



***Collaborative Systems Integration Project (CSIP)  
Executive Summary  
Margaret Joyal, Director Outpatient Services  
Washington County Mental Health  
February 11, 2015***

***Overview of Project***

The Collaborative Systems Integration Project (CSIP) was started in April of 2011 as part of a grant through the Vermont Judiciary between Washington County Mental Health Services (WCMHS) and Central Vermont Substance Abuse Services (CVSAS). Starting in FY 13 it has been funded through a grant with the Department of Mental Health.

CSIP provides a wide range of community based services through outreach and case management to an unconnected and disenfranchised segment of our community. This program focuses upon individuals who have or who are at risk of corrections involvement, and who also have co-occurring mental health diagnoses and substance abuse concerns. WCMHS has concentrated its efforts on providing intensive outreach case management services using the APIC model (Osher, Steadman & Barr, 2003) calling for *assessment* of clinical and social needs, *planning* for these needs, *identification* of the programs responses for these services, and the *coordination* of those needs. CSIP staff meet clients in the community or correctional facility, relationships are built and goals are established along with the strategies to meet these goals. The client and case manager work together to establish routines, both formal (e.g., referrals to psychiatric, psychological, and substance abuse providers, as well as providers who promote financial stability) and informal connections (e.g., peer support groups), and skills that promote the clients' health and success in the community.

Clients are engaged wherever they are located and feel comfortable and/or secure. Thus, intensive outreach is provided to clients at homeless shelters, community meals, probation offices, motels, homeless 'tent cities' and police departments in an effort to connect individuals with mental health and substance abuse services or community supports through community providers. Services are provided in collaboration with community partners specific to the client's needs and the services these community partners provide.

Utilizing the Sequential Intercept Model (Griffen and Munetz, National Gains Center, 2009) CSIP offers supports for those simply "on the radar" through re-entry into the community from prison, on probation and even those who are no longer under any supervision of any kind. CSIP clients include a number of Severely Functionally Impaired (SFI) designated individuals.



## **This project supported:**

- During FY 2014 68 men were referred to CSIP. Fifty-eight were successfully contacted and 42 engaged in the program services.
- 95% of fully engaged and 86% of all clients had experienced prior involvement with the criminal justice system.
- Intercept point: Upon initiation of services, 32% of fully engaged men were from intercept point 5, probation or community supervision; 14% from point 2, Arrest, Initial Detention, and 14% from point 4, Re-Entry.
- In FY 14 there was a thirty-six percent increase in clients from an older demographic than previously encountered who had been involved in the criminal justice system in their past and were now struggling to remain in the community without any type of supervision. Only one client had no involvement with the criminal justice system at all.
- When assessed with the Self-Sufficiency Survey a significant number of the respondents indicated that Housing, having a healthy Social System, having an unstable family life, and employment were areas in crisis, and as such, these areas became targets for therapeutic case management.
- All of the clients engaged in the CSIP Program had co-occurring mental health and substance abuse disorders. Among the diagnoses were included but not limited to, Major Depressive Disorder, Post-Traumatic Stress Disorder, Schizophrenia, Bipolar Disorder, Personality Disorders, Borderline Personality Disorder, Anti-Social Personality Disorder, Oppositional Defiant Disorder, Attention Deficit Disorder, Opioid and Alcohol Dependence, Generalized Anxiety Disorder, and Borderline Intellectual Functioning.

## **The Project Provided:**

Intensive outreach and case management.

An ongoing open men's discussion group meets weekly at a local church. The group discusses issues impacting participants - interpersonal relationships, stress and anger management issues, and involvement with the criminal justice system. The group averages five to six men attending each week and has had twenty six different men attend at least one group during the last fiscal year.

Participation in Treatment Court in collaboration with Central Vermont Substance Abuse Services.

The CSIP Re-entry House in order to support individuals leaving prison and re-entering the community. The residence supports up to three clients, in a positive, pro-social supportive and structured environment with twenty-four hours/day, seven days/week staffing.

This year CSIP has developed programming that offers clients the opportunity to pursue wellness and self-care by including fitness activities at a local gym.

### *Outcomes*

Seventy-two percent of engaged clients demonstrated increased independence in self-management as measured by the Self Sufficiency Matrix.

### *Recidivism*

One individual (2%) received new charges, and two (4%) had violations of conditions of release.

During this fiscal year July 1-December 31 there have been 46 new referrals. Twenty-nine referrals engaged. As of December, 23 individuals were on the intensive case management case load.

The CSIP program dramatically improves the continuum of care between outpatient and emergency services. Given the level of complexity and acuity of clients with co-occurring disorders attempting re-entry, the approach results in improved access, lessened emergencies, (i.e. fewer clients going into crisis in the first place), and improved outcomes as demonstrated above.

The population described above is in need of an array of services that the program is uniquely structured to provide. Because of the need to provide outreach and support in unconventional situations and settings, services are often not billable. This includes activities such as visiting potential participants in facilities or spending time in the homeless encampments and working on engagement in services. If our funding is cut, the very services that make CSIP and programs like it successful will not be available.

Please read the testimony from CSIP clients and family members regarding the vital role that this program provides.

February 10, 2015

To Whom it May Concern:

I am writing to support the Re-entry house run by Washington County Mental Health. My son Todd Provencher, has been in and out of jail several times and has attended the program at Maple Leaf Farm for both alcohol and drug rehab and support. Something always seemed to be missing for Todd until he was accepted at the re-entry house. The house offers 24 hour 7 support for Todd making sure he takes his medications properly and keeps his appointments with his probation officer and health providers. At the house weekly meetings are provided to address and discuss issues when needed. Todd is now feeling safe, happy, and healthy due to the help available to him 24-7 with resident staff.

He has been drug and alcohol free for over 6 months. The house has been very beneficial for Todd. They work on the whole person and provide the support he needs to reenter the community, The house provides support with daily living skills, being a responsible part of the house such as meal planning and cooking , working on getting back his driver's license and managing his money.

He feels safe at the house which has been a big issue in the past because he was beaten and robbed. Todd has had no violations of probation since he has been involved with this program.

The house has helped him enroll in a cooking class that may help with future employment. They also involved him in a weight lifting program which has helped with his self-esteem. He has been involved with the encouragement of WCMH with some community service. (Painting the steps at the Turning Point and setting up electrical equipment there.

They now have him involved with Vocational Rehabilitation for future planning. He has attended my support group at the Turning Point "Wits End" as well as AA Meetings.

It is so beneficial to Todd to have the staff drive him to and from these appointments so he does not have the opportunity to hang out on the streets and get back involved with the wrong people.

It is my opinion that the Re-Entry house may have saved my son's life in addressing mental health problems. When I attend my support group at Witt's End, I wish all the adult children I learn about at my support group could have the same facility and program available to them. I think this is what the whole problem of rehabilitation is missing. Please spend money beyond just detox facilities. Wrap around services and attending to individual needs are critical

Sincerely,

A handwritten signature in cursive script that reads "Claire LaRose".

Claire LaRose

121 Forest Drive

Montpelier, VT 05602

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TP

Before coming to the CSIP re-entry program my life was chaotic. I was couch surfing, avoiding everyone and everything, and I did not have any real friends. I just had people around who would use me for money and drugs, and who would steal from me. I used drugs heavily for 5 years; both uppers and downers. I was depressed, lost all interest in things, and felt worthless. I ended up incarcerated for 6 months for drug related charges. About 12 years ago I was jumped in a bar and ended up in the hospital with a TBI. After getting the TBI, I have never felt the same; I had poor balance and a bad memory, I didn't think that I mattered anymore.

The CSIP program has helped me to get back on my feet. Staff has been very supportive; they help me to get to important appointments, be prepared, and motivate me. CSIP got me involved in the Community Kitchen Academy program, where I am learning cooking skills and job preparation skills. I feel more stable now that I am at CSIP. I feel more motivated now than I have for the past 10 years. I have some of my self-worth back. I have been able to heal some of my relationships, like with my mother and her boyfriend. It feels good to have them actually want me to be around. I glad to give my mother some relief. I feel really good when I go to work out with staff and my case manager. I am eating healthy and exercising. Staff supports me to stay sober, and helps me by making sure that I go to CVSAS meetings, and to see my therapist. The staff at CSIP also helps me to stay sober by giving me positive reinforcement. I have learned in the program to be more responsible, how to be a good room-mate, and other important life skills.

I now have goals for the future to own property, and to be a sous chef. I may even go back to school to become an executive chef. I plan to stay fit and healthy and sober.

To whom it may concern

My name is Eric Proof and I participate in Carl Stewart's CSIP Program. I have known Carl for about 8 months. I recommend Carl's Program and fully support this, as I feel I have benefitted very much. I have attended Carl's Sirens group on Thursdays and feel this group is important to my mental health. I have also seen Carl on a one on one basis, and not only has he been a great help to me, I consider Carl a personal friend. Please reconsider your decision, and continue to fund this wonderful program I have been fortunate enough to attend. I can't enough how important this has been in my life, since I have fallen on hard times. Thank you -  
Eric Proof



I have been involved with the C.S.I.T. Program for 10 months. I had ran into some very overwhelming challenges in my life and did not know what to do or where to turn. I had reached out to many programs and organizations but I still could not put it all together. Then Washington county mental health suggested that I speak to Carl Stewart. I was told that he could help me get through the problems I was having and assist me with maneuvering through the system. They were right. I had a lot of questions and he was able to assist and direct me to the answers I needed to get my life in order. Without the help he gave me I do not think I would be where I am today.

He has helped me,  
Navigate through the criminal system.  
Stay focused on my mental health.  
Obtain benefits that I needed to proceed with my life.  
Help me acclimate back into the community.  
Feel like a person that can be proud of the accomplishments that I have I have achieved.

I dialogue with him at least once a week and always ask him about any important decisions I need to make. I value his opinion and there have been many occasions that he has been the voice of reason and steered me away from making the wrong choice. There is also the support group for men that he runs with Nick N., a therapist from Washington county mental health. The group is a great outlet to speak with others that have similar issues as mine. It is also another form of therapy that is beneficial because there is no judging, only feedback from people like myself. Recently he has also got me involved in a physical fitness regiment that has made me feel good about myself. I feel so strongly about this idea because a healthy body helps a healthy mind that I intend to try to get others involved. Any one that gets involved will have another tool to succeed.

I feel that the C.S.I.T. Program is so important to so many men and the community that it is a value. I can not think of any other way that they could get this kind of help. There is no other program of it's kind and if it was canceled many men like me would fail and repeat the same behaviors over and over again. Simply put, Washington county needs this program.

I was brought to the CSIP house by Carl Stewart my case manager as I entered the program I had been in jail, been homeless with a head injury. Once I got going with the CSIP house I had more people around me that wanted to support me and help me with my goals and my future. Every thing that I've done at the CSIP house has been a challenge. From where I started from where I got to is because I had the right people around me and I did the work to get there. I think I was not focused and had real no direction for myself. Once I got going it was like someone had given me a chance to prove it. Everytime I was able to volunteer, work, go to the gym, and learn something new. That was another step in my success that was part of my life. Right now I'm working for a college and I never thought I would have a chance with what I had gone through to be a part of something good. Everyone that has help me since I've been at the CSIP house I have had a better outlook on life, some good people that believe in me and a place to live. Before when I was in a

bad place I didn't care about anything but myself. I had been angry with a lot of things and didn't really have anyone that could help me. The real challenge that I had was finding was doing something that would help me and not thinking about what has happen. I have a better relationship with my mom and that means everything. Every week I have a chance to talk about different things going on and that is just of something that I don't have to be afraid of but I can look forward and see myself as someone. I think the toughest part of everything that I've done is just taking time and speaking to other people. I know that I really had trouble talking to others in the beginning and now it has help me to the point where I can do things on my own. And I can make better choices for myself as well as talking to people about things that have been hard or stressful. I was able to go to my grandmother's funeral and that was really hard to deal with. I didn't like where I was and I didn't really know what to say. But I did get through it just like every thing else that I had to do. The CSIP program has changed my life and it has taught me a lot of things