

# Behavioral Health Systems Change



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# How we started

In late 2018, Missouri Ozarks Community Health (MOCH), our local FQHC, received the Rural Community Opioid Response Program (RCORP) planning grant.

Through the grant, MOCH, requested that the local health departments in Douglas, Ozark, Wright and Texas Counties lead the effort to form task forces in order to identify resources, barriers and gaps in opioid overuse, prevention, treatment and recovery.



# How we started

- ▶ Throughout 2019, task forces met monthly in each county to identify resources, barriers and gaps;
- ▶ With the information, we were able to identify some of the more pressing needs in our community.



## Gaps & Barriers

Lack of a sufficient support system for those with behavioral health and/or substance use issues regarding their recovery.

Our children not being taught coping and life skills that will help them make good choices down the road.

Lack of awareness and stigmas associated with behavioral health & substance use issues.

# To address these issues, we:

When the RCORP Planning grant ended, in 2019, we were able to apply and receive Behavioral Health Systems Change funding from the Missouri Foundation for Health.

- ▶ Hired two (2) Community Navigators;
- ▶ Purchased fuel cards to help with transportation for individuals;
- ▶ Formed Crisis Intervention Teams (CIT) in each county;
- ▶ Contracted for development of a Media and Messaging campaign to create awareness of issues and to address the stigma aspect of behavioral health and substance use issues;
- ▶ Identified an evidence-based curriculum to utilize and implement in our schools.

# What has happened.....

- ▶ Community Navigators started in June 2020; as of October 31, 2022, they have helped 277 clients:
  - ▶ Wide variety and, some, unexpected needs (Treatment, employment, birth certificate, education)
    - ▶ **Success Stories:**
      - ▶ 28 year old pregnant female in Treatment Court since February 2020 who became a client of a Cheryl Thurman, Community Navigator, in June of 2020 due to a need of financial and technical assistance in obtaining her birth certificate. She had been in the system for a long time according to the Probation Officer and was addicted to meth, heroin and marijuana. Her diagnosis included anxiety and depression. Cheryl contacted a ministry (Sweetwater Network) in Texas County that assists court involved people in order to reduce recidivism that provided funds and technical assistance to attain a birth certificate. She was then able to apply for housing for her and baby. Later, as she was about to graduate court in June 2021, she asked for a computer to take her GED. This same ministry provided the funds to give this young lady a computer to study and take her GED. She has graduated Treatment Court, has a job, has housing and has a healthy baby boy!

## What has happened.....

- ▶ I was able to get him the application and set him down to discuss what it would look like, i.e. length of the program, what he could take with him, how long before he could talk to his family. All these concerns are common questions and things that cause added stress to someone who is already on the verge of a relapse. Then, because of covid regulations at the facility, he would need to provide a negative test. After a couple days and more phone calls to different people within the facility their director called back to say yes. We got him tested (negative) and enrolled and he was off to the program.
- ▶ This is just one of several times that I truly believe someone would have relapsed as opposed to dealing with the stress of a situation on their own. This is a perfect example showing how much stress someone can be under while trying to stay clean and sober.
- ▶ -Josh Browning, Community Navigator

## What has happened.....

- ▶ 191 fuel cards (\$25-\$30) have been provided;
- ▶ 30 people have been trained in Crisis Intervention and each county now has a CIT council that meets monthly;
  - ▶ *"I just wanted to send a shout out to your deputies that responded to an emergency call tonight (private residence). I didn't get their names, unfortunately, but we were all very impressed with how they handled our 16 year old autistic cousin. Especially the younger officer who was on the ground talking with him to de-escalate him and did a fantastic job. We as a family appreciate everything that was done."*

▶ *Direct Facebook quote*



## What has happened.....

- ▶ The 2<sup>nd</sup> Step curriculum has been presented to 335 2<sup>nd</sup> grade students at 12 schools
  - ▶ 9 toolkits given to schools
    - ▶ Now working through our monthly taskforce group to develop and implement a mentoring program for our youth.

Questions?

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