

RiverValley Behavioral Health Hospital
Community Health Needs Implementation
Strategy Report



June 2020

RiverValley Behavioral Health 2020 CHNA Implementation Strategy Report

Community Health Needs

RiverValley Behavioral Health Hospital (RVBH-H) is pleased to present its 2020 Implementation Strategy Report which addresses the areas presented in the 2020 Community Health Needs Assessment (CHNA). The RVBH-H CHNA builds on the community health improvement efforts of the Green River District Health Department (GRDHD). To select health areas to prioritize, Daviess County community members reviewed data and considered existing state and national priorities. The following areas were identified as the greatest health challenges in Daviess County and will be addressed by RVBH-H in the coming years:

- Reduce Substance Abuse
- Reduce Obesity
- Increase Healthy Behaviors
- Access to Care and Mental Health Services

In April 2020, RiverValley Behavioral Health was awarded a grant to become a Certified Community Behavioral Health Clinic (CCBHC) which will allow for an expansion in mental health and addiction services to vulnerable individuals. CCBHCs are responsible for directly providing nine types of services with an emphasis on the provision of 24-hour crisis care, utilization of evidence-based practices, care coordination and integration with physical health care. As a CCBHC, RiverValley will be committed to caring for those who are underserved.

Initiative 1: Reduce Substance Abuse

Daviess county currently has on roster approximately 10 different AA groups, 3 NA groups and 1 group that caters specifically to the families and loved ones of substance users. Between them all, there are about 32 different meetings per week, covering all 7 days. Many of which, have contacts for group leaders listed. Owensboro also is the location for the Yellow Banks AA/NA office which is open 5 days a week during business hours or on an emergency basis.

Daviess county also hosts about 4-6 different rehab programs depending on need. There is a lack of detox facilities: the state hospital and other local programs cannot treat individuals who are under the influence. OHRH has a program but

only if the patient is suffering acute DT (delirium tremens) or tachycardia symptoms as a result of their withdrawal.

One thought is to focus on an educational platform that is more comprehensive than 'Just Say No'. In addition, having and drawing more psychiatric providers into the community health centers, as many individuals that are abusing substances are doing so in order to self-medicate an underlying and undiagnosed mental illness.

As a community, we need to begin fostering a culture of acceptance and understanding by not treating addicts as criminals, but rather as members of the community that need a bit more help. A major reason many addicts do not receive adequate treatment is the fear of legal, financial, and social persecution and exclusion. Needle drop off or recycling, safe areas for addicts to gain access to needed withdrawal medication, access to rehab or drop-in shelters must be a focus as well. As a CCBHC, RVBH plans on expanding the treatment of substance use and abuse with individual, group and family therapies as both an inpatient and outpatient service. In addition, RVBH will begin providing treatment from a certified Medication-Assisted Treatment (MAT) provider.

Initiative 2: Reduce Obesity

According to the State of Obesity, Kentucky has the seventh highest adult obesity rate in the United State and 33.5% of the children aged 10-17 are obese. The state of Kentucky has initiated policies set to reduce childhood obesity including requirements for early childhood centers to promote healthy eating and define physical activity. RiverValley professionals (therapists, case management, psychiatric providers, and et al.) encourage positive eating habits, utilizing a dietician and following state guidelines regarding meals.

As part of expanding services as a CCBHC, RiverValley will be introducing the integration of physical and mental health care to continue to improve continuity of care. Plans are in place for a Family APRN to provide physical health services to individuals that are already receiving mental health services and then expand this service to new clients at the onset of treatment if they so choose.

Initiative 3: Increase Healthy Behaviors

The desire for a “culture of health” and a “wellness mindset” in the community stood out in the key informant interviews by OHRH. One of the most significant health needs identified was that of mental health; increasing trauma informed care and a need for behavioral health access. As a CCBHC, RVBH will be providing mobile crisis services in the near future. Transportation was also identified as a need. RVBH-H and RVBH locations in Owensboro are on a bus line which allows families greater access to care. Trauma informed care is provided both inpatient and outpatient and is considered a very important and integral part of treatment. RVBH-H works with a dietician to ensure meals are healthy throughout a child’s inpatient stay. RiverValley also operates a 24/7 Crisis Line which services as a provider for the National Suicide Prevention Hotline. When accessing the Crisis Line, people can call, text or chat.

RVBH-H will work with community partnerships to continually seek areas for improvement in care coordination, and coordination of community support systems to keep patients healthy and improve quality of life. As a CCBHC, RVBH is committed to treating the “whole person,” and aiding in the acquisition of skills that will last a lifetime.

Initiative 4: Access to Care and Mental Health Services

Access to health care was reported as a priority need. Access to health services profoundly affects the overall health of a person. Those who do not have medical insurance are less likely to seek care whether preventative or for serious health condition. Kentucky has seen major increases in the number of insured populations. In the 2018 Medicaid Open Enrollment, Kentucky saw a 10% increase over the previous year’s enrollment when the majority of other states saw on average a 5% decrease in the number of enrollees. RVBH-H support patients by easing language barriers, providing financial assistance to those who are uninsured or cannot afford to pay, and assist with any other barriers to health care services. By January 2021, there is a plan to hire a pediatric provider and by July 2021, hire a family medicine provider. These positions will further enhance RVBH’s access to care.

RVBH will continue to provide Mental Health First Aid training to any community partner who requests it. Throughout the Coronavirus crisis, RVBH has expanded the use of telehealth and telephonic sessions to aid families. This allowed families

and patients to receive mental health services that might not otherwise be available.

MAPP Assessment participants recognized the presence of substantial facilities, resources and services. Several RVBH facilities were updated in 2019 and 2020, and other patient and client care areas are slated for updates in the coming months. In addition, there is a plan to increase outpatient availability in rural communities and decrease wait times.

The rise in mental health issues was also listed as a concern in the MAPP. Addressing the gap in mental health services could also help address other health issues. Owensboro is home to approximately seven (7) different mental health providers; not including OHRH or RiverValley that would be able to provide talk therapy or referrals for psychiatric care. As part of the CCBHC expansion grant, a mobile crisis unit will be established that will consist of 2 clinical therapists, 3 case managers, and 2 peer support specialists along with psychiatric services. These services will be available in-person and via telehealth 24 hours a day, 7 days a week. This team will respond to individuals in crisis and determine the best course of treatment. In June 2020, RVBH-H will open a walk-in clinic for medication management for children.

Conclusion

This report provides an understanding of the prioritized health related needs in Daviess County, KY. RVBH-H has made efforts to impact and address the areas of: reduction in obesity, reduction in substance abuse, increase in healthy behaviors and access to care and mental health. RVBH-H seeks to improve the mental and physical health of each patient, and provides a complete psychosocial assessment for all free of charge. RVBH-H will continue to participate in community focus groups and work towards positively impacting the community and patients alike. As a CCBHC, RVBH will have the opportunity to expand services and treat those in the community that are underserved and require complex care.