

## FRESNO COUNTY MENTAL HEALTH PLAN

## OUTCOMES REPORT- Attachment A

### PROGRAM INFORMATION:

<b>Program Title:</b>	Exodus Adult Crisis Stabilization Center	<b>Provider:</b>	Exodus Recovery, Inc.
<b>Program Description:</b>	Exodus Recovery operates an LPS designated Crisis Stabilization Center (CSC) providing psychiatric stabilization services to adults 18 years of age and older who would otherwise be taken to or access care in an emergency room. Individuals who experience a mental health crisis or are in imminent danger of presenting a risk to themselves, others or becoming gravely disabled are able to immediately access care 24/7, 365 days per year at the Exodus CSC.	<b>MHP Work Plan:</b>	4-Behavioral health clinical care Choose an item. Choose an item.
<b>Age Group Served 1:</b>	ADULT	<b>Dates Of Operation:</b>	May 4, 2012 to Present
<b>Age Group Served 2:</b>	Choose an item.	<b>Reporting Period:</b>	July 1, 2018 – June 30, 2019
<b>Funding Source 1:</b>	Medical FFP	<b>Funding Source 3:</b>	Choose an item.
<b>Funding Source 2:</b>	Realignment	<b>Other Funding:</b>	Click here to enter text.

### FISCAL INFORMATION:

<b>Program Budget Amount:</b>	\$7,536,051	<b>Program Actual Amount:</b>	\$6,970,194.50
<b>Number of Unique Clients Served During Time Period:</b>	2,936		
<b>Number of Services Rendered During Time Period:</b>	6,692		
<b>Actual Cost Per Client:</b>	\$2,374.04		

### CONTRACT INFORMATION:

<b>Program Type:</b>	Contract-Operated	<b>Type of Program:</b>	Crisis Stabilization
<b>Contract Term:</b>	07/01/2016 – 06/30/2019 plus two optional one-year extensions	<b>For Other:</b>	Click here to enter text.
		<b>Renewal Date:</b>	June 30, 2021

**Level of Care Information Age 18 & Over:**

**Level of Care Information Age 0- 17:** Choose an item.

The levels of care shown above do not apply. This program provides crisis stabilization services to individuals at the Adult Crisis Stabilization Center.

#### TARGET POPULATION INFORMATION:

**Target Population:** Adults 18 years of age and older who would otherwise be taken to or access care in an emergency room. Individuals who experience a mental health crisis or are in imminent danger of presenting a risk to themselves, others or becoming gravely disabled are able to immediately access care 24/7, 365 days per year at the Exodus CSC.

#### CORE CONCEPTS:

- **Community collaboration:** individuals, families, agencies, and businesses work together to accomplish a shared vision.
- **Cultural competence:** adopting behaviors, attitudes and policies that enable providers to work effectively in cross-cultural situations.
- **Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services:** adult clients and families of children and youth identify needs and preferences that result in the most effective services and supports.
- **Access to underserved communities:** Historically unserved and underserved communities are those groups that either have documented low levels of access and/or use of mental health services, face barriers to participation in the policy making process in public mental health, have low rates of insurance coverage for mental health care, and/or have been identified as priorities for mental health services.
- **Integrated service experiences:** services for clients and families are seamless. Clients and families do not have to negotiate with multiple agencies and funding sources to meet their needs.

**Please select core concepts embedded in services/ program:**

*(May select more than one)*

Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services

Community collaboration

Integrated service experiences

Choose an item.

**Please describe how the selected concept (s) embedded :**

We have provided a welcoming environment where a person in crisis or with urgent mental health needs will immediately be seen and evaluated by a professional and receive the services he/she needs. Treatment has been client-centered by incorporating the client's input in determining the services and supports that are most effective and helpful for our clients. We have provided ongoing services until the client is successfully connected to community services. A key component of our treatment services is the development of a comprehensive discharge plan designed to transition the client to a less restrictive but supportive level of care, reestablish linkage to their previous service provider, and link clients and their families to a system of relevant community resources. These have included outpatient

treatment, crisis residential beds, shelter beds, board and cares, sober living houses, and other programs.

**PROGRAM OUTCOME & GOALS**

- **Must include each of these areas/domains:** (1) Effectiveness, (2) Efficiency, (3) Access, (4) Satisfaction & Feedback Of Persons Served & Stakeholder

- **Include the following components for documenting each goal:** (1) Indicator, (2) Who Applied, (3) Time of Measure, (4) Data Source, (5) Target Goal Expectancy

Exodus has designed a continuous quality assurance and quality improvement (QI) process with strategies to measure variations in the structure, method and program outcomes for the Exodus CSC. In addition, Exodus' Decision Support Department provides analytical support to the Exodus CSC by collecting, analyzing and reporting outcomes data from conceptualization through presentation to all stakeholders. The work of the Decision Support Department drives and supports key business decisions that yield positive outcomes at the Exodus CSC. Altogether, our Quality Management Program and Plan are dedicated to meeting the needs and to exceed the expectations of our clients, their families and the community.

With the assistance of Decision Support, Quality Improvement Department and program management, Exodus collects, manages and submits data for internal tracking purposes as well as to demonstrate client outcomes and performance-based criteria inclusive of guidelines set forth by Exodus, Fresno County and the State. An internal Access based computerized tracking system ("the Admission Log") is used to collect and maintain client related admission /discharge data and client demographic information.

**Outcome: Effectiveness of Discharge Planning as demonstrated by the referral and linkage to other department of Behavioral Health programs, community providers and other community resources. Effectiveness of services as demonstrated by the number of consumers who are able to be discharged to the community and avoid inpatient hospitalization.**

**Exodus' goal is to reduce inpatient hospitalization by 5% yearly.**

Domain: ACCESS. Wellness, Recovery and Resiliency Supports

Indicator: Referrals and Linkages

Who Applied: Non-hospitalized individuals

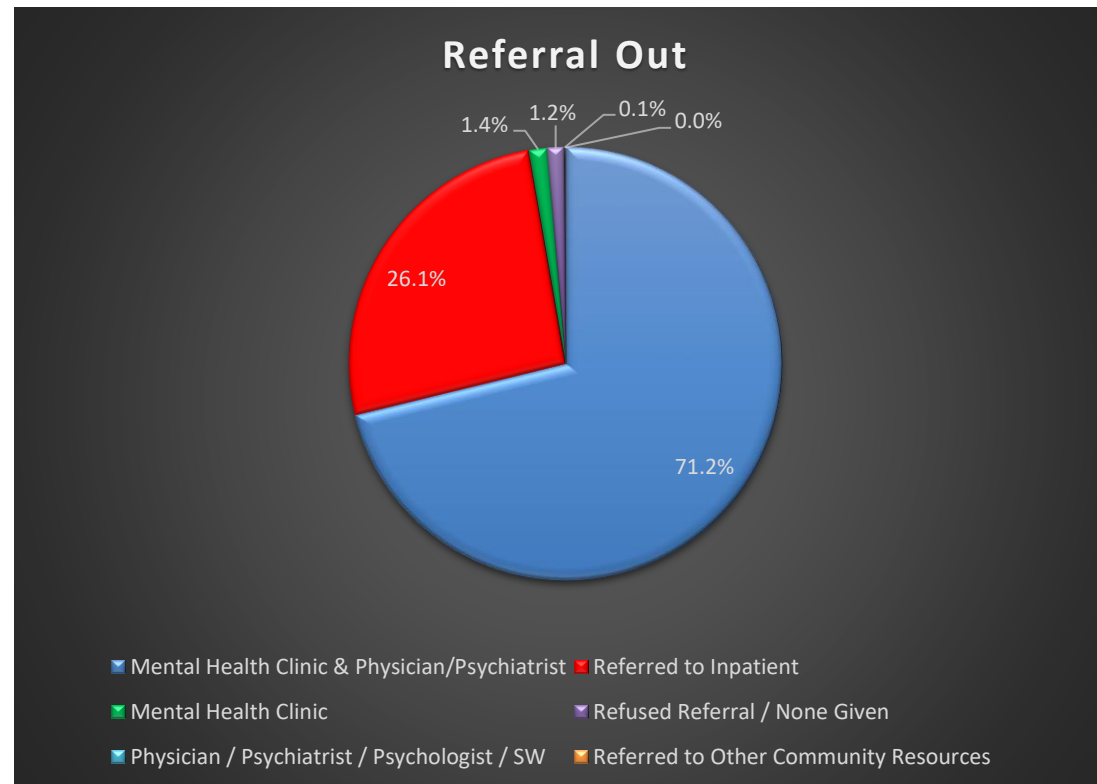
Time of Measure: FY 18-19

Data Source: Admissions Log

Target Goal Expectancy: 100% of non-hospitalized persons served will be referred and linked

Exodus currently provides a plan to each client upon discharge that effectively connects our clients to the broad array of services that Fresno County offers. This has resulted in better integration of behavioral care for our clients across other systems, including physical health and other service services that positively impact the overall health and wellness of our clients. Regardless of a client admission status to the Exodus CSC, the Admission Log collects information and other **indicators** about what Department of Behavioral Health program, community provider or other community resources refer clients to the Exodus CSC (Referral In). In addition, the Admission Log collects information about a client's subsequent referral out/disposition and discharge to Department of Behavioral Health programs, community providers or other community resources. Our **goal** is to refer and link 100% of our non-hospitalized clients (5,248 clients). An **analysis** report is generated on a monthly basis

for Exodus management to identify gaps in client care, services and problems with linkage care coordination. Currently, 73.9% (71.85% during FY 17-18) of all patients are discharged to non-hospital settings. This represents a 13.5% decrease in hospitalizations between FY17-18 (2,138 hospitalizations) and FY 18-19 (1,850 hospitalizations). About a quarter of the clients served are discharged to inpatient care (for both medical or higher acuity needs) which is consistent with CSCs in a similar type of setting. 98.4% of those clients are referred to Department of Behavioral Health programs, community providers or other community resources. During FY 17-18, that percentage was 98.13%



Referral Out	# of Clients
Mental Health Clinic & Physician/Psychiatrist	5,054
Referred to Inpatient	1,850
Mental Health Clinic	98
Refused Referral / None Given	86
Physician / Psychiatrist / Psychologist / SW	7
Referred to Other Community Resources	3
<b>Grand Total</b>	<b>7,098</b>

**NOTES:**

- Data extracted from Exodus' Fresno CSC Admissions Log
- Includes Admissions from July 1, 2018 to June 30, 2019
- Includes adults 18 years of age and older

**Outcome: Collaborative approach and treatment strategies to reduce readmission of clients with frequent readmissions to the facility.**

Domain: EFFECTIVENESS

Indicator: Recidivism/Readmissions

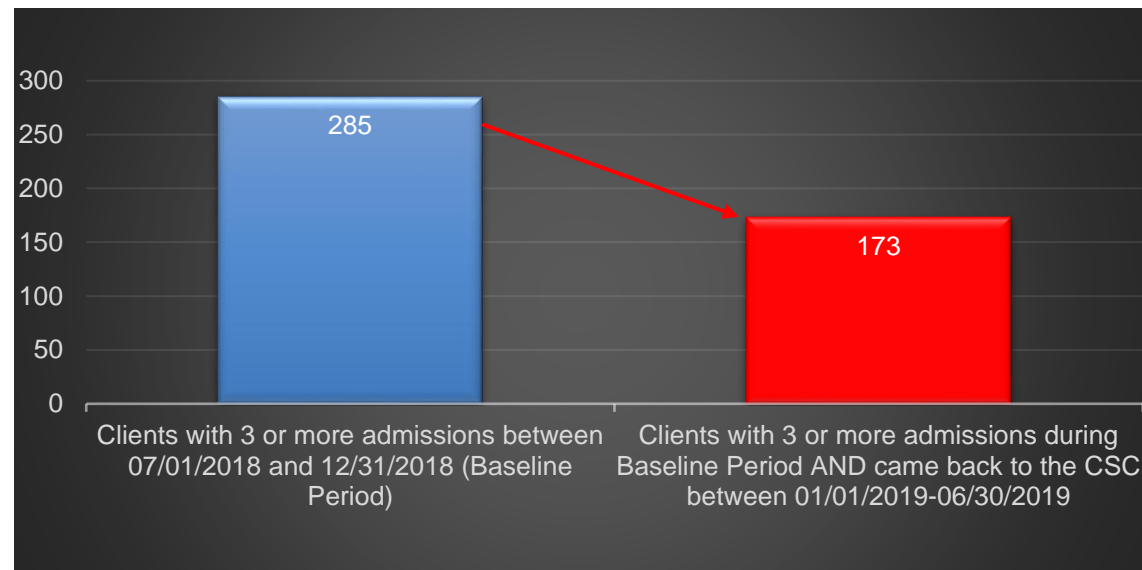
Who Applied: Persons with 3 or more admissions

Time of Measure: FY 18-19

Data Source: Admissions Log

Target Goal Expectancy: Reduce rates by 10% from previous six-month period

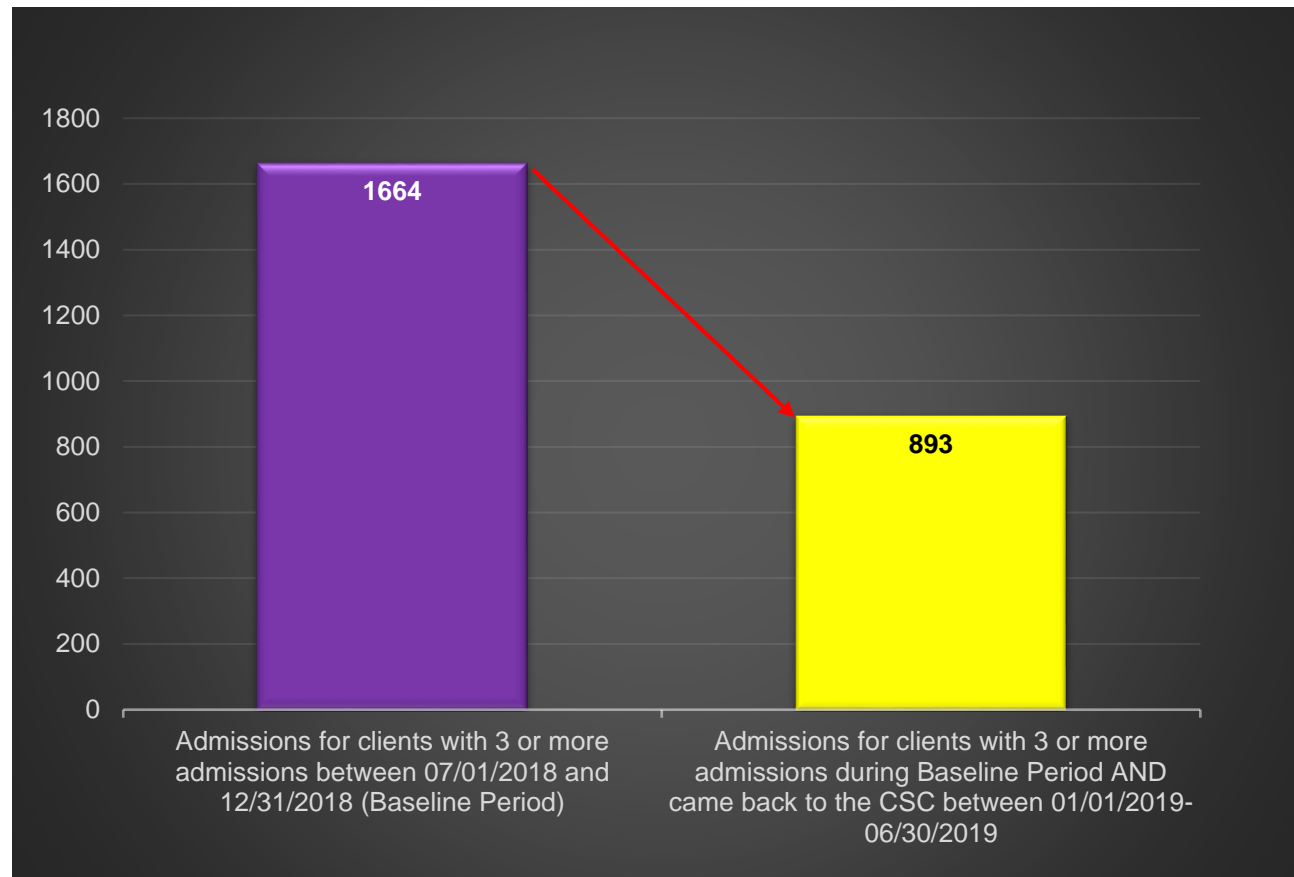
Exodus currently uses recidivism and readmission rates as **indicators** to measure the effectiveness of our collaborative approach and treatment strategies that keep clients from returning to the CSC. At any point in time, the Admission Log has the ability to **analyze** recidivism rates for clients who have had 3 or more admissions to the CSC during the previous 6-month period. The Admission Log tracks these clients over subsequent months in order to measure a decrease or increase in readmissions for those clients. Also, the Admission Log has the ability to report monthly readmission rates (i.e. x percent of the admissions for a specific month were for repeat clients). Readmission/recidivism rates are reviewed by QI, Decision Support, program director, and discussed with Exodus staff as well as community partners in an effort to reduce readmissions. Our **goal** is to reduce readmissions and recidivism rates by 10% from the previous six-month period.



\*\*\*39.3% reduction in recidivism during  
FY 18-19 VS 43.6% during FY 17-18

## NOTES:

- Data extracted from Exodus' Fresno CSC Admissions Log
- Includes unique clients with admissions from July 1, 2018 to June 30, 2019
- Includes adults 18 years of age and older



\*\*\*46.3% reduction in readmissions during FY 18-19 VS 43.9% during FY 17-18

NOTES:

- Data extracted from Exodus' Fresno CSC Admissions Log
- Includes Admissions from July 1, 2018 to June 30, 2019
- Includes adults 18 years of age and older

**Outcome: Denial rate reduction of 5% for Crisis Stabilization billing that does not meet Medi-Cal medical necessity criteria as determined by the utilization review performed by the Fresno County Mental Health Plan.**

Domain: EFFICIENCY

Indicator: Denial Rate for Non-Medical Necessity Crisis Stabilization

Who Applied: Persons Served who did not meet medical necessity

Time of Measure: FY 18-19

Data Source: DBH Managed Care Utilization Review

Target Goal Expectancy: 5% reduction

Exodus calculates its denial rate by dividing the number of denied claims by the total number of claims processed post a Utilization Review (UR) from Fresno County MHP. Such **analysis** is generated based on the frequency of a UR being performed by Fresno County Mental Health Plan. Managed Care has been asked to confirm denial rate for FY 18-19. Avatar Report does not reflect any denied services (service code 90D).

**Outcome: Satisfaction & Feedback of Persons Served & Stakeholder**

Domain: SATISFACTION & FEEDBACK

Exodus works closely with our community partners. Thanks to the collaborative team effort we have been able to link many clients to the appropriate level of care. For instance, we reconnect many clients to outpatient providers and peer groups, and reinforce the importance of continued treatment to prevent future crises.

Outcomes of complaints and concerns from clients, providers and stakeholders are reviewed at the County monthly meetings to include any actions taken to resolve issues.

**Outcome: Timeliness of Services – Exodus' goal is to provide individuals with the highest opportunity for recovery by admitting clients after a referral is generated and providing individualized treatment within one hour.**

Domain: Behavioral Health Integrated Access

When receiving referrals from hospitals and other outside sources, the information is reviewed immediately for a decision regarding medical necessity. If the client is appropriate for the setting, and we have availability, the referral source is contacted and notified to provide transport within 15 minutes of the decision being made.

Upon arrival to the unit the client immediately begins the intake process.

**Outcome: Exodus strives to hire at least 50% of staff with bilingual Spanish capability in order to meet the needs of Fresno threshold language target population.**

Domain: Cultural/Community Defined Practices

Every effort is made to have staff members who accurately represent the threshold languages of the county. We currently have staff who speak Hmong, Spanish and English and are working to increase our percentages to reflect the clients we serve.

We would like to request that this outcome be adjusted: Exodus strives to hire staff to have parity between the languages spoken by our staff and the languages of the clients we serve to meet the needs of the target population.

### DEPARTMENT RECOMMENDATION(S):

Click here to enter text.