

# Behavioral Health Value Propositions within the DSRIP Environment

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# New York Association of Psychiatric Rehabilitation Services (NYAPRS)

A peer-led state and national change agent that is dedicated to improving services, social conditions and policies for people with psychiatric disabilities and/or diagnoses by promoting their recovery, rehabilitation, rights and full community inclusion.

Strategies: Advocate, Educate and Innovate

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The power of peer support  
is in the quality and power  
of our relationships

# Key Values

- \* Trusted, Safe Relationships
- \* Person driven and Directed
- \* Acceptance, Empathy and Example
- \* Honesty and Shared Accountability
- \* Hope, Respect and Dignity
- \* Empowerment and Choice

# NYAPRS Peer Bridger Model

- \* Developed in 1994 by NYAPRS to assist state hospital residents with long or frequent stays in 6 state hospitals to successfully transition to the community
- \* Support individuals to successfully transition from hospital to community
- \* Training hospital and community providers on recovery and peer support

# NYAPRS Peer Bridger Competencies

- \* Successful management of recovery
- \* Trained facilitators in Mary Ellen Copeland's Wellness Recovery Action Program
- \* Trained in Shery Mead's model of Intentional Peer Support
- \* Completed the Rutgers credentialed program on Peer Wellness coaching (see next slide)
- \* OASAS certified Addiction Recovery Coach

# State Hospital Peer Bridger Program Outcomes

- \* 1998 National Health Data Systems: In the 2 years prior to involvement in our program, 60% of program participants had been hospitalized. After enrollment in the program, 19% were re-hospitalized during the following year, a **40% reduction**.
- \* 2009 NYAPRS program evaluation data: **71%** (125 of 176) of program participants were **not readmitted** in the year following discharge from the hospital

# Findings from 2013 Optum External Peer Evaluation for NYAPRS Peer Bridger Initiative

- \* **6 months pre-post, members who enroll in the program show:**
  - \* **Significant Decreases in % who use inpatient services**
    - \* 47.9% decrease (from 92.6% to 48.2%)
  - \* **Significant Decreases in # of inpatient days**
    - \* 62.5% decrease (from 11.2 days to 4.2)
  - \* **Significant Increases in # of outpatient visits**
    - \* 28.0% increase (from 8.5 visits to 11.8)
  - \* **Significant Decreases in total BH costs**
    - \* 47.1% decrease (from \$9,998.69 to \$5,291.59)

\*Among subsample of enrollees in NY (N = ) and WI (N = 130) with continuous eligibility 6 months pre-referral and 6 months post-referral and at least one behavioral health claim during that period



# Rohan's Story

- \* 36 year old man of Indian descent born in Jamaica with addiction and bipolar related conditions and renal disease
- \* 2009-prior to enrollment: **7 detox stays at 4 different facilities with a Medicaid spend of \$52,282**
- \* 2010: dogged personalized engagement and follow up, connection to 12 step meetings, daily check ins, restoration of Medicaid benefits
- \* **2010-1 detox, 1 rehab Medicaid; Medicaid spend fell to \$20,650.**
- \* 2011-1 relapse with detox/rehab

Optum CIDP 2008-11

# NYAPRS Value Proposition

- \* **Staffing:** NYAPRS will employ one full-time Peer Bridger who will work both within the hospital and the community and will be supervised by the NYAPRS Peer Services Coordinator.
- \* **Typical Service Duration:** The average peer relationship will last for approximately 6-9 months; each bridger will be able to work with 70 people annually.

# NYAPRS Value Proposition

## Immediate Response

- \* The bridger will respond immediately to offer support, encourage hope and promote trust.
- \* Members will be encouraged to attend peer support meetings within the hospital that will be led by the bridger.

# NYAPRS Value Proposition

## Wellness Planning and Support

- \* The bridger can support members in assessing needs and linking with resources identified as essential to their recovery.
- \* The bridger can assist the member to develop a wellness plan that includes relapse prevention and crisis support components

# NYAPRS Value Proposition

## Discharge Support

- \* If requested by the member, the bridger can assist with linkages to housing and benefits and provide transportation home.
- \* Members will be encouraged to attend several community based peer support meetings led by the bridger

# NYAPRS Value Proposition

## Post-Discharge

- Bridger will provide daily to weekly individualized support and assistance.
- We will use wrap around funds address most pressing needs at the outset
- We are available “off-hours” because crisis seldom happens 9 to 5

# NYAPRS Value Proposition

## Role with Hospital

- \* The bridger will form strong alliances with treatment and discharge team personnel within the identified hospital facilities and units and will offer insight and education around recovery and person centered approaches

# Expected Outcomes

- \* Significant reduction in the rate of avoidable psychiatric, addiction and medical inpatient admissions and lengths of stays within one year for enrolled members



# Expected Outcomes

- \* Significant increase in the length of community tenure, the show rate for post-discharge outpatient visits and in utilization of community support/connections with self identified resources, entitlements, peer support groups, treatment and social services within one year of referral