

# ROUTT COUNTY BOARD OF COUNTY COMMISSIONERS

## AGENDA COMMUNICATION FORM

<b>ITEM DATE:</b>	<b>ITEM TIME:</b>
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<b>FROM:</b>	Beth Melton
<b>TODAY'S DATE:</b>	12/31/2019
<b>AGENDA TITLE:</b>	Letter of Support for Mountain Medical grant application for HB 19-1287 funds

<b>CHECK ONE THAT APPLIES TO YOUR ITEM:</b>	
<input checked="" type="checkbox"/> <b>ACTION ITEM</b>	
<input type="checkbox"/> <b>DIRECTION</b>	
<input type="checkbox"/> <b>INFORMATION</b>	

<b>I. DESCRIBE THE REQUEST OR ISSUE:</b>
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A letter of support for a DHS grant via West Slope Casa to support the expansion of opioid recovery and treatment services in Routt County was requested by Nancy Beste. Each Commissioner was given the opportunity to review the letter, and it has been submitted to Ms. Beste and Mr. Stensland as of 12/31/19. Ratification of the Chair's signature on this letter (see attached) is requested.

<b>II. RECOMMENDED ACTION:</b>
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Ratification of the Chair's signature on a letter of support for Mountain Medical's grant submission to the HB-1287 Grant Committee.

<b>III. DESCRIBE FISCAL IMPACTS (VARIATION TO BUDGET):</b>
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<b>PROPOSED REVENUE:</b> N/A
<b>PROPOSED EXPENDITURE:</b> N/A
<b>FUNDING SOURCE:</b>

<b>IV. IMPACTS OF A REGIONAL NATURE OR ON OTHER JURISDICTIONS (IDENTIFY ANY COMMUNICATIONS ON THIS ITEM):</b>
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N/A

<b>V. BACKGROUND INFORMATION:</b>
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The request for a letter of support came from Nancy Beste and Matt Stensland on behalf of Mountain Medical Road to Recovery and contained the following background information:

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Ultimately, the purpose of the grant funds is to save more lives, train/hire more certified addiction counselors, create sober places for people to live and to remove obstacles that are presenting people from getting sober.

Using unrelated grant dollars, Road to Recovery in February will begin operating a mobile health unit measuring 33 feet in length. There is funding to staff the mobile health unit for one year. That health unit and staff will be going to the communities of Oak Creek, Hayden, Kremmling, Granby, Fraser and Walden.

The mobile unit will be providing medication-assisted treatment (MAT) in these six communities where MAT is not currently available.

Road to Recovery wants to use the mobile health unit to initiate services in these communities and then use HB 19-1287 grant dollars to establish permanent locations, or outposts, for the integrated medical and behavioral health services associated with MAT.

Road to Recovery will lease space with local providers to provide medication-assisted treatment and behavioral health recovery resources at these outposts. This will also allow the mobile health unit to then focus on other underserved communities in Northwest Colorado.

Within the project, Road to Recovery will use HB 19-1287 grant dollars to build a robust certified addiction counselor training program to develop counselors with credentials and expertise to provide intensive outpatient programs, gender specific trauma groups with childcare, family groups, pain recovery groups and individual counseling.

An addiction counselor will staff each outpost for 20 hours each week. Patients will also be able to communicate with other counselors and medical providers via telehealth.

Having physical outposts in each community will help establish a higher level of care for both medical and behavioral health:

- Each outpost will serve as a safe and supportive place for anyone in recovery.

Therapy groups will be able to meet at the locations, which will help foster sober friendships, mentorships and a community of support among those in addiction recovery.

- Patients will have more access to in-person support on the days when the mobile unit is not in the community. This is especially important as patients are transitioning from their substance to medication treatment.

- Outposts will allow each location to be staffed by providers who live in the community.

- Outposts will serve as a connector to other resources, such as employment and social services.

Road to Recovery will be bringing IOP behavioral therapy to the six communities as well as Steamboat. IOP is currently not offered in any of the three counties. IOP is a three-phase program and patients attend group therapy for nine hours each week. The program allows patients to stay in their own communities for treatment and not put their lives on hold to attend residential treatment.

In order for patients to be successful in their sobriety they need behavioral health treatment and a safe and sober environment to live.

Road to Recovery is working with Oxford House to establish up to six sober living

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Funds we are requesting

Road to Recovery is asking for 19-1287 grant dollars to establish outposts and fund operations through June 30, 2021. After that, the outposts will be sustainable through revenue from Medicaid/Medicare, private insurance, self pay and grants for indigent patients.

To do everything we want to do, we are requesting close to the full \$1 million.

This is true cost of bringing these services to six new locations and to make them financially sustainable.

Oxford House is recommending a budget of \$160,000.

Fees/rent/equipment for establishing and running six outposts: \$160,000

Cost of start-up/operations (counselor and supervisor wages, childcare): \$525,000

Counselor training program to address counselor shortage: \$30,000

West Slope Casa administrative fee: \$38,000

Total: \$913,000 (budgets are still being finalized)

We are presenting a second, less costly, package to the grant committee. This package would still establish outposts in the communities but not IOP behavioral health programs. The wages for operations would be significantly lower because the outposts would not need to be staffed by highly-trained counselors and supervisors. The outposts would be staffed for 12 hours each week over three days. Wages would be about \$150,000 for the six outposts compared to \$525,000 with the IOP program.

The success of Road to Recovery and the programs we are proposing are very dependent on our partnership with others.

I'll stick to specifically Routt County partners.

- Road to Recovery will work to further strengthen relationships with other medical and behavioral health providers in the community. Road to Recovery is the hub for MAT in Routt County, and it is important to let providers know what services we offer so they can continue to refer their patients.

- We are working with Colorado Mountain College to develop a curriculum for certified addiction counselor training in order to increase the number of certified counselors in the area.

- We will continue working with the Foundry Treatment Center and Three Strands to offer their residents an option for behavioral health once they leave residential treatment. With Oxford houses, their residents will also have an option for sober living after treatment.

- We have already received letters of support from Mind Springs Health and Providence Recovery in Moffat County. We view each other as partners as we work to fill the gaps in services.

- We will continue to work with the hospital and Steamboat ED. Steamboat ED will be offering detox services for our patients.

- We will continue to work with our partners in law enforcement and the judicial system. During the Mat Pilot Program, one third of patients had current legal problems and 50 percent had a history of incarceration. We will continue to work with the Sheriff's Office and offer MAT services to those incarcerated at the Routt County Jail.

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— In June, Road to Recovery, along with community partners that include Grand Futures, will put on the second annual SUPAR Substance Abuse and Recovery Seminar in Steamboat. The seminar will again bring together experts, providers, elected officials and community members to discuss the newest and most effective methods for substance abuse treatment.

**VI. LEGAL ISSUES:**

None

**VII. CONFLICTS OR ENVIRONMENTAL ISSUES:**

None

**VIII. SUMMARY AND OTHER OPTIONS:**

N/A