain components, which in turn runs the risk of delegitimizing the CAST assessment within a place. Primary data collection among stakeholders as well as quality review by stakeholders are needed to mitigate this risk and to ensure data collection that is as full as possible.

After an initial phase of data collection has been completed, CAST tool should be shared with key community stakeholders. They should provide feedback on which elements of the estimates appear to be in alignment with their understanding of their care system, and which ones appear to be out of alignment with their understanding of their care system. At this stage, users of CAST can make adjustments to the values used in the algorithms for estimating component need. Two values in particular should be considered: the population totals and the usage rate. The population being served by any given program vary significantly across places, due to differences in geography, composition of the public/private nature of payers, and unique history of the community. Usage rate varies by the availability of a given component, geography, and the amount of outreach and system integration of a given community care system. Adjusting these totals provides each community with a method for making the CAST estimates align as closely as possible to their community characteristics. After one round of tweaks, the second, and potentially third, drafts should be reviewed again by the community stakeholders.

After the completion of a community-adapted CAST assessment, CAST can be used to facilitate the complex political conversations that arise when priorities and choices are to be made about a care system with limited resources and emotional investment from stakeholders and community members. These conversations, hopefully, will be strengthened and informed by the estimated totals produced by CAST. If the community has an adequate supply of school-based prevention programs, but few community-based prevention programs, the assessment creates an opportunity for this discussion.

### Status Update

Since 2016, CAST has been updated by the principal researchers. These updates were presented in a handbook that is still available upon request. Due to changes in the SAMHSA administration and corresponding changes within the priorities of CBHSQ, the tool no longer received technical assistance from SAMHSA. The principle researcher, Brandn Green, and his colleagues Rob

Lyerla, Kristal Jones, and Donna Stroup have continued to develop and refine the tool, often in collaboration with professional evaluators who have been asked by clients to use the assessment methodology.

This status update is being completed in April of 2019, more than three years since the publication of the original CAST article. Over these three years, the principle researcher is aware of CAST being utilized to assess the care system of Chester County, PA, Sussex County, DE, Hillsborough, NH, and Maricopa County, AZ. Since September 2018, Dr. Green has been providing external consultation to the United States Army Public Health Service as they adapt the tool for use at US Army installations. This handbook update was prompted by the use of CAST to assess the five different regions of Nevada.

## Appendix B: Data Sources and Definitions

Components	Definition and Units of Measurement	Data Source
<i>Promotion</i>		
Marketing Advertisements	Individual advertisements placed on tv, radio, print, billboards, web, and social media within one year.	Stakeholder surveys distributed by RBHCs
Media Advocacy Events	Individual, in-person gatherings meant to raise awareness of substance misuse.	Stakeholder surveys distributed by RBHCs
Community Coalitions	Individual coalitions of political, non-profit, and/or business organizations that receive and allocate grant funding to limit substance misuse.	Stakeholder surveys distributed by RBHCs
<i>Prevention</i>		
School-based prevention programs	Substance misuse disorder prevention programs being implemented within schools. Each program was counted as 1.	Stakeholder surveys distributed by RBHCs
Community-based prevention programs	Substance misuse prevention programs being implemented within community settings. Each program was counted as 1.	Stakeholder surveys distributed by RBHCs
Housing Vouchers for homeless residents	Dedicated beds for homeless, across all types of Continuum of Care (CoC) project types.	<a href="https://housing.nv.gov/resources/HUD_Reports/">https://housing.nv.gov/resources/HUD_Reports/</a> supplemented by stakeholder surveys distributed by RBHCs
Needle Exchange	Number of locations offering needle exchange.	Web search
Prescription Drug Disposal Events/Locations	Number of drug disposal events held per year, combined with all drug disposal locations.	<a href="https://takebackday.dea.gov/">https://takebackday.dea.gov/</a> , <a href="https://nabp.pharmacy/initiatives/awarxe/drug-disposal-locator/">https://nabp.pharmacy/initiatives/awarxe/drug-disposal-locator/</a> , and stakeholder surveys distributed by RBHCs
<i>Referral</i>		
Adult Specialty Court	All specialty courts that serve adults.	List supplied by Specialty Courts Coordinator, Administration Office of the Courts
Youth Specialty Court	All specialty courts that serve youth.	List supplied by Specialty Courts Coordinator, Administration Office of the Courts
Social Workers	Licensed social workers with a substance use or mental health focus.	National Association of Social Workers, find a social worker locator website using a substance misuse filter. Also cross-checked against occupations statistics 21-1023 (Mental Health and Substance Abuse Social Workers).  Used whichever count was higher between the two sources.

Components	Definition and Units of Measurement	Data Source
<i>Treatment</i>		
<b>Inpatient</b>		
Detoxification	Facilities providing in hospital or residential detoxification.	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
24-hour/Intensive Day treatment	Facilities providing non-residential, psychiatric care programs, lasting two or more hours per day for 3 or more days per week.	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
Short-term (30 days or fewer)	Facilities providing less than 30 days of non-acute care in a setting with SUD treatment services.	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
Long-term (more than 30 days)	Facilities providing 30 days or more of non-acute care in a setting with SUD treatment services.	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
<b>Outpatient</b>		
Detoxification	Facilities providing outpatient/ambulatory detoxification.	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
Counselors	Counselors licensed by the state to assist clients with drug and alcohol issues.	List provided by Board of Examiners for Alcohol, Drug and Gambling Counselors
Psychiatrists	Psychiatrists listed as specializing in substance use disorders.	<a href="http://finder.psychiatry.org/">http://finder.psychiatry.org/</a> Cross-checked/supplemented by <a href="https://www.psychologytoday.com/us/psychiatrists/substance-abuse/nevada">https://www.psychologytoday.com/us/psychiatrists/substance-abuse/nevada</a>
Psychologists	Psychologists listed as specializing in substance use disorders.	<a href="https://www.psychologytoday.com/us/therapists/addiction/nevada">https://www.psychologytoday.com/us/therapists/addiction/nevada</a> (only psychologists included)
Opioid Treatment program (OTP)	Providers that offer opioid treatment programs (OTPs), that offer daily supervised dosing.	<a href="https://dpt2.samhsa.gov/treatment/">https://dpt2.samhsa.gov/treatment/</a>
Office based opiate substitution (OBOT)	Providers that offer office-based opioid treatment (OBOT), which provides medication on a prescribed weekly or monthly basis (is limited to buprenorphine).	<a href="https://www.samhsa.gov/medication-assisted-treatment/physician-program-data/certified-physicians">https://www.samhsa.gov/medication-assisted-treatment/physician-program-data/certified-physicians</a>

Components	Definition and Units of Measurement	Data Source
<i>Recovery Support</i>		
Religious or spiritual advisors	Individual, religious or spiritual professionals providing SUD therapy and counseling.	Stakeholder surveys distributed by RBHCs
12-step groups for	Number of substance misuse support groups offered weekly.	<a href="https://findtreatment.samhsa.gov/locator/link-focSelfGP">https://findtreatment.samhsa.gov/locator/link-focSelfGP</a> , <a href="https://www.lvcentraloffice.org/lvaa_printed.pdf">https://www.lvcentraloffice.org/lvaa_printed.pdf</a> , and <a href="http://nnig.org/meetings">http://nnig.org/meetings</a>
Transportation for those receiving treatment	Number of vouchers provided within a year to assist those seeking treatment.	Utilized <a href="https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nssats_directory_2018.pdf">https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nssats_directory_2018.pdf</a> to determine which groups offer transportation assistance, supplemented by survey distributed by RBHCs. Average number of vouchers indicated by respondents to survey was used as proxy for those groups included in the report, and for which specific counts of vouchers were not available.
Employment support for those receiving treatment	Number of programs offered by each responding or reported group (number not specified counted as 1).	Utilized <a href="https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nssats_directory_2018.pdf">https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nssats_directory_2018.pdf</a> to determine which groups offer employment support, supplemented by survey distributed by RBHCs.
Educational support	Number of programs offered by each responding group (number not specified counted as 1)	Stakeholder surveys distributed by RBHCs
Parenting education for individuals with a use disorder	Number of programs offered by each responding group (number not specified counted as 1).	Stakeholder surveys distributed by RBHCs
Housing Assistance	Number of programs offered by each responding group (number not specified counted as 1).	Utilized <a href="https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nssats_directory_2018.pdf">https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/nssats_directory_2018.pdf</a> to determine which groups offer housing assistance, supplemented by survey distributed by RBHCs.
Insurance Assistance	Individual professionals who provide insurance enrollment support.	<a href="https://www.nevadahealthlink.com/get-help/navigator-organizations/">https://www.nevadahealthlink.com/get-help/navigator-organizations/</a>