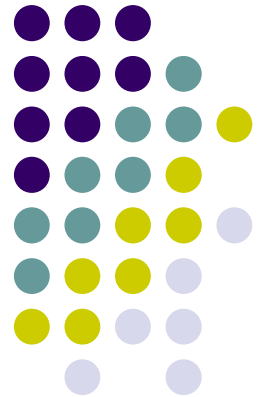




Annual Outcomes Report FY 2005-2006

Topher Hansen, JD, Executive Director
Rick Thomas, PhD, Clinical Director



CenterPointe Outcomes Management Plan





The mission of CenterPointe is to help people with substance use and mental health disorders lead healthier, more productive lives.



CenterPointe Facilities



Adult Residential & Administration - 2633 P St.



CenterPointe Facilities

Touchstone - 1100 Military Rd.



Outpatient Services - 1000 South 13th

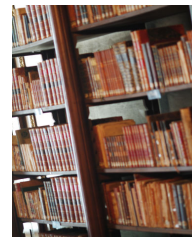


PIER - 2000 P St.



Youth Residential - 2220 S. 10th

History



- Opened in 1973 as Lincoln Lancaster Drug Projects providing residential and outpatient services for adults
- 1979 Youth Residential and Outpatient programs
- 1983 Assumed Drug Crisis Line program
- 1989 Formally recognized Co-Occurring Disorders and Link to Homelessness
- 1991 Residential Case Management
- 1994 Outpatient Case Management
- 1997 Name Changed to CenterPointe
 - Day Rehabilitation program;
 - GlidePath is funded by HUD for 22 housing units
- 1999 Added Touchstone Short Term Residential to continuum of services and the Evening Reporting Center for Youth.
- 2005 New Facilities for Residential Programs
 - HUD funds 30 permanent housing units
 - PIER (Assertive Community Treatment) program

Residential Programs



Services include:

Individual, group and family counseling; recreational therapy; case management and psychiatric services.

- **Adult Co-Occurring Treatment**

Transitional housing and residential treatment for adults 19 and over with severe and persistent mental illness and substance dependence. Expected stay 6-8 months.

- **Youth Residential Treatment**

Transitional housing and residential treatment for youth 13-18 years with substance dependence and mental health disorders. Expected stay 4-6 months.

- **Touchstone Short Term Residential**

Short-term residential services for adults 19 and over with substance dependence disorders. This program is provided in collaboration with Houses of Hope. Expected stay is 30-45 days.

Outpatient Programs and Services



- **Adult and Youth Outpatient Treatment**

Outpatient treatment services for youth 13-18 and adults 19 and over with substance use disorders or co-occurring substance use and mental health disorders. Services are provided based on client need and may include individual, group and family counseling, and psychiatric services. Expected stay depends on client need, but generally it is 6-8 months.

- **Day Rehabilitation**

Long-term, structured day services for adults 19 and over with a severe and persistent mental illness and substance use disorders. Services develop daily living skills designed to reduce admissions to more intensive services. Enrollment may last up to 5 years.

- **PIER**

An Assertive Community Treatment model delivering a full range of services to people diagnosed with a severe mental illness such as schizophrenia, schizoaffective disorder, or bipolar disorder. PIER strives to reduce hospitalization by helping people to live independently, and enjoy a life that isn't dominated by mental illness. PIER is provided in collaboration with Lutheran Family Services and Community Mental Health Center.

Outpatient Programs and Services



- **Community Support/Case Management**

Individual support and advocacy to develop skills needed to live in the community as independently as possible. Services assist with basic needs such as housing, food, medical needs and linkages with needed services in the community. Expected stay varies depending on client needs, but generally 12-18 months.

- **Harvest:** Case management services specifically designed for adults 55 and older with substance use or co-occurring substance use and mental health disorders. This program is provided in collaboration with the Lincoln Information for the Elderly (LIFE) and the Community Mental Health Center.

- **GLIDE:** A transitional housing and case management service for single, homeless adults over 19 years of age who have substance use and mental health disorders.

- **Permanent Housing:** A permanent housing and case management service for single, homeless adults over 19 years of age who have substance use and mental health disorders.

Outpatient Programs and Services



- **Evening Reporting Center**

Referrals are received from Juvenile Court and Probation to provide intensive supervision and programming for youth as an alternative to detention. Services are provided from 3 - 8 PM M-F.

- **Drug Crisis Line**

24 hours / 7 days a week. Information, referrals and crisis assistance to callers.

- **Open Studio/Wordshop**

This collaboration of Lincoln Parks and Recreation, Community Mental Health Center and CenterPointe supports a community wide program for individuals to express creative talent through writing or visual arts.



Staffing at CenterPointe

- 8 Program Directors
- 2 Assistant Program Directors
- 12 Case Managers
- 8 Counselors
- 7 Nurses
- 2 Recreation Therapists
- 35 Full and Part time Technician Staff
- 11 Clerical/Support level staff
- 4 Kitchen Staff
- 6 Administrative Management Staff



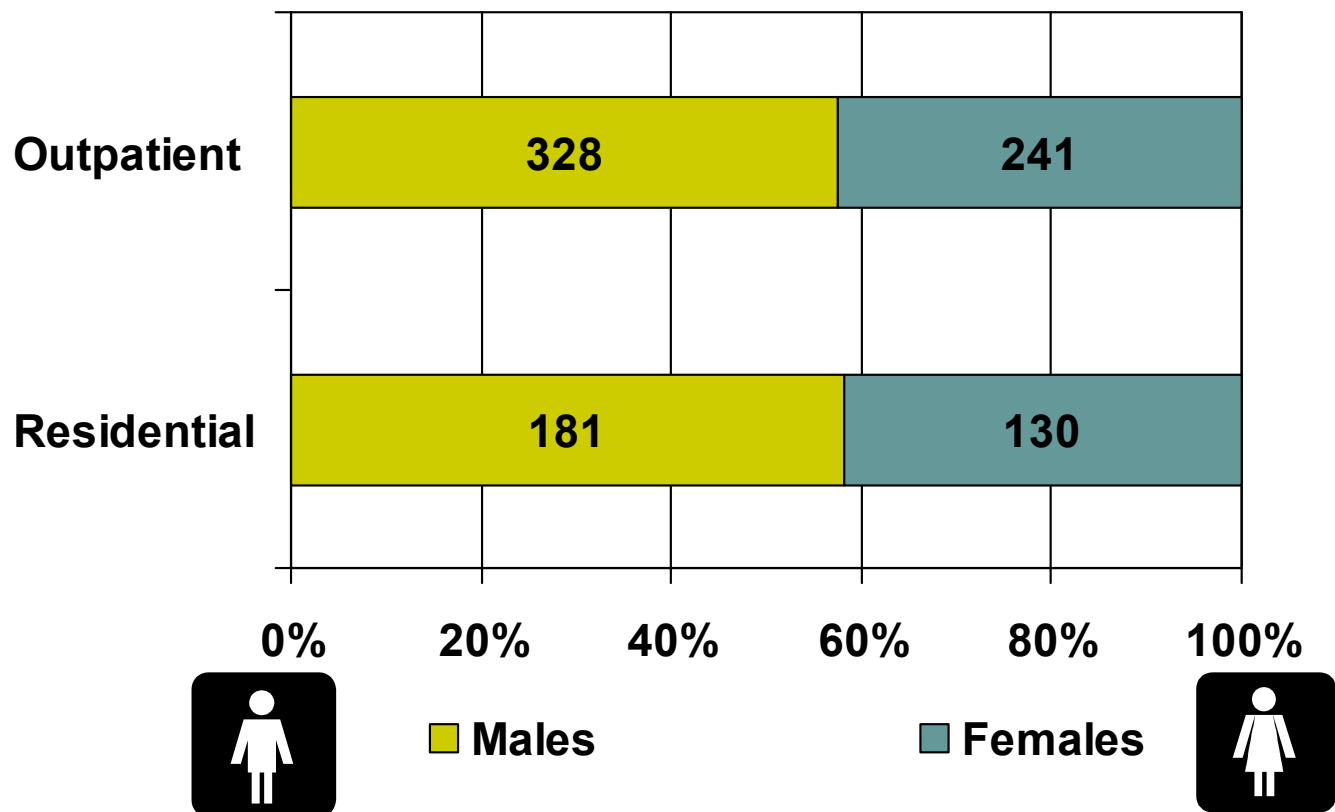


Contractual Staff

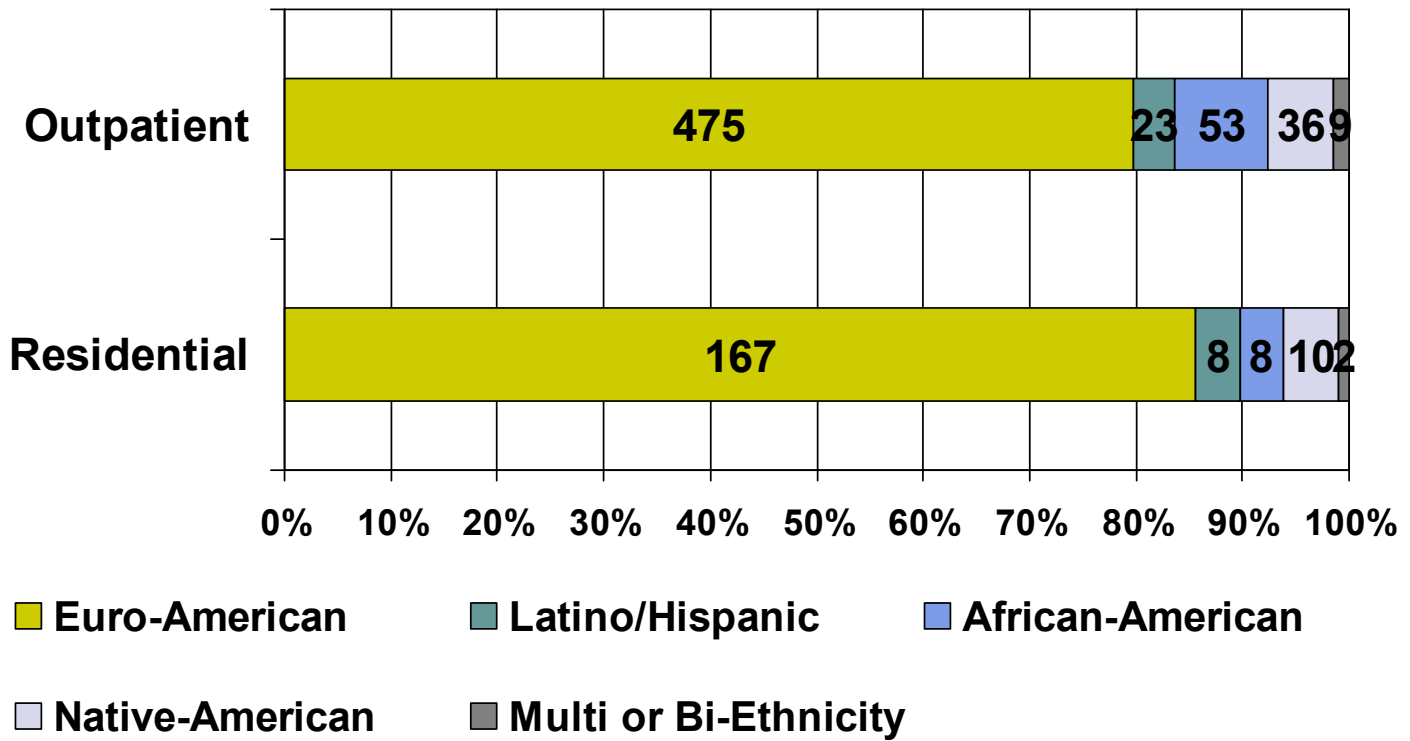
- CenterPointe Residential and Outpatient
 - Dr. Dianna Clyne, Psychiatrist
 - Mike Last, M.A., L.M.H.P
 - Terry Thomas, R.N., M.S.N., A.P.R.N
 - Maxine Bohaby, R.D.
- PIER Assertive Community Treatment
 - Dr. Patricia Bohart, Psychiatrist
 - Dr. Kelli Bremer, Psychiatrist
- Touchstone Short Term Residential
 - Dr. Kelli Bremer, Psychiatrist



Gender of the Persons Served



Race and Ethnicity of the Persons Served



Co-Occurring Diagnoses of Persons Served



Mental Health Diagnoses

- 30% with Schizophrenia or related thought disorders
- 40% Depressive Disorders
- 20% PTSD and Anxiety Disorders
- 10% Other Mental Health Disorders

Substance Diagnoses

- 40-50% Alcohol Dependence
- 25% Methamphetamine
- 20% Cocaine, Marijuana and other substances including Rx Drugs

Goals for the Persons Served by CenterPointe



- To reduce or eliminate substance use
- To improve management of the symptoms of mental illness
- To live in the community as independently as possible
- To engage in a long term program of recovery

Indicators of Effectiveness: Consumer Outcomes of Services



- Amount, types and frequency of drugs or alcohol used
- Medications taken as prescribed “most of the time”
- Reduced utilization of crisis centers, detox units, hospitals and jails
- Engages in services that support long term recovery
- Brief Symptom Inventory global functioning score
- Legal Involvement after services
- Housing, as appropriate for the individual

Living Situations



Appropriate

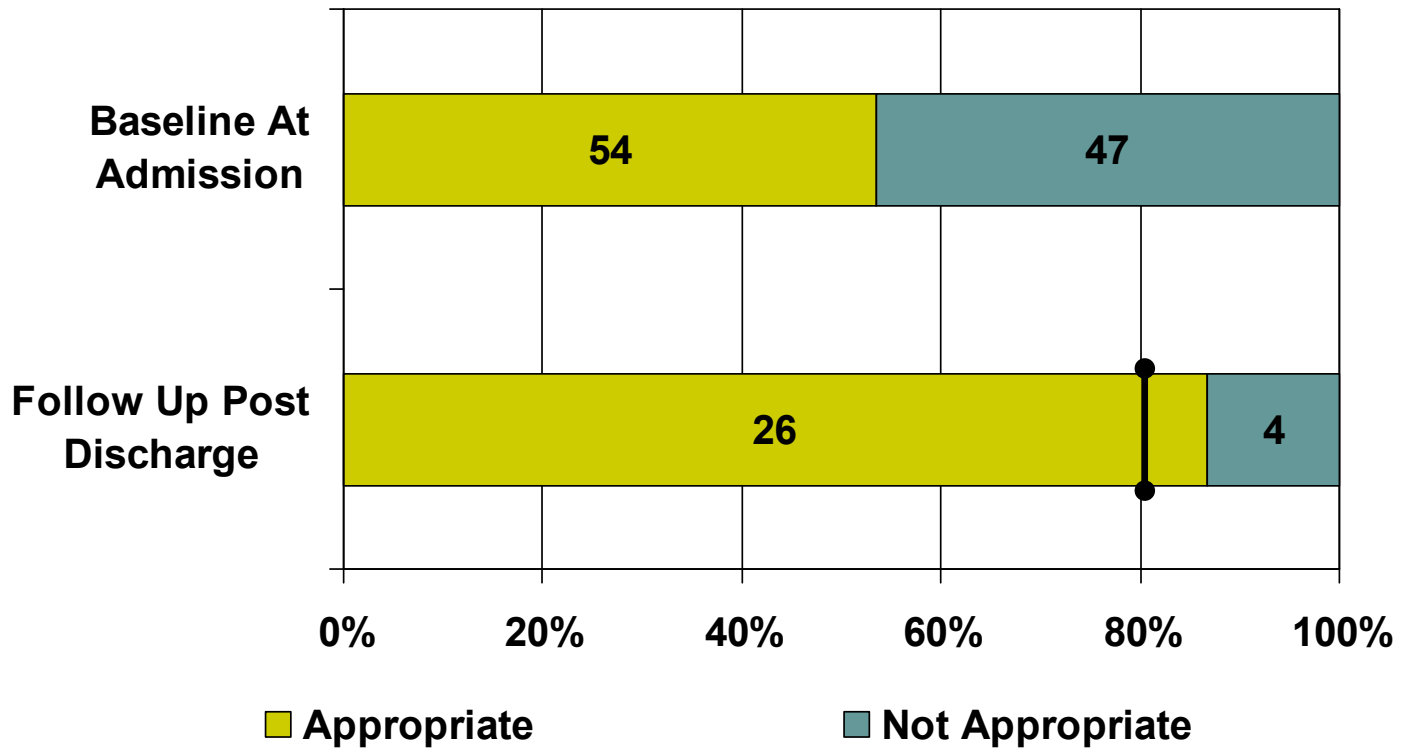
- A rented home or apartment in the community
- In transitional/supportive housing
- At supervised living facilities like nursing homes, boarding facilities or OUR Home
- With family and friends on a permanent basis

Not Appropriate

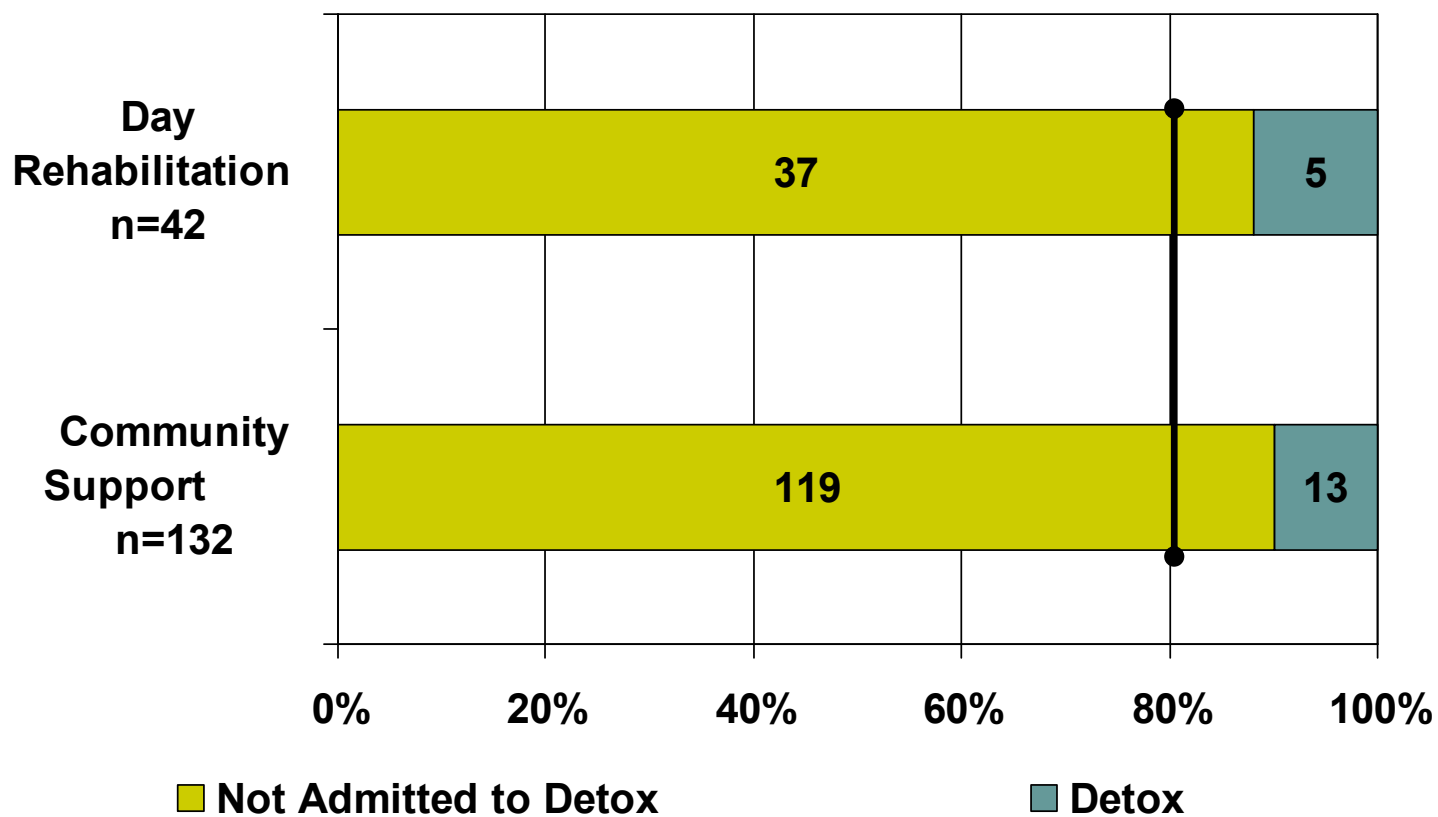
- Facing Eviction
- Regional Center, Hospitals or Crisis Centers
- Treatment Centers
- Jail
- With family and friends on a *temporary* basis
- Homeless shelter or on the street



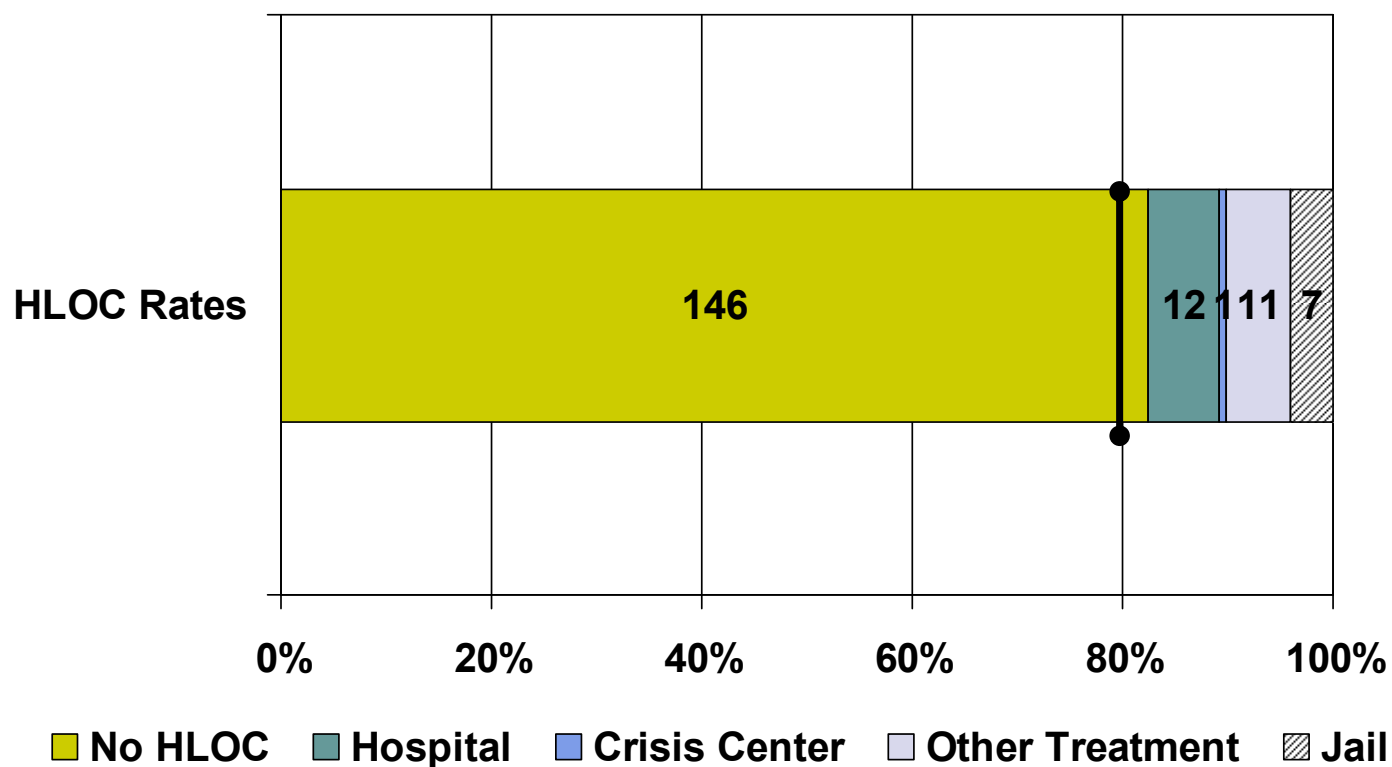
Community Support Consumers: Living Situation



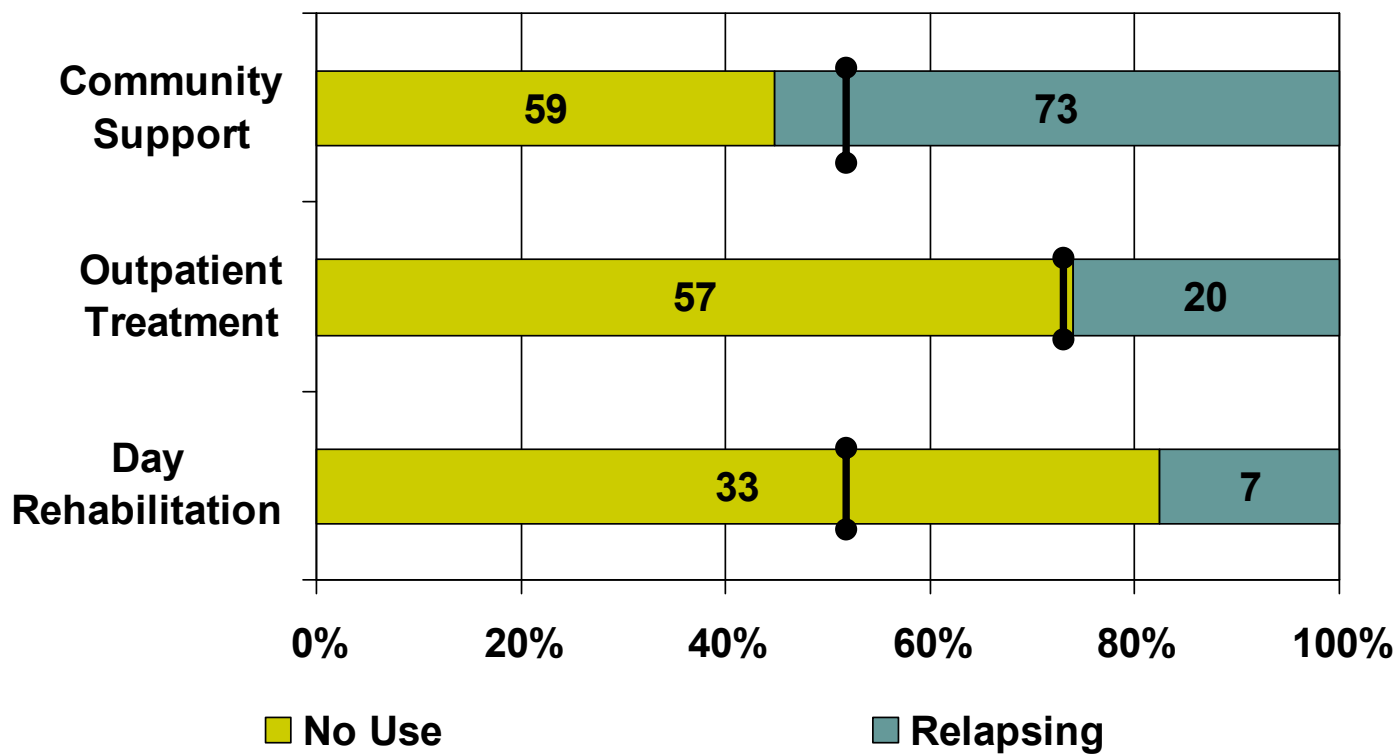
Outpatient Consumers: Detoxification Level of Care



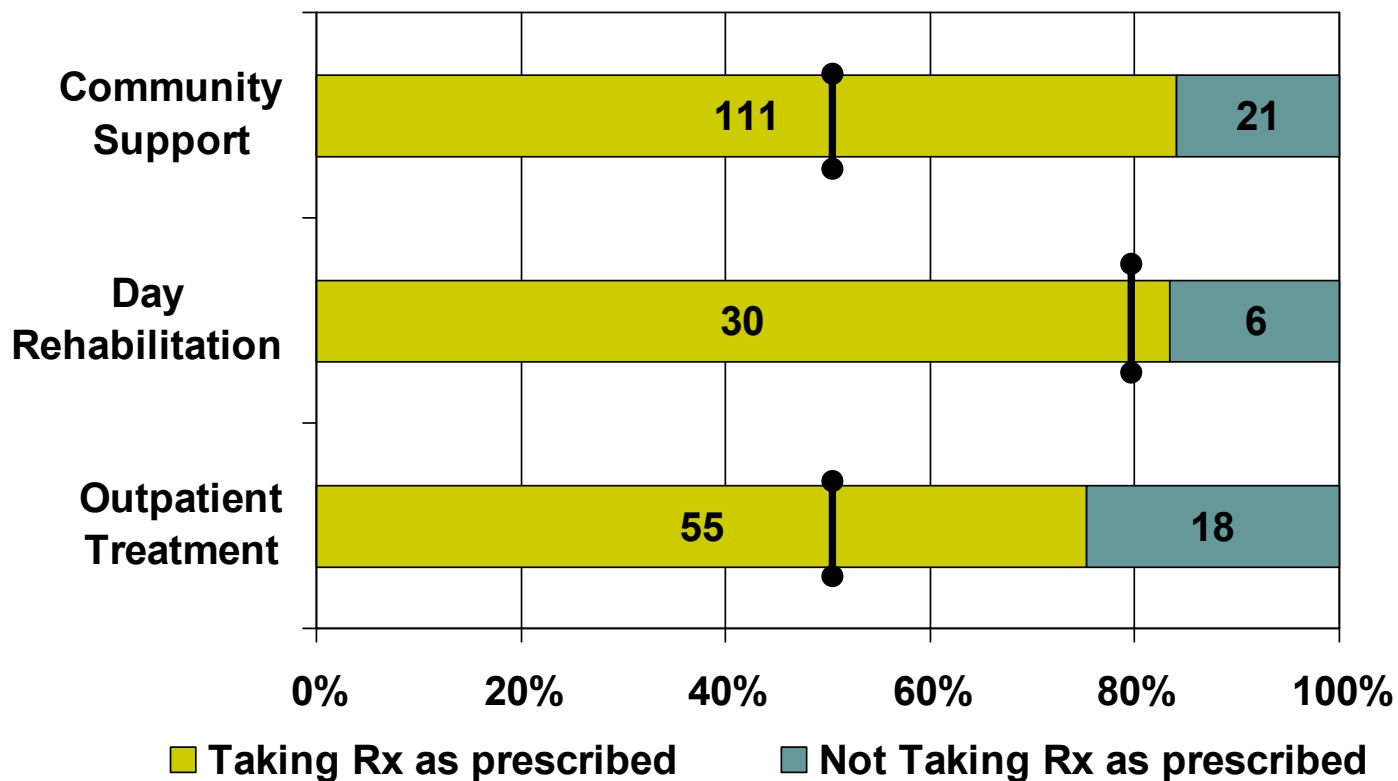
Outpatient Treatment: Higher Levels of Care [HLOC]



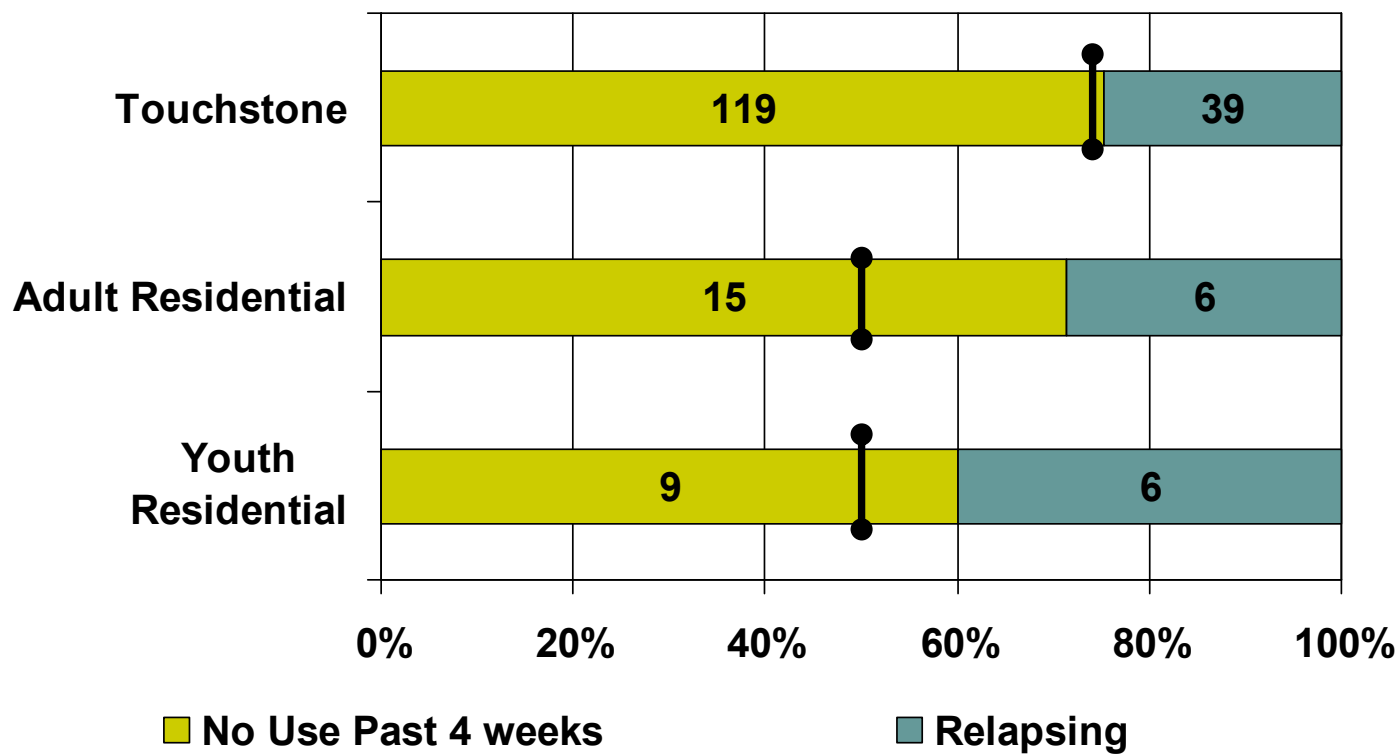
Outpatient Consumers: Substance Use During Services



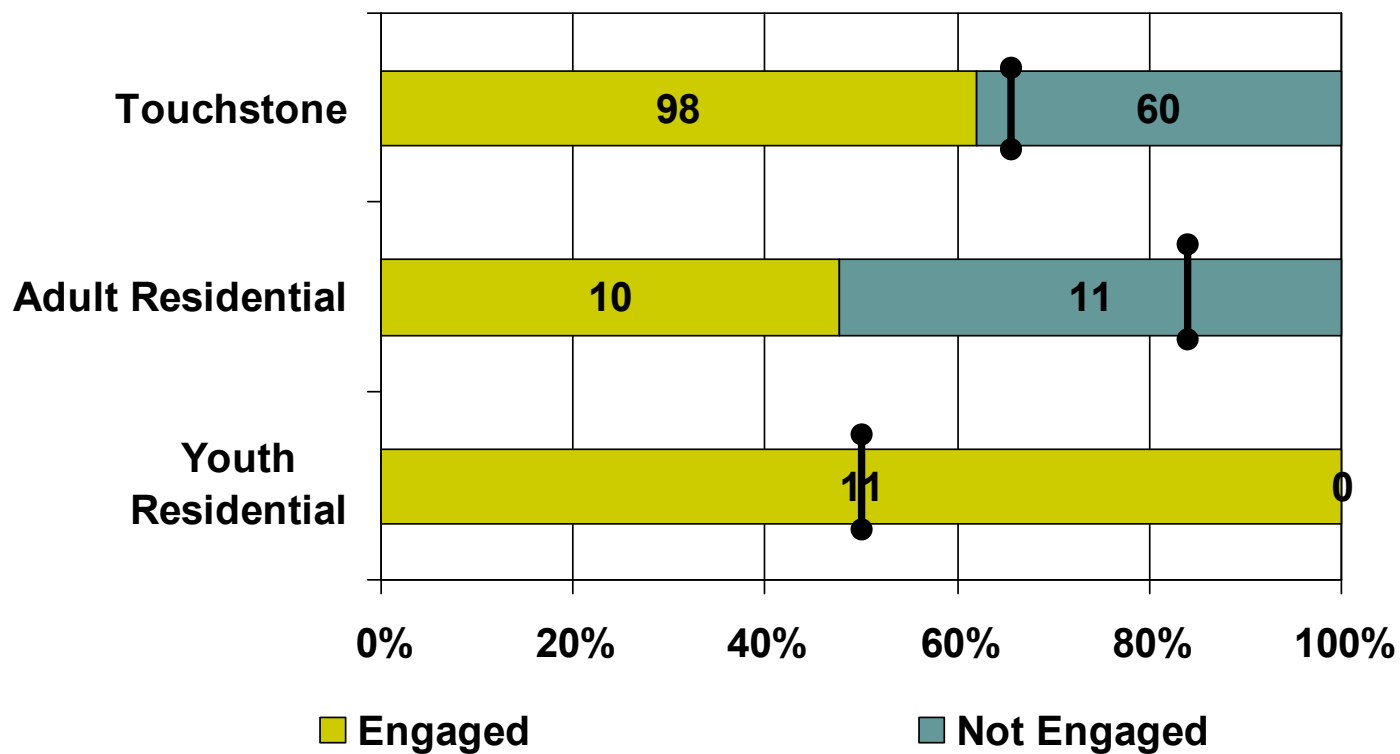
Outpatient Consumers: Taking Medications as Prescribed



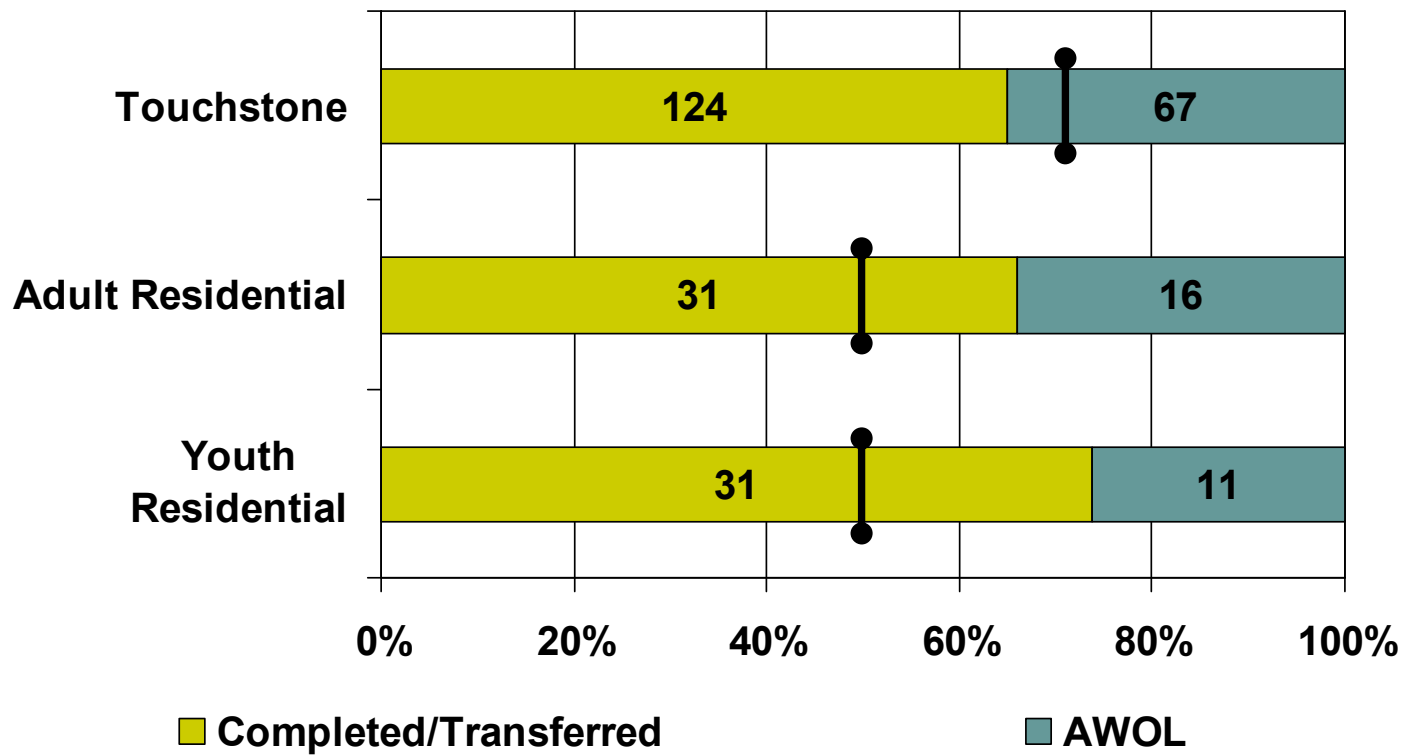
Residential Consumers: Substance Use Post Discharge



Residential Consumers: Engaged in Services Post Discharge

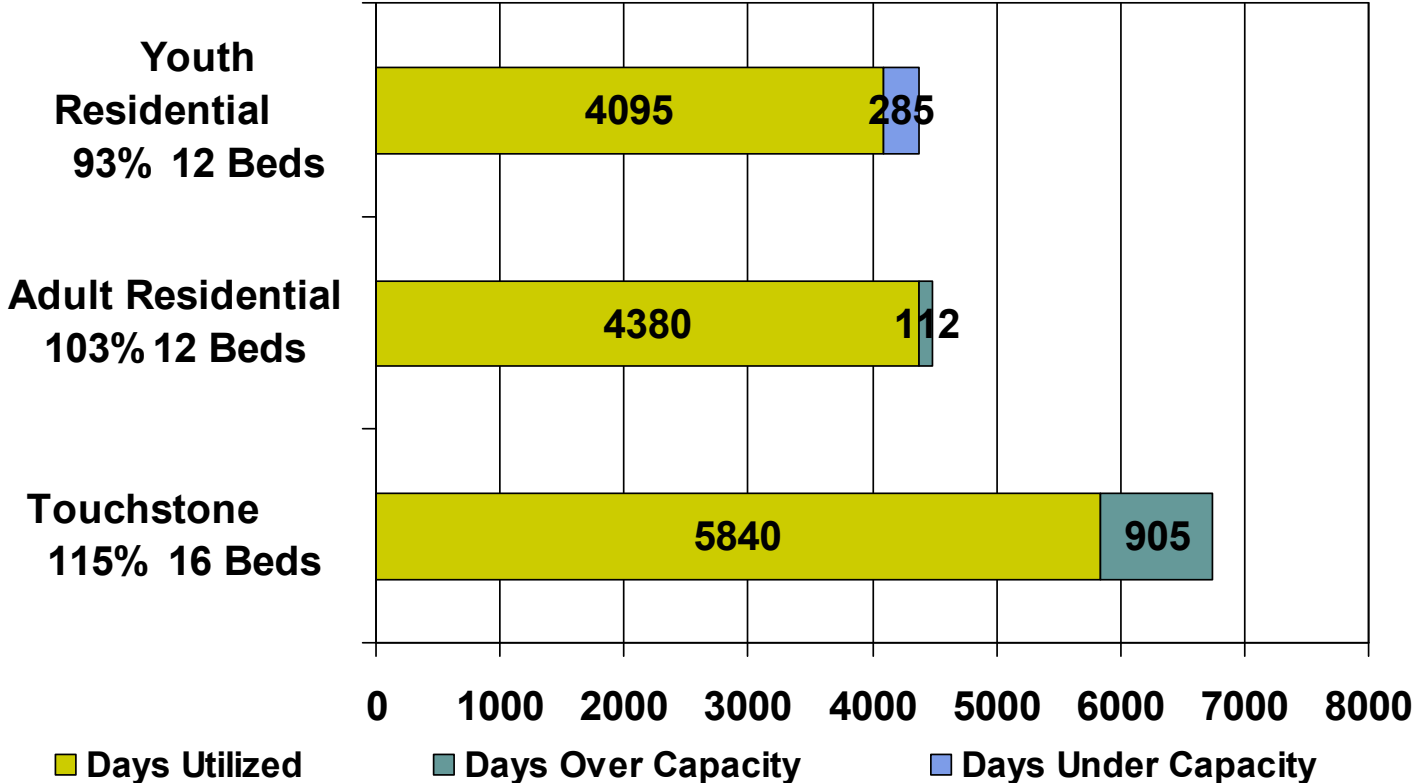


Residential Completion Rates



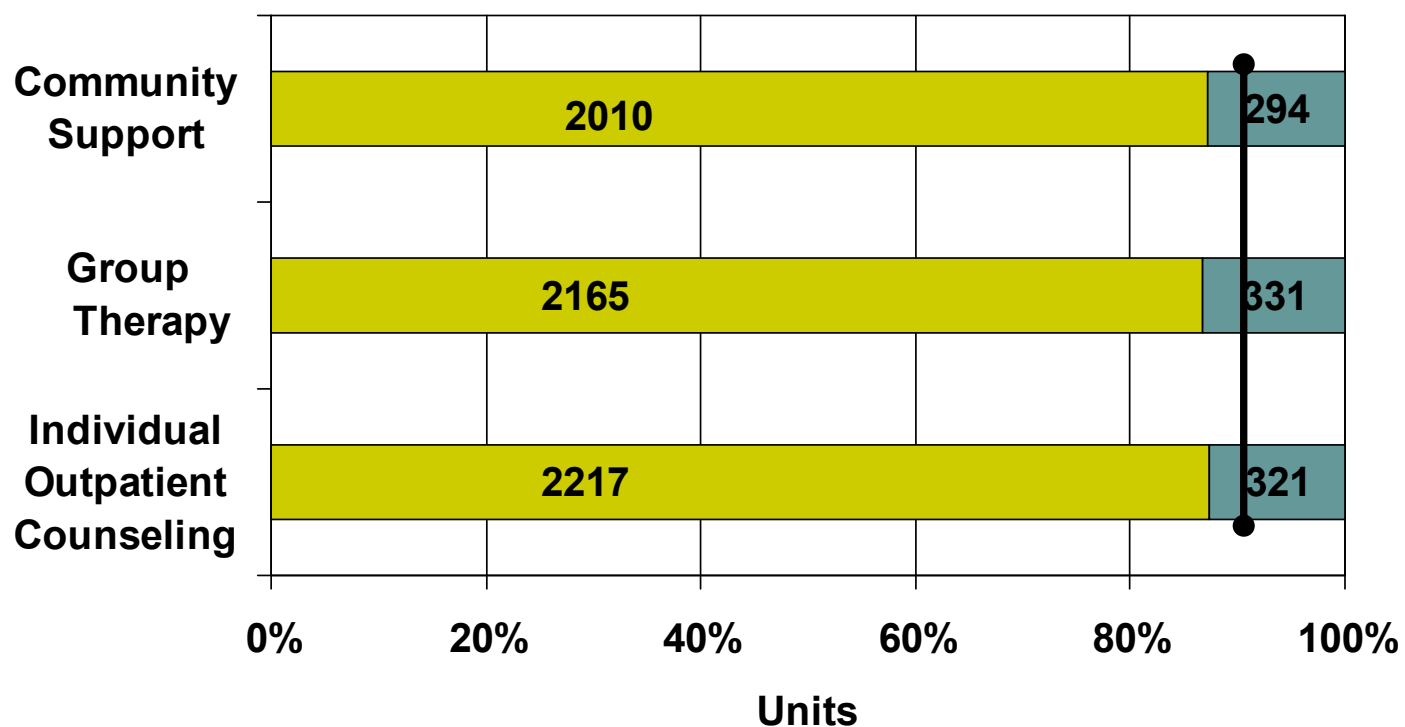


Residential Efficiency



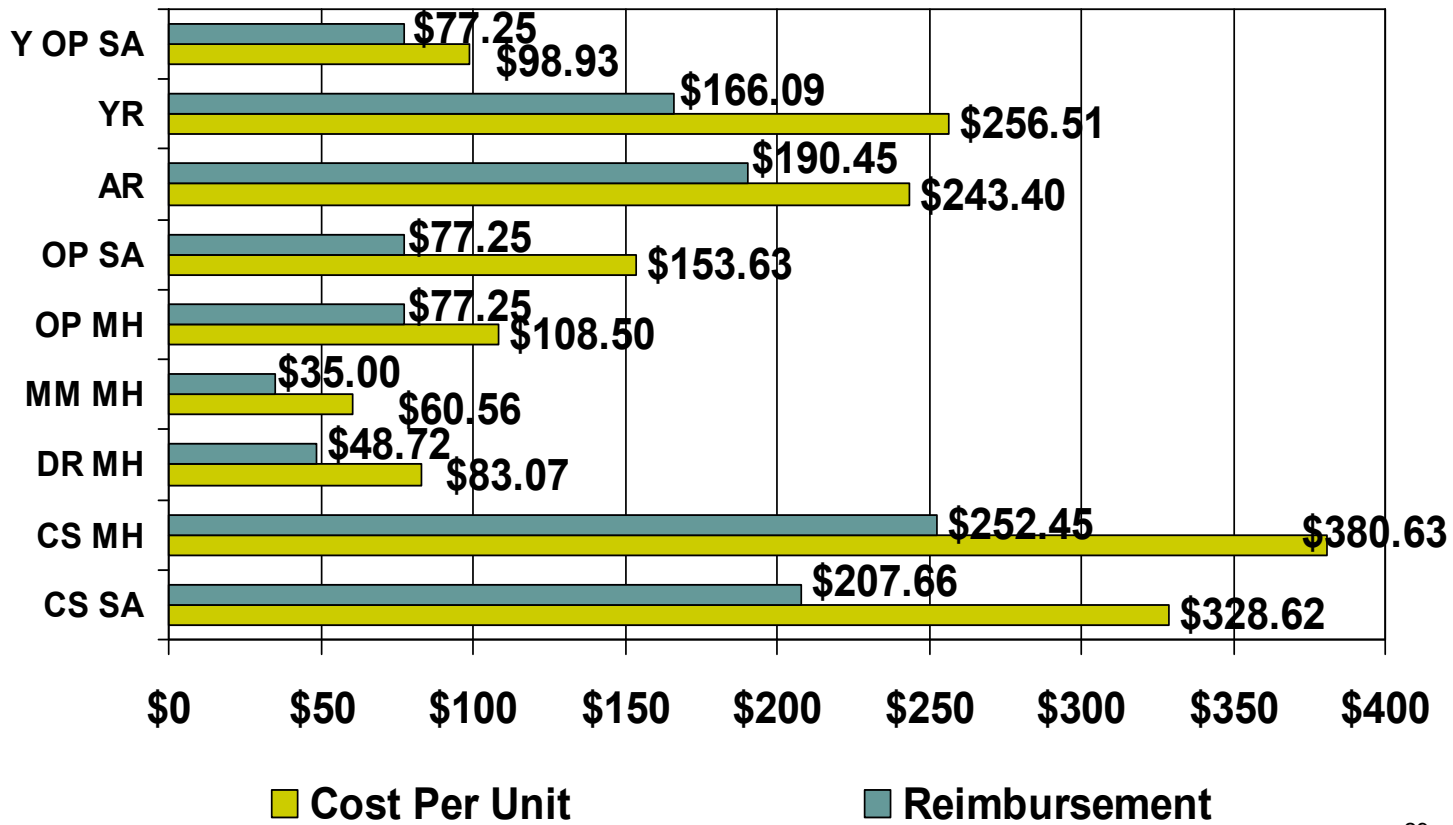


Outpatient Utilization





Cost of Services



Outpatient Average Units Provided



•Community Support:

8.0 of months of contact per consumer average
(2010 Monthly Units / 249 People)

•Outpatient Treatment:

12 individual sessions per consumer average
(2217 Sessions / 182 People)

15 group sessions provided per consumer average
(2165 Group Sessions / 144 People)

Average Length of Stay

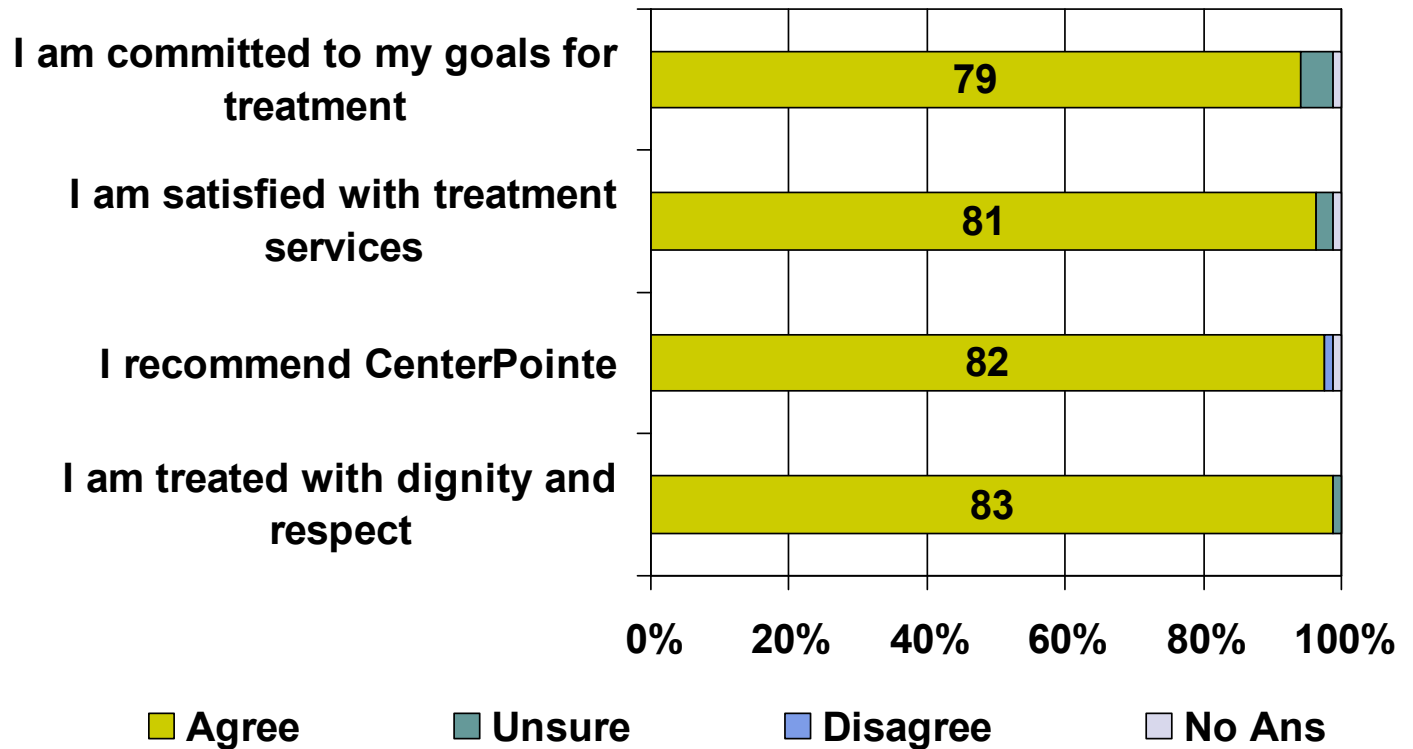


Program	Discharged	Current
Adult Co-Occurring Residential	3.4 months	NA
Youth Residential	3.0 months	NA
Touchstone - Short Term Residential	1.13 months	NA
Day Rehabilitation	5.3 months	15.4 months
Community Support	22.0 months	29.4 months
Outpatient Treatment	3.0 months	15 months

Outpatient Consumer Satisfaction



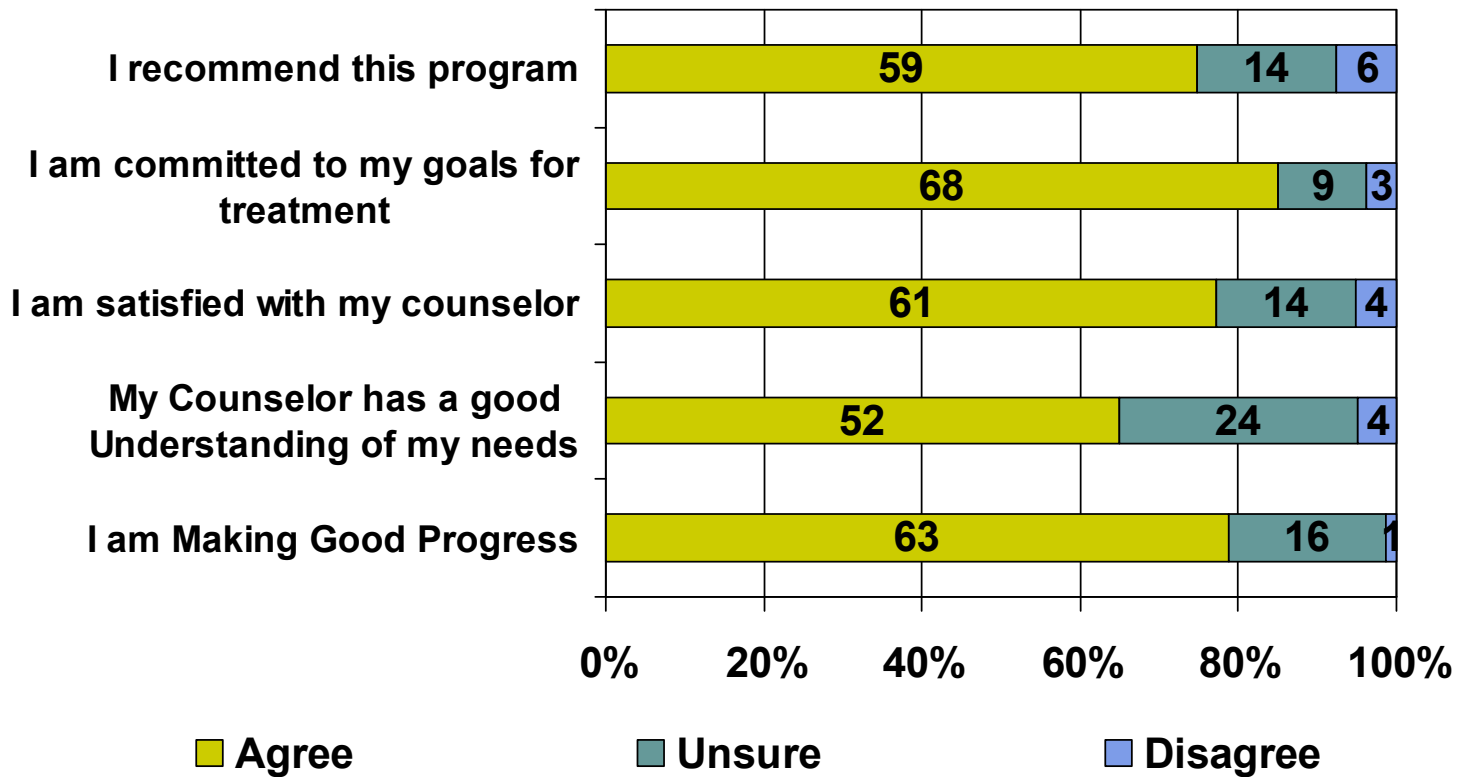
n=84



Residential Consumer Satisfaction



n=80



Access to Services: All Programs

*PIER Program not included



<i>Referral Outcomes</i>	# Persons Referred 04-05	# Persons Referred 05-06
Admitted	371	500
Deceased	1	0
Incarcerated	28	30
Ineligible	66	63
Can Not Locate	232	226
No Show	32	26
Declined Admit	98	115
Other	7	7
Referred Elsewhere	7	9
Other CP program	14	13
Treatment Elsewhere	102	123
TOTAL REFERRED	958	1,112



Access to Services

- Increase of 154 persons referred over last FY
- 84% of increased referrals were admitted (129)
- Admissions increased in:
 - Outpatient Treatment (+25)
 - Community Support (+22)
 - Adult Residential (+17)
 - Touchstone (+51)



Access to Services

<i>Program</i>	Average Length of Wait for Admission 04-05	Average Length of Wait for Admission 05-06
Outpatient Treatment	11.4 weeks	8.1 weeks
Community Support	7.8 weeks	5.6 weeks
Day Rehabilitation	5.3 weeks	5.8 weeks
PIER – ACT	NA	7.7 weeks
Youth Residential	1.8 weeks	2.3 weeks
Adult Residential	19.3 weeks	17.6 weeks
Touchstone	5.4 weeks	4.3 weeks



Please tell us what information we did not provide so we can better address your questions next year.

Please feel welcome to contact us at 475-8717

**Thank you for your support of
CenterPointe!**