

# Linking Community Supports

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LINCS

Margaret Joyal, M.A.  
Director, Center for Counseling and Psychological Services of  
Washington County Mental Health  
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# What is LINCOS?

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Evidence informed trauma treatment

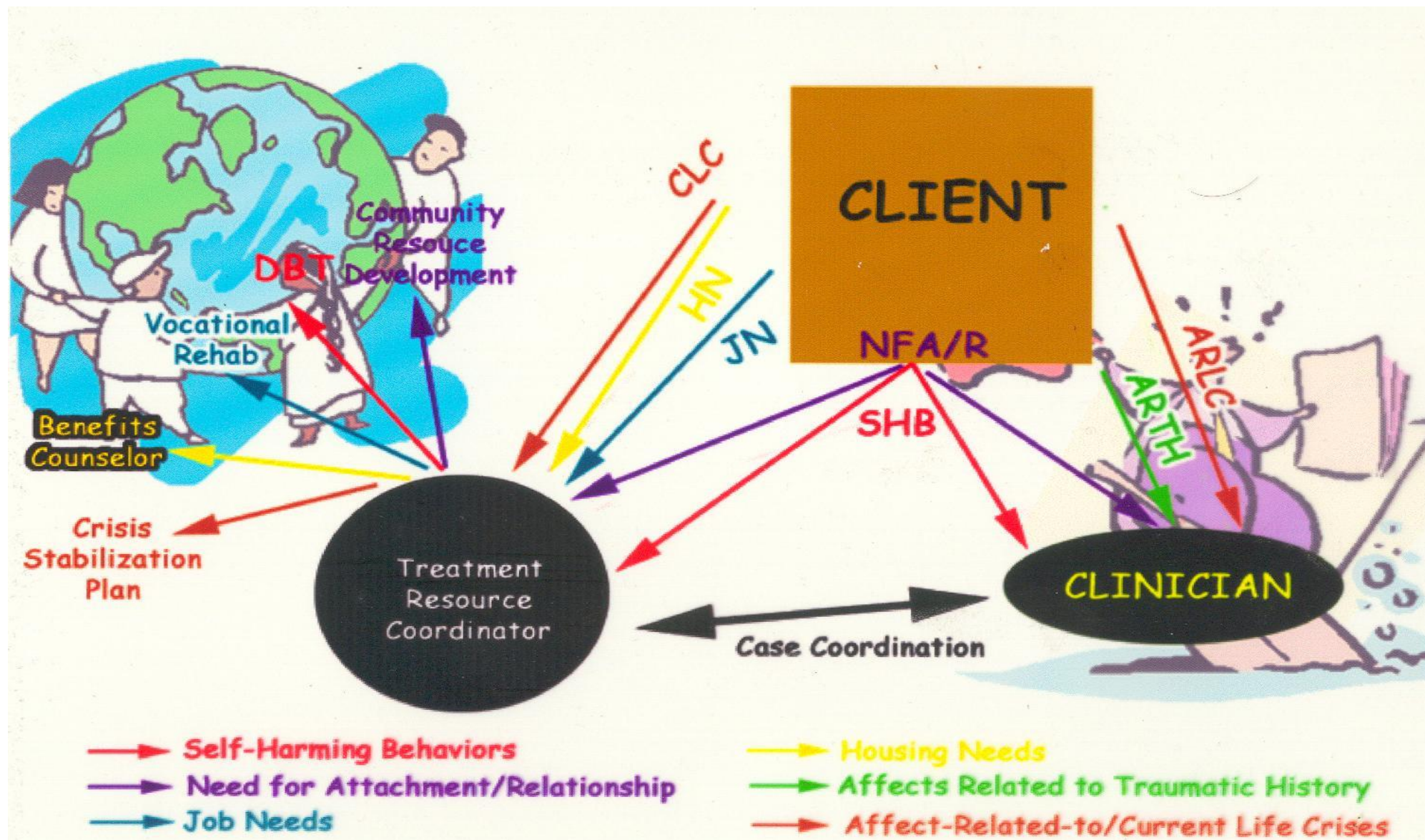
Resiliency Building Focus

Team approach

Phase oriented

- Stabilization
- Processing impact of trauma
- Integration

# LINCS



# The numbers

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In fy 2017 LINCS served 2553 clients

Provided 4376 services

Clients were seen in their homes, in a local physician's office, offices at CCPS

These numbers do not include clients seen from other programs at WCMH

Services include:

- Screening in primary care office
- Treatment Resource coordination
- Clinical case management
- Group and individual psychotherapy

# Trauma Screening and Referral for Health Care Providers: Why is it important?

- **Trauma and trauma-related problems are common.**
  - ~60% of men and ~50% of women experience at least one trauma such as a disaster, war, or a life-threatening assault or accident at some point in their lives (1).
  - ~8% of the population suffers from PTSD during life with PTSD being comorbid with other disorders such as panic, phobic, or generalized anxiety disorders; depression; or substance abuse.
- **PTSD affects health.**
  - Conditions include cancer, heart disease, chronic lung disease.
  - Trauma is associated with increased utilization of medical services and can act as a mediator between trauma exposure and health effects (2-3).
- **PTSD is under-recognized by medical providers.**
  - Research indicates that that many patients who seek healthcare have been exposed to trauma and have posttraumatic stress symptoms, but have not received appropriate mental health care (4).
  - As with anxiety disorders and depression, most patients with PTSD are not properly identified and are not offered education, counseling, or referrals for mental health evaluation.
  - Avoidance of trauma reminders is a prominent symptom of PTSD, which makes it more likely that patients will not spontaneously report experiences of trauma.

# Screening pilot at Barre Adult Primary Care

Screening and referral for trauma within primary care practices has been recommended as part of health reform.

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Central Vermont Medical Center-Adult Primary Care in Barre, VT with WCMH LINCS and BHIP implemented this recommendation within its adult practice. In the initial pilot they screened 41% of the sample screened positive.

- Of those referred to treatment, 82% attended at least one appointment.
- Practitioner reported that screening did not take much time within the visit and some of the results surprised her.
- One patient stated, “I never would have told anyone if you hadn’t asked me.”
- Initial successes helped recruit three other practitioners to begin screening.
- The screen has now been embedded in the intake and annual for all patients.

There have been 151 screens administered  
23% screened positive  
60% people accepted referrals to LINCS

# Trauma Treatment Works

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In a five year study of clients enrolled in LINCS, the trauma treatment program at WCMHS, BC/BS found:

No mental health/substance abuse admissions  
No mental health/substance abuse related emergency room visits

An estimated savings of \$20,000-30,000

75% drop in general ER visits and 30% in physical health admissions for 2013-2016

# Medicaid and LINCS

From a randomly selected sample of WCMH clients

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- 2 years pre-2 yrs post engagement in LINCS
- 87% reduction in overall emergency room visits  
\$5,307 cost savings
- 84% reduction in mh/sa e.r. visits; \$16,718 savings
- MH/SA Admissions: 33% reduction in mh/sa admissions: \$36,327 savings