

## Region III

### Crisis Response & Child Psychiatry Grant

Region III consists of 10 CSB's, serving 26 counties and 8 cities.



#### Regional picture in 2012:

- 4.88 FTE child psychiatrists serving 14,000 youth.
- 0 youth-specific crisis programs.
- Reliance on pediatricians to prescribe psychotropics.

In 2013, MRCSB developed regional access to child psychiatry via telehealth through a contract with the University of Virginia's Department of Psychiatry and Neurobehavioral Sciences. This funding also supported 3 CSB's in developing youth specific crisis services. Additional funding in 2014 and 2015 resulted in increasing contracted time with UVA and funding additional CSB's development of youth crisis services. In 2016, the General Assembly increased the allocation for this grant significantly enough to support the development of a regional Crisis Stabilization Unit. 2017 was the last round of increased funding and resulted in the completion of an infrastructure that does not only support youth in their communities, but in their admission and discharge from the CSU. It also supported additional telehealth hours to accommodate these expanded youth specific crisis services.

#### Regional picture now:

Youth Served:

FY13- 168  
FY14- 447  
FY15- 548  
FY16- 1,307  
FY17- 1,558  
FY18- 2,236



#### Outcomes:

- Lowest regional bed day utilization of CCCA despite several CSB's in the region being close to CCCA and having few private hospitals as an alternative.
- CSB's with mobile and center based crisis stabilization programs experienced a combined decrease in CCCA bed day utilization (FY17 vs FY18) by a total of 172.
  - Mount Rogers Community Services Board accounted for 123 days of the decrease.
  - On average, CSB utilization across the state increased by approximately 33 bed days.

**P**ositive

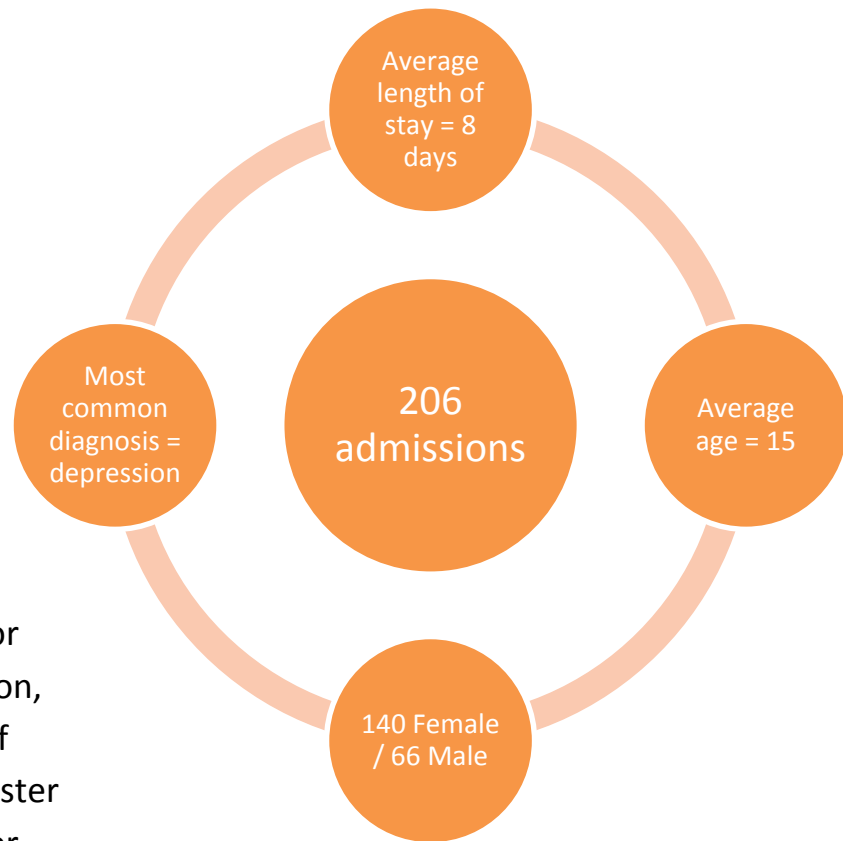
**A**lternatives

**T**o

**H**ospitalization

### PATH is Region III's Residential Crisis Stabilization Unit

FY18 Statistics:



The vast majority of youth discharged from PATH return home with appointments to continue seeing the UVA doctor who assessed them at admission, offering a unique continuum of care. Some youth enter into foster care due to existing concerns or due to disclosures made on the unit as youth experience a safe place to share.

<b>CSB Utilization</b>	<b>PATH Bed Days</b>	<b>Youth benefitting from regional telehealth</b>
<b>Blue Ridge Behavioral Health</b>	2	0
<b>Cumberland Mountain CSB</b>	164	100
<b>Danville-Pittsylvania CSB</b>	0	1
<b>Dickenson County CSB</b>	27	6
<b>Highlands Community Services</b>	90	43
<b>Mount Rogers CSB</b>	880	257
<b>New River Community Services</b>	263	25
<b>Planning District 1</b>	48	7
<b>Piedmont Community Services</b>	160	65
<b>Southside CSB</b>	0	12
<b>Total</b>	<b>1,595</b>	<b>516</b>