

Alcohol and Drug Treatment Beds by a Non-  
State Entity

HHS LOC Mental Health Subcommittee

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**DAYMARK**<sup>SM</sup>

R e c o v e r y   S e r v i c e s

# About DAYMARK

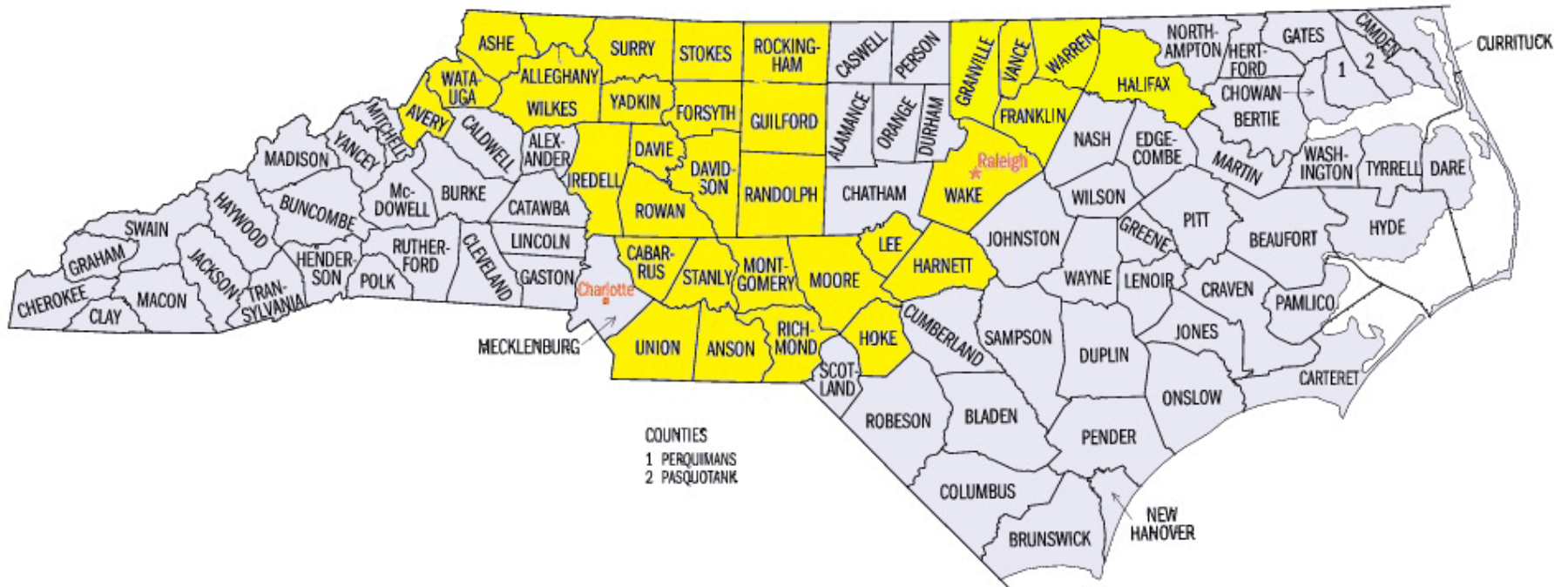


## Our Mission:

Daymark® Recovery Services, Inc. is a mission driven, comprehensive community provider of culturally sensitive mental health and substance abuse services. The Daymark® goal is for skilled medical and behavioral healthcare professionals to support citizens of all ages and their families with the greatest opportunity for recovery, independence and the highest quality of life. We are committed to using the most current best practices and effective, research-based treatment programs to assist all citizens working toward achieving optimum health and recovery.

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# Daymark Counties



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# Hallmarks of DAYMARK

- “Spin Off” created by the former Davidson County Area Program and now Cardinal Managed Care Organization (MCO) to assure crisis services, outpatient services and medication management remained available at the onset of mental health reform.
- DRS is now 10 years old and provides care to approximately 53,000 North Carolinians annually.
- DRS provides care to some degree for all existing MCOs but is primarily located in 32 counties in NC with 28 of the counties having full service locations or residential services.
- DRS Hallmarks are providing Advanced Access to care, telemedicine, medical services, crisis services, preventative outpatient care and provision of care that is a low cost per episode.

# Goals of this presentation:

- Describe Drug and Alcohol Treatment Programs operated by DAYMARK Recovery Services (DRS).
- Explain the DRS Residential Treatment Program in Guilford County.
- Compare the differences in the Guilford Program vs the ADATC.

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# Substance Abuse Treatment Programs through DAYMARK Recovery Services Companywide

**Outpatient/Inpatient Care:** In all the counties we serve we provide or can refer to the following care for substance abuse treatment:

- Assessment through our Advanced Access Clinics
- Detox: through our facility based crisis and/or referral elsewhere.
- Routine and/or intensive outpatient treatment through our Advanced Access Clinics. Also includes incorporating self-help groups.
- Mobile Crisis for crisis intervention of persons that relapse or have concurrent mental health illness exacerbating the crisis.
- Medication Management to include but not limited to suboxone treatment and treatment of concurrent mental health conditions.
- Residential Programing in Guilford County or referral to other providers that do similar programing.

# Guilford County Residential Program - History

- The Guilford County Residential Substance Abuse Treatment Facility opened in 1995. Several providers have been contracted over the years to provide the services. DAYMARK Recovery Services was contracted to take over operations in 2010. This change in provider was due to several Type A violations that occurred with the former provider. Up until 2010, the facility also provided non-hospital detoxification. Half of the detox beds were dually licensed beds with .3400 and the license was changed in 2012 so that the facility may be used at full capacity for residential treatment.
- At this time, there are 40 .3400 Residential Substance Abuse Treatment beds (utilized for the initial 30 days of treatment) and 16 beds that are .5600 beds that are used for clients in need of longer term care ( 30-90 days). The vast majority of the clients utilizing the .5600 beds will step down to a halfway house or program that can offer them long term housing of a year or more.

# Guilford Residential Program - Overview

The program has 56 beds and served 514 persons last year through short term and longer term treatments. Evidenced based practices are used for better opportunity for outcomes. The program uses other community resources like AA/NA during the course of treatment and uses other resources/providers post treatment to continue to foster recover. Some quick facts about the program below.

- The program is licensed under .3400 and .5600 which means that clients receive treatment from licensed and certified substance abuse specialists with an emphasis on individual, group and family counseling.
- Each client attends education classes on parenting, household management, healthy living, vocation and relapse prevention along with AA/NA meetings.
- There were 514 residents in our program FY 2013 with 39% being in our long term program (31-90 days) and 61% in our short term program (30 days).
- The program was once licensed to do detox but this was put on hold when DRS took the program over. Since that time it has been decided by the MCO that it is best to allow existing detox providers to continue to detox and our program focus on treatment. This has been a good decision that has strengthened the network and given patients strong providers.



# Treatment Overview

Treatment modalities include but not limited to:

- All treatments are evidenced based using the Matrix Model of care. The Matrix Model utilizes psycho-education, counseling, 12 step groups and relapse prevention to help a person remain sober.
- While in the program residents receive individual, group, family and vocational counseling. There is a focus on job placement, money management and nutrition education to improve coping skills post discharge. Staff also are highly trained in Dialectic Behavioral Therapy (DBT) and Motivational Interviewing.
- Self help groups like AA/NA are readily available for the person to attend. AA/NA community members host a meeting at the facility and clients are taken into the community for meetings.
- Short term program is defined as 30 days
- Longer term programming is defined as 31-90 days

# Outcomes

## 1. Fiscal Outcomes:

Cost of the program was \$2,027,000 for FY 2013

Number of bed days used was 14,822 for a cost per bed day of \$136.76 per day.

## 2. Engagement and Retention Outcome:

Of the 514 patients admitted to the Program we had 89 % of them successfully complete the program or remain engaged in the program until completion of treatment.

## 3. Outcomes at Discharge:

95% stated that the program was helpful in reducing/cessation of substance use

92% stated they have the knowledge to be able to access community resources to stay sober

99% reported a reduction or cessation of substance use

96% reported overall satisfaction with the program

97% reported that they would recommend this program to a friend or family member in need of SA treatment

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# Post Discharge Outcomes

Discharge Plan	Engaged in first appointment post discharge	% sober in 30 days post discharge that engaged in aftercare	% sober in 60-120 days post discharge that engaged in aftercare
Home and outpatient	75	80	60
Other level of care like halfway house	100	95	80

# Guilford Residential Treatment Compared to ADATC

<b>Service Provided</b>	<b>Guilford Treatment Center</b>	<b>ADATC</b>
Treats co-occurring disorders	Yes	Yes
Evidence Based Care	Yes	Yes
Involuntary SA/MH commitments	No	Yes
Medical Detox	No	Yes
Physician Available	No	Yes
CMS Certified as an Acute Inpatient Psychiatric Hospital	No	Yes
Operates as a safety net	No	Yes

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# Conclusions

- The Guilford Residential Program is a cost effective way to provide quality and effective care to those struggling with a substance abuse illness in a non-hospital setting.
- The Guilford Program is unique to Guilford County and it is hard to draw comparisons to other public or private treatment providers that offer substance abuse programming.

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