

# CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINICS

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# CCBHC in Brief

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*Excellence in Mental Health Care Act of 2014* aspired to establish parity between mental health and physical health

Led to the 2017 launch of an 8 state *Certified Community Behavioral Health Clinic (CCBHC)* demonstration project

The CCBHC pilot was the largest commitment of resources to mental health this generation – *an estimated 1.1 billion dollars*

Federal match dollars allowed states to support chronically underfunded community mental health services through an enhanced Medicaid rate

Oregon is one of the 8 states funded, with 12 original grantees located throughout the state

Deschutes County's Community Mental Health Program has been a CCBHC since April 2017



# CCBHC Clinical Strategies

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## IMPROVE SERVICES....

Increased access to addiction and mental health treatment

Integration with primary care

Improved screening for risk

Enhanced outreach to vulnerable populations – older adults, veterans, seriously mentally ill...

## TO SAVE LIVES

Reduce mortality & suicide

Reduce substance abuse

Reduce hospitalization

Reduce incarceration

Reduce homelessness

# How did we do? In Deschutes County...

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Added Primary Care to include all locations

Improved screening for depression, suicide risk, chronic health conditions and substance use disorders

Increased access for Veterans and un/underinsured

Expanded Peer delivered services

Enhanced diversion from ED & Incarceration

Demonstrated meaningful improvements across multiple domains

# Outcomes

43% increase in service to un/under-insured

Median annual income:

**\$14,400**

795% increase in veterans served



55 in 2017



492 in 2021

96 clients 18 or older with Major Depressive Disorder experienced improvement

**4.1** points



Average PHQ-9 score improvement

# Outcomes

## Number of Clients Served



**241%**  
TO TARGET

## Emergency Dept. Utilization



**3%** DOWN  
↓ 14%

## Homelessness



**3%** DOWN  
↓ 12%

## Client Survey Results

	Baseline	After 12 Months
Overall quality of life	32%	<b>44%</b>
Ability to deal effectively with daily problems	24%	<b>63%</b>
Ability to deal with a crisis	24%	<b>45%</b>

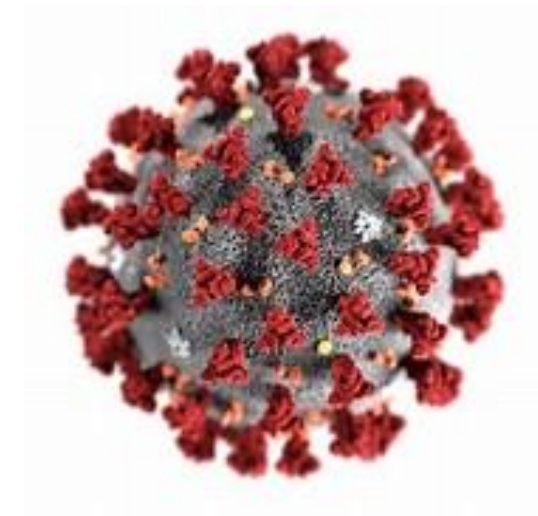
	Baseline	After 6 Months
Ability to accomplish what I set out to do	44%	<b>63%</b>
Feeling of belonging in my community	42%	<b>56%</b>

# During COVID 19

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CCBHC integration prepared staff to:

- Screen for health risk
- Ensure continued access to primary care
- Collaborate with hospital and primary care on community response
- Plan to divert psychiatric patients in the event of a COVID related hospital surge
- Develop a plan for housing homeless COVID + individuals
- Provide extensive Peer and Case Management supports to individuals to meet basic needs



# What is at stake?

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Research and history show increased depression, substance use and suicide risk associated with isolation and job losses

CDC pulse survey data shows anxiety (3 times 2019 rates), depression (4 times 2019 rates), and serious thoughts of suicide (twice 2019 rates) all elevated in 2020.

Domestic Violence reports are up nationally (*Bend Bulletin noted 20% increase in April, 2020*)

Children will have long term mental health needs associated with fallout from pandemic – increased rates of child maltreatment, loss of family members, loss of in person learning, economic distress