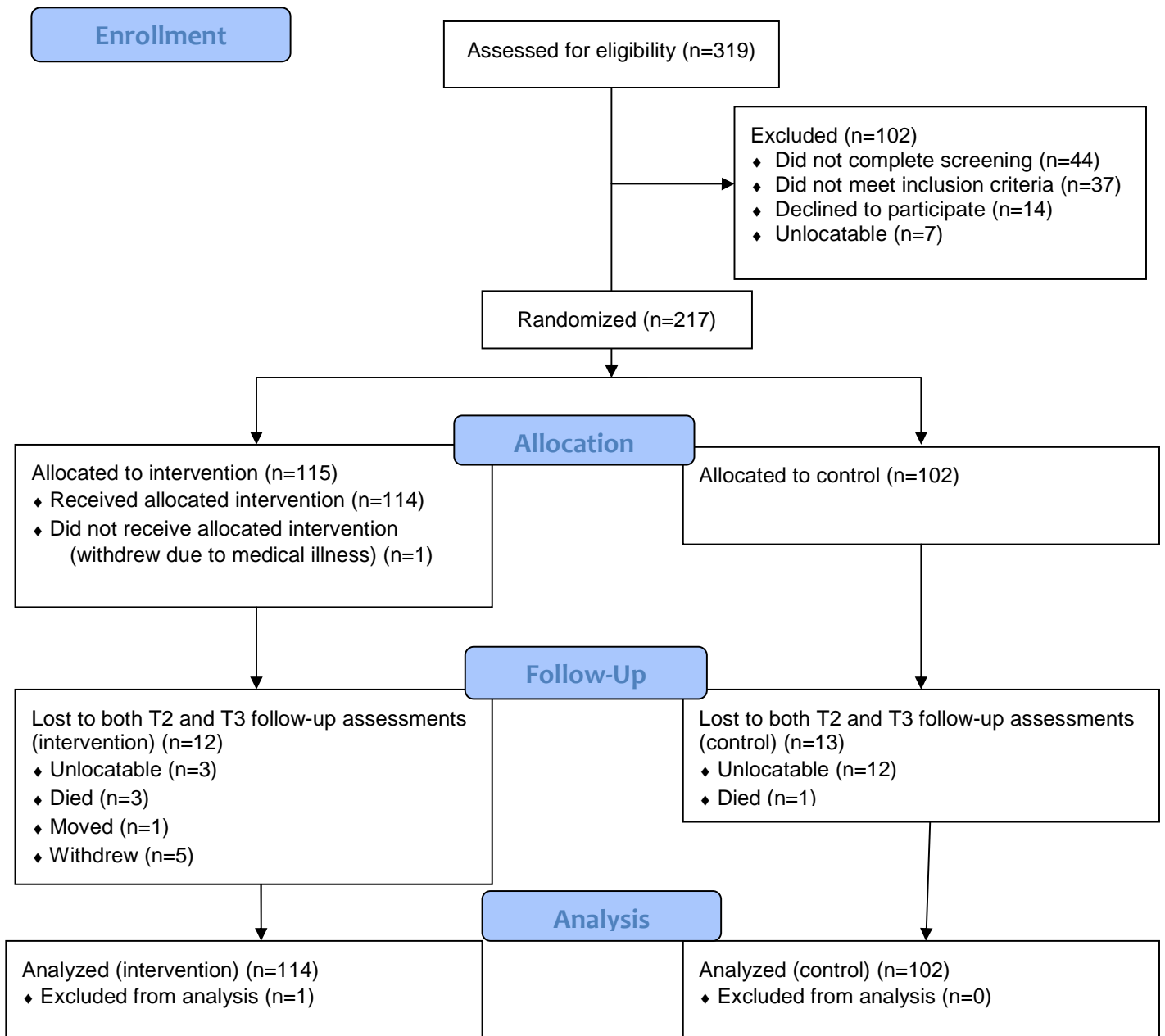


Online Supplement: Mental Health Self-Directed Care Financing: Efficacy in Improving Outcomes and Controlling Service Costs for Adults with Serious Mental Illness

Self-Directed Care CONSORT Chart



Traditional Mental Health Service Definitions

Diagnostic - A licensed professional practicing within the scope of their license must provide this Psychiatric Diagnostic Interview Examination service and document as described in the most current version of Title 25 Texas Administrative Code (TAC), Part 1, Chapter 412, Subchapter G, Section 412.315(a)(5) Mental Health (MH) Community Services Standards

Psychotherapy - Individual, family and group therapy focused on the reduction or elimination of a client's symptoms of mental illness and increasing the individual's ability to perform activities of daily living. Cognitive-behavioral therapy is the selected treatment model for adult counseling services. Counseling shall be provided by a Licensed Practitioner of the Healing Arts (LPHA), practicing within the scope of their own license or by an individual with a master's degree in a human services field pursuing licensure under the direct supervision of an LPHA. This service includes treatment planning to enhance recovery and resiliency.

Skills Training - Training provided to a client that addresses the severe and persistent mental illness and symptom-related problems that interfere with the individual's functioning, provides opportunities for the individual to acquire and improve skills needed to function as appropriately and independently as possible in the community, and facilitates the individual's community integration and increases his or her community tenure. This service may address skill deficits in vocational and housing areas and includes treatment planning to facilitate recovery.

Psychosocial Rehabilitation - Social, educational, vocational, behavioral, and cognitive interventions provided by members of a client's therapeutic team that address deficits in the individual's ability to develop and maintain social relationships, occupational or educational achievement, independent living skills, and housing, that are a result of a severe and persistent mental illness. This service includes treatment planning to facilitate recovery.

Case Management - Primarily site-based services that assist an adult, child or adolescent, or caregiver in gaining and coordinating access to necessary care and services appropriate to the individual's needs. Routine Case Management activities shall be provided in accordance with 25 TAC, Part 1, Chapter 412, Subchapter I, MH Case Management Services.

Peer Services - Activities provided between and among clients who have common issues and needs that are client-motivated, initiated, and/or managed and that allow a client to live as independently as possible. May also include peer facilitated services, e.g., drop in centers, peer counseling, peer support groups, peer led education groups, and Texas Implementation of Medication Algorithms and Patient and Family Education Program peer facilitators.

Inpatient Care - Hospital services staffed with medical and nursing professionals who provide 24 hour professional monitoring, supervision, and assistance in an environment designed to provide safety and security during acute psychiatric crisis. Staff provide intensive interventions designed to relieve acute psychiatric symptomatology and restore patient's ability to function in a less restrictive setting.

Crisis Services - Interventions in response to a crisis in order to reduce symptoms of severe and persistent mental illness or emotional disturbance and to prevent admission of an individual or client to a more restrictive environment. Or Up to 48 hour emergency and crisis stabilization service that provides emergency stabilization in a secure and protected, clinically staffed (including medical and nursing professionals), psychiatrically supervised treatment environment with immediate access to urgent or emergent medical evaluation and treatment. Individuals are provided appropriate and coordinated transfer to a higher level of care when needed.

Residential - Twenty-four hour specialized living environments. Includes administration of medications, room and board, and all daily living needs. Adult Foster Care, Personal Care Homes, and Assisted Living Facilities are included in this category.

Substance Abuse - Integrated substance use and mental health services for the simultaneous and coordinated treatment of co-occurring disorders, wherein both conditions are treated in conjunction as the primary condition. Contracts with 488 outpatient substance use treatment facilities and 160 residential treatment facilities provide this specialty service.

Medication Management - A service provided to a client by a physician or other prescribing professional, in accordance with the Texas Implementation of Medication Algorithms when applicable to the client to determine symptom remission and the medication regimen needed. Or Medication training and support including instruction and guidance based on curricula promulgated by DSHS, including the Patient/Family Education Program Guidelines, and other materials that have been formally reviewed and approved by DSHS.

Psychotropic Medication - Ensuring the provision of psychoactive medication benefits to clients registered in the Client Admission and Registration system (CARE), who have no source of funds for such, as determined to be medically necessary and as prescribed by an authorized provider or Contractor.

Non-Traditional Services and Goods

Transportation – Public transportation fees including bus passes and taxi fares, automobile repair, gasoline, and other automobile-related expenses.

Communication – Telephone land line installation, cell phones, data plans, personal computers, modems, internet access, and repair of communications equipment.

Medical care - Dental care, dental supplies, eye care, eye care supplies, chiropractor, acupuncture, and massage therapy.

Residential – Time-limited rent payments, time-limited utility payments, rental security deposits, utility deposits, home maintenance or repair costs, housekeeping supplies, and furniture.

Health & Wellness – Gym memberships, personal trainer services, bicycle purchases, bicycle maintenance and repair, weight loss classes/supplies, and smoking cessation classes/supplies.

Documents & Administrative Fees – Fees for driver’s licenses and other forms of personal identification, birth certificates, school transcripts, and debit cards.

Clothes & Grooming - Clothes or shoes for work or job interviews, haircuts, and shaving supplies.

Vocational or Educational – Expenses related to GED classes, tuition for formal education or vocational training, job-related tools and uniforms, vocational certificates, and professional license fees.

Leisure, Social & Recreational – Purchase of music players or recorders, pet care expenses, fishing equipment, and arts and crafts supplies/lessons.

Food and groceries – Food, toiletries, and personal products.

Supplemental Table: Average per person behavioral health service costs by year and study condition.

	Year 1		Year 2		Year 1 + Year 2	
	SDC (n=114) Mean ±SD	Control (n=102) Mean ±SD	SDC (n=113)* Mean ±SD	Control (n=102) Mean ±SD	SDC (n=114) Mean ±SD	Control (n=102) Mean ±SD
Mental Health Service						
Diagnostic	\$39 ±67	\$26 ±54	\$14 ±43	\$14 ±43	\$54 ±82	\$40 ±64
Psychotherapy	\$229 ±454	\$23 ±118	\$133 ±346	\$12 ±70	\$362 ±689	\$35 ±153
Skills Training	\$4 ±19	\$27 ±71	\$8 ±57	\$39 ±143	\$12 ±59	\$66 ±177
Psychosocial Rehabilitation	\$311 ±783	\$646 ±1,394	\$130 ±421	\$177 ±416	\$441 ±1,143	\$823 ±1,613
Case Management	\$26 ±165	\$31 ±141	\$3 ±15	\$39 ±149	\$29 ±166	\$69 ±234
Peer	\$11 ±64	\$9 ±41	\$15 ±101	\$13 ±89	\$26 ±153	\$22 ±109
Inpatient	\$223 ±1,270	\$344 ±1,405	\$72 ±476	\$269 ±1,385	\$295 ±1,471	\$613 ±2,035
Psychiatric Crisis	\$121 ±453	\$168 ±407	\$70 ±269	\$162 ±574	\$191 ±619	\$330 ±747
Residential	\$58 ±336	\$23 ±166	\$58 ±371	\$69 ±386	\$116 ±607	\$92 ±503
Substance Abuse	\$44 ±227	\$203 ±1,029	\$55 ±385	\$90 ±504	\$99 ±441	\$294 ±1,441
Medication Management	\$182 ±205	\$303 ±229	\$111 ±162	\$200 ±282	\$293 ±342	\$503 ±409
Medications	\$1,071 ±2,047	\$1,387 ±2,574	\$902 ±2,414	\$1,218 ±2,993	\$1,974 ±4,167	\$2,605 ±5,393
Non-Traditional Services & Goods	\$679 ±516	\$0 ±0	\$667 ±658	\$0 ±0	\$1,346 ±1,055	\$0 ±0
Total Including Non-Traditional Services & Goods	\$2,998 ±3,128	\$3,189 ±4,608	\$2,241 ±2,960	\$2,303 ±4,266	\$5,240 ±5,500	\$5,493 ±8,268
Total excluding Non-Traditional Services & Goods	\$2,319 ±3,316	\$3,189 ±4,608	\$1,574 ±2,938	\$2,303 ±4,266	\$3,893 ±5,510	\$5,493 ±8,268

*Excludes one SDC participant who died in year 1

SD=standard deviation; SDC = Self-Directed Care