

# Office of Behavioral Health

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# Mission & Vision

The Office of Behavioral Health takes responsibility for a behavioral health continuum of care that serves the whole person, the whole community. Through policy and funding we promote a full spectrum of services, from prevention, early intervention, treatment, and crisis care, to housing, employment, and recovery supports. OBH partners with stakeholders to offer support, resources, education, training, technical assistance, and services.

Our goal is to ensure Mainers with mental health, substance use, and co-occurring disorders are not just symptom free but living a life of dignity, hope, and meaning. We strive for a behavioral health system that takes a population health approach, recognizes the importance of meeting people where they're at, is trauma informed, and actively reaches out. OBH aspires to keeping Mainers experiencing mental health and substance use challenges out of jails, prisons, and hospitals, and in the community, as independently as possible.

# Health of Maine's Behavioral Health System: Data Snapshot

## 2019 National Survey on Drug Use and Health (NSDUH; Data for 18+):

Measure	US 2019	Maine 2019	Of Note
Illicit Drug Use Past Month	12.7	19.42	Maine in highest quintile
Illicit Drug Use Past Month No MJ	3.4	3.28	Maine in middle quintile
Cocaine Use Past Year	2.2	2.08	Maine in middle quintile
Marijuana Use Past Year	<b>17.1*</b>	<b>25.37*</b>	Maine in highest quintile; US & ME up from 2009
Herion Use Past Year	0.3	0.61	Maine in highest quintile
Methamphetamine Use Past Year	<b>0.76*</b>	0.54	US up from 2018; Maine in 2nd lowest quintile
Pain Reliever Misuse Past Year	<b>3.69*</b>	3.98	US down from 2018; Maine in 4th Quintile
Alcohol Use Disorder (AUD) Past Year	5.7	5.95	Maine in middle quintile
Any SUD Past Year	7.7	8.89	Maine in highest quintile
Didn't Receive Needed Specialty SUD Treatment Past Year	7.2	8.2	Maine in 4th quintile
Didn't Receive Needed Specialty AUD Treatment Past Year	5.4	5.7	Maine in middle quintile
Didn't Receive Needed Specialty Illicit Drug Treatment Past	<b>2.67*</b>	3.01	US but not Maine up from 2018
Any Mental Illness Past Year	<b>19.86*</b>	22.1	US but not Maine up from 2018 & 2009
Serious Mental Illness Past Year	<b>4.91*</b>	<b>6.03*</b>	US but not Maine up from 2018, US & Maine up from 2009
Received MH Services Past Year	<b>15.57*</b>	20.48	US up from 2018; Maine in highest quintile
Attempted Suicide Past Year	0.6	0.63	Maine in middle quintile
Serious Thoughts of Suicide Past Year	<b>4.58*</b>	5.44	US up from 2018 & 2009; Maine in highest quintile

\*represents a statistically significant change

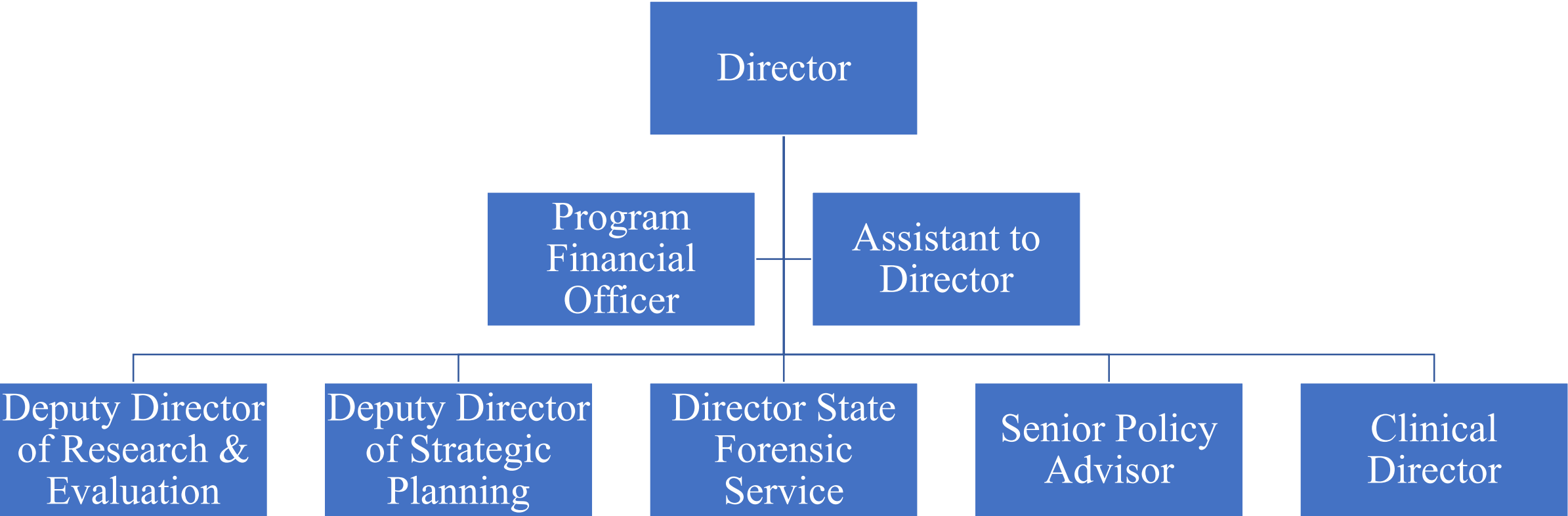
# Health of Maine's Behavioral Health System: Data Snapshot

- Fatal overdoses down 7% since last quarter; still up from 2019
- Prescribed opiates down 43% from 2015; Buprenorphine (MAT) treatment up 43% since 2018
- Crisis Line calls up 16% post COVID; portion referred to mobile down 21.5% & emergency response down 63%
- Only 2.5% crisis calls resulted in involuntary inpatient admission
- Average readmission to inpatient within 30 days: 8% (US average 17%)
- No BRAP waitlist in 2020; 77% housed, 14% newly awarded & looking; 69% housed w/in 1 month of receiving BRAP
- 2020 saw 4 service closures; 12 new licensed MH agencies & over 27 new service locations
- Client satisfaction up on all Perceptions of Care Domains; over 90% on most

# Roles and Responsibilities

- Single State Agency (SSA) for Substance Use (SUD) & Mental Health (MH)
- Federally designated State Opioid Treatment Authority (SOTA)
- Development & oversight of SUD & MH services
- Program Evaluation & Quality Assurance
- Policy & Rulemaking
- Prescription Drug Monitoring Program (PDMP)
- Rights protection & advocacy
- Medicaid covered services for uninsured adults
- Non-Medicaid covered BH services
- BH Workforce Development & Certification
- Baxter Compensation Authority
- Consent Decree
- 211

# Leadership



# Programs and Services

## MH Services

- Residential
- Crisis Continuum
- ACT
- Community Integration
- DLSS
- Community Rehabilitation Services
- Medication Management
- Coordinated Specialty Care/ Early Intervention
- Veterans CM

## SUD Services

- Residential/ Detox
- MAT
- Intensive Outpatient Programs
- Naloxone Distribution
- ODMAP
- Parent Edu, Coaching, CM
- Support for affected others

## Housing

- BRAP
- Shelter Plus Care
- Recovery Residences
- Rental Subsidy
- PATH
- Supported Housing
- HOUSE
- Florence House
- McAuley House

## Recovery

- Peer Services
- Peers & Recovery Coaches in EDs
- Recovery Centers
- Clubhouses
- Supported Employment & Education
- Consumer Council
- Family Support & Edu
- Transportation
- Warmline

## Criminal Justice

- State Forensic Service
- Intensive Case Management
- Re-entry supports
- Pre-trial Services Drug Court
- MH Courts/ Dockets
- MAT in Jails & DOC
- CIT training
- DEEP

## Workforce

- Peer Certification
- MHRT Certification
- Recovery Coach Training
- Conferences
- Trainings
- Fidelity monitoring
- Medication Management grant

# Priorities and Initiatives

- Opioid Response
- Map & Match
- Improving Criminal Justice Outcomes
- Streamlining & improving data collection, analysis, & reporting
- Improving housing outcomes
- Complete Crisis Continuum of Care
- Workforce
- Addressing racial and ethnic disparities
- Reducing BH Impacts of COVID-19



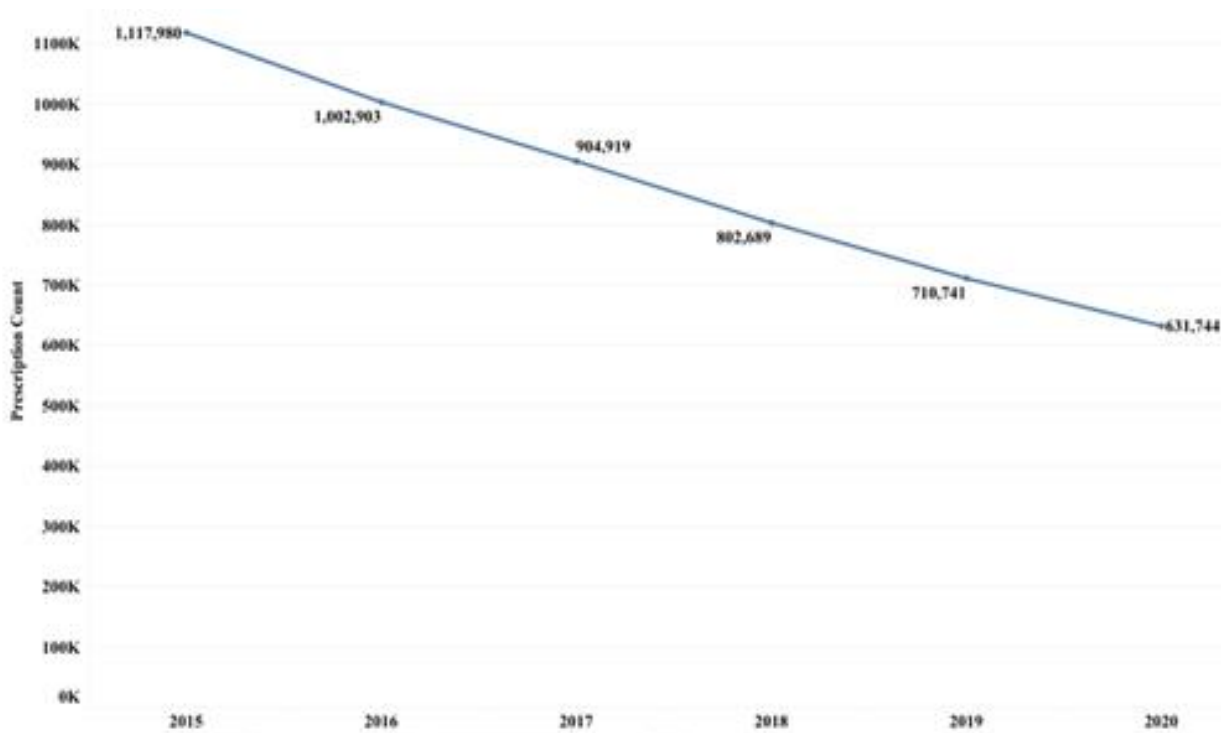
# Opioid Response Highlights

## Overdose Prevention Through Intensive Outreach, Naloxone, & Safety (OPTIONS)

- KnowYourOptions.ME
- Teams in all 16 counties
- Post non-fatal overdose response & proactive outreach
- Co-response with EMS/Law Enforcement
- Linkage to treatment, recovery, & harm reduction resources
- Naloxone leave behinds
- Public & targeted campaign w/key calls to action
  - Alternatives to using alone
  - How to get help
  - Naloxone
  - Calling 911 – the Good Samaritan Law

# Opioid Response Highlights

## Prescriptions of Opiates



## Prescriptions of Suboxone/Buprenorphine (MAT)



# Map and Match

- Goals
  - Keeping clients out of EDs, hospitals, & jails
  - Timely access to appropriate services
  - Filling in service array & geographic gaps
- Select activities
  - Service locator: Open Beds
  - MH-IOP & DBT
  - Increase MAT access
  - Increase SUD residential
  - Early Intervention
  - Telehealth

# Improving Criminal Justice Outcomes

- Justice and Health Team
  - Pre-booking diversion & MH Courts
  - Build upon existing ICM Jail & Re-entry work
- Develop community placements & competency restoration
- Law enforcement handoff to Crisis Center
- Pre-trial and Re-entry Services
- Jail & DOC based MAT & Peer Supports
- CIT Training
- An Act To Increase Availability of MH Services for IST Defendant
- An Act Regarding Civil MH Evaluations of Former Criminal Defendants

# Data, Reporting, and Evaluation Improvements

- Deputy Director of Research & Evaluation
- Automating data collection within provider workflow
- Referral & critical incident reporting portals
- Consent Decree compliance
- Newly hired Supervisor of Data & Research
- ODMAP
- Recovery Data Platform
- Opioid Response Dashboard
- Performance Measures & Quality Assurance
- Vastly improved OBH efficiency
- Public & provider facing data dashboards in development

# Improving Housing Outcomes

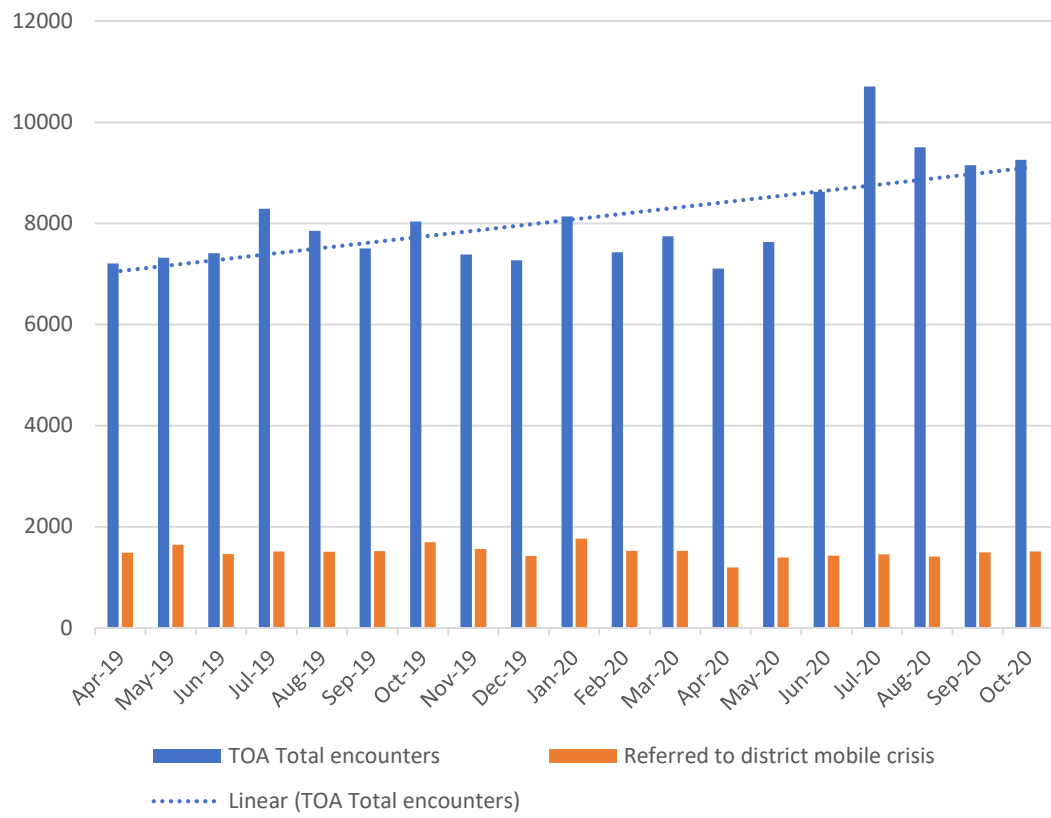
- Change to BRAP policy lowering income contribution
- Expansion of PATH program
- Continuation of Recovery Residences pilot w/additional sites
- Development of permanent Recovery Housing
- Supportive housing
- Shelter supports
- HOUSE pilot
- Coordinated Entry

# Completing the Crisis Continuum of Care

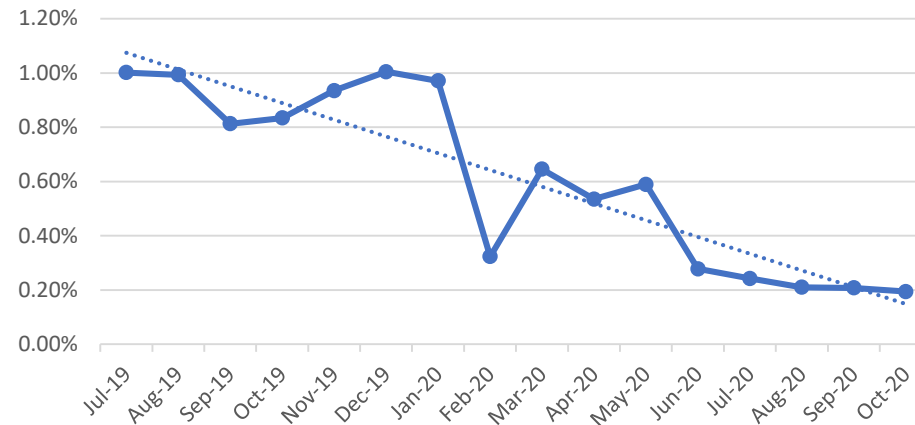
- Cumberland County Crisis Center: comprehensive services
- OPTIONS
- Performance improvements
- Funding flexibility
- Recovery Supports in Emergency Departments
  - Expansion of Recovery Coaches to 9 Hospitals
  - Expansion of MH Peers from 1 region to 3; increased hospitals covered
- 9-8-8 roll out planning

# Current Crisis Service Snapshot

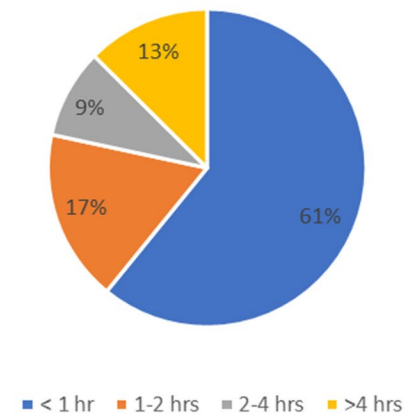
Crisis call volume by month



Proportion of Maine Crisis Line Calls Referred to Emergency Services



Time from Determination of Need to Face-to-Face Contact





# Behavioral Health Workforce

- Peer Certification: expansion & expectations
- Mental Health and Rehabilitation Technician (MHRT) Certification
- Medication Management
- Recovery Coach training
- Conferences, Workshops, & Trainings
  - Governor's Opioid Response Summit
  - Monthly Summit Webinars
  - Early Psychosis Coordinated Specialty Care (PIER)
  - Client Rights, Contract & Rule
  - Hope Conference

# COVID-19 Response Framework

## Maintain Safe Service Access

- MAT requirements adjusted
- Telehealth
- Infection Control
- Workforce requirement flexibilities
- Virtual DEEP
- Internal OBH operations
- Virtual SFS
- Continued ICM

## Clear & Frequent Communication

- Behavioral Health Townhalls
- COVID Policy & Guidance websites
- Virtual Office Hours
- Op-Eds & media
- Listserv
- Virtual Governor's Opioid Summit

## Financial Support

- Crisis Services funding flexibility
- Early rate increases
- Expansion of Warmline Capacity
- Temporary Rate Increases
- Provider Relief Funds
- Adolescent Residential up staffing

## Monitor Key Metrics

- Crisis Data
- Overdoses
- Suicides
- StrengthenME contacts
- Occupancy rates
- Service Utilization

## Crisis Response

- OPTIONS
- Increased Naloxone Distribution
- Weekly meetings w/Crisis Providers
- Disaster Response Plans
- Facilitate access to quarantine & isolation sites


## BH Surge Prevention

- Maine Frontline Warmline
- StrengthenME
- Quarantine & Isolation Supports

# Behavioral Health Surge Prevention




- \$4.7M FEMA/SAMHSA Grant Funding
- \$2M SAMHSA COVID Grant
- Running since 3/27/20
- 26,114 unique encounters as of 1/9/21
- 20 Community Partner Organizations
- 1 of only 15 States with highest rating for NSC MH response to COVID
- 90x telehealth increase
- For more info: [StrengthenME.com](https://www.strengthenme.com)



We're here to help.

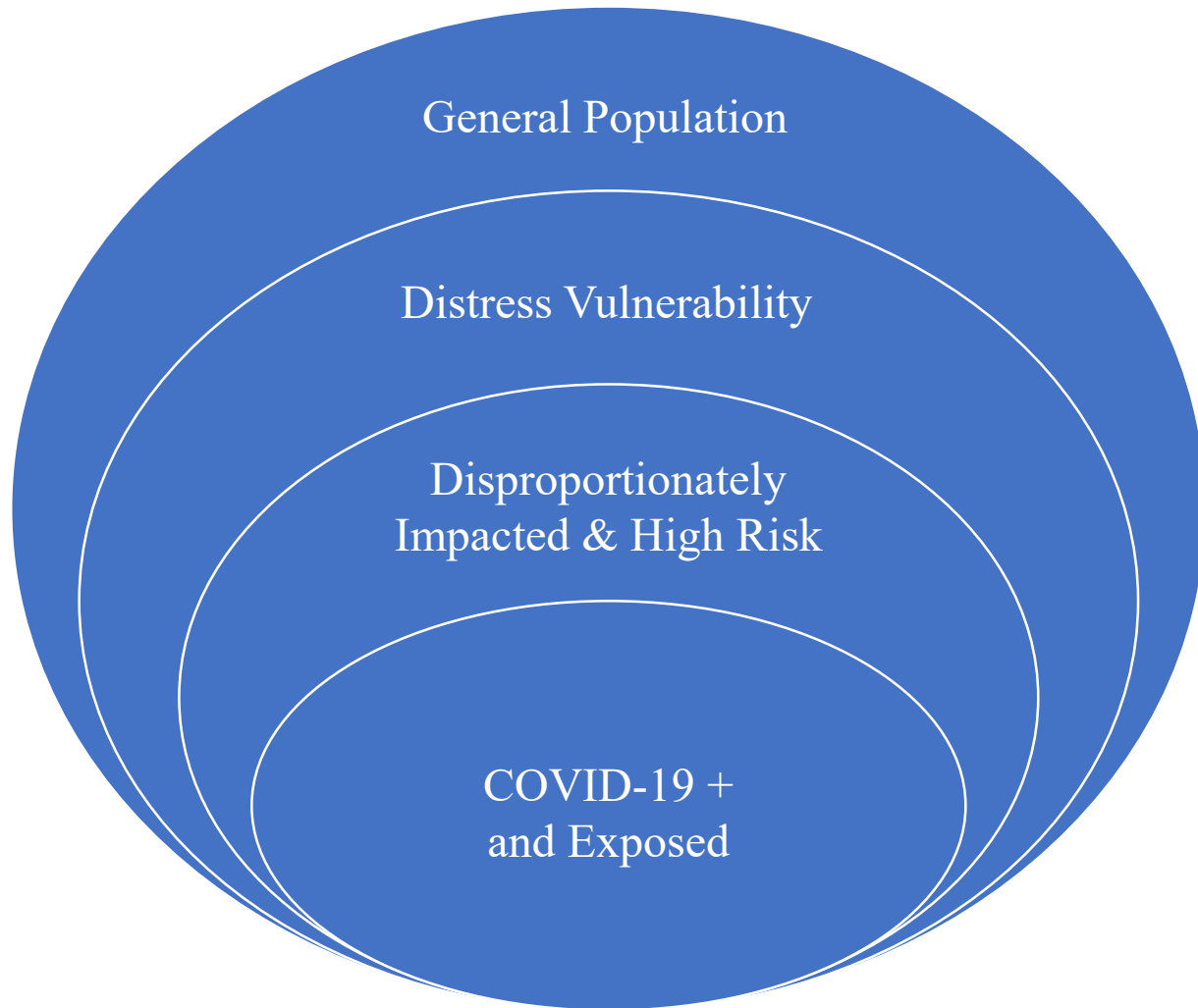
StrengthenME offers free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 Pandemic.

**For statewide assistance call:**

 **207-221-8198**

Every day 8am to 8pm

# StrengthenME



Public Health Campaign  
StrengthenME.com  
StrengthenME Support Line

NAMI Teen Text Line  
Intentional Warm Line expansion  
Behavioral Health Agencies

Maine Frontline Warmline for First Responders,  
Health Care & School Professionals  
Work Force & Workplace Wellness Supports  
Community Health Outreach Workers (CHOWs)  
& Special Population Supports: BIPOC,  
Homeless, Elderly, Teens, New Mainers

CHOWs Isolation & Quarantine Setting Supports

# Questions?

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