

State Hospital Step-Down (SHSD) Program

Check-In Code

4008



State Hospital Step-Down (SHSD) Program

2024 Texas Council Conference

Disclosure to Learners

37th Annual Texas Council Conference

June 17-19, 2024



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Successful Completion

Successful completion of this continuing education event requires that you:

- Complete registration and sign in,
- Attend the entire event,
- Participate in education activities, and
- Complete the participant evaluation.



Texas Department of State
Health Services

Continuing Education

Continuing Medical Education:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of The Texas Department of State Health Services, Continuing Education Service and Texas Council of Community Centers. The Texas Department of State Health Services, Continuing Education Service is accredited by TMA to provide continuing medical education for physicians.

The Texas Department of State Health Services, Continuing Education Service designates this live activity for a maximum of 7.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This course has been designated by The Texas Department of State Health Services, Continuing Education Service for 1.00 credits of education in medical ethics and/or professional responsibility.

Nursing Continuing Professional Development:

The Texas Department of State Health Services, Continuing Education Service is accredited as a provider of Nursing Continuing Professional Development by the American Nurses Credentialing Center's Commission on Accreditation.

The Texas Department of State Health Services, Continuing Education Service has awarded 7.00 contact hours of Nursing Continuing Professional Development.



Texas Department of State
Health Services

Continuing Education

Licensed Psychologists:

The Texas Department of State Health Services, Continuing Education Service is approved as a provider of professional development hours for licensed psychologists, per the Texas Administrative Code Rule §463.35 (f)(1). The Texas Department of State Health Services, Continuing Education Service has awarded 7.00 professional development hours. This course has been designated by The Texas Department of State Health Services, Continuing Education Service for 1.00 hours in professional ethics.



Texas Department of State
Health Services

Commercial Support & Disclosure of Conflict of Interest

This event received no commercial support.

The speakers and Planning Committee for this event have disclosed no relative financial interests.



Texas Department of State
Health Services

Non-Endorsement Statement & Off Label Use

Accredited status does not imply endorsement of any commercial products or services by the Texas Department of State Health Services, Texas Medical Association, or American Nurse Credentialing Center.

The speakers did not disclose the use of products for a purpose other than what it had been approved for by the Food and Drug Administration.



Texas Department of State
Health Services

What is the SHSD Program?

The Program is designed to intentionally and effectively step-down psychiatrically and/or medically fragile individuals from state hospital inpatient settings to more appropriate community-based settings. Purpose of the program is to support these individuals in the community through intense psychiatric services to prevent relapse back into inpatient settings or jail, while promoting client autonomy and ability to live independently.

The Hospital Step-Down Program offers three Transitional Living Homes located in a residential area in Seguin or Georgetown, with ability to serve up to 16 clients.

SHSD Program Locations

Georgetown 1

6-bed Transitional Home



Georgetown 2

4-bed Transitional Home



Seguin

6-bed Transitional Home



Community Living

- Each home is located in a residential community with shared access to communal spaces such as living room, dining room, kitchen and restrooms.
- Residents may choose their own room or share with a roommate (depending on availability/case by case)
- Total bed capacity in Georgetown is 10 beds and in Seguin 6 beds



Community Living



COMMUNITY LIVING

CLIENTS ARE ENCOURAGED TO GET
THEIR FOOD HANDLER CERTIFICATION

CLIENTS WORK TOGETHER TO PREPARE
HOLIDAY MEALS FOR THE HOME





Eligibility Criteria

- 18 years of age or older
- History of serious mental illness
- Has the goal and ability to secure or maintain income for independent living
- Residing in the State Hospital for over 365 days

SHSD program is a voluntary program with services up to one year. Residents will sign a one-year Residency Agreement and will use this time to work on goals identified in their Person-Centered Recovery Plan.

Referral Process

- An interdisciplinary team, known as the **Intensive Treatment Team (ITT)**, collaborates to identify candidates within state hospitals nearing readiness for discharge and looking to work toward sustainable goals.
 - The ITT is comprised of HHSC members, BTCS Members, and supported community partners.
- Health and Human Services Commission (HHSC) Transition Specialists complete a screening process to determine discharge readiness.
- HHSC Transition Specialist forwards eligible referrals to BTCS Program Managers to determine further eligibility.
- BTCS will determine eligibility and provide one of the following decisions:
 1. Provisionally approve
 2. Request more information
 3. Deem the candidate not eligible
 4. Present recommendations and reconsider in 60-90 days depending on recommendations.

Referral Process

BTCS will schedule three meetings with the treatment team:

- **Phase I:** Scheduled with BTCS and State Hospital Treatment Team to review clinical records and staff
- **Phase II:** Scheduled with Candidate & Treatment Team
- **Phase III:** Scheduled with Candidate to review recommendations/plan on moving forward
- **Until Transition:** Meetings are scheduled as needed until the transition occurs to complete pertinent documentation to include development of court supported documents.

SHSD Staffing Pattern Example

Georgetown 10-bed Location	
Monday – Friday	Position
8:00am – 4:00pm	Program Manager
8:00am – 4:00pm	Administrator
8:00am – 4:00pm	Residential Specialist
8:00am – 5:00pm	Certified Peer Specialist
8:00am – 4:00pm	Rehabilitation Specialist (QMHP)
PRN – Med Management	Psychiatrist
PRN – Physical Healthcare	Family Nurse Practitioner
Oversight – Med Education	Registered Nurse
8:00am – 5:00pm	Care Coordinator
PRN	Licensed Chemical Dependency Counselor
10:00am-8:00pm (M-W)	Rehabilitation Specialist (QMHP)
8:00am – 6:00pm (W-F)	Rehabilitation Specialist (QMHP)
Monday – Friday	Position
7:00am – 7:00pm	Residential Specialist/Shift Leader
7:00am – 7:00pm	Residential Specialist
Monday – Friday	Position
7:00pm – 7:00am	Residential Specialist/Shift Leader
7:00pm – 7:00am	Residential Specialist
7:00pm – 7:00am	Residential Specialist
Saturday – Sunday	Position
7:00am – 7:00pm	Residential Specialist/Shift Leader
7:00am – 7:00pm	Residential Specialist
7:00am – 7:00pm	Residential Specialist
8:00am – 6:00pm (SAT)	Rehabilitation Specialist (QMHP)
10:00am – 8:00pm (SUN)	Rehabilitation Specialist (QMHP)
Saturday – Sunday	Position
7:00pm – 7:00am	Residential Specialist/Shift Leader
7:00pm – 7:00am	Residential Specialist
7:00pm – 7:00am	Residential Specialist



Services Available to Our Residents

SHSD services may include, but are not limited to:

- Medication Management
- Peer Support
- Care Coordination
- Counseling
- Mental and Physical Healthcare
- Supported Housing
- Psychological Services
- Substance Use Services
- Supported Employment



Intensive Case Management/ Rehabilitative Services

- Skills Training
- Exposure Therapy
- CBT; DBT; CPT
- Facilitate engagement in integrative community events
- Coordinate volunteering activities
- Financial Literacy Support
- Vocational skills training for employment
- Connection to community resources that provide additional support/support navigation through community resources

Community Involvement

Residents participate in local community activities each month such as:

- Hiking in state parks
- Visit to the local zoo
- Volunteering at the animal shelter
- Bowling
- Community Festivals
- Fine Dining at local eateries



Join Us for a Financial Presentation on:

Debt

Strategies for managing debt & paying off credit cards

Information & Security

Ways to keep your financial information safe and prevent identity theft

When: Wed. October 25, 2 pm – 3 pm

Where: Round Rock Collaborative Space

Contact: Amanda.Coleman@bbtrails.org

Financial Services

Residents attend financial presentations on various topics from local Financial Solutions Advisors

Nursing Role in SHSD Program

- **Purpose:** Daily Medical Assessments, Monitoring, and Support through 1:1 sessions and groups to build and maintain insight into medical related needs.
- **Psychoeducation and Medication Training:** Education on diagnosis, medications (including desired effect, side effects, consequences of non-compliance), also education on healthy lifestyle choices (diet habits, exercise, hydration). Assist clients in gaining/maintaining insight related to diagnoses, medications and treatments
- **Connecting with community resources:** Linking clients with outside providers for dental, imaging, labs, specialty providers such as ophthalmology, orthopedics, pulmonology, etc.
- **Self Administration of Medication:** Supervision of clients filling their pill minders weekly
- **Self Advocacy:** Encourage self-ownership of personal healthcare outcomes through education on recognizing need to call providers, scheduling own appointments, ordering medications, filling pill minder, teaching how to utilize their own insurance, paying co-pays for visits/procedures/meds

- Medical Complexities (i.e. Fragile diabetes, medically acute patient, pregnancy)
- Court Delays
- Establishing/Re-Establishing benefits (SSDI, SSI, SNAP, etc.)
- Obtaining pertinent paperwork (Birth certificates, ID, Social Security Card)
- Managing guardianship/LAR
- Resistance with client and their Recovery/Relapse

Overcoming Barriers

SHSD Program Stats

- Referrals to Date: 57 Georgetown Program and 34 Seguin Program (*not all received*)
- Current Residents: Thirteen residents (8 Georgetown; 5 Seguin)
- Pending Residents: Two for Georgetown and one vacant bed for Seguin. A few pending applications for reconsideration.
- Successful Discharges: **12** in Georgetown, **9** in Seguin to independent dwellings, family residence, group homes,
- Significant Milestones: Residents gained insight into managing long term mental illness, continued medication management and therapeutic services, established employment, gained knowledge of independent rehabilitative skills, re-built relationships with families, re-built their credit, obtained vehicles or independent living dwelling, connected with ongoing MH services, and did not relapse back into crisis or return to IP hospital setting.
- Average years in State Hospital: **723 Days ; 1 year and 363 days**

coa: 3.1.23 (JS)

Story Time: A Man Fell in a Hole



Peer Support

Inspire	Inspire hope by being the example
Walk	Walk with peers and support them on their recovery journey
Dispel	Dispel myths about mental health
Provide	Provide self help

Success Story

*****Permission was given to share this story*****

- 46C NGRI for Capital Murder
- History/Background - Dx: Schizoaffective disorder. At time of offense presented with an extreme case of psychosis evidenced by bizarre thought content, delusional thought content, and AVH. Not on medications.
- Treatment while in State Hospital - Spent about 10 years between jail, competency restoration at Vernon, and treatment at a state hospital. Stabilized on medications, engaged with treatment team, and engaged in COPSD and NGRI recovery programming.
- Treatment while in HSD program - Connected with Psychiatric Provider, PCP, OBGYN, Orthopedic, ICM, DBT therapist, PSS, Engaged in community activities, volunteer, and established self with other peer networks.
- Highlights while in Recovery - obtained a job, completed a training program and was promoted to a higher paying position. Maintained insight and practiced good judgement. Improvement in self-esteem and ability to discuss offense. No behavioral issues, incidences of aggression, and able to manage bullying/stalking behaviors from members of previous community.
- Outcome - 46C modified for OP treatment in county with family supports where she continues to sustain gains made in recovery

Future SHSD Expansion Planning

- Addition of a 6-bed Transitional Home in Smithville, TX
- Serving a specialty population of adults with a dual-diagnosis of Intellectual Developmental Disability or Autism and a behavioral health diagnosis
- Staffing Model will add a Board-Certified Behavioral Analyst (BCBA) and weekend Registered Behavior Technician (RBT) support. Additionally, all Rehabilitation Specialists will be dually credentialed as Qualified Mental Health Professionals (QMHP) and Qualified Intellectual Disabilities Professionals (QIDP)



Briana Porter, LMSW
State Hospital Step-Down
Program Manager
512-599-7153
Briana.Porter@bbtrails.org

Questions?