

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Mental Health
103 South Main Street, Waterbury, Vermont 05671

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani and Sheila Leno

DATE: February 4, 2011

RE: Adult Mental Health Outpatient: Types of Service 1985-2010

This week's brief report is the fourth in a series that examines changes in Vermont's system of community care during fiscal 1985-2010. This report focuses on changes in the types of service provided by Adult Mental Health Outpatient (AOP) programs for adults who do not have prolonged serious disabilities, but do experience emotional, behavioral, or adjustment problems severe enough to warrant professional attention.

Specifically, this report provides information regarding changes in the proportion of service recipients who received each of three major types of service (individual and group therapy, case management, and medication monitoring) at five year intervals during 1985-2010. As such, this report provides information about changes in practice patterns during the study period.

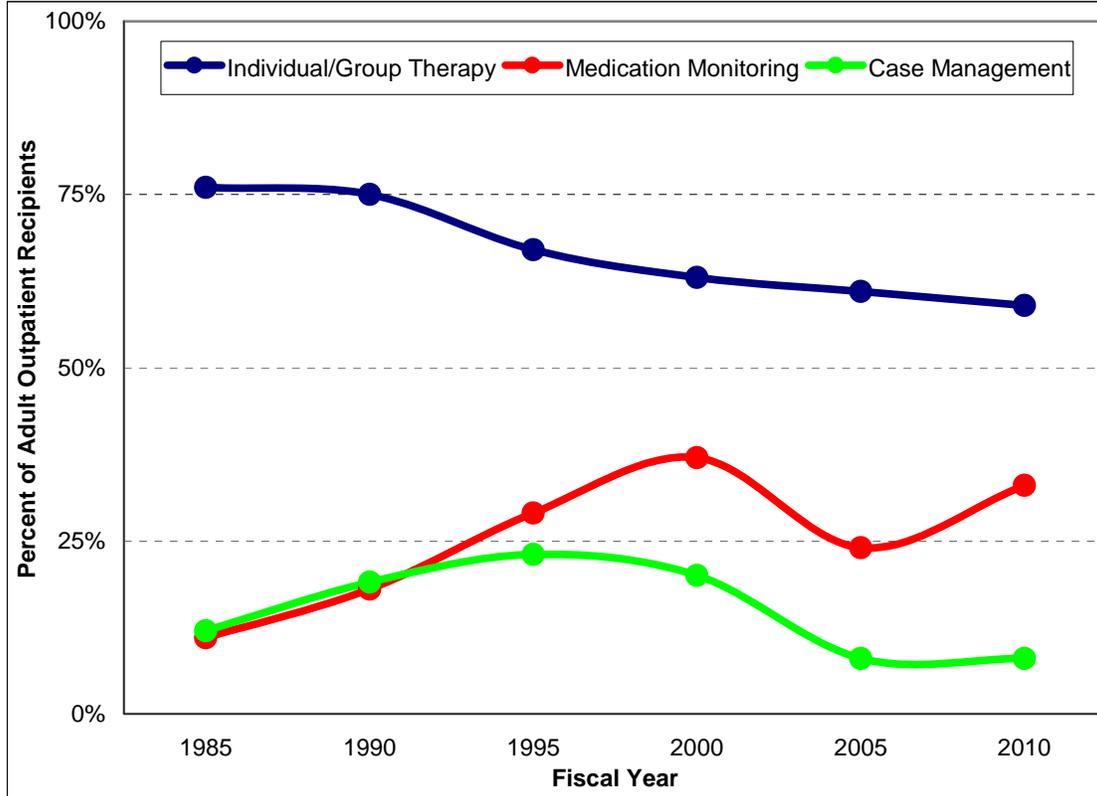
Findings reported here are based on analysis of standard client and service data submitted to the Vermont Department of Mental Health by designated community service agencies for each year during the study period.

As you will see, the greatest proportion of individuals served by Adult Mental Health Outpatient programs in each year under examination received individual or group therapy services, although this proportion decreased steadily during the study period from 76% in 1985 to 59% in 2010.

During this same period, the proportion of all AOP service recipients who received medication monitoring services increased from 11% in 1985 to more than 30% in 2000 and 2010, and the proportion of service recipients who received case management services increased from 12% in 1985 to 23% in 1995 before decreasing to 8% in 2005 and 2010.

We look forward to your questions, comments, interpretation of these findings, and requests for further analyses. As always, we can be reached at pip@ahs.state.vt.us or 802-241-4049.

Adult Outpatient Programs Types of Service FY1985 - FY2010



Type of Service	Percent of Adult Outpatient Recipients					
	Fiscal Year					
	1985	1990	1995	2000	2005	2010
Individual/Group Therapy	76%	75%	67%	63%	61%	59%
Medication Monitoring	11%	18%	29%	37%	24%	33%
Case Management	12%	19%	23%	20%	8%	8%

Based on analysis of Monthly Service Report (MSR) data submitted to the Vermont Department of Mental Health by the designated agencies during FY1985 - FY2010. Includes individuals with a Primary Program Assignment of AOP.

Analysis conducted by the Vermont Mental Health Performance Indicator Project