

# Olmstead Plan for Pennsylvania's State Mental Health System

York & Adams Counties

Wernersville Service Area

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## I. OLMSTEAD PLANNING PROCESS:

The *Olmstead Plan for Pennsylvania's State Mental Health System* was first issued in 2011 and revised again in 2013. This integrative plan was developed as an effort to end the unnecessary institutionalization of children with social emotional disturbance and adults recovering from a serious and persistent mental illness, and/or a substance use disorder. York & Adams County have worked cooperatively with stakeholders to support the mission of this plan. The inclusion of stakeholders in the development and implementation of the Olmstead Plan has corresponded with the community integration growth our joinder county has made in the last few years. It is through Advisory Board Meetings, The Systems of Care Partnership, Community Outreach, and the York County Continuum of Care Committee Meetings, that York & Adams County continues to engage community members, advocacy groups, behavioral health manage care representatives, and other cross-systems partners inside and outside our county in the development and implementation of this plan. The following services and resources our joinder counties share are a true representation of the participation and collaboration efforts between our stakeholders and our County officials. The implementation of such services was developed as an effort to comply with the MH/MR Act of 1966 that required state-supervised, county-administered system of community-based mental health systems.

## II. SERVICES TO BE DEVELOPED:

York/Adams MH-DD Program focuses on providing the maximum amount of assistance to our residents by utilizing less restrictive mental health services. Unfortunately, there are times where our most resilient consumers are faced with emotional challenges that cannot be addressed under less restrictive settings. Examples of this are children and adolescents in Residential Treatment Facilities and adults admitted to State Hospitals. York and Adams currently have 47 individuals at Wernersville State Hospital. Those individuals are working on their recovery to join our community. Community Residential Rehabilitation Programs (CRR) and Residential Treatment Facilities (RTF) are services offered to those children and adolescents with social emotional disturbance who cannot continue to build their resiliency skills in the community. Currently, our Healthchoices Management Unit is funding services for 5 members in the CRR Program and 59 members in Residential facilities.

Another program that is utilized by adults who are recovering from a serious and persistent mental illness and which challenges cannot be addressed under less restrictive settings is Northwestern Human Services Community-based Extended Acute Care Facility (EAC). Our EAC is a 16 bed shared facility use to divert individuals from the State Hospital level of care by decreasing the acuity of their symptoms and help them to use systemic and natural supports in their recovery. Community integration efforts are done through individual mental health treatment, case management, and the collaboration of family, community members, and the mental health system. The process of recovery can be extensive for some of our consumers, but as a county we continue to support their mental health needs and their road to recovery.

- a) *Prevention and early intervention services and supports* - In an effort to satisfy, the immediate needs of children with social emotional disturbance and adults recovering from a serious and persistent mental illness, the York/Adams MH-IDD Program offers 24hr Crisis Intervention Services; provided by Wellspan Behavioral Health and TrueNorth Wellness Services. Walk-in Crisis Assessments are provided at Memorial Hospital, York Hospital, Gettysburg Hospital, and Holy Spirit Behavioral Health Services. York/Adams residents go to the hospital of their preference based on their geographic location. Residents in York County utilize Memorial and York Hospital whereas; Adams County residents utilize Gettysburg Hospital.

Residents in the areas adjacent to Northern York County and Harrisburg utilize Holy Spirit Behavioral Health Services. In order to provide easier access to crisis intervention services in the rural areas of our counties, TrueNorth Wellness Services provides Mobile Crisis Services.

Our last numbers indicate that Crisis Intervention served 2,134 members of our community during the months of October 2016 through December 2016. More than half of our members were diverted from high levels of care such as inpatient and were referred to more appropriate community-based services.

- b) *Non-institutional housing options* - The York/Adams MH-IDD Program actively participates in the York County Coalition Housing Task Force and The York/Adams Local Housing Options Teams. The County MH-IDD Program engages in these community support meetings in order to ensure the inclusion of individuals recovering from a mental illness and to guarantee the support and collaboration of the county. York/Adams MH-IDD Program participates in the ranking committee for this task force to ensure that Housing First Approaches are reflected at the time of considering community resources for the homeless.

A complete listing of housing options in integrated settings can be found in Section III. of this Plan.

- c) *Non-residential treatment services and community supports* - In an effort to reduce the utilization of restricted residential settings, the York/Adams MH-IDD Program provides a variety of community support services including in-home services to children, adolescents, and adults. These different methods of intervention are well utilized by mental health case management staff to avoid the need for restricted residential settings.

Multi-systematic Therapy (MST) and Functional Family Therapy (FFT) are evidence-based practices utilized to address the mental health needs of our adolescents and transitioning youth with social emotional disturbance. MST provided by Adelphi Village is geared to adolescents between the ages of 12 to 18. MST focuses on addressing the environmental and systematic challenges that impacts youth by promoting a better quality of life and by promoting resiliency. In contrast, FFT provided by True North Wellness Services, is a short-term intervention offered to children and adolescents between the ages of 10 to 18. FFT model focuses on acceptance and respect while addressing the emotional and behavioral challenges within the family system. During this fiscal year MST has served 19 members of our community including York and Adams residents; FFT has served 54.

Family-based Services and Behavioral Health Rehabilitation Services (BHRS) are also offered through our Healthchoices Management Unit Program. Family-based services main focus is to engage family members by building connections and addressing the structural dynamics of the family. Family-based services is considered one of our highest levels of community-

based services; this program currently serves 133 families. BHRS currently serves 1,511 members of our community. BHRS is designed to address the unique needs of the client by developing behavioral interventions.

Another community-based program utilized to avoid the unnecessary institutionalization of children and adolescents with social emotional disturbance is High Fidelity Wraparound Services. These services are provided by Service Access Management, Inc. (SAM) through the Joint Planning Team (JPT). The goal of JPT is to provide support and planning to help families develop and use resources and skills in order to return and/or sustain the youth in the home community.

Child and Adolescents Service System Program (CASSP) is also another resource utilized by our county. The goal of CASSP is to develop and coordinate a plan of care for children and adolescents with social emotional disturbance. Another resource York/Adams MHIDD Program has is the opportunity to work closely with the Human Services Family Engagement Unit. The Family Engagement Unit oversees different types of family meetings including Family Group Decision Making (FGDM). Their intent is to involve families and natural supports in developing plans that will address the safety, well-being and permanency of family members.

Other models of intervention are also offered to avoid the unnecessary institutionalization of adults who are recovering from a serious and persistent mental illness. Community-based services such as Community Outreach Recovery Essentials (CORE) by TrueNorth Wellness Services and Assertive Community Treatment Teams (ACT) provided by Bell Socialization Services are designed to help those individual with higher psychiatric needs to integrate and remain in the community. Behavioral Health Mobile Psychiatric Nursing provided by Wellspan Behavioral Health is designed to provide support and improve the recovery of individuals with a mental health illness and who are parts of the Community Hospital Integration &Project Program (CHIPP). Our CORE Program currently serves 55 members of our community. ACT currently serves 63 members of our community and CHIPP serves 57.

Partial Hospitalization, through TrueNorth Wellness Services, is also available to York and Adams residents who are at risk of a psychiatric hospitalization or in need of mental health services beyond traditional outpatient treatment. This service includes individual therapy, medication management, and therapy groups.

- d) *Peer Support Services* - Peer Support Services for adults living in community settings are provided by Service Access Management (SAM), Inc. and TrueNorth Wellness Services. Currently, our York/Adams Healthchoices Management Unit is working diligently to locate a provider who can offer Peer Support Services to adolescents in our area. The implementation-targeted period is unknown.

York and Adams Consumer Support Program (CSP) was impacted by the 10% budget cut during the 2012-2013 fiscal year. As a result, funding for CSP was temporarily cut and consumer participation decreased. During this fiscal year 2016-2017, York and Adams MHIDD Program has made continued efforts to engage community members back into CSP. York and Adams MHIDD Program and the National Alliance of Mental Health (NAMI) York, are working collaboratively to promote consumer participation and to create changes to enhance this program.

- e) *Supported Employment Services* – The York/Adams MH-IDD Program strives to provide consumers with a mental illness with the opportunity to integrate to our community while accomplishing educational, vocational, and financial goals. Penn Employment Services, HART Center, and AHEDD, Inc. all contract with the County MH-IDD Program to provide supported employment services to adults with serious mental illness.

In addition, Bell Socialization Services, also through County funding, operates the Oasis House, a mental health clubhouse model, with a heavy emphasis on consumer employment.

### **III. HOUSING IN INTERGRATED SETTINGS:**

- a) The following is a complete “housing inventory” of existing housing options available for individuals with serious and persistent mental illness in York and Adams Counties. They are listed in the following format: Name of provider, type of housing service, (number of consumers served).

TrueNorth Wellness Services  
High Street Maximum Care CRR (8) (Shared)

TrueNorth Wellness Services  
Baltimore Street Maximum Care CRR (8) (Shared)

TrueNorth Wellness Services  
Housing Support Services (31) (Independent Living)

Bell Socialization Services  
Daybreak Maximum Care CRR (8) (Shared)

Bell Socialization Services  
Cornerstone Maximum Care CRR (8) (Shared)

Bell Socialization Services  
Market Home Maximum Care CRR (8) (Shared)

Bell Socialization Services  
Moderate Care CRR (4) (Shared)

Bell Socialization Services  
Minimum Care CRR (4) (Independent Living)

Bell Socialization Services  
Young Adult Apartment Program (4) (Shared)

Bell Socialization Services  
Housing Support Services (63) (Independent Living)

Bell Socialization Services  
CHIPP Apartment Program (29) (Scattered Sites)

Bell Socialization Services

Fox Run Assisted Living Home (3) (Shared)

Bell Socialization Services  
Chestnut House Assisted Living Home (3) (Shared)

Bell Socialization Services  
Pinehurst Assisted Living Home (3) (Shared)

TrueNorth Wellness Services  
CHIPP Apartment Program (18) (Scattered Sites)

TrueNorth Wellness Services  
Washington House Assisted Living Home (3) (Shared)

TrueNorth Wellness Services  
Ridge Avenue Assisted Living Home (3) (Shared)

TrueNorth Wellness Services  
Littlestown Assisted Living Home (3) (Shared)

TrueNorth Wellness Services  
Lakeview Assisted Living Home (3) (Shared)

Keystone Human Services  
East Market Street Specialized Care Residence (8) (Shared)

Keystone Human Services  
South Queen Street Specialized Care Residence (8) (Shared)

Keystone Human Services  
Gettysburg Specialized Care Residence (8) (Tentative opening Spring 2017) (Shared)

Northwestern Human Services  
East Berlin Traumatic Brain Injury (TBI) Assisted Living Home (3) (Shared)

Northwestern Human Services  
Ogontz Street Assisted Living Home (3) (Shared)

York/Adams HealthChoices Management Unit  
Master Leasing Program (20) (Independent Living)

York/Adams HealthChoices Management Unit  
Shelter Plus Care (23) (Independent Living)

York/Adams HealthChoices Management Unit  
Program Based Operating Assistance (20) (Independent Living)

York/Adams HealthChoices Management Unit  
Anthony's Place Supported Housing (2) (Independent Living)

York/Adams HealthChoices Management Unit

Misty Ridge Supported Housing (4) (Independent Living)

York/Adams HealthChoices Management Unit  
Carriage Works Supported Housing (8) (Independent Living)

York/Adams HealthChoices Management Unit  
Capital Funding Supported Housing (1) (Independent Living)

York/Adams HealthChoices Management Unit  
Highland Park Supported Housing (3) (Independent Living)

York/Adams HealthChoices Management Unit  
September House Supported Housing (2) (Independent Living)

York/Adams HealthChoices Management Unit  
Thackston Park Supported Housing (1) (Independent Living)

Community Services Group  
Long Term Structured Residence (8) (Shared)

To enhance the services offered to adults recovering from a mental illness, York/Adams MHIDD Program continues to move forward with its partnership with Keystone Human Services in establishing our 3<sup>rd</sup> Enhanced Personal Care Home in York/Adams Counties. This new Specialized Care Residence (SCR) will be located outside of Gettysburg in our 672 Catchment Area. It is anticipated to serve 8 individuals.

- b) The “*most integrated setting*” as defined in Title II of the Americans with Disabilities Act is “a setting that enables individuals with disabilities to interact with non-disabled persons to the fullest extent possible.” All of the housing options listed in our “housing inventory” are located in integrated settings that provide individuals with serious mental illness opportunities to live, work, and receive services in the greater community, like individuals without disabilities.

These integrated settings are located in mainstream society; offer access to community activities and opportunities at times, frequencies and with persons of an individual’s choosing; affording the individual’s choice in their daily life activities; and, provide our consumers with the opportunity to interact with non-disabled persons to the fullest extent possible.

- c) In order to maintain the most comprehensive continuum of supported housing options for consumers with serious mental illness, the York/Adams MH-IDD Program does not have any plans for Community Residential Rehabilitation (CRR) conversion in the foreseeable future. We continue to find that many of our consumers benefit greatly from the individualized goal planning that occurs under the CRR structure and it has assisted many individuals to transition to more independent living.
- d) 1. The York/Adams HealthChoices Management Unit serves as the Local Lead Agency for York and Adams Counties. This County Department serves as a referral network to connect people with disabilities to permanent supportive housing vacancies. The York/Adams MH-IDD Program’s case management staff works very closely with YAHMU staff to identify

consumers in need of permanent housing. Also, please note the significant number of permanent housing options provided by the York/Adams HealthChoices Management Unit, via reinvestment planning, that are listed in our “housing inventory” and are accessed by consumers with serious mental illness.

2. The York City & County Continuity of Care Committee was created in 2011 with HUD approval. This group is a local or regional planning body that coordinates housing and services funding for homeless families and individuals.

The York County Planning Commission led the effort to form the CoC Committee and participants range from those who work in homeless serving housing or service projects, to health care, government, and other interested parties. The County Administrator for the York/Adams MH-IDD Program is an active member of this Committee.

In addition, York/Adams HealthChoices Management Unit (Y/A HCMU) has a contract agreement in place with Pennsylvania Housing Finance Agency (PHFA) which stipulates that they will administer a set amount of the HealthChoices Reinvestment Funds for the York County Project based Operating Assistance Program (PBOA). The PBOA Program provides monthly rental subsidies to contracted landlords/property managers on behalf of eligible consumers living independently with a serious mental illness. The PBOA Program can provide rental assistance to 20 individuals at any given time. The PBOA Program has assisted 49 individuals since 2009 and currently provides monthly rental assistance for 20 individuals. The program is meant to be a permanent supported housing option as long as the individual follows the terms of their lease and there are funds remaining. Funds were anticipated to last about 20 years.

Y/A HCMU originally allocated \$2,102,935.00 in 2008 for the PBOA Program. The program has provided nearly \$616,000 in rental subsidies as of 12/31/2016. After factoring in an administrative fee and interest earnings the remaining balance is \$1,404,629.78 as of 12/31/2016. The Y/A HCMU housing staff does encourage individuals to apply for public housing, Section 8, and other subsidized apartment programs as a future option of transferring to an even longer term affordable housing option.

#### **IV. SPECIAL POPULATIONS:**

- a) *Individuals with a dual diagnosis (mental health/intellectual disability)* – The York/Adams MH-IDD Program operates both targeted mental health case management (intensive and resource coordination) and intellectual disability supports coordination and are co-located in the same building. As a result, this allows for joint planning/case sharing of individuals with a dual diagnosis.

This interdisciplinary approach to case managing the individual is necessary to obtain an accurate diagnosis and to establish habilitation and treatment needs. We also have cultivated several community-based providers who now specialize in serving this population. This is best evidenced by a new provider, Life's New Beginnings, who is serving a young consumer with an intellectual disability and severe behavioral problems, due to trauma resulting from years of sexual abuse. This individual resides in a one-person community living arrangement (CLA) funded through the Consolidated ID Waiver, while also receiving mental health treatment through the County's Behavioral Health Managed Care Organization (CCBH).

- b) *Individuals with co-occurring disorders (mental health/substance use disorders)* – Similar to mental health and intellectual disabilities, the York/Adams MH-IDD Program and the York/Adams Drug and Alcohol Commission are also co-located in the same building. This allows for immediate access to drug and alcohol case management services, including on-site level of care assessments, and assistance in accessing placement and funding in the appropriate treatment facility.

Also, White Deer Run, a large drug and alcohol treatment provider, operates a dual diagnosis licensed non-hospital inpatient facility at the York County Substance Abuse Treatment Center. This allows priority access to York and Adams County consumers in need of this level of care.

- c) *Individuals with behavioral health and physical health needs* – The York/Adams MH-IDD Program works very closely with Wellspan Health, the two-County area's largest healthcare provider, in meeting the physical health care needs of our consumers. An example of this cooperative partnership is Wellspan's innovative Bridges to Health Program.

Bridges to Health is a special, invitation-only program that makes the consumer a partner with a dedicated health care team. This team includes a doctor, a nurse, a social worker and a health coach. The team works with the consumer and the MH case manager to make a treatment plan based on the individual's health care goals. The Team goes to great lengths to protect the consumer from any preventable health crises such as Emergency Room visits and hospital admissions.

In addition, York and Adams MHIDD Program has incorporated the Behavioral Health Home Plus Expansion Program into their targeted mental health case management program. The Behavioral Health Home Plus Expansion Program is an integrated care model initiated by Community Care Behavioral Health (CCBH). This program seeks to enhance the quality of life of individuals with serious mental illness through the identification and goal setting of wellness and physical challenges. York and Adams County MHIDD Program is the funding source for the Home Health Nurse which is positioned in our 671 Catchment Area, York. The Home Health Nurse is the lead health navigator and works collaboratively with case management to regularly track the wellness goals established by the consumers.

- d) *Individuals with a traumatic brain injury* - The York/Adams MH-IDD Program provides funding for a specialized Assisted Living Program, operated by Northwestern Human Services, that is designed to serve consumers with traumatic brain injury (See Section III – housing inventory). Presently, there are no specialized non-residential treatment services for this population. The York/Adams MH-IDD Program continues to evaluate the needs of this group.
- e) *Individuals with criminal justice/juvenile justice history* – The York/Adams MH-IDD Program prides itself on the partnerships it has established over the years with the Probation Departments of both Counties. We currently operate the following specialized forensic programs that are designed to meet the needs of individuals with mental illness who are also involved in the criminal justice system:

- York County Mental Health Treatment Court, ages 18 and over
- York County Juvenile Justice Partnering with Mental Health (JUMP), ages 12-18 and those pass 18 who continue to be adjudicated delinquent
- Adams County Adult Probation/Adult Intensive Case Management Partnership, ages 18 and over

- Adams County Juvenile Justice Partnering with Mental Health (JUMP), ages 12-18 and those pass 18 who continue to be adjudicated delinquent
- f) *Individuals who are deaf or hearing impaired* – The York/Adams MH-IDD Program maintains a funding relationship with an outpatient provider who specializes on treating individuals who are deaf or hearing impaired.
- g) *Individuals who are experiencing homelessness* - The York/Adams MH-IDD Program's case management staff works very closely with all of the homeless shelters in both York and Adams Counties. The County MH-IDD Program also provides funding to Bell Socialization Services to provide case management to the Bell Family Shelter and the Bridge Housing Program. The homeless mentally ill population is also given top priority for openings that occur within our various housing opportunities.
- h) *Older Adults* – The York/Adams MH-IDD Program maintains Memorandums of Understanding with both York and Adams County's Office for Aging. These MOU's outline case management responsibilities for shared cases.

Also, within our housing continuum, every effort is made to accommodate older adults with mental illness who do not require nursing care; however, can benefit from supported housing options. A significant number of the residents in our various assisted living homes are older adults.

Furthermore, serving professionals in York County have initiated an Affordable Personal Care Home Task Force to address the imperative needs of this population. This Task Force is focused on creating new avenues to make personal care homes affordable for older adults. Another area of focus is to enhance the care received by older adults especially of those with significant medical and mental health needs.

- i) *Individuals who are medically fragile* – Similar to the older adults who are residents at our assisted living homes, adults with serious mental illness who have a fragile medical condition are often times served in these highly supervised community-based homes. At the moment, there are no specialized non-residential treatment services for individuals who are medically fragile. The York/Adams MH-IDD Program continues to evaluate the needs of vulnerable population.
- j) *Individuals with limited English proficiency* - To address the growing number of Spanish-speaking residents in York and Adams Counties, the York/Adams MH-IDD Program contracts with several local interpreter services to assist case management staff in communicating with consumers and family members. In addition, we have mobile "interpre-talk" telephones that allow our staff to communicate with individuals who speak in practically any non-English language.

Also, in order to satisfy the growing need of individuals with limited English proficiency, The Healthchoices Management Unit has contracted with a new outpatient mental health provider. Child and Family Support Services offers individual, family therapy and psychiatric services to Spanish speaking individuals recovering from a mental illness.

- k) *Transition age youth including young adults* - Similar to mental health and intellectual disabilities, the York/Adams MH-IDD Program and the York County Children and Youth Services are also co-located in the same building. With this close proximity, this allows both

staffs to work cooperative on cases of young adults with serious emotional disturbances; involved in out-of-home placement, and in need of help in transitioning to the adult world.

Based on the highly individualized case management services offered by York and Adams MHIDD program, transitioning age youth are served by provision of services such as career development and independent living. York and Adams MHIDD Program hold contracts with the Arc of York County and other community providers to satisfy the transitional needs of this population. Several of the MH-IDD Program's housing options, listed in Section III., are designed to serve the young adult population (ex. Bell Socialization Services' Young Adult Apartment Program).

In addition, we have a mental health resource coordinator assigned to work with the Adams County Children and Youth agency. This case manager carries a specialized caseload of up to ten (10) youth in transition.