



Woodbury County Board of Supervisors

Request for Funding- Opioid Remediation Settlement Funding

### **Creating Access/Connections to Care and Peer Recovery Support Services**

**Proposed by Sky Ranch Behavioral Services (SRBS)**

**Draft Revised: 2/1/2024**

## **Proposal Narrative**

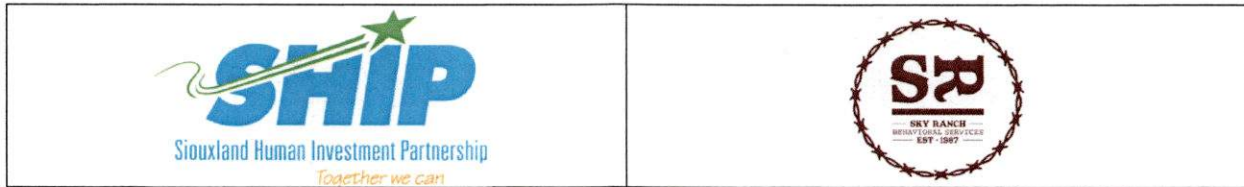
Sky Ranch Behavioral Services (SRBS) is requesting two years of funding in the amount of \$242,648 per year (\$485,296 over a two-year period). SRBS is requesting funding to support and address two key needs and priorities in the Siouxland area. 1. Connecting Individuals to Care and Addressing the Needs of Criminal Justice Involved Persons, and 2. Supporting People in Treatment and Recovery with Peer Recovery Services. Both areas of focus are highlighted priorities in the in the Opioid Remediation Funding Guidance in Part I Treatment, Items B, C, and D.

- 1. Connections to Care and/or Addressing the Needs to Criminal Justice Involved Persons with Opioid Use Disorder, Substance Use Disorder, Co-Occurring Disorder.** (Opioid Remediation Priority Part 1 Treatment Items C & D)

Sky Ranch Behavioral Services (SRBS) will implement access and connections to care for the general community of Woodbury County and for individuals (youth and adults) who are Criminal Justice Involved. This is a critical need for Woodbury County based on current substance use trends and the increasing crisis in mental health for youth and adults. Many youth and adults do not receive access to substance use disorder and/or mental health care due to one or more of the following reasons:

- Lack of knowledge about how to access care.
- Challenges navigating the current substance use disorder and/or mental health system of care due to barriers related to insurance, shortage of addiction and mental health professionals, youth struggling to get parental resources to support care, and overall stigma about addressing substance use or mental health issues.
- Crisis- when individuals are faced with crisis in substance use or mental health, it is often difficult to navigate the complex system of care.
- Limited options to access help or resources after school and/or in the evenings.

SRBS will launch an open access, walk in access and navigation service for a minimum of 15 hours per week, including at least one evening and/or weekend access day for connecting youth, adults, and/or families to SUD care. Proposed open access hours include: Mondays and Wednesdays from 2 until 6 PM, Thursdays from 3 PM until 8 PM, and/or Saturdays from 10 AM until 12 PM. In addition, SRBS will provide phone-based support for individuals needing resources and/or questions answered regarding



accessing substance use and/or mental health care. In addition, SRBS will provide both open access and scheduled SUD assessment services for individuals wanting to access care. Within six months of implementation, SRBS will also offer open access and scheduled mental health assessment services for individuals wanting to access care.

Open access, phone, and scheduled navigation services will include:

- Answering questions and providing general information about substance use and/or mental health issues.
- Education about how to respond in an opioid crisis, substance use crisis, and mental health crisis
- General screening for safety, substance use, and mental health.
- Assistance and support with navigating the steps to access substance use and/or mental health care for youth, adults, and/or family members.
- Assistance with understanding the steps and navigating substance use and/or mental health commitments.
- Providing connections to community-based and culturally responsive resources to support individuals with substance use and/or mental health issues.
- Provision of both online and community-based resources, including referral and warm-handoff.
- Delivering walk in and scheduled substance use disorder assessments. Mental health assessments to be added within six months.

Connections to Care via access and navigation services will be provided by a full time Substance Use and Mental Health Access Navigator who will be a Certified Alcohol and Drug Counselor (CADC) with expertise in substance use and co-occurring mental health issues. They will allocate their time between open access/ walk in services, phone consultation, and individual navigation and assessment services. This person will provide phone, in-person, and community-based access and navigation support. As a result of these innovative interventions, SRBS will impact the lives of over 120 youth and adults in Woodbury County.

**2. Support People in Treatment and Recovery with Peer Recovery Services (Opioid Remediation Priority Part 1 Treatment Items C & D)**

SRBS will launch peer recovery services in two specific populations:

- Peer Recovery Support Specialist to serve youth up to 17 years of age; and,
- Peer Recovery Support Specialist to serve adults identified in the Woodbury Family Treatment Court.

SRBS will recruit and hire (2.0 FTE) peer recovery support specialists who will provide outreach and engagement in the community, homes, and schools. The identified populations are those experiencing substance use, mental health, and/or co-occurring issues and symptoms. The role of the peer recovery support specialists will be to provide advocacy, support in navigating and/or accessing the resources and options within the recovery community, and to help address basic needs in order to



enhance their overall wellness. “When one rises, we all rise,” which serves as the motto of the former National Association of Drug Court Professionals (NADCP), now All Rise. The value of increasing the number of peer recovery supports in our community has demonstrated a reduction in hospital admission rates and longer community tenure (Chinman, Weingarten, Stayner, & Davidson, 2001; Davidson, et al., 2012; Forchuk, Martin, Chan, & Jenson, 2005; Min, Whitecraft, Rothbard, Salzer, 2007), as well as decreased symptoms of psychosis, depression, and substance use (Davidson, et al., 2012). The benefit of Peer Recovery Support for our community is vast.

Sky Ranch Behavioral Services (SRBS) is uniquely qualified to support the supervision of the Peer Recovery Supports, as the agency has expertise in an outpatient, community-based substance use and mental health services provider setting. While SRBS serves youth, adults, and families, specialized outreach and services are focused on school aged youth in area schools and that are justice-involved youth.

According to SAMHSA, “peer support workers are people who have been successful in the recovery process and who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse”. <https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers#:~:text=Peer%20support%20workers%20are%20people,reduce%20the%20likelihood%20of%20relapse>

The goal will be offering support for the identified population to engage in recommended treatment services, in community-based substance use, mental health, and/or co-occurring disorders services. Individuals who are impacted by opioid use will be prioritized; however, any person with any substance use and/or mental health symptoms will be served. In addition to outreach, education, screening and engagement, peer recovery support specialists will provide recovery support services to individuals who are engaged in outpatient and/or inpatient substance use disorder treatment, mental health therapy, and/or co-occurring services. With this in mind, some additional goals/tasks of recovery coaches are to help improve participation and engagement in treatment interventions through peer recovery coaching, help with transportation to services, provide outreach, and to facilitate engagement in recovery support activities in the community.

Eligibility for the Peer Recovery Support Specialist positions would be individuals who are an adult (18 or older) who have been free from substance use for a minimum of 12 months and have lived recovery experience in substance use and/or mental health recovery.

*“Peer Support Specialists bring their own personal knowledge of what it is like to live and thrive with mental health conditions and substance use disorders. They support people’s progress towards recovery and self-determined lives by sharing vital experiential information and real examples of the power of recovery. The sense of mutuality created through thoughtful sharing of experience is influential in modeling recovery and offering hope (Davidson, Bellamy, Guy, & Miller, 2012).*



SRBS proposes to outreach to a minimum of 120 individuals per 12-month calendar year and a minimum of 90 individuals per year will be formally enrolled in peer recovery support services.

Sustainability will be achieved within two years through certification as an outpatient mental health and/or substance use peer recovery support provider through IHHS with certification from the Iowa Board of Certification or other designated entity. SRBS is well positioned to do this based on being an established IHHS licensed substance-use disorder provider and certified outpatient mental health services provider.

### About Sky Ranch Behavioral Services (SRBS)

Sky Ranch Behavioral Services opened in 1987 as Sky Ranch for Boys to provide aftercare services to juveniles reentering the Siouxland community from their treatment facility. Since the physical ranch’s closure in 2011, the agency rebranded as SRBS and continues to provide behavioral health services. In 2019, SRBS added Substance Use and Problem Gambling Disorders Outpatient Treatment for adolescents and adults. In 2023, SRBS achieved certification as an Outpatient Mental Health Services provider. The current focus is on helping youth improve their lives with expansive and new community-based programs of education classes, prevention/diversion, groups, individual and family counseling. Outcomes focus on reduced substance use and enhanced mental health, coping skills, functioning, and overall well-being. SRBS is led by executive director Anna Bertrand. Siouxland Human Investment Partnership (SHIP) serves as the employer of record and fiscal agent for SRBS.

### Budget

#### Two Year Budget Proposal

Line Items	Year 1	Year 2
Peer Recovery Specialist (2.0 FTE) \$17 per hour at = \$35,360 @ 2 years = \$70,720		
Supervisor, TBA Individual and Group Supervision .25 FTE of \$56,000 = \$14,000		
Substance Use and Mental Health Access Navigator 1.0 FTE @ \$48,000		
Total Personnel	\$132,720	\$132,720
Fringe Benefits and Employer of Record 45% of total Salaries = \$64,369		
Total Fringe Benefits	\$64,369	\$64,369
Office Space for 3.0 FTE and Open Access Hub for a minimum of 15 hours per week (\$600 @ 12 months)		
Total Office Space	\$7,200	\$7,200
Office Supplies \$500 per year		
Technology \$1000 per year @ 3.0 = \$3,000		
Total Supplies & Technology	\$3,500	\$3,500



Transportation and Parking -Parking and Mileage for staff transporting participants to recovery support \$5,000		
Total Transportation	\$5,000	\$5,000
Training, Continuing Education, Certification for Peer Recovery Sustainability \$3,000		
Total Training & Sustainability	\$3,000	\$3,000
Basic and Emergent Needs for Participants (food, emergency needs, school supplies, recovery support tools) \$2,400		
Resources to Support Navigation and Access (filing fees, transportation, emergency co-pays) \$2,400		
Total Program Supplies/ Basic Needs	\$4,800	\$4,800
Total Expenses	<b>\$220,589</b>	<b>\$220,589</b>
Indirect/ Administration – Fiscal Agent Services provided by Siouxland Human Investment Partnership (SHIP) (de minimus rate which equals 10% of total expenses \$220,589)		
Total Indirect	\$22,059	\$22,059
<b>Total</b>	<b>\$242,648</b>	<b>\$242,648</b>