

Centerstone continues to experience the dual pressures of stagnant reimbursement rates that frequently do not cover the true cost of providing services coupled with increasing demand for services. In response, Centerstone seeks additional funding from the Williamson County 708 Board to strengthen and sustain the behavioral health services provided to Williamson County residents.

Developmental Training (for adults with intellectual/developmental disabilities)

The Williamson County 708 board helps support more than 45 clients who are unfunded in the workshop, and helps supplement the program due to the current rates not having been increased in the last 15 years. Without continued support from the Williamson County 708 board, several client that are currently in services would be cut. There are still several clients in need of services in the Williamson County area, and with an increase in funds we would be able to reach out to those individuals, and provide the services they so badly need.

Psychiatric Services

Psychiatric services are so very difficult to find for our most vulnerable clients who often do not have options to go elsewhere. Primary care physicians either are not comfortable prescribing psychotropic medications or they do not accept the clients insurance, which is primary Medicaid or indigent.

There is a huge discrepancy in the salary of psychiatrist compared to the Medicaid reimbursement rate for them, even though this is a specialty. The Medicaid reimbursement rate for follow-up medication visits is \$97.76 an hour. However, a psychiatrist's salary is anywhere from \$200.00 to \$225.00 an hour depending if they are Board Certified and if they also see Child and Adolescents. That is double the amount of cost. Despite this loss, we are invested in building psychiatric resources as we know it is a desperate need for our communities.

We know that with the right treatment, including medications, clients can and do get better, recovery is possible. We know that if someone has a heart problem, they see a specialist. Our clients deserve no less. They deserve to see a specialist for their mental health as well.

Mental Health Outpatient

This program provides individual, family, and group therapy to anyone experiencing a mental health issue. Counseling staff are trained on trauma-informed care and other evidenced-based practices. Services for children, youth and adults include treatment for:

- Depression
- Trauma
- Behavioral problems
- Anxiety or stress
- Grief and other life adjustment issues
- Anger management

There are still some services that are not covered by private insurance that our clients receive. Also, many clients have very high deductibles if they do have insurance. The 708 money helps to supplement this.

Although we have not finalized the first quarter, it appears there has been an increase of over 50% compared to last quarter for Williamson County clients with a mental health issue.

Substance Abuse Services

Centerstone continues to provide high quality substance abuse treatment services despite stagnant reimbursement rates. In order to respond to increasing demand for substance abuse services, Centerstone has responded with specialized group therapies designed to promote healthy living while also focusing on evidenced-based treatment. Services may be offered in individual and/or group counseling sessions. Additionally, we have counselors who specialize in working with individuals who are diagnosed with both substance abuse and mental health issues.

Specialized services include:

- DUI Services (evaluation, risk education and other services);
- Early Intervention for individuals at risk of developing life-impairing problems relating to substance abuse;
- Intensive Outpatient for individuals needing more significant levels of treatment.

Current groups offered to clients in Centerstone's Substance Abuse treatment program include:

- Balancing Emotions - A group that focuses on assisting participants with learning to manage their emotions in a healthy manner. This group offers participants a safe place in which they can examine and identify the emotions they experience, including anger, and obtain tools to promote emotional balance and enhance recovery.

- COPE - This group is designed to help participants address issues that can be common in individuals with both substance abuse and mental health issues including intoxication and withdrawal, addiction and recovery, relapse prevention, achieving and maintaining emotional health and recovery, the importance of physical health in recovery, support systems and skill building.
- Healthy Relationships – A group that offers participants a safe place to understand what a healthy relationship looks like and learn ways to build healthier relationships. Members learn to set and enforce healthy boundaries, skills related to assertiveness, communication skills, recognition of healthy and unhealthy relationship patterns, conflict resolution, problem solving and other skills to having healthy friendships, relationships, and family interactions in recovery.
- Thinking Through Recovery - Cognitive Behavioral Therapy will be utilized to gain awareness of harmful or damaging thought processes and learning to manage those thoughts. Participants will likely learn to anticipate problems and enhance self-control by helping them develop effective coping strategies to reduce relapse, unwelcome thoughts, negative moods, and ineffective behavior. Specific techniques include exploring the positive and negative consequences of continued drug use, self-monitoring to recognize cravings early and identify situations that might put one at risk for use, and developing strategies for coping and avoiding those high-risk situations.
- Transitions - The goals of this group are to prevent relapse, prevent recidivism, and challenge the participant to change. The group assists individuals to identify strategies to become aware of their pathways and cycles for criminal conduct and substance use/abuse/involvement.
- There are still some services that are not covered by private insurance that our clients receive. Also, many clients have very high deductibles if they do have insurance. The 708 money helps to supplement this.

Although we haven't finalized our first quarter reports, it appears we have seen about 25% more Substance Abuse clients with a Williamson county address this quarter as compared to the same time last quarter. jean

Wellness and Recovery

Wellness and Recovery, formerly called case management are services needed by our consumers, but many of these services are not covered by private insurance. These include budgeting, helping with appointments and learning socialization skills. If a consumer does not have Medicaid and needs case management services, they would have to pay out of pocket if 708 funds were not available.

Crisis Services

Crisis counselors provide crisis intervention and assessment services to clients 24 hours a day, 7 days a week. Services are provided to anyone who is potentially a danger to themselves or others, or who is in a significant emotional state that counseling is required immediately, and the individual can't wait for a counseling appointment. When a client presents with a crisis, we will provide services regardless of their ability to pay. Services for adults are provided primarily in hospital emergency. Child crisis services can be provided to youth ages 0 – 18 in any location.

Early Head Start

This is a federal grant with a match requirement. We use both Franklin County and Williamson County 708 for the required match. We serve 85 low income families in a home based setting. We make sure the family understands the importance of nutrition, health, education, etc.

Early Intervention Title XX DFI

This is also a program that the 708 money is used as a match. If we could not provide the match, we would not get the grant dollars. This program provides a broad range of services helping families navigate medical and other systems for young children with developmental disabilities. This community/home based care prevents and reduces inappropriate institutional care.