



# LONG TERM & RESIDENTIAL CARE IN SAN DIEGO COUNTY

---

*April 2018*  
*Dr. Michael Krelstein, Clinical Director*  
*Behavioral Health Services*



# BEHAVIORAL HEALTH CONTINUUM OF CARE



• **Independent Living**

• **Licensed Board and Care**

• **Short Term Transitional Residential**

• **Long Term Transitional Residential**

• **SNF/MHRC/IMD/STP**

• **State Hospital**

• **Acute Inpatient Psychiatric Hospital**



- Independent Living Facilities (ILF) are “privately-owned homes or complexes that provide housing for adults with mental illness and other disabling health conditions. They serve residents that do not need medication oversight, are able to function without supervision, and live independently” (Independent Living Association website: [www.ilasd.org](http://www.ilasd.org))
- **69** ILF registered with Independent Living Association of San Diego(ILASD), **10** ILF have pending applications with ILASD, and **229** ILF unaffiliated with ILASD
- Monthly rates vary

# LICENSED BOARD AND CARE FACILITIES



- Licensed Board and Care facilities are regulated by The State of California Community Care Licensing Department.
- Types of Board and Care facilities include: Adult Residential Facilities (ARF) are homes for persons with **Mental Disorders (MD)**, **Developmental Delays (DD)**, ages 18 to 59, or **Residential Care for Elderly (RCFE)** for older adults ages 60 and over,
- Board and Care residents receive personal care, medication management and other types of individual attention for disabilities that prevent them from living independently.
- Currently there are 62 ARF/MD homes listed by 2-1-1, they typically charge the monthly SSI rate of \$889.00. There are facilities in addition that are not listed on the 2-1-1 site bringing the total ARF/MD board and care facilities in San Diego County to 72. Monthly rates for RCFE facilities are typically \$2500 and above.

# B & C EXAMPLES



# 211 ARF/MD BOARD AND CARE CAPACITIES 2012-2017



Year	Bed Count	Difference from previous year
2012	1,034 beds	+30 beds
2013	1,016 beds	-18 beds
2014	993 beds	-23 beds
2015	969 beds	-24 beds
2016	963 beds	-6 beds
2017	933 beds	-30 beds

\*NET LOSS = 101 OVER THE LAST 6 YEARS



## AUGMENTED SERVICES PROGRAM (ASP) DESCRIPTION

- **Activities are provided on site** at licensed Board & Care (B&C) facilities **with the goal of enhancing and improving recovery** through augmentation of basic B&C services to specific individuals living in specific B&C facilities with which the county has an ASP contract.
- **Emphasis is on developing client strengths, symptom management, and client self-sufficiency.**
- **Priority** for ASP services is given to those people in **most need of additional services.**
- ASP clients must be open to a **Case Management or ACT** (Assertive Community Treatment) program.
- B&C facilities receive a **daily augmentation rate per ASP resident that pays for an ASP Activities Director and services, and behavioral incentives**



Licensed Board and Care Facilities with client centered psychosocial rehabilitation services and support beyond medication management. Services include individual and group therapy and skills building groups with a focus on building vocational and educational goals.

- **CRF, Casa Pacifica, Oceanside**
  - Average length of stay: 3-6 months
- **Changing Options, Ramona (includes system of ILFs)**
  - Average length of stay: 6-9 months
  - OptumHealth Authorizes admissions

These homes serve as excellent step down programs for high levels of care, and/or alternatives to higher levels of care.



# CASA PACIFICA



# CHANGING OPTIONS





## WHAT IS A NURSING HOME IN CALIFORNIA

- All nursing homes in California must be licensed by the California Department of Public Health (DPH) and meet California nursing home standards.
- Nursing homes that choose to participate in the Medicare and Medi-Cal programs must be certified by the federal government in order to qualify for payments from these programs. Federally certified facilities must meet federal standards as well as the California requirements.
- All nursing homes are not alike. There are several types of licensing and certification categories for nursing homes

# SKILLED NURSING FACILITIES CONT.



- Most nursing homes in California are licensed as Skilled Nursing Facilities (SNFs), which California broadly defines as a health facility that provides skilled nursing and supportive care to persons who need this type of care on an extended basis.
- Medicare also uses the term "skilled nursing facility" for nursing homes that are certified to receive its payments. Medi-Cal uses a similar term, "nursing facility (NF)," for nursing homes that are certified to receive Medi-Cal payments. Most, but not all, licensed skilled nursing facilities in California are certified to participate in Medicare and Medi-Cal.
- Source: [http://canhr.org/factsheets/nh\\_fs/html/fs\\_WhatisaNH.htm](http://canhr.org/factsheets/nh_fs/html/fs_WhatisaNH.htm)

# SKILLED NURSING FACILITIES CONT.



## EDGEMOOR HOSPITAL

**Edgemoor Hospital provides 24 hour long term skilled nursing care for individuals having complex medical needs who require specialized interventions from highly trained staff.**

**Edgemoor is a “safety net” facility with a mission to take those individuals who cannot be served by area skilled nursing facilities and who would otherwise be a burden on the community.**





- **Lakeside Special Care, Lakeside**
  - Standard SNF with additional Behavioral Health Support
    - Increased supervision
    - Vocational Skills Groups
    - Arts & Crafts
- **Vista Knoll, Vista**
  - Standard SNF Beds
  - Neuro-Behavioral Unit for Traumatic Brain injury and sever neurocognitive impairment
- **Telecare Garfield, Oakland**
  - Neuro-Behavioral Unit for Traumatic Brain injury and sever neurocognitive impairment

# VISTA KNOLL SPECIALIZED CARE



LIVE WELL  
SAN DIEGO



# LAKESIDE SPECIAL CARE





# DESCRIPTION OF MHRC/IMD PROGRAM



- Licensed by the California Department of Health Care Services (DHCS)
- Provides a 24/7 structured environment with psychosocial rehabilitative treatment, recovery and ancillary services in a locked residential setting
- Goal is for improved functional behavior
- Offers benefit to clients through a variety of rehabilitation services
- Designed to prevent direct placements of its clients in acute psychiatric hospitals, state hospitals or other locked long-term care facilities.
- Average length of stay is 6-9 months. MHRCs have 16 beds or under
- SNF/IMD/STPs have over 16 beds

# ELIGIBILITY FOR IMD



- Must be diagnosed with a severe mental health diagnosis in addition to any other co-occurring diagnoses
- Must be 18 years old or older
- Must meet San Diego County BHS criteria for Long Term Care authorization determined by the BHS Administrative Services Organization (ASO) including but not limited to:
  - LPS Conservatorship must be established
  - SSI must be in place
  - Person must be able to participate in and benefit from treatment milieu
  - Must be determined by program to be medically cleared for treatment in an MHRC/IMD
  - Individual must be referred from an acute care behavioral health unit and authorized by the ASO (Optum)

# ALPINE SPECIAL TREATMENT CENTER



LIVE WELL  
SAN DIEGO



# CRESTWOOD BEHAVIORAL HEALTH, INC. SAN DIEGO



LIVE WELL  
SAN DIEGO



# CRESTWOOD BEHAVIORAL HEALTH, INC. CHULA VISTA



# IMD CAPACITIES (IN COUNTY) AS OF JANUARY 2018



Facility Name	Capacity
Alpine Special Treatment Center	75 Beds
Crestwood San Diego	106 Beds*
Crestwood Chula Vista	40 Beds

Capacity in County	221
Capacity out of County	10
Total Capacity	231

\*Note: Effective 7/1/17, funding was added to Crestwood to add 64 beds to the San Diego site. The facility previously had a 42 bed capacity. These additional beds will be available for admissions in May 2018.

# STATE HOSPITALS



METROPOLITAN STATE HOSPITAL



PATTON STATE HOSPITAL



# STATE HOSPITALS CONT.



- The Department of State Hospitals (DSH) manages the California state hospital system, which provides mental health services to patients admitted into DSH facilities. The department strives to provide effective treatment in a safe environment and in a fiscally responsible manner.
- DSH oversees five state hospitals and three psychiatric programs located in state prisons.
- Our five state hospitals are Atascadero, Coalinga, Metropolitan (in Los Angeles County), Napa and Patton.
- [DSH-Atascadero](#)
- [DSH-Coalinga](#)
- [DSH-Metropolitan LA](#)
- [DSH-Napa](#)
- [DSH-Patton](#)
- [DSH-Sacramento](#)
- [DSH-Salinas Valley](#)
- [DSH-Stockton](#)
- [DSH-Vacaville](#)



# San Diego County Long Term Care Beds By Type As Of March, 2018



Facility Type	Number of beds
Transitional Residential	30
SNF	48
IMD/MHRC/STP	231
Edgemoor Hospital	195
Total	504



Our current LTC system over utilizes Locked Acute Psychiatric Care due to a lack of step down residential treatment options at great cost to the County financially and in terms of clinical best practices. Currently, 38 clients are on Admin Days in Acute Psychiatric Hospitals.



72 people in Acute Psychiatric Hospitals waiting for discharge to a lower level of care:

- 3 for Adult Residential Facility (ARF)
- 3 for a Skilled Nursing Facility (SNF)
- 53 for Institute for Mental Disease (IMD)
- 3 for Neuro-behavioral Unit (NBU) Patch
- 10 for State Hospital (SH)



- At any given time, we have the same number of people waiting to be discharged from IMDs that we have waiting to be admitted.
- Current number waiting for discharge from local IMDs (Crestwood San Diego/Chula Vista and Alpine) is 42.



- The LTC Expansion Plan being submitted shifts from dependence on acute care by increasing capacity at lower levels of care resulting in:
  - Treating people at the least restrictive level of care, a clinical best practice and legal requirement for LPS conservatees
  - Lowering costs to the County
  - Providing best value to the County
  - Consistency with *LiveWell San Diego*

# LONG TERM CARE CAPACITY



## LONG TERM CARE UPDATE AS OF MARCH 2018

Facility Type	Current Number of Beds	Current Number Funded	Future Number of Beds Added	Total Future Beds Planned
<b>Institutional/Secured</b>				
IMD	166	231*	TBD	TBD
SNF/STP	0	40	40	40 +
SNF COSD Funded	22	22	TBD	TBD
SNF - patch	34	48	TBD	TBD
<b>Total:</b>	<b>222</b>	<b>341</b>	<b>TBD</b>	<b>TBD</b>
<b>Step Down Beds</b>				
Transitional Residential Board and Care	30	30	16	46
Board And Care for Elderly (Secured)	0	12	TBD	12
<b>Total:</b>	<b>30</b>	<b>42</b>	<b>TBD</b>	<b>58</b>
Augmented Services Program (ASP) clients	200	200	TBD	TBD

NOTE: LTC beds are added/procured based on operational need. Some beds in the future columns above are currently in active procurement phases.

\* Number includes 64 beds added to Crestwood on 7/1/17 and will not be available until after remodel, approximately 5/1/18.

# COURT ORDERED PATIENTS



## Court Ordered Patients 2018

Patient Name	Coming From	Admit Date	Current Legal Status	Discharge To	Discharge Date
Pt. A	Patton State	3/23/2017	PCON		
Pt. B	Central Jail	5/25/2017	PCON	Central Jail	7/11/2017
Pt. B	Central Jail	7/31/2017	PCON		
Pt. C	Central Jail/Patton State	10/16/2017	PCON	Crestwood IMD	2/14/2018
Pt. D	Las Colinas	11/3/2017	PCON		
Pt. E	Las Colinas	11/6/2017	PCON	Alpine IMD	3/1/2018
Pt. F	Central Jail	<b>12/9/2017</b>	Murphy Conservatorship	UCSD	2/1/2018
Pt. G	Las Colinas	12/13/2017	PCON		
Pt. H	Central Jail	12/21/2017	PCON		
Pt. I	Las Colinas/Patton State	1/2/2018	PCON		
Pt. J	Central Jail/Patton State	1/15/2018	Murphy Conservatorship		
Pt. K	Las Colinas	1/24/2018	PCON	Las Colinas	2/4/2018
Pt. L	Central Jail	1/27/2018	5150 GD	Self	2/17/2018
Pt. F	UCSD	2/5/2018	Murphy Conservatorship		
Pt. K	Las Colinas	2/8/2018	PCON		
Pt. M	Las Colinas	2/8/2018	5250	Self	2/17/2018
Pt. N	Central Jail	<b>2/9/2018</b>	5250	Self	2/16/2018
Pt. O	Central Jail	2/21/2018	PCON		
Pt. P	Central Jail	2/26/2018	TCON		
Pt. Q	Central Jail	3/11/2018	TCON		
Pt. R	Las Colinas	3/15/2018	180		
Pt. S	Las Colinas	3/22/2018	PCON		
Pt. T	Central Jail		TCON		
Pt. U			Murphy Conservatorship		

2017 = 8

2018 = 12

Placements=3



**Dr. Michael Krelstein**  
Clinical Director  
Behavioral Health Services