

**GRAND JUNCTION CITY COUNCIL
WORKSHOP**

**MONDAY, NOVEMBER 5, 2012, 11:30 A.M.
ADMINISTRATION CONFERENCE ROOM
2ND FLOOR, CITY HALL
250 N. 5TH STREET**

To become the most livable community west of the Rockies by 2025

1. Colorado West Regional Mental Health [Attach W-1](#)
2. Tabor
3. Horizon Drive BID

Attach W-1



RECEIVED

OCT 22 2012

October 2012

Rich Englehart, City Manager
City of Grand Junction
250 North 5th Street
Grand Junction, CO 81501

Dear Rich;

Colorado West Regional Mental Health is at the forefront of community based programs, which meets the needs of the communities we serve. Enclosed you will find a request respectfully submitted from Colorado West Regional Mental Health, Inc. to the City of Grand Junction for financial support of our Detox program, which has made a substantial impact to Mesa County.

This funding request is a result of your conversation with Sharon Raggio this past summer regarding the County Commissioner's request that we ask for financial support of our Detox program from the City of Grand Junction.

The attached documentation includes Agency Information, Purpose of our Request, an Evaluation of our services and data that has been gathered for Fiscal year 2011 and 2012 with respect to our Detox program.

Thank you for your consideration,

A handwritten signature in black ink that reads "Tish Starbuck". The signature is fluid and cursive, with the first name "Tish" being more prominent than the last name "Starbuck".

Tish Starbuck – Vice President Mental Health Center

515 28³/₄ Road | Building B | Grand Junction, CO 81501 | phone 970 263-9535 | fax 970 683-7284

*Our mission is to create access to quality mental health & substance abuse services,
enhancing recovery and resilience in our communities.*



I. AGENCY INFORMATION

Colorado West Regional Mental Health (CWRMH), Inc. is a private, non-profit corporation that welcomed clients in 1972, providing outpatient mental health services to the residents of Western Colorado in a region equaling in physical size to the state of Delaware. Our core value is access to behavioral health care, addressing this via the mission *"to create access to mental health and substance abuse services, enhancing recovery and resilience in our communities."*

CWRMH offers a full array of outpatient services throughout our 10-county region, using a partnership philosophy with local law enforcement, hospitals, social services, and many more. We treat people who are negatively impacted by mental illness and/or substance abuse, and coordinate care for many who have a co-occurring physical or developmental concern. CWRMH offers 24/7 response at jails, hospitals, homes, schools, and other community locations and operates a full psychiatric hospital.

Our Grand Junction outpatient site serves Mesa County and offers a comprehensive range of services, providing Adult outpatient services, Child & Family Outpatient Services, Outpatient Psychiatric clinics, on-site 24-hour detox services, on-site 24-hour mental health triage, 24-hour emergency on-call services, Women's Recovery Center, Oasis Clubhouse, Mental Health Consumer Peer Support and Education Groups, Crisis Intervention Services, Vocational Rehabilitation Program/Production Services, Supportive Housing Program and SOAR Program. We offer individual, couple, family and group therapy to help with problems such as anxiety, depression, relationship difficulties and the most comprehensive outpatient substance abuse program in the region. The services we provide cut across all economic and cultural barriers of Mesa County.

II. PURPOSE OF GRANT

CWRMH is at the forefront of community based programs, which meet the needs of the communities we serve. To this end, we respectfully request support of our Detox program, which has made a substantial impact to Mesa County and will continue to provide safe and healthy communities.

Clients entering our Grand Junction Detox are able to access a safe, supervised and compassionate environment that allows for thorough mental health assessment and de-escalation in an effort to reduce psychiatric hospitalization. This service allows adult patients to voluntarily stay in a safe and structured environment in the community, and to participate in community-based services as appropriate. Our Detox program is based upon a social detox model containing 12 male and 3 female beds. Clients are referred by any number of community based organizations including law enforcement, hospital emergency room physicians, employers, family members and self-referrals. When admitted, individuals are safely monitored and when discharged, linkages are provided to community services including ongoing counseling options, advocacy, food bank, rental assistance, medical care and community-based self-help. Medical detox services are not provided at this facility.

The average client stay is 2.5 days, depending on their needs. Clients who are on an Emergency Commitment hold are held until meeting discharge criteria. Charge is \$200/day with a 50% discount if self-pay and paid within 48 hours, with Medicaid being the only reimbursable insurance. The actual cost of our detox is significantly higher.

The guiding principle of our Detox is to treat the whole person, which increases the likelihood of their success as well as reducing long-term recidivism. The National Institute on Drug Abuse reports that clients who stay in treatment-related programming longer than three months generally have better outcomes than those who stay less time. Our initiative for a higher level of engagement by better connecting clients with much-needed services after their stay will continue to result in less recidivism, which creates a stronger community. During Fiscal Year 2012 (July 2011 – June 2012), 21% of our Detox clients were engaged in CW Outpatient services/treatment.

On behalf of the hundreds of clients admitted into our Detox each year, we respectfully make this request for funding to you with great urgency. The state of substance abuse and mental health treatment in Colorado is in crisis. Statewide budget cuts and the economic downturn have reduced funding for mental health treatment programs greatly and more cuts are being discussed by our lawmakers currently. As we move toward 2013, funding levels for the local funders of our program are in jeopardy as well. St. Mary's Hospital continues to contribute. However, Mesa County has cut their contribution for the past two years. With these continued cuts, the largest sector of our membership is struggling to continue current funding levels. It is with this in mind that we respectfully request from the City of Grand Junction, a grant in the amount of \$30,000.00 to keep this critical service available for the coming year.

III. EVALUATION

Our community offers a wide variety of services, tourism, outdoor activities, cultural and community events both to visitors and locals that is unparalleled. Funding our Detox is essential to ensuring a healthy, thriving community. CWRMH provides a safe place for detox and immediate mental health evaluation available around the clock. We also provide resources for aftercare to reduce incidences of relapse and have increased efforts to engage clients beyond their stay.

Our primary objective for the next year is keeping the facility financially viable.

Below is a bulleted summation of some the myriad ways in which CWRMH Detox supports the residents of Mesa County:

- Decreased emergency room visits by persons who are intoxicated or in a mental health crisis. These visits drain limited medical resources.
- Decreased incarcerations of persons who are intoxicated or suffering from a mental health related crisis, which frees space for more appropriate incarcerations and gives relief to an already overburdened legal system. Additionally, appropriating care properly provides law enforcement officers to be in our community.
- Increase of appropriate treatment services to reduce the effects of alcoholism and drug use on our citizens and their families. Substance abuse and mental health issues touch

more than just the individual involved, they affect the family, the workforce and the community.

- Increase of appropriate mental health treatment within our community as to address such serious issues such as harm to self or others. Having a safe and therapeutic setting available to our community will reduce the need for psychiatric hospitalizations as well as addressing safety issues concerning persons who may be of harm to self or to others.
- Continue to show decreased recidivism to our criminal justice system. It is proven that treatment services decrease a person's return to jail.
- Decreased risk of death as a result of environmental factors due to individual substance use.

FY 2011
Grand Junction Detox

Unduplicated Clients Served	697
Completed Services	3566
Total Service Hours	152
Client Place of Residence, % of total admissions	
	Total
Grand Junction	72.23%
Clifton	6.65%
	3.83%
Fruita	3.47%
Palisade	1.30%
Others	12.51%
Client County of Residence, % of total admissions	
	Total
Mesa	84.74%
	3.83%
Garfield	2.96%
Montrose	1.23%
Pitkin	1.08%
Others	6.15%
Top 10 Services, Count, Provided to Clients	
	Total
DETOX - Stay	2177
Admit to Bed	1389
% of MH vs SA services	
	Total
Substance Abuse	100.00%
Number of EAP Clients	
Number of Crisis Services	
Top 10 Diagnoses	
	Total
Alcohol Intoxication	379
Alcohol Dependence	80
Alcohol Withdrawal	35
Alcohol Abuse	30
Depressive Disorder NOS	14
Polysubstance Dependence	13
Posttraumatic Stress Disorder	11
Major Depressive Disorder, Recurrent	10
Mood Disorder NOS	9
Opioid Withdrawal	8
Others	100

FY 2012
Grand Junction Detox

Unduplicated Clients Served	657
Completed Services	3317
Total Service Hours	143
Client Place of Residence, % of total admissions	
	Total
Grand Junction	76%
Clifton	7%
Fruita	3%
	2%
Montrose	2%
Others	10%
Client County of Residence, % of total admissions	
	Total
Mesa	88.73%
	2.01%
Montrose	1.79%
Garfield	1.42%
Delta	1.04%
Others	5.00%
Top 10 Services, Count, Provided to Clients	
	Total
DETOX - Stay	1993
Admit to Bed	1324
% of MH vs SA services	
	Total
Substance Abuse	100.00%
Number of EAP Clients	
Number of Crisis Services	
Top 10 Diagnoses	
	Total
Alcohol Intoxication	331
Alcohol Dependence	77
Alcohol Withdrawal	33
Alcohol Abuse	28
Posttraumatic Stress Disorder	17
Polysubstance Dependence	14
Depressive Disorder NOS	13
Major Depressive Disorder, Recurrent, Moderate	10
Amphetamine Intoxication	8
Bipolar Disorder NOS	8
Others	118

Referral Source (per Admit)	1 st Quarter 7/1/11-9/30/11		2 nd Quarter 10/1/11-12/31/11		3 rd Quarter 1/1/12-3/31/12		4 th Quarter 4/1/12-6/30/12		FY 2012 Year-to-date	
	Total		Total		Total		Total		Total	
Grand Junction MCRT	1 1%	0 0%	4 3%	0 0%	0 0%	0 0%	1 0%	0 0%	6 1%	0 0%
Grand Junction Recovery Center	3 2%	1 1%	1 1%	0 0%	0 0%	1 1%	0 0%	0 0%	4 1%	2 0%
DUI Drop Off	4 2%	0 0%	3 2%	0 0%	0 0%	0 0%	0 0%	0 0%	7 1%	0 0%
Aspen Valley Hospital	3 2%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	3 0%	0 0%
Community Hospital GJ	20 11%	13 8%	19 12%	13 7%	11 6%	12 7%	17 8%	5 5%	67 9%	43 7%
St Mary's Hospital	64 34%	70 42%	42 27%	53 30%	60 35%	54 31%	63 29%	35 36%	229 31%	212 35%
The Memorial Hospital	6 3%	1 1%	2 1%	0 0%	4 2%	0 0%	3 1%	0 0%	15 2%	1 0%
Valley View Hospital	2 1%	0 0%	0 0%	0 0%	1 1%	0 0%	0 0%	0 0%	3 0%	0 0%
Ambulance	1 1%	0 0%	1 1%	0 0%	0 0%	0 0%	0 0%	0 0%	2 0%	0 0%
Family/Friend	10 5%	6 4%	9 6%	1 1%	20 12%	9 5%	16 7%	0 0%	55 8%	16 3%
Physician	4 2%	0 0%	1 1%	0 0%	2 1%	0 0%	2 1%	0 0%	9 1%	0 0%
Right Door	1 1%	0 0%	1 1%	0 0%	0 0%	0 0%	0 0%	0 0%	2 0%	0 0%
Self	24 13%	26 16%	29 19%	33 19%	22 13%	22 13%	35 16%	17 17%	110 15%	98 16%
Police Department - Fruita	4 2%	4 2%	2 1%	0 0%	3 2%	1 1%	4 2%	0 0%	13 2%	5 1%
Police Department - GJ	25 13%	33 20%	23 15%	55 32%	26 15%	62 36%	43 20%	33 34%	117 16%	183 30%
Police Department - Palisade	1 1%	0 0%	1 1%	1 1%	0 0%	0 0%	0 0%	0 0%	2 0%	1 0%
Sheriff - Mesa County	14 7%	6 4%	8 5%	10 6%	11 6%	7 4%	20 9%	7 7%	53 7%	30 5%
Other/Unknown	1 1%	7 4%	7 5%	8 5%	12 7%	4 2%	11 5%	1 1%	31 4%	20 3%
Primary Substance (per Admit)										
Alcohol	172 91%	162 97%	136 89%	167 96%	146 85%	172 100%	188 87%	98 100%	642 88%	599 98%
Stimulants	11 6%	1 1%	10 7%	4 2%	10 6%	0 0%	17 8%	0 0%	48 7%	5 1%
Opiates	3 2%	0 0%	6 4%	0 0%	12 7%	0 0%	7 3%	0 0%	28 4%	0 0%
Sedative/Hypnotics	1 1%	0 0%	1 1%	0 0%	0 0%	0 0%	2 1%	0 0%	4 1%	0 0%
Unknown	1 1%	4 2%	0 0%	3 2%	4 2%	0 0%	1 0%	0 0%	6 1%	7 1%

Mesa County - Services from Colorado West Regional Mental Health

	2013 Budget	2012	2011	2010	2009	2008
Psych & Detox Services	320,313	306,600	336,288	349,992	349,992	240,000
Summit View Treatment Beds	345,000	300,000	246,288	123,144	0	0