

Vermont Mental Health Performance Indicator Project
Agency of Human Services, Department of Health, Division of Mental Health
Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601

MEMORANDUM

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

FROM: John Pandiani
Monica Boyd

DATE: January 7, 2005

RE: Type of CRT Service: FY2004

This PIP is the forth in a series that reports on the types of service provided by community programs in Vermont. Previous reports provided a statewide program level overview of the amount of service in six major outpatient service categories that were provided by DMH community-based programs during FY2004¹, a comparison of the amount of service provided by each of Vermont's Adult Mental Health Outpatient Programs (AOP) during the same time period², and a comparison of the amount of service provided by each of Vermont's Children's Mental Health Programs during the same time period³. This week's report provides a comparison of the amount of service provided by each of Vermont's Community Rehabilitation and Treatment (CRT) programs for adults with serious mental illness. The final report in this series will provide a similar comparison of local programs for substance abuse programs. The findings in this series are based on analysis of Monthly Service Report data provided to DMH by designated community service providers.

As you will see, there were differences in patterns of outpatient service delivery for CRT programs in different parts of Vermont. Community supports made up more than half of the services provided in eight of the ten service areas, and accounted more than third in the other two regions. Community supports as a percent of all CRT outpatient services ranged from 78% in Lamoille County to 46% in Addison County. Service planning and coordination was the second most prevalent service statewide, but at the region level varied from 25% of outpatient services in Orange County and Southeastern Vermont to less than 5% in Bennington County. Individuals, family, and group therapy accounted of 8% of all services statewide, but at the regional level varied from 22% of all outpatient services in Bennington to 3% of all outpatient services in Lamoille and Rutland and 2% of all services in Chittenden County. The provision of employment services also varied substantially among regions, from a high of 17% in Addison County to less than 3% in Bennington County.

We look forward to your comments regarding the mix of outpatient services provided by CRT programs in different parts of Vermont. Once again, we are especially interested in ideas about the degree to which the patterns reported here represent differences in treatment patterns and the degree to which they represent difference in reporting conventions. As always, we are also

interested in your suggestions for further analysis of these data. Please e-mail to us at pip@vdh.state.vt.us or call 802-241-2638.

¹ Type of Service: FY 2004; (www.ddmhs.state.vt.us/docs/pips/2004/pip120304.pdf)

² Adult Mental Health Outpatient Type of Service: FY2004;
(www.ddmhs.state.vt.us/docs/pips/2004/pip121004.pdf)

³ Children's Services Programs Type of Service: FY2004;
(www.ddmhs.state.vt.us/docs/pips/2004/pip122404.pdf)

Six Major Outpatient Service Categories

Individual, Family and Group Therapy

Individual Therapy is a method of treatment that uses the interaction between a therapist and the individual to facilitate emotional or psychological change, to alleviate distress, and change substance use. Family Therapy is a method of treatment that uses the interaction between a therapist, the individual, and family members to facilitate emotional or psychological change and to alleviate distress. Group Therapy is a method of treatment that uses the interaction between a therapist, the individual, and peers to facilitate emotional or psychological change and to alleviate distress.

Medication and Medical Support and Consultation Services

Medication and Medical Support and Consultation Services include evaluating the need for, prescribing and monitoring medication, and providing medical observation, support and consultation for an individual's health care.

Clinical Assessment

Clinical Assessment refers to psychiatric, psychological, psychosocial, substance abuse, and/or developmental assessment sessions and the preparation of individualized plans, including the administration and interpretation of psychometric tests and the preparation of reports.

Service Planning and Coordination

Service Planning and Coordination assists individuals and their families in planning, developing, choosing, gaining access to, coordinating and monitoring the provision of needed services and supports for a specific individual.

Community Supports

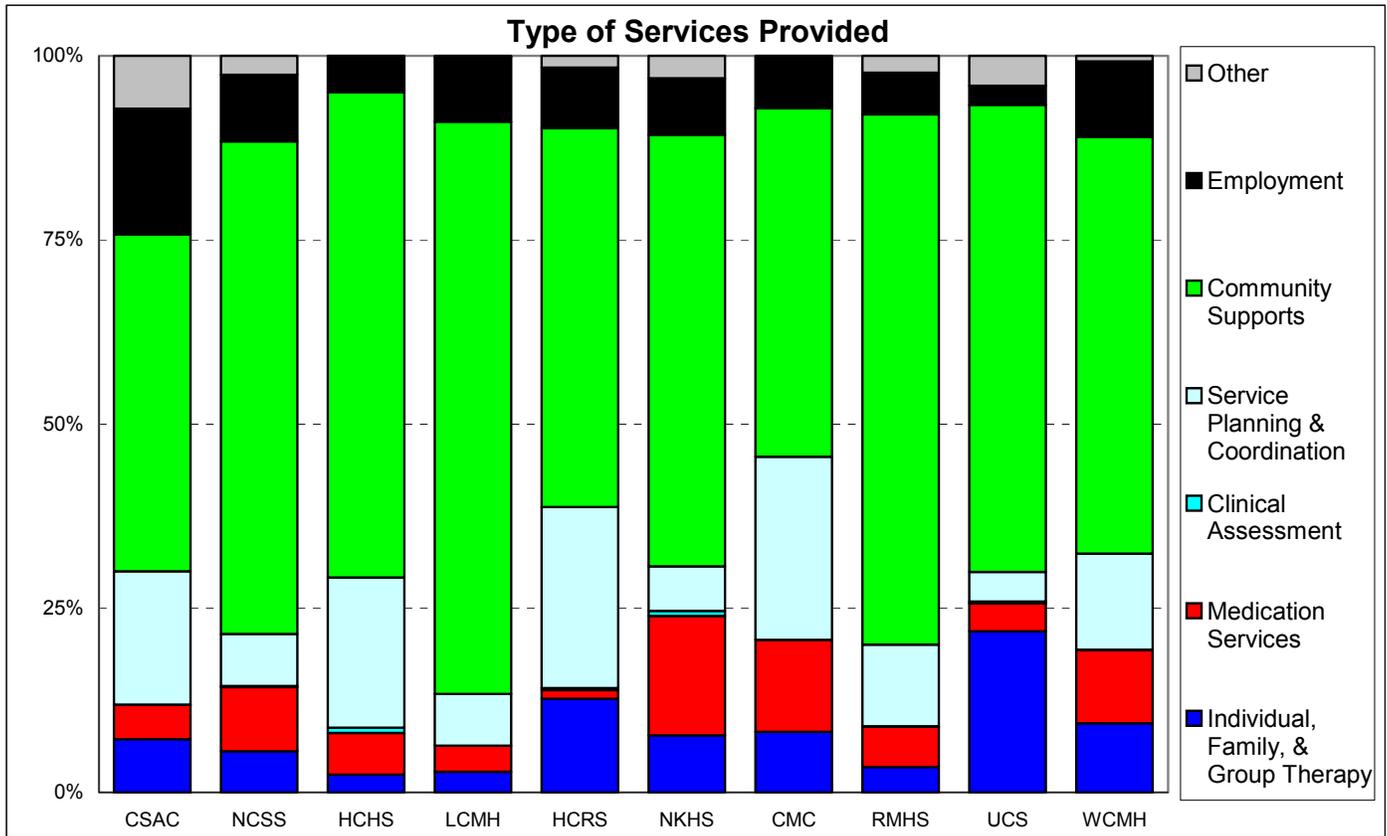
Community Supports include individualized, goal-oriented supports, which assist individuals (and families) to develop the skills and social supports necessary to promote positive growth. These supports may include assistance in daily living, supportive counseling, support to participate in community activities, collateral contacts, and building and sustaining healthy personal, family and community relationships. All of these activities may also be provided in a group setting.

Employment Services

Employment Services assist transition age youth and adults in establishing and achieving career and work goals. These services include employment assessment, employer and job development, and ongoing support

A more detailed description of these services is available on-line at <http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf>

Type of Services Provided
Community Rehabilitation and Treatment Programs
 By Provider: FY 2004



Region -	Provider	Type of Service Provided							
		Total Outpatient Services	Individual, Family & Group Therapy	Medication Services	Clinical Assessment	Service Planning & Coordination	Community Supports	Employment	Other
Addison -	CSAC	25,468	7%	5%	0%	18%	46%	17.1%	7.2%
Northwest -	NCSS	39,900	6%	9%	0%	7%	67%	9.1%	3%
Chittenden -	HCHS	61,798	2%	6%	1%	20%	66%	4.9%	0.0%
Lamoille -	LCMH	22,259	3%	4%	0%	7%	78%	8.8%	0.1%
Southeast -	HCRS	53,934	13%	1%	0%	25%	51%	8.2%	1.6%
Northeast -	NKHS	32,439	8%	16%	1%	6%	59%	7.6%	3.1%
Orange -	CMC	28,185	8%	12%	0%	25%	47%	7.1%	0.0%
Rutland -	RMHS	42,348	3%	5%	0%	11%	72%	6%	2.3%
Bennington -	UCS	26,562	22%	4%	0%	4%	63%	2.6%	4.1%
Washington -	WCMH	56,993	9%	10%	0%	13%	57%	10.2%	0.7%
Total		389,886	8%	7%	0%	15%	61%	7.9%	1.9%

Analysis includes outpatient services provided to individuals served by Community Rehabilitation and Treatment Programs. "Other" includes emergency/crisis and supervised/assisted living services. For detailed explanation on these types of service, see the notes in the annual statistical report (www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf)