

April 16, 2009

Connecticut Department of Mental Health & Addiction Services
Thomas A. Kirk, Jr., Ph.D., Commissioner

EFFECTIVE COLLABORATION

In this time of limited resources, it is increasingly important for agencies to collaborate so that services are offered in the most efficient and effective manner. Guided by that premise, DMHAS initiated the **Transition Pilot Project** to increase opportunities for persons in recovery from serious mental health disorders to transition from Connecticut Valley Hospital (CVH) to the community. Generally, individuals eligible for the Pilot Project have symptoms related to their illnesses that are difficult to manage and would interfere with successful community living.

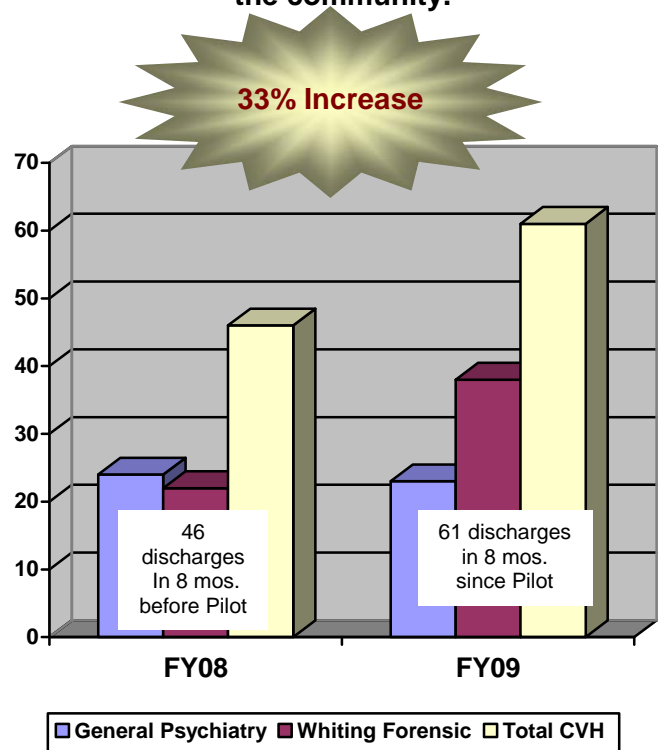
PHASE ONE

- Phase I of the Pilot began in August, 2008.
- Liaisons from CVH's General Psychiatry and Whiting Forensic Divisions and from the six state-operated Local Mental Health Agencies (LMHAs) increased collaboration to make transitions occur faster and more efficiently.
- Liaisons consulted weekly with persons in recovery about transition goals and met weekly as a group to resolve problems that would inhibit transition.
- Data comparing the first 8 months of the Pilot to FY08 indicate a **33% increase in the number of people able to return to the community.**

PHASE TWO

- Phase II began in January, 2009 when hospital and LMHA liaisons increased opportunities to share clinical expertise.
- CVH and LMHAs worked collaboratively with persons in recovery to develop **more supports in the community.**
- CVH developed a new model for **positive behavioral plans** that addresses symptoms that are a barrier to community living and is based on the person's strengths.
- The new model for recovery plans was taught to community residential staff for **continued use post-transition.**
- The goal is to **transition 120 individuals in total to the community by the end of FY09.**

Number of people able to return to the community.



SKILL-BUILDING SCHOOL

In another hospital/community collaboration to assist persons in recovery to return to and remain in their communities, CVH staff developed a **“psychosocial skill-building school.”** The first class began in March 2009 with sixteen people from two LMHAs. As the school gains experience, more classes will be added which will allow more LMHAs to participate. In this fashion, **the hospital and the community are collaborating together to improve the quality of care and help people to remain living in community settings.**