

# Analysis of Need: Residential Mental Health Beds

ACT 26, SECTION 2 (2019) REPORT TO THE VERMONT STATE LEGISLATURE

# Legislative Charge

## **Sec. 2. REPORT; ANALYSIS OF RESIDENTIAL MENTAL HEALTH NEEDS**

- (a) The Department of Mental Health shall evaluate and determine the across the State by geographic area and provider type, including long-term mental health bed needs for residential programs residences (group homes), intensive residential recovery facilities, and secure residential recovery facilities. This evaluation shall include a review of needs in rural locations, current and historic occupancy rates, an analysis of admission and referral data, and an assessment of barriers to access for individuals requiring residential services. The evaluation shall include consultation with providers and with past or present program participants or individuals in need of residential programs, or both.
- (b) On or before December 15, 2019, the Department shall submit a report to the House Committees on Appropriations and on Health Care and to the Senate Committees on Appropriations and on Health and Welfare containing its findings and recommendations related to the analysis required pursuant to subsection (a) of this section.

# What This Report is About

- Information and analysis of residential settings serving individuals with mental health treatment needs in Vermont
- An overview of each type of residential setting and
- Description of the categories of analysis required by the legislation
- This report does **not** include discussion of non-residential individual living arrangements such as supportive housing, which include provision of mental health treatment services in tandem with individual housing vouchers that allow a person to live in their own apartment in the community

# ADULT RESIDENTIAL SETTINGS

## **GROUP HOMES - 19 HOMES - 151 BEDS**

- *Living arrangements for three or more people*
- *Owned and/or staffed full-time by employees of a provider agency*
- *The provider agency is responsible for management of group home resources primarily for Vermonters residing within their catchment area*

# INTENSIVE RECOVERY RESIDENCES (IRR)

## 6 RESIDENCES - 47 BEDS

- *Residential treatment setting that consists of specialized group arrangements for three or more people*
- *Staffed full-time by employees of a provider agency at a higher staff to resident ratio than found in group homes.*

PHYSICALLY  
SECURE  
RECOVERY  
RESIDENCE  
(MIDDLESEX)

**1 FACILITY - 7 BEDS**

- *Same clinical characteristics as an Intensive Recovery Residence except that it is physically secure as well as staff secure.*
- *Surrounded by a 14- foot fence that is climb resistant and all exterior doors are locked*
- *Entrance to the residence has two locked doors with a sally port between them to help ensure residents are unable to leave without staff accompanying them*

## Expansion of Physically Secure

- Funds were included in the FY20 Capital Bill
- 16-bed, state-run, physically secure residential facility
- Capacity to perform Emergency Involuntary Procedures (EIP's)
- Will help reduce barriers to discharge from Level 1 inpatient beds across the state.

# DESIGNATED PROVIDERS

## Designated Agencies

- Clara Martin Center
- Counseling Services of Addison County
- Health Care and Rehabilitation Services of Southeastern Vermont
- Howard Center
- Lamoille County Mental Health Services
- Northwest Counseling and Support Services
- Northeast Kingdom Human Services
- Rutland Mental Health Services
- United Counseling Service
- Washington County Mental Health Services

# DESIGNATED PROVIDERS

## Designated Hospitals

- Brattleboro Retreat
- Central Vermont Medical Center
- Rutland Regional Medical Center
- University of Vermont Medical Center
- Windham Center
- Vermont Psychiatric Care Hospital (state-run)
- White River Junction VA Medical Center

# DESIGNATED PROVIDERS

## Specialized Services Agencies

- Pathways Vermont
- Northeastern Family Institute

## State Secure Residential

- Middlesex Therapeutic Community Residence

# PROVIDER CAPACITY

## Designated Agencies

- Adult Crisis Beds: 38 beds
- Youth Crisis Beds: 12 beds
- Adult Intensive Residential: 42 beds

## Peer Service Agencies

- Adult Crisis Beds: 2 beds
- Adult Intensive Residential: 5 beds

## Physically Secure Residential

- Middlesex Therapeutic Community  
Residence: 7 beds

# PROVIDER CAPACITY

## Designated Hospitals

- Adult – Level 1 involuntary: 45 beds
  - VPCH 25
  - Brattleboro Retreat 14
  - RRMC 6
- Adult – Non-Level 1 (involuntary and voluntary): 156 beds
  - CVMC 14
  - RRMC 17
  - UVMC 28
  - Windham Center 10
  - VA Medical Center 12
  - Brattleboro Retreat 75
- Children and Youth: 30 beds
  - Adolescent 18
  - Children 12

# Continuum Of Most Acute Beds To Most Independent Beds In The Mental Health System

## Level One Inpatient Hospital Units

3 Facilities  
45 Beds

Outlier Specialized  
Funding  
(ie – Mypad, Pearce House)

## General Inpatient Hospital Units

6 Facilities  
156 Beds

## Intensive Recovery Residential (IRR)

6 Residences  
47 Beds

## Mental Health Crisis beds

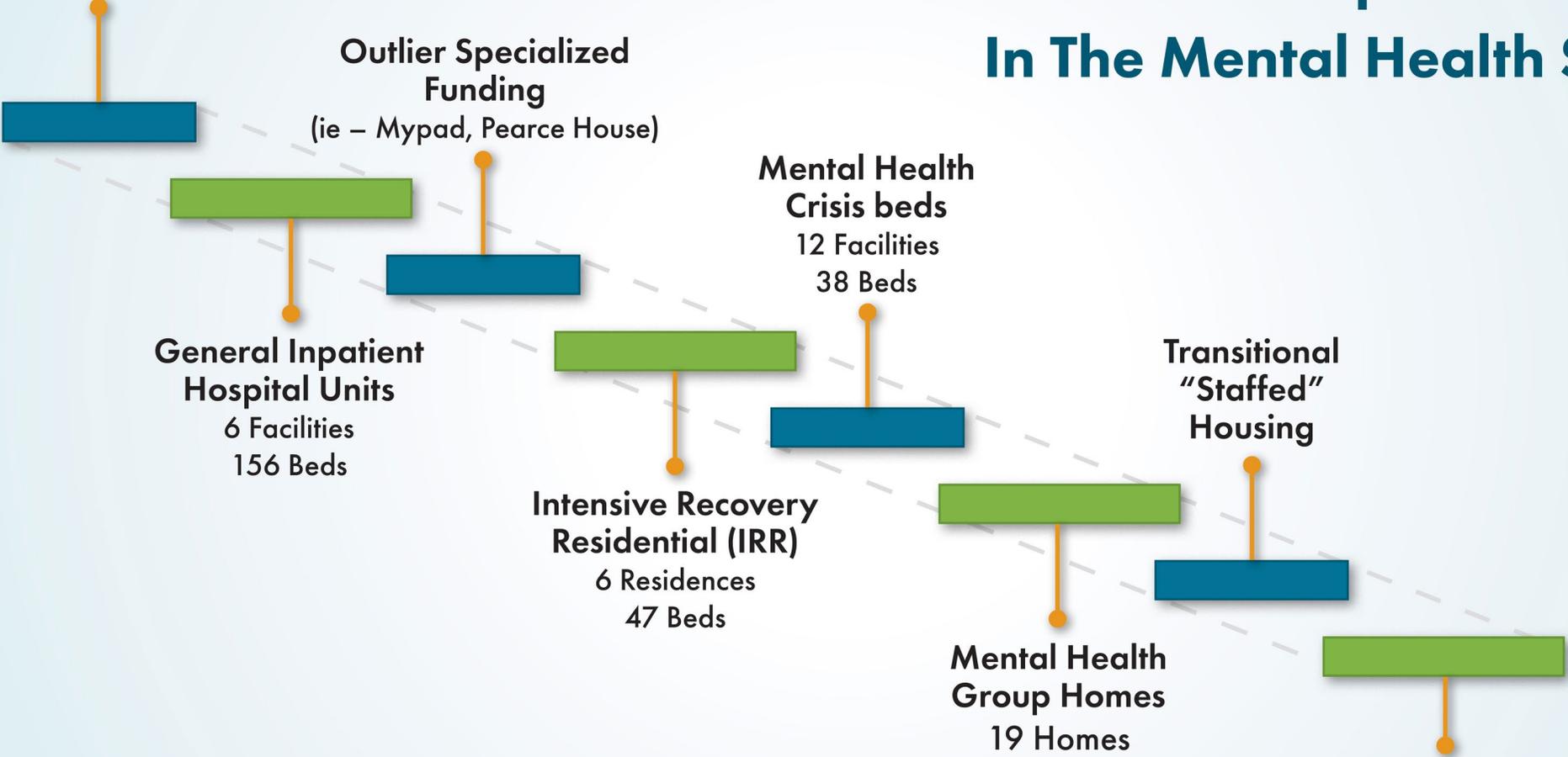
12 Facilities  
38 Beds

## Mental Health Group Homes

19 Homes  
152 Beds

## Transitional "Staffed" Housing

Shelter + Care Vouchers/  
DMH Housing Vouchers  
(Independent living with  
services attached)



# DMH Adult Residential Beds by County FY20



CMC	Clara Martin Center
CSAC	Counseling Service of Addison County
CSC	Collaborative Solutions, Corp
HC	Howard Center
HCRS	Health Care Rehabilitation Services of Southern Vermont
LCMH	Lamoille County Mental Health
NKHS	Northeast Kingdom Human Services Inc.
PW	Pathways
RMHS	Rutland Mental Health Services
UCS	United Counseling Services
WCMH	Washington County Mental Health

# DMH Residential & Inpatient Beds, All Ages, 2019

## DMH Residential and Designated Hospital (Inpatient) Beds All Ages by County FY19



\*NFI HDP-S Capacity 6, Currently only 4 open beds  
 \*\*Residential programs that are primarily utilized by DCF, but

# Individuals in Residential Settings by County

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Individuals Served in Residential Settings By County/Designated Agency					
County of Origin/Designated Agency	CRT Clients Served	Individuals in Intensive Recovery Residential	Percent in Intensive Recovery Residential	Individuals in Group Homes	Percent in Group Home
Addison	175	1	0.6	15	8.6
Franklin/Grand Isle	225	1	0.4	11	4.9
Chittenden	632	9	1.4	58	9.2
Lamoille	137	0	0	23	16.8
Windham/Windsor	397	17	4.3	13	4.5
Caledonia/Orleans/Essex	241	1	0.4	0	0
Orange	180	2	1.1	4	2.2
Rutland	290	3	1.0	0	0
Bennington	156	1	0.6	6	3.8
Washington	335	6	1.8	16	4.8
Pathways (Statewide)	47	4	8.5	0	0
<b>Total</b>	<b>2815</b>	<b>45</b>	<b>1.6%</b>	<b>146</b>	<b>5.2%</b>

# County of Origin for the IRR Residents

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County of Origin for Intensive Recovery Residents								
COUNTY OF ORIGIN	Second Spring North (Westford)	Second Spring South	Williamstown (MTCR <sub>n</sub> )	(Middlesex) Meadowview	(Brattleboro)	Maplewood (Rutland)	Hilltop (Westminster)	Total
Chittenden	2	2	1				3	<b>8</b>
Addison	1							<b>1</b>
Franklin/Grand Isle						1		<b>1</b>
Lamoille								<b>0</b>
Caledonia/ Orleans/ Essex			1					<b>1</b>
Washington		5	1					<b>6</b>
Windham/ Windsor	3	5	1	4	1		3	<b>17</b>
Orange		2						<b>2</b>
Rutland				1	2			<b>3</b>
Bennington			1					<b>1</b>
Other			2					<b>2</b>
<b>TOTAL BEDS FILLED ON 11/18/19</b>	<b>6</b>	<b>14</b>	<b>7</b>	<b>5</b>	<b>4</b>	<b>6</b>	<b>42</b>	

# Involuntarily Hospitalization Individuals by Location

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## Involuntarily Hospitalization of Individuals by Year and Originating Location

Designated Agency	involuntary hospitalized CY 2016	involuntary hospitalized CY 2017	involuntary hospitalized CY 2018	involuntary hospitalized CY 2019 (6 months)
Orange County	13	14	8	5
Addison County	22	25	19	9
Chittenden County	135	135	139	92
Windsor/Windham County	68	69	60	38
Lamoille County	17	13	14	9
Franklin County	19	28	25	16
Northeast Kingdom Counties	46	41	34	20
Rutland County	104	88	81	45
Bennington County	17	25	17	6
Washington County	52	63	77	23
Pathways (Statewide)	3	21	15	2
Not from a specific area of the State	40	38	51	13
<b>Total</b>	<b>536</b>	<b>560</b>	<b>540</b>	<b>278</b>

# Chittenden County 2016-2019

- 25% of involuntary admissions come from Chittenden County
- Approximately 20% of the beds at IRRs are filled with individuals from Chittenden County – which represents about 1.4% of the Howard Center’s entire CRT population
- Over 30% of group homes beds are filled by Chittenden County residents – which is more than over 9% of the Howard Center’s entire CRT population

# Rutland County

2016 - 2019

- 15% of involuntary admissions came from Rutland County,
- 6% of IRR beds are filled with individuals from Rutland County (1% of Rutland Mental Health's entire CRT population),
- 0% (Zero) group home beds are filled with Rutland County residents.

## Windham/Windsor Counties 2016-2019

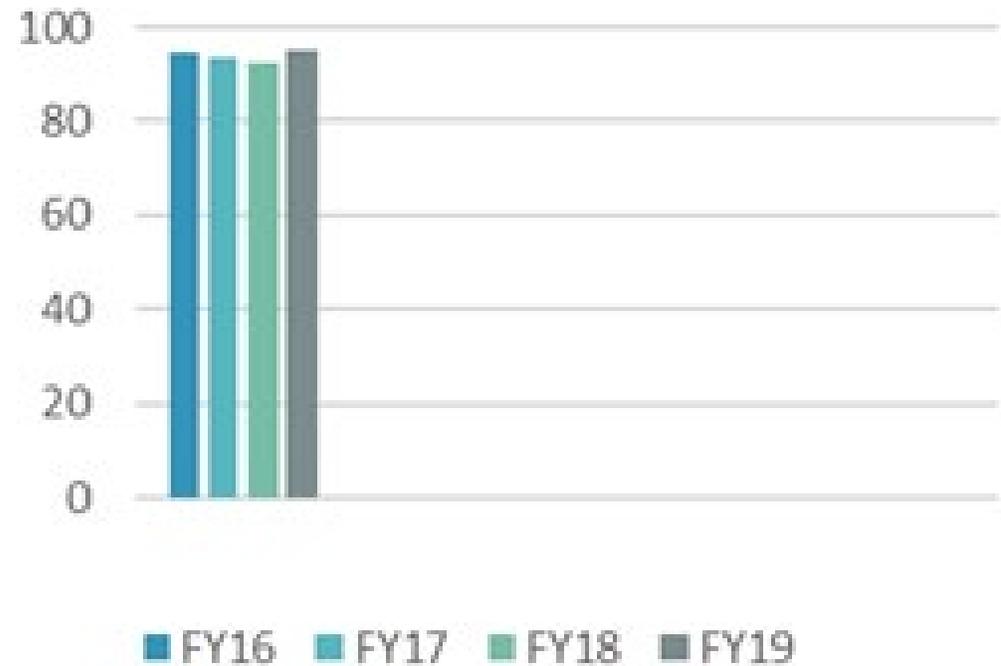
- Over 30% of the IRR beds are filled with individuals from this area – which is over 4% of HCRS' entire CRT population
- Just over 12% of group home beds are filled by individuals from HCRS - which is slightly more than 4% of their entire CRT population

Calendar Year	Individuals admitted to an IRR from an Involuntary Hospitalization stay
<b>2016</b>	6.1%
<b>2017</b>	7.1%
<b>2018</b>	5.9%
<b>2019</b> (6 months)	3.9%

# Current and Historic Occupancy Rates

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## Group Home Occupancy Rate (%)



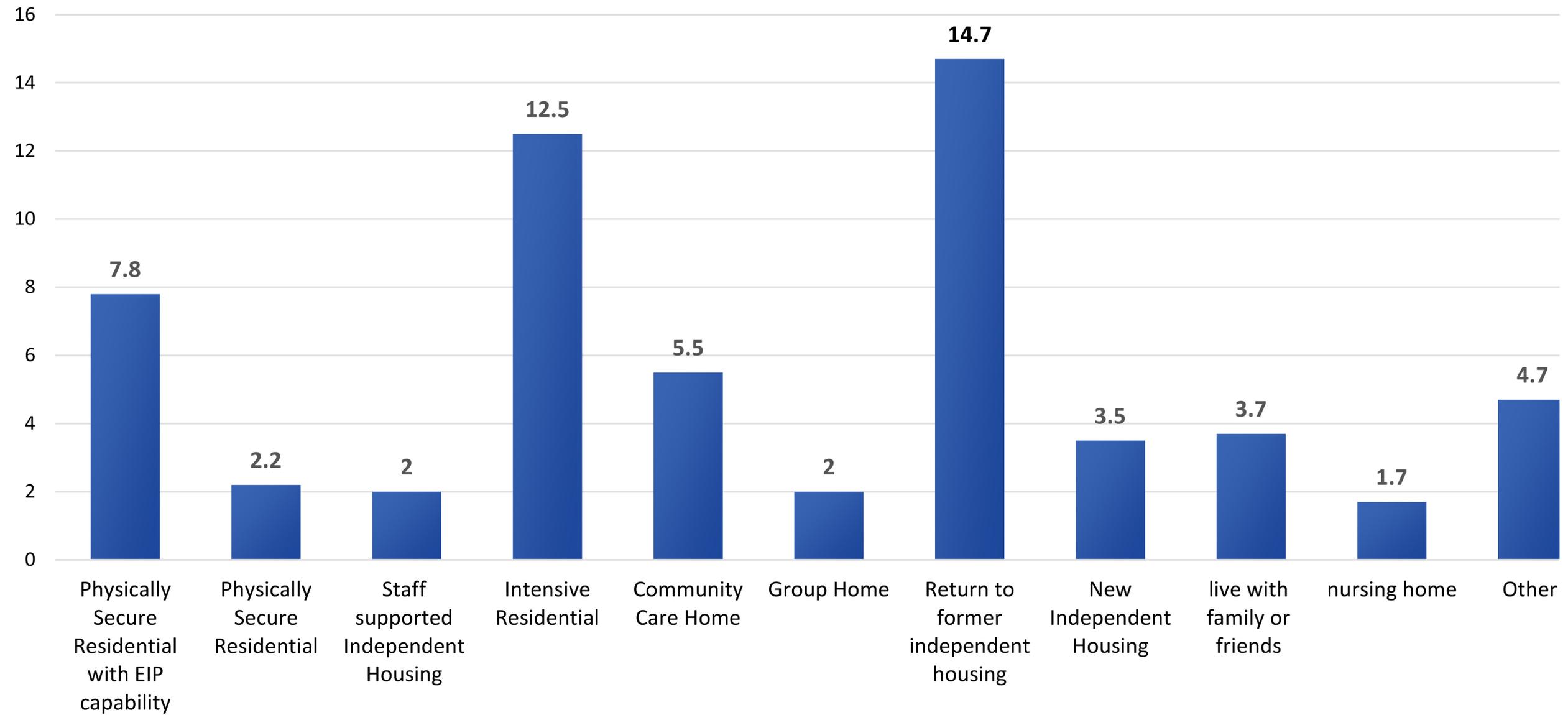
# Annual Occupancy for Intensive Recovery Residentials

	<b>CY 2016</b>	<b>CY 2017</b>	<b>CY 2018</b>	<b>CY 2019 (Partial)</b>
<b>Hilltop Recovery Residence</b>	88%	85%	77%	84%
<b>Maplewood Recovery Residence</b>	94%	96%	95%	91%
<b>Meadowview Recovery Residence</b>	95%	97%	88%	97%
<b>Soteria House</b>	92%	86%	89%	88%
<b>Second Spring - Westford Program</b>	83%	95%	89%	91%
<b>Second Spring – Williamstown Program</b>	79%	84%	95%	88%

# Admissions to Intensive Recovery Residences by Year

	CY 2016	CY 2017	CY 2018	CY 2019 (6-mo)
<b>Maplewood</b>	2	8	0	2
<b>Meadowview</b>	4	4	7	2
<b>Hilltop</b>	3	3	5	1
<b>Second Spring (N&amp;S)</b>	16	20	13	5
<b>MTCR</b>	8	5	7	1
<b>Total</b>	<b>33</b>	<b>40</b>	<b>32</b>	<b>11</b>

# Involuntary Patients Residential Level of Care Needed Upon Discharge - 6 Month Average



# OUTLIERS BY YEAR

**2016**

2017

2018

2019

**13**

10

15

18

**BARRIERS TO  
DISCHARGE:  
INTENSIVE  
RECOVERY  
RESIDENTIAL AND  
SECURE  
RESIDENTIAL**

- Lack of community placement
  - No Group Home/Community Care Home availability
- Lack of Nursing Home access
  - “We need something for the aging community. We need a program that is a combination IRR + nursing supports.”
- Lack of housing and apartments
- Client’s choice to remain in IRR, impacting discharge planning

Question	Responded	Yes	No	N/A	Notes/Quotes
Do you feel that you are in the right level of care now? If no, please explain.	24	62%	12%	26%	One resident expressed frustration with not being able to locate an available Community Care Home.
Were you concerned that the Intensive Recovery Residence that you are in may not be near where you had been living?	23	17%	78%	5%	
Were or are you concerned that you may be far from your family/friends/treatment team?	21	29%	37%	34%	One resident said his family drives 2 ½ hours each way to visit him, over the past several years. He noted the accumulated time, cost, and wear and tear on family vehicle for mother/family to maintain visits. This resident strongly advocated for similar programming closer to his family.
If an Intensive Recovery Residence was closer to your hometown, would you have preferred that location?	15	40%	47%	13%	

Question	Responded	Yes	No	N/A	Notes/Quotes
Do you feel that you are getting the time/skills you need to go to the next step from here?	20	95%	5%	0	
If a group home bed was available at your mental health agency, would you have preferred to have gone there instead of this Intensive Residential?	16	12%	69%	19%	
Where were you before you came here (hospital bed, another IRR, community, etc.)?	24	In-patient Hospital 92%	Another IRR 4%	0	Community 4%

How long did you wait before moving here (to the IRR)?

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Wait Time	Number	Percentage
0-1 Months	6	30%
2 Months	5	25%
3-4 Months	2	10%
More than 4 Months	1	5%
Not sure/Could not remember	6	30%

## Planned Capacity Increases

- 12 New Level 1 Beds – Brattleboro Retreat
- 25 inpatient beds – CVMC
  - Tier 1, Tier 2, Tier 3
- 16 bed Physically Secure Recovery Residence

## Findings & Recommendations

*In order to allow individuals to live in the least restrictive environment, our analysis shows that our system needs*

- *Physically secure residential facility with the capacity for emergency involuntary procedures (EIP);*
- *Some growth in IRRs*
- *Expansion of group home capacity*
- *Continued focus on housing*
- *Further exploration of needs related to the geriatric population*