

Mental Health Crisis Assessment and Stabilization Facilities in Rural Oregon

A CASE STUDY

October 13, 2023

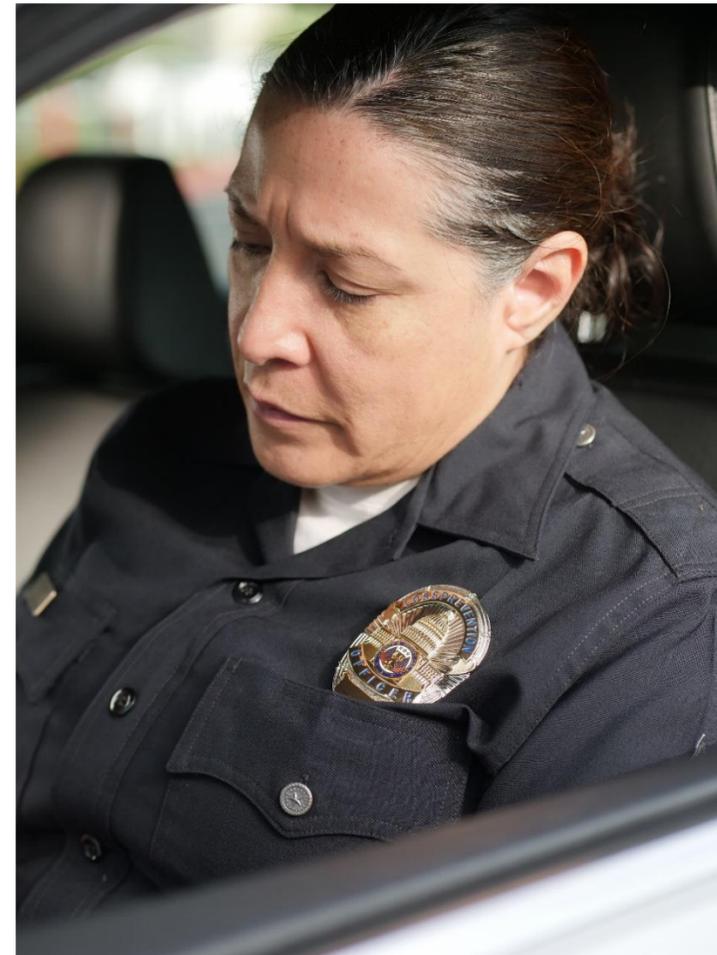


AGENDA

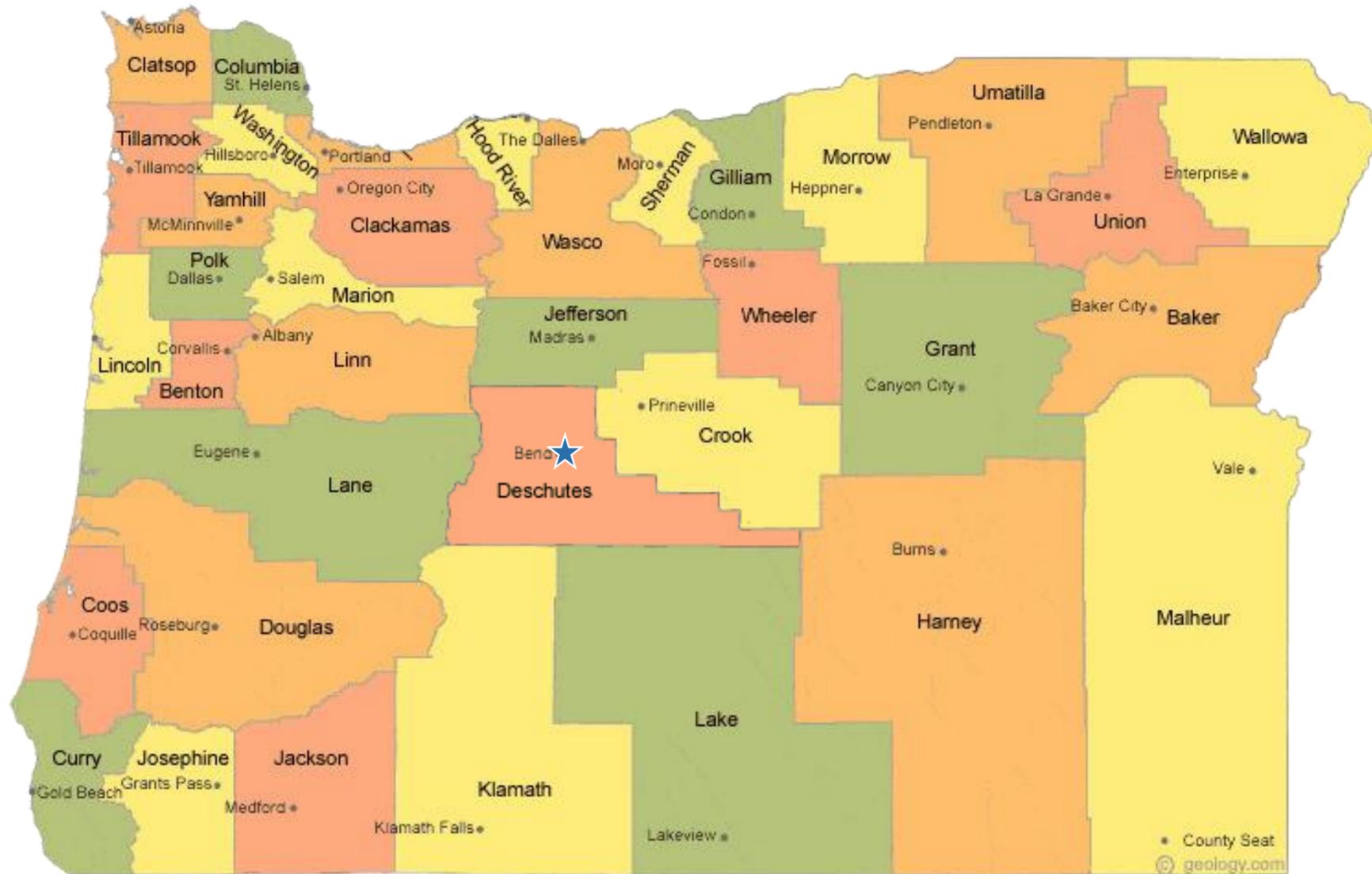
- **Identifying the Need and Goals for a Crisis Stabilization Center**
- **Deschutes County Stabilization Center Project**
- **Results**
- **Lessons Learned**
- **Looking Toward the Future**

IDENTIFYING THE NEED

- **Community needs**
- **Law enforcement resources**
- **Healthcare provider resources**



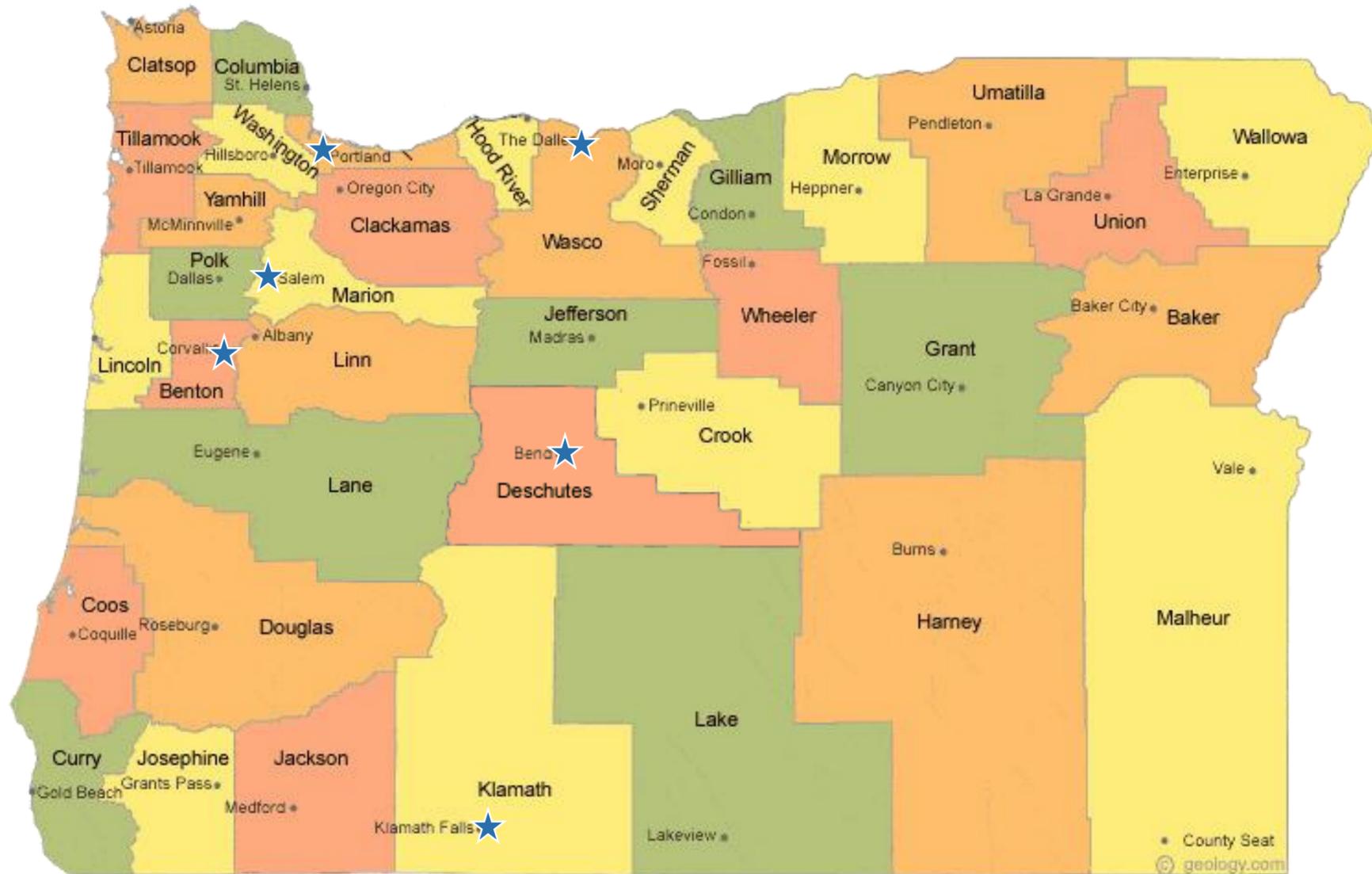
IDENTIFYING THE NEED



Opened in 2019

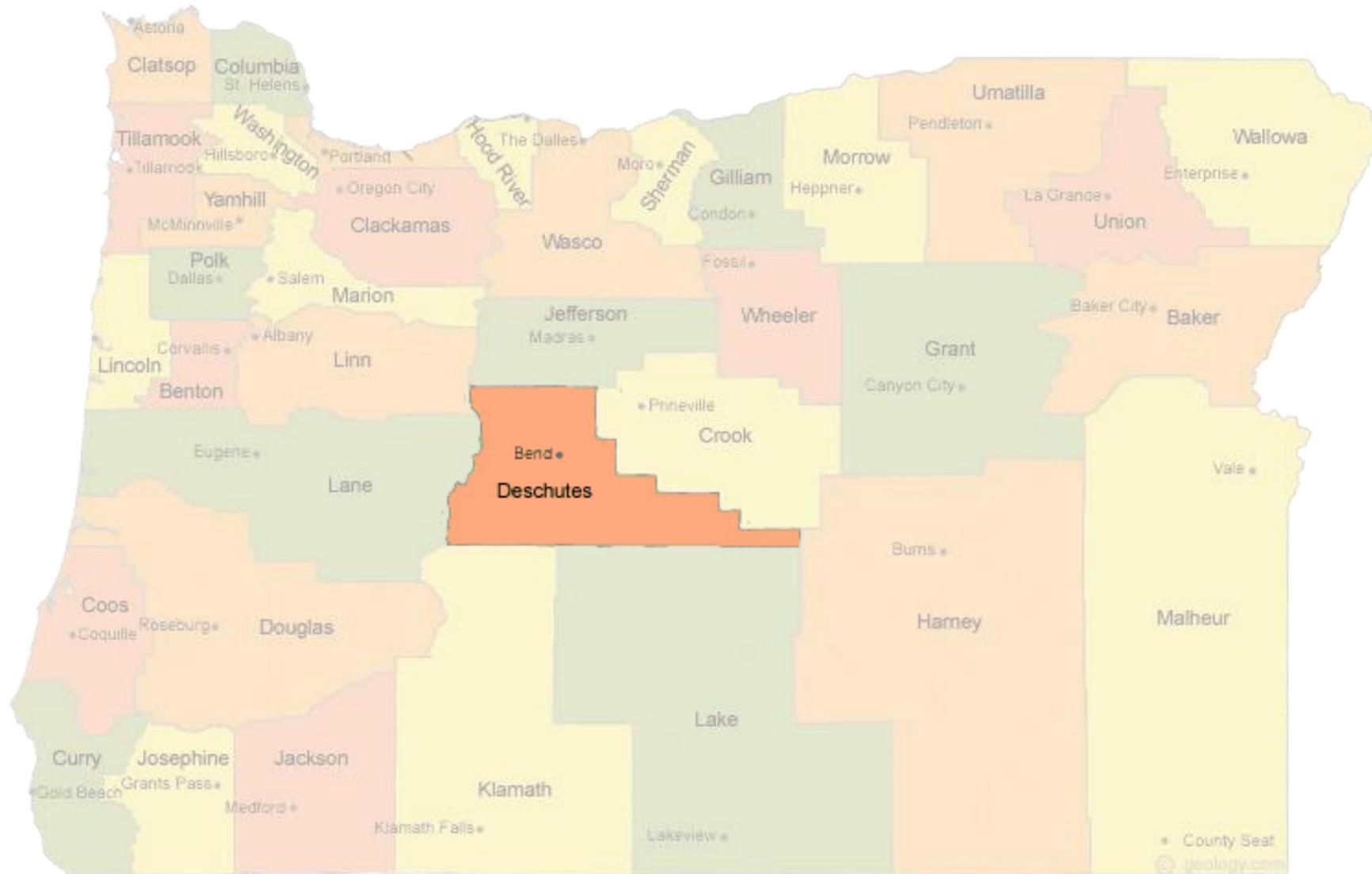
First Crisis Stabilization
Center in Oregon

IDENTIFYING THE NEED



**Now at least 5 additional
Crisis Stabilization Centers
are opened or in the process of
opening throughout Oregon**

DESCHUTES COUNTY, OREGON



Population

200,000

County Seat

Bend

Area

3,018 miles

Person's per sq. mile

52

Topography

High desert

GOALS OF THE STABILIZATION CENTER

GOALS OF THE STABILIZATION CENTER



Reduce the number of individuals with Serious Mental Illness who end up in the criminal justice system

GOALS OF THE STABILIZATION CENTER



Reduce the number of individuals with Serious Mental Illness who end up in the criminal justice system



Provide a place for law enforcement to quickly bring someone in crisis so they can get back to their duties

GOALS OF THE STABILIZATION CENTER



Reduce the number of individuals with Serious Mental Illness who end up in the criminal justice system



Provide a place for law enforcement to quickly bring someone in crisis so they can get back to their duties



Reduce the number of individuals going into the Emergency Department for mental health crisis

GOALS OF THE STABILIZATION CENTER



Reduce the number of individuals with Serious Mental Illness who end up in the criminal justice system



Provide a place for law enforcement to quickly bring someone in crisis so they can get back to their duties



Reduce the number of individuals going into the Emergency Department for mental health crisis



Help people experiencing a mental health crisis stabilize in their community and become connected to resources so they engage in mental health treatment to regain a better quality of life

DESCHUTES COUNTY STABILIZATION CENTER



QUICK FACTS

Voluntary facility

Treats all ages

Accepts walk in's and law enforcement drop-off

24/7 respite services

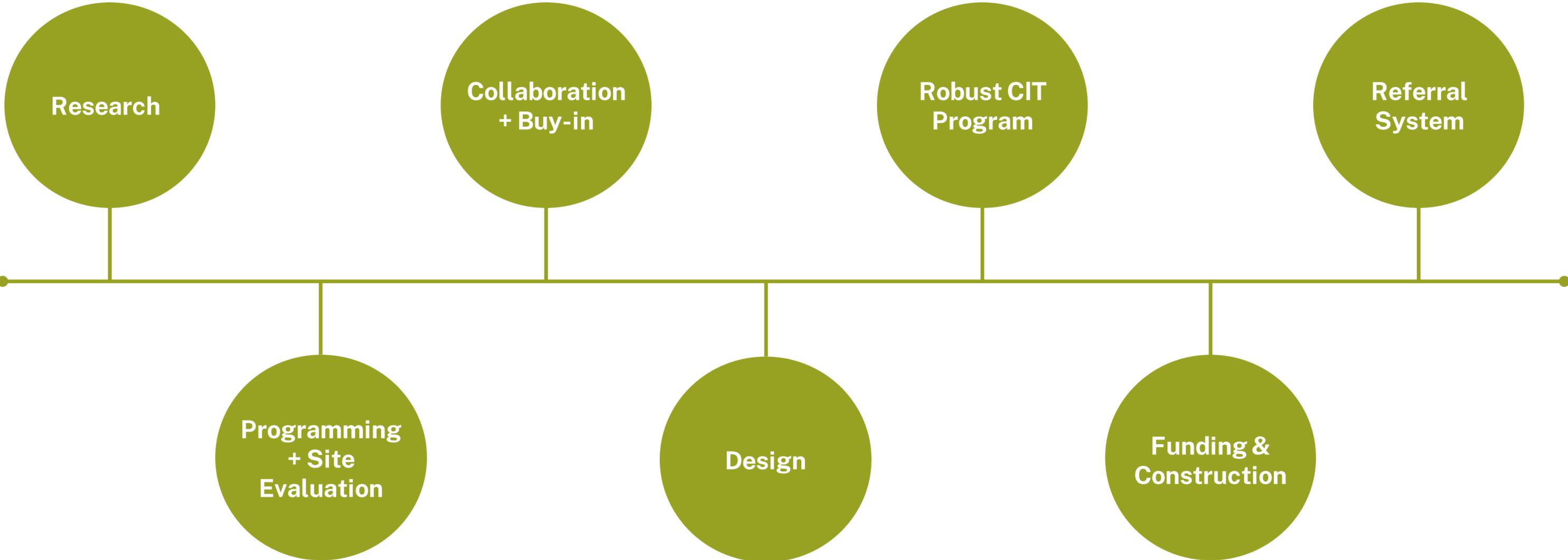


SERVICES PROVIDED

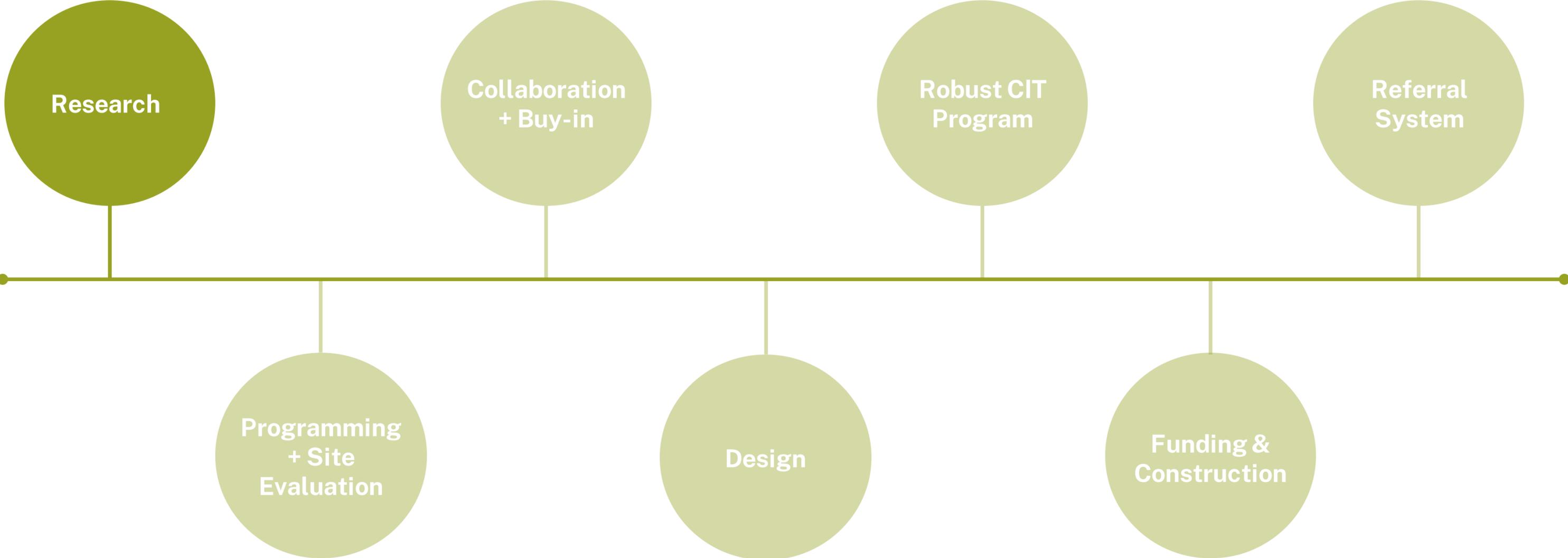
- Crisis Intervention
- Case Management
- Peer Support
- Medication Management
- Respite
- Civil Commitment Investigations
- Jail Diversion Program
- Crisis Line



THE PROJECT



THE PROJECT

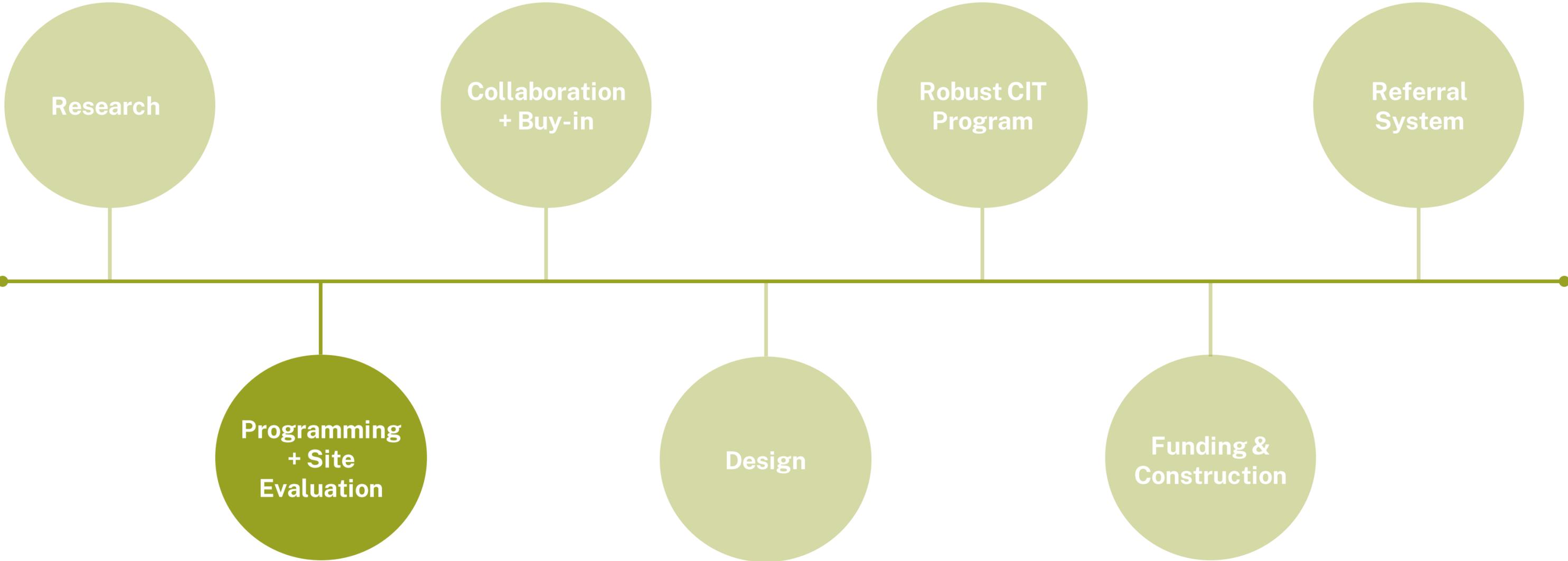


RESEARCH

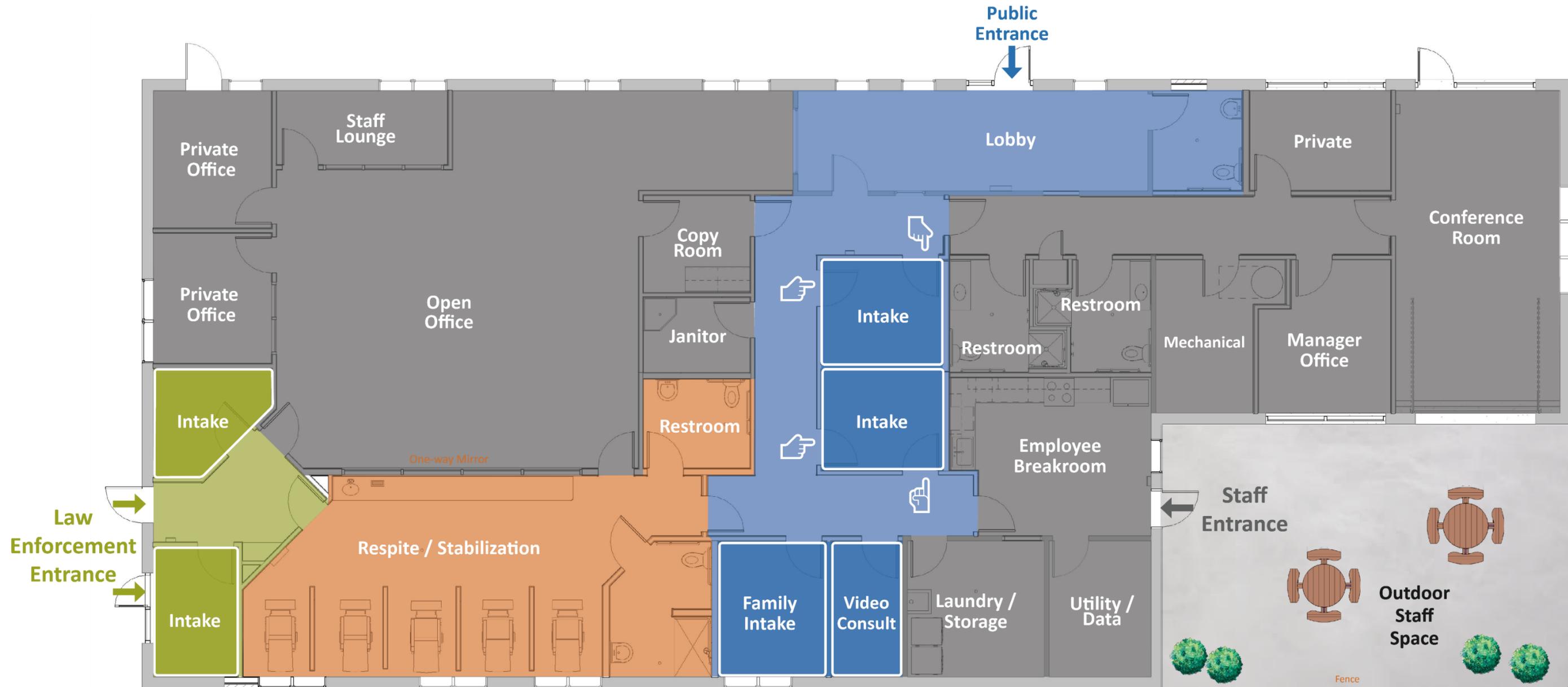
- Policies and procedures
- Services provided
 - Respite
 - Sobering
 - Case Management
 - Peer Support
 - Medication Management
- Staffing Models
- Forms and paperwork
- Referral Sources
 - Police
 - Walk-ins
 - Both
- Budgets and funding models
- Site reviews
- Hours and days of operation



THE PROJECT



PROGRAMMING AND DESIGN



Law Enforcement Assessment

Respite / Stabilization

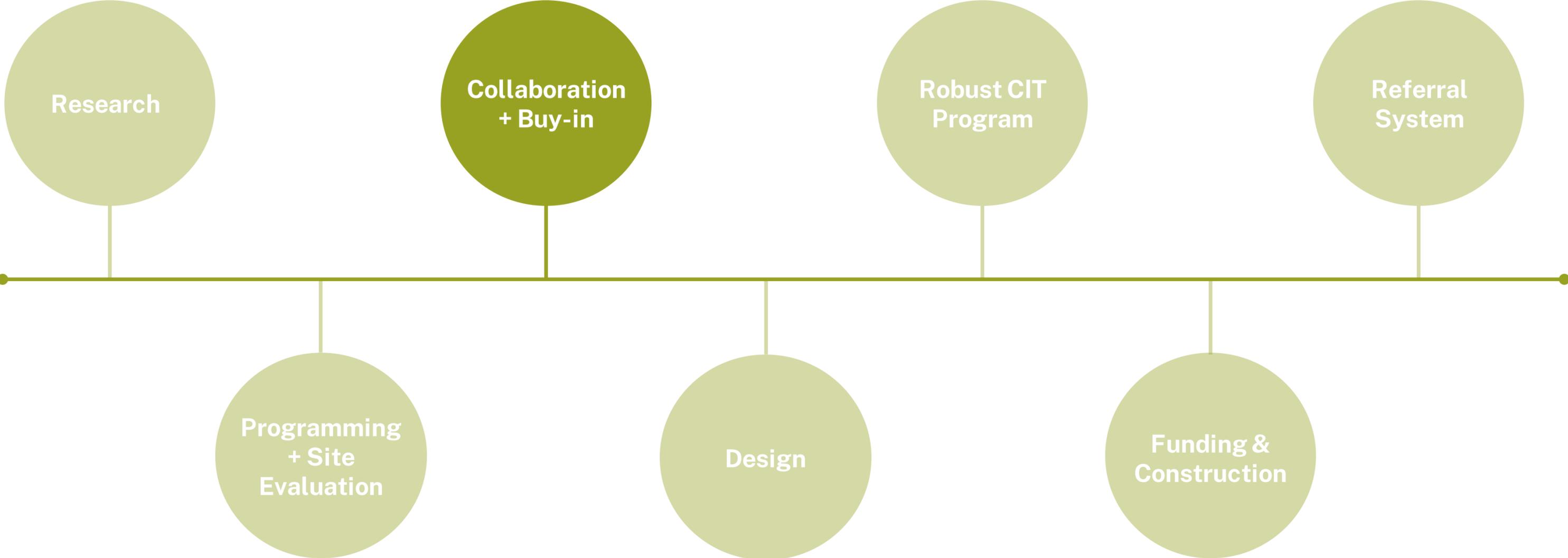
Voluntary Visitor Assessment

Staff

SITE SELECTION



THE PROJECT



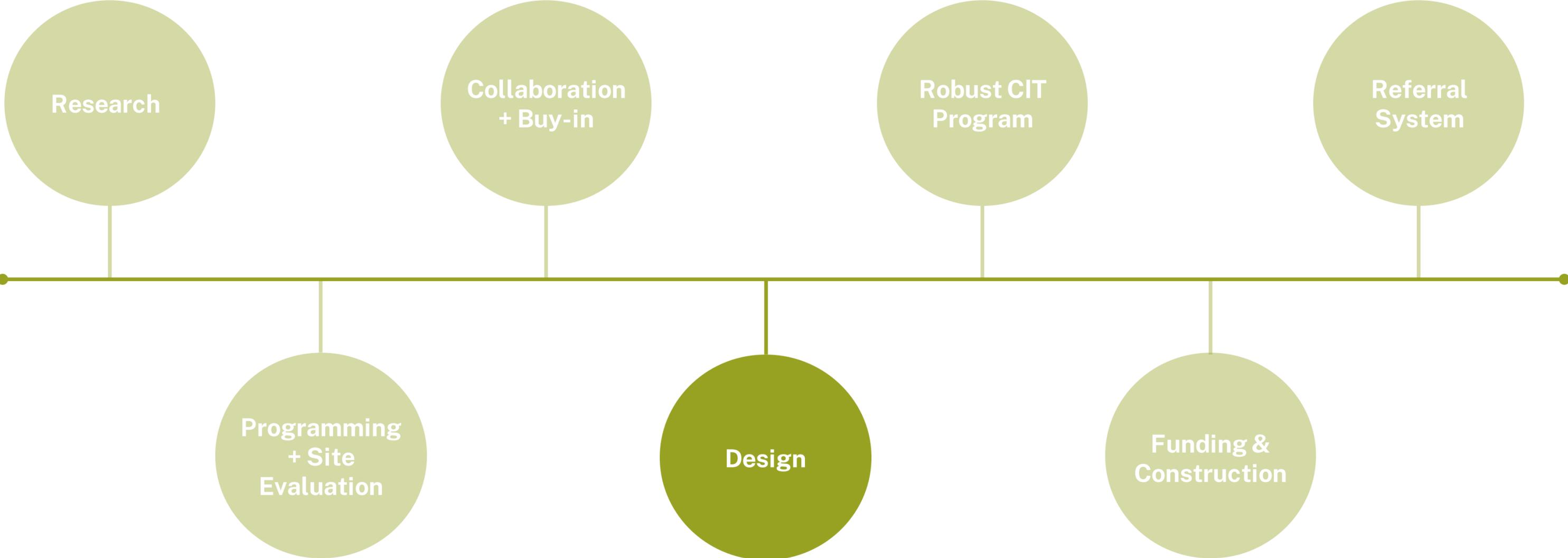
COLLABORATION AND BUY-IN

- Advocacy groups (NAMI)
- CIT steering committee
- Acute Care Advisory Board
- Behavioral Health Advisory Board
- Coordinated Care Organizations
- Commissioners
- Local City Councils
- Local Public Safety Coordinating Council (LPSCC)
- Local Community – NIMBY's



**Present, present, present...
to anyone who will listen!**

THE PROJECT



DESIGN INSPIRATION

SHARED SPACES - WAITING, INTAKE, CONSULTATION, CONFERENCE ROOM



EMPLOYEE SPACES



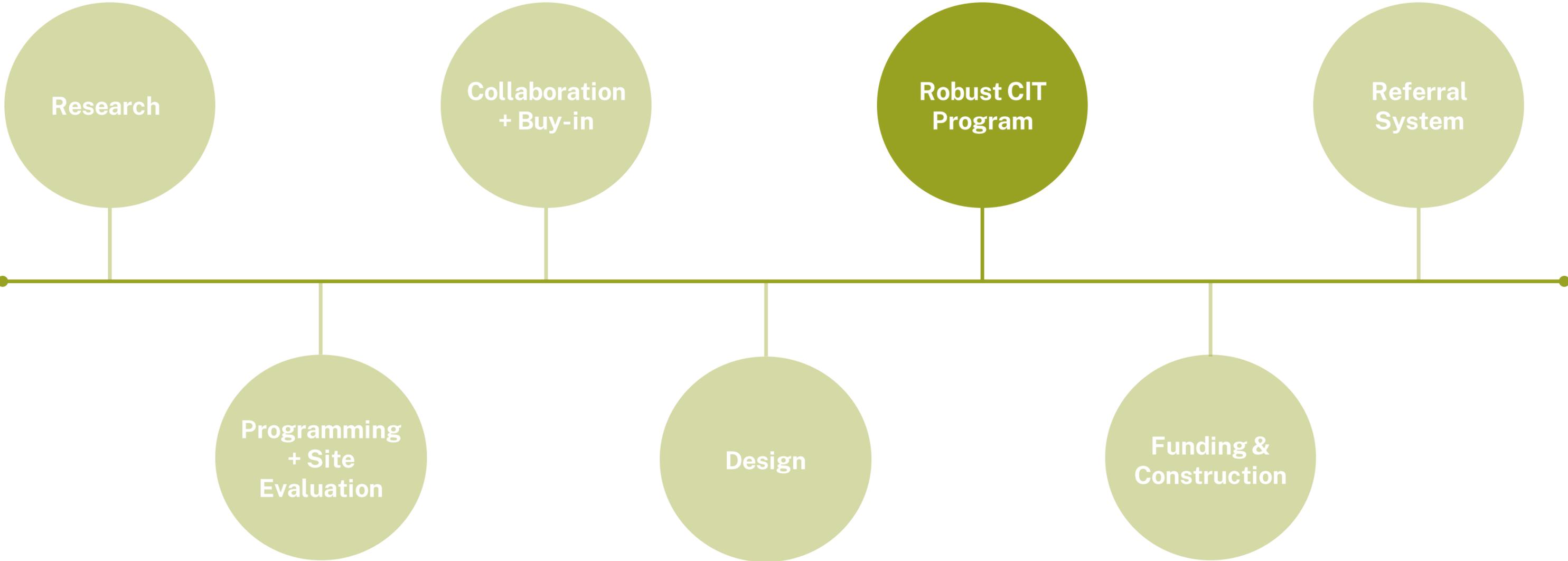
- safety / security
- unobstructed views
- natural light
- privacy
- individual space
- welcoming
- group space
- views of nature
- therapeutic artwork
- openness
- flex rooms
- sound
- textures = less clinical
- technology
- organized
- dignity
- color therapy
- lighting

3D VIEWS

May remove this slide



THE PROJECT

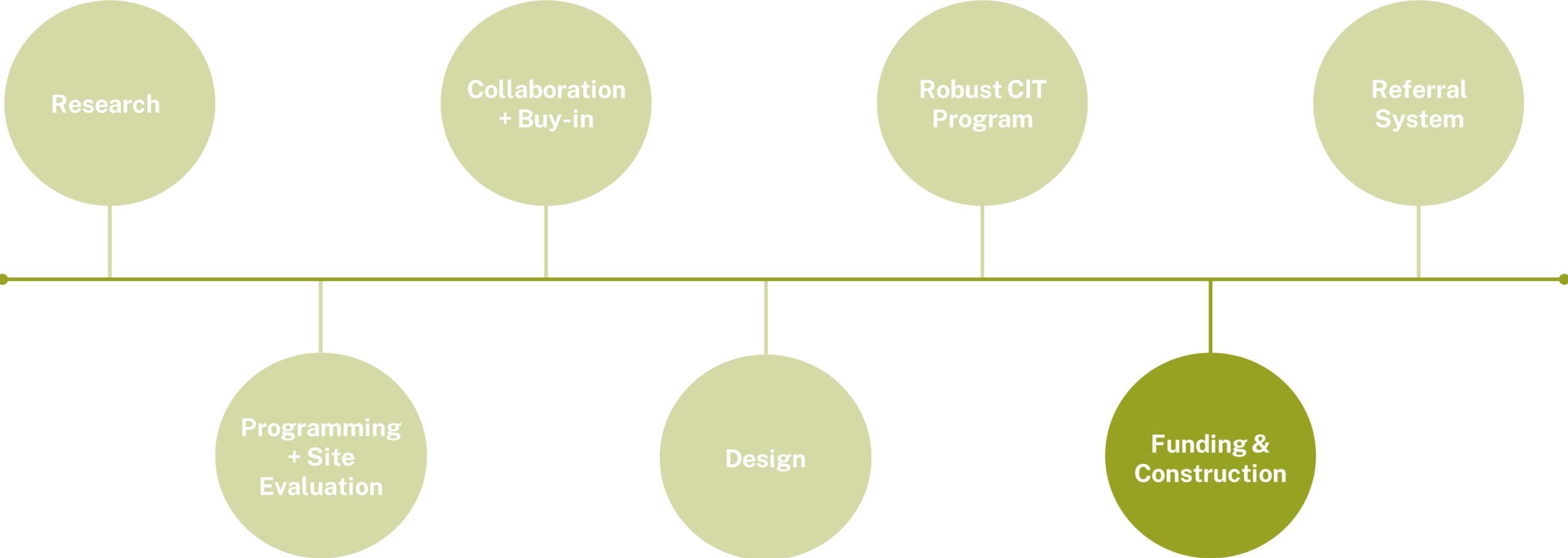


ROBUST CIT PROGRAM

Deschutes County has an active CIT Program with dedicated individuals and agencies who show up and contribute. We discuss difficult cases and ongoing system issues. The meeting is solution-focused and is based on mutual respect, trust, and accountability.



THE PROJECT



APPROACHES TO FUNDING

- Existing resources
- Grants
 - List specific grants - HB5202?
- Coordinated care organizations
- Phased in approach
- Sustained funding through County general fund & community partner contributions



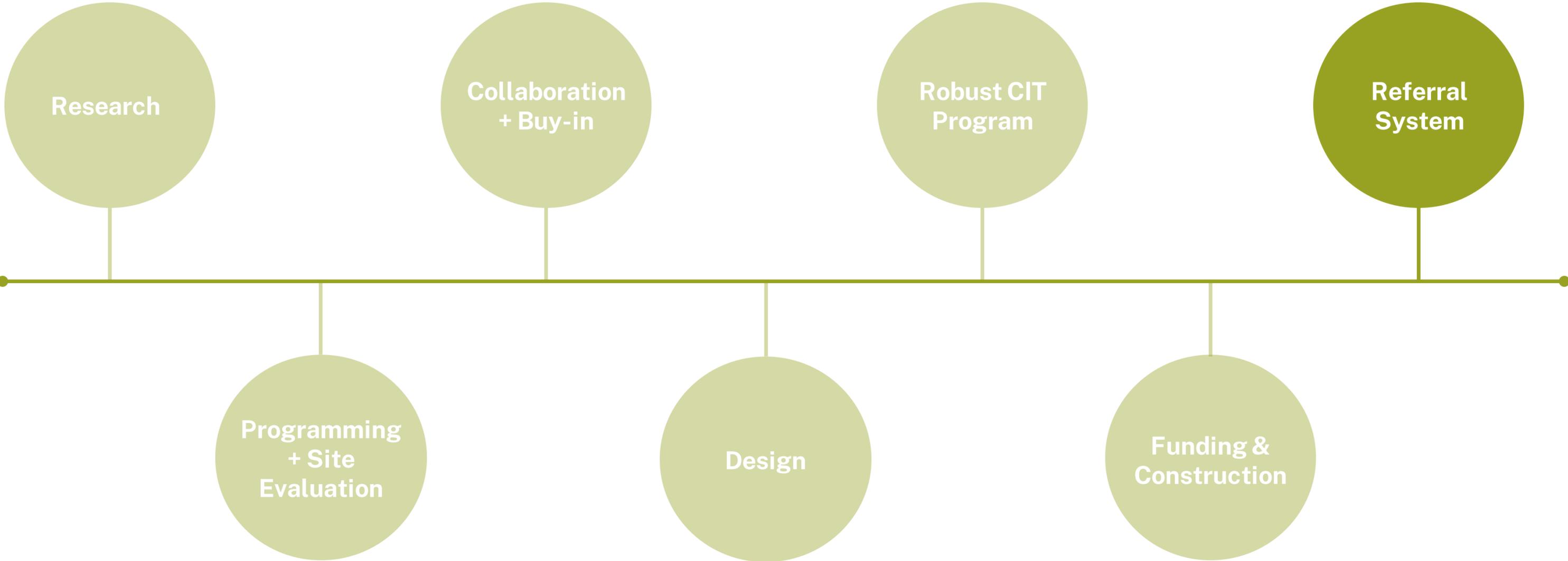
PROJECT BUDGET

Project: Project Budget Date: 6/9/2019				
Project Square Footage:	5,263	Estimate	Actual	Comments
SOFT COSTS				
A/E Fees Estimate "Core Services" (includes)	8% of construction	\$89,290		
Architecture				
Interior Design				
Mech/Elec/Plumb				
Structural				
Civil Engineering				
Reimbursable expenses				
Other Consultants not provided by A/E				
Geo-Tech:		\$0		Allowance
Survey	Partition lot	\$0		Estimated
Estimated SDC, Building Permit, Building Review, MEP Permits cost at x 6% of construction				
		\$81,167		Estimated
Utility Connection Fees				
		\$0		Estimated
Construction Testing (soil compaction/fill compaction)				
		\$0		Estimated
Owners Insurance 0.50% of construction				
		\$6,764		
Soft Cost Contingency 5%				
		\$8,861		
FF&E (Furniture, Fixtures, and Equipment) \$15 s.f.				
		\$78,945		allowance
TOTAL SOFT COSTS		\$265,027		
Main Structure \$224 Average cost/s.f.				
		\$1,176,334		
CONSTRUCTION COSTS		\$1,176,334		
Estimating Contingency 5.00%				
		\$58,817		
Owner Construction Contingency 10.00%				
		\$117,633		
Spring of 2019 start, add 5% for each year there after				
TOTAL COSTS INCLUDING OWNER'S CONTINGENCY		\$1,352,784		
Site Acquisition				
Land Costs/Appraisals, R.O.W.		\$0		Owner to complete
Loan Fees				
Interim Financing Cost		\$0		Owner to complete
Interim Financing Interest (Estimate)		\$0		Owner to complete
TOTAL ACQUISITION COSTS		\$0		
TOTAL PROJECT		\$1,617,811		

INITIAL FUNDING

- \$504,606 - Pacific Source Strategic Investment Dollars (Capital)
- \$510,428 - WEBCO Dissolution Payment (Capital)
- \$70,000 - Bend Police Department
- \$570,000/annually - Deschutes County Sherriff's Office
- \$700,000 - Bureau of Justice Assistance Grant
 - Case manager, 20 hours of psychiatric services, contract with OHSU for program evaluation and data collection
- \$350,000 - SAMHSA (CCBHC Extension)
- \$584,000 - Central Oregon Health Council
- \$2.4 million - IMPACTS Grant/Oregon Criminal Justice Commission

THE PROJECT



REFERRAL SYSTEM

Mobile Crisis Team and Co-responder

- Operational since approximately 2004
- Currently consists of 2 teams of 3 Master-level clinicians
- They operate in 24-hr shifts where one clinician is the primary on-call clinician for 12 hours with the other two positions serving as back-up. They rotate primary.
- Recently implemented response without police to certain call types



JAIL DIVERSION

Deschutes County Forensic Diversion Program

- Established in 2015 through a State grant that later became ongoing funding
- 2 peer support specialists and a case manager
- In reach to jail, follow up from mobile team contacts
- Consistent reduced the recidivism of the people served
- We stay involved until the individual achieves four clinical contacts in 60 days

THE
STEPPING UP
INITIATIVE

YTD STATS

Add information from Adam

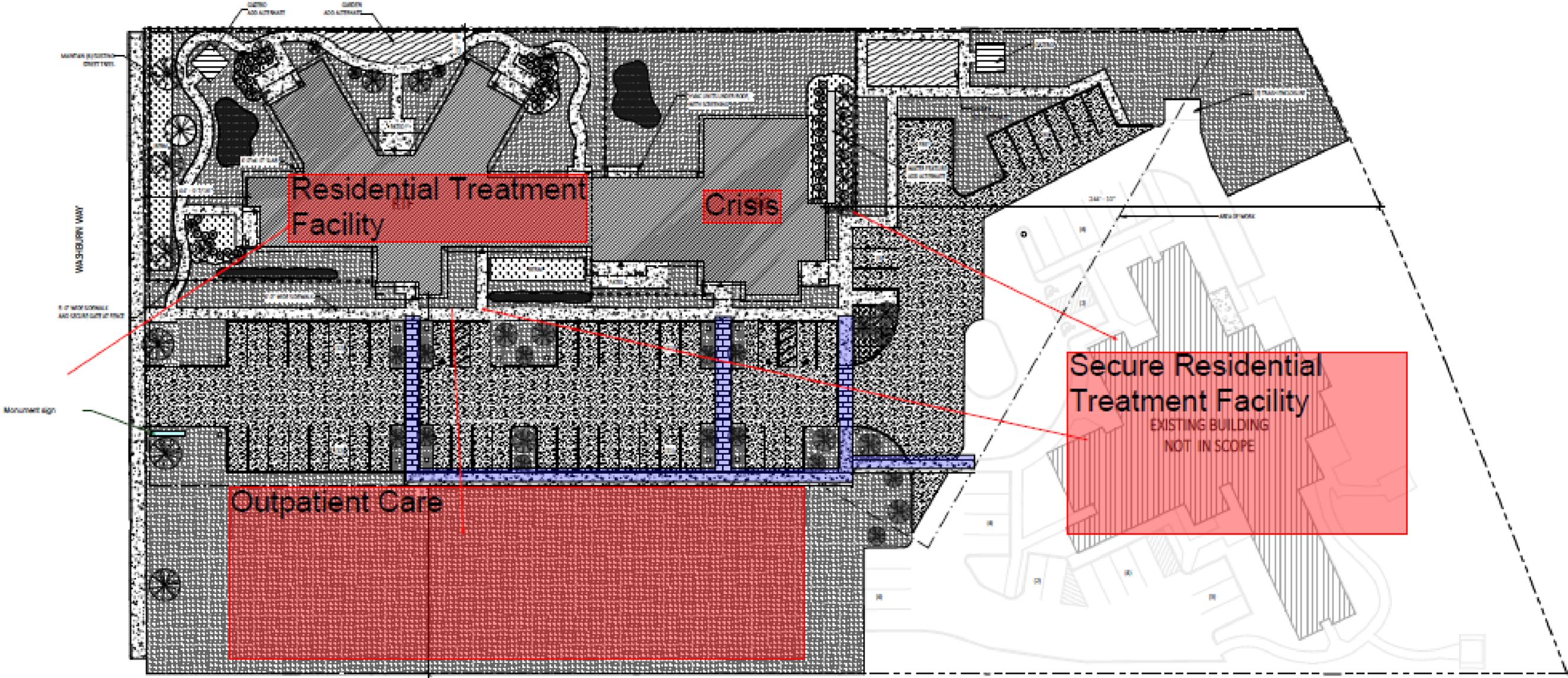
LESSONS LEARNED

- Stay Solution Focused
 - Do not avoid difficult topics
 - Do not take things personally or dogmatically
 - Leave your ego at the door and work collaboratively
- Be Flexible
 - Avoid rigidity
 - Get creative with solutions
- Be Responsive (not reactive)
 - Tackling problems as they arise
 - Not tackling problems too 'quickly'
 - Solicit feedback
 - Staff, consumer, and community partners
 - Follow through with changes



LESSONS LEARNED

THE FUTURE



QUESTIONS?



Adam Goggins, MA, LPC

Program Manager,
**Deschutes County Health
Services Crisis Services**

adam.goggins@deschutes.org



Briana Manfrass, EDAC

Associate Principal,
Pinnacle Architecture

briana@parch.biz

Thank You Partners!

