



Cape Connections

Cape Counseling Behavioral Health Services ~ 128 Crest Haven Road, Cape May Court House, NJ 08210
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Greg Speed, CEO

CEO's Corner..... A Short Summary of Updates at CCS

DMHAS Approves Cape's Fee for Service Network Application

CCS recently received a letter from Deputy Director Rachel Mazon Jeffers of the Division of Mental Health & Addiction Services indicating that Cape Counseling Fee For Service Re-enrolment application package submitted in April 2012 for the Contract Year/Fiscal Year 2013-2014 Contract period was awarded. The letter indicated that Cape Counseling's application achieved a score of 92.3 thanks to the great work of Judy Rios. The areas which were included within the application, inclusive of the following:

- Evidence Based Practices
- Policy & Procedures regarding availability of public and alternative funding
- Policy & Procedures regarding clients taking Physician prescribed medication
- Treatment Planning
- Utilization Rate Performance Criteria

In addition, Cape Counseling's Application was determined to be complete and all Fee for Service Network Policies & Procedures were deemed acceptable.

The services which are part of the Fee for Service network include the following:

- Drug Court
- DUII (Driving Under the Influence)
- Mutual Agreement Program (MAP) State Parole Board
- SJJ (South Jersey Initiative)

Within each service there are a number of Contract requirements which Cape Counseling Services has to demonstrate compliance. Thanks once again for a job well done.

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Healthcare Reform: The Train Has Left the Station!

By Greg Speed CEO

On June 28th, the Supreme Court upheld the Accountable Care Act, thus reaffirming one of the most significant laws in our lifetime. In reality, the health reform 'train' had left the station almost 2 years ago.

There are obvious benefits to the law:

- Increased access to medical and behavioral health care. The National floor for Medicaid expansion will be set at 133% of the federal poverty level (\$14,000 for an individual and \$29,000 for a family of 4), thus enabling many new consumers to benefit from behavioral health/psychiatric treatment. Once the law is fully implemented in 2019, there are estimates that 30 million new consumers will be added to Medicaid. It is expected that 92% of the population will be covered. The federal government will absorb this enhanced Medicaid coverage at 100% for the first 2 years (2014-2016), phasing down to 90% by 2020.
- In New Jersey, Medicaid expansion will reduce those currently not insured by 800,000.
- Children will have the option to remain on their parent's plan until age 26.
- No one will be denied coverage because of a pre-existing condition. This is especially important for our industry. Consumers already diagnosed with a mental illness or substance abuse disorder will not be denied access to care, nor will they need to worry about exceeding arbitrary yearly or life-time limits/caps.
- Behavioral Health parity (Mental Health Parity and Addiction Equity Act) will become a reality.
- Mental Health and Substance Abuse treatment will be included as "Essential Health Benefits."
- Employers with 50 or more employees will be mandated to provide health insurance options or pay a fine.
- Individuals whose income is above the 133% federal poverty level (between 133%-400% will be able to purchase health insurance through **Exchanges. (HIE)**. Subsidies will be provided to many families.
- The Federal government will establish Health Insurance Exchanges in states that do not elect to do so.
- Health insurance will be mandated to cover smoking cessation programs.
- Health homes will be established and become part of each state's health plan for consumers with chronic conditions.

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Rainbow of Hope Licensing Inspection

The CEO is pleased to announce that he recently received a letter from Susan San Filippo, Supervisor of the Residential & Day Program Inspection Unit with the Office of Licensing stating that all previous violations and citations at the Rainbow of Hope Psych Community Residence in Woodbine have been abated. The final Residential Site Review was held on April 16th, 2012 at which time there were no citations. The Inspection Team included Jennifer Castalane and Marilyn Panella. CCS Staff who participated in the Site Review was Sam Totoro, Allison Raisch and Kevin Cook. Thanks for a job well done and for providing such a quality home and program for our consumers.

Evolutions Site Review

The CEO is pleased to report that Cape Counseling's Evolutions Supportive Housing Program did an excellent job at its June 21st 2012 Site Review. Eleanor McBride, VP of Clinical Operations, Alexander Price, Supportive Housing Coordinator & Donna Moffitt, Resident Advisor with the Evolutions Program (Youth Supportive Housing) participated in the half day Office of Adolescent Services Site Review. Representing the State were Betsy Montavo and Vance Patrick. In addition to reviewing the program's services, Procedures & Policies, the State reviewed the 4 charts of the consumers currently involved in the program. All of the consumers involved in the program are either working full time or involved in some kind of educational process.

Evolutions is a short term, transitional living program that prepares young people between the ages of 18 and 21 for independence and self sufficiency. Young people entering this program must make a serious commitment to vocational, educational and personal goals geared towards independence. Cape Counseling's Mission is to provide a safe and semi supervised home life environment for young adults who are determined to live independently with support and caring guidance. The program's focus is to empower the residents to function at their maximum ability and provide a stimulating and challenging environment for them to achieve their goals; in essence, the individuals will choose to EVOLVE in a way that will assist them with independent living.

Special Thanks to Eleanor McBride who burned the midnight oil putting the updated policy and procedure handbook together to comply with the many new regulations.

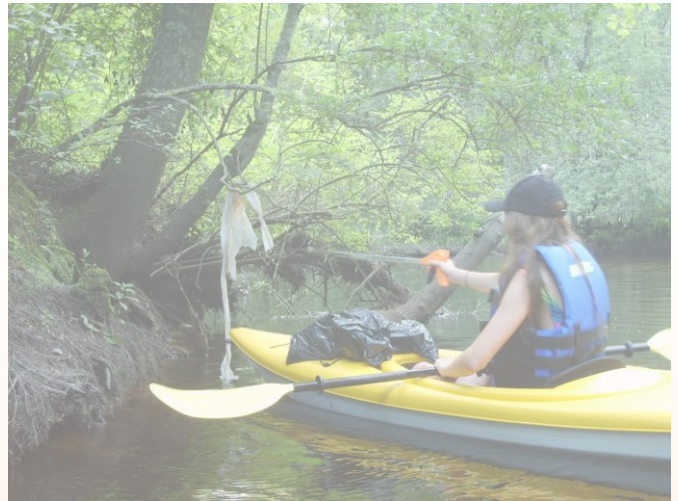
Cape May County Health Survey

The CEO is pleased to report that Cape Counseling Services supplied **over 90** Health Surveys to Cape Regional Medical Center for the 2012 Cape May County Health Survey. The goal of the project was to achieve 1000 surveys from Cape May County residents with 50 coming from each partner organization. Once again, Cape Counseling achieved this goal. To date Cape Regional Medical Center has received approximately 350 surveys. Thanks to all of the staff and clients who filled out the survey. CCS made a huge difference!!

While not taking a political position on the law, I urge staff to keep on top of its future implementation. One of the best websites to monitor is the Henry J. Kaiser Family Foundation website. It can be found at: <http://www.kff.org>.

As implementation unfolds, I would not be surprised if issues around the law become part of the many clinical presentations that we see within our services. There will be much confusion, much anxiety, worry and yes, anger. As a social worker with 38 years experience, I embrace the Social Work Code of Ethics which upholds a client's right to "self-determination." In the world of Wellness and Recovery, we embrace the philosophy of Consumer Choice. Does the Accountable Care Act embrace that spirit of consumer self-determination and free choice?

Only time will tell...in the meantime, we all better get on the train.



One of our students taking part in our Kayaking River Clean-up

Volunteering and Having Fun

The School Based Youth Services Program at the Cape May County Technical High School has another busy summer planned. New additions to the summer calendar include whale watching, Baltimore's inner harbor, a hot air balloon festival, a trip to NYC to see "Mary Poppins" on Broadway, and a ropes course with a zipline. Camelback's tree top adventure, which includes a zipline, is the grand finale and will be free of charge for students who participate in at least 3 volunteer trips this summer. Three service activities have already taken place. Tech students worked at the Atlantic City Rescue Mission on June 21st, assisted at the Cape May Zoo on the 22nd, and on June 28th they did a river clean-up project kayaking on the Egg Harbor River in Atlantic County. Students are learning that it can be a lot of fun to help others and make the world a cleaner place. It is a bonus that the volunteer hours will also make a great impression on college, scholarship, and job applications. Other service activities planned for this summer include helping at the "Wings and Water Festival", gardening for the Rescue Mission, and another river clean-up. A hearty note of appreciation goes out to the community partners who made the river clean up trips possible: Atlantic County Utilities Authority, Palace Restaurant and Outfitters, Winding River Campground, and Rutgers Cooperative Extension.

For more information on the SBYS program at Cape May Tech, or if you would like to partner for a project, please call: (609) 465-2161 ext. 683 or email nhiers@capemaytech.com.

Children's Partial Care Modular—Plans for a new Home!

The CEO is pleased to announce that Freeholder Director Gerry Thornton has given permission to utilize the space recently vacated by the Family Court Assessment Trailer/Modular. On June 6, 2012, Steve Marchiano, Candace Richert, Program Manager for Children's Partial Care, Sam Totoro, Director of Children & Family Services, Eleanor McBride, VP of Clinical Operations, Greg Speed and Trish Hollands met to discuss the feasibility of a modular space solution with Williams Scotsman. The agency is currently looking at a modular facility, 36 feet by 60 feet (a triple wide modular).

Both Sam Totoro and Candace Richert have been requested to develop a floor plan which can be used as a draft for the architects involved with Williams Scotsman. The CEO will also explore options for funding/financing with a local community bank and/or the submission of a grant application to the Department of Economic Development which was instrumental in helping to finance 1129 Route 9 South. The U.S. Department of Agricultural/Rural Development also helps finance non-profits specific to facilities.

Currently the space for the Children's Partial Care program is most inadequate. The lack of space negatively impacts the ability to develop programming in the most optimal way according to the various developmental stages of the children involved in the program. The Children's Partial Care Program currently resides in Building D. I hope to see the new building in place before November 1, 2012.

CCS & Connect Suicide Prevention/Postvention Model

Chris Miller, Director of Screening & Support Services recently became certified in the Connect Suicide Prevention/Postvention Model. The training was sponsored by the NJ Traumatic Loss Coalition for Youth and NAMI New Hampshire. It is recognized as a National Best Practice program for suicide prevention and postvention. Connect focuses on working with communities to identify risk and protective factors and to bring the community and key stakeholders together to improve the response to suicide events. Working within the community offers the best opportunity for impacting multiple systems simultaneously. The protocols also focus on promoting Best Practices for working with individuals.

The trainings will be made available in the near future to community gatekeepers including: schools, law enforcement, clergy and social service agencies.

For more information, contact Chris Miller at 609-465-4100 or cmiller@capecounseling.org or alternatively you can visit Connect's website www.theconnectprogram.org

↑ Anasazi Implementation moves ahead

Since the start of the New Year, great strides have been made with the implementation of Anasazi, our electronic medical record.

The first part of the implementation involved configuring the Anasazi database to the format and structure of programs and services at CCS.

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Cape May County Family Success Center

By Allison Raisch, Program Manager

Recently our Family Success Center held its first Family Barbeque, which was a great success despite the rain! There were about 80-100 people who showed up, and everyone had a great time despite being stuck inside because of storms. FSC board members Melissa O'Donnell, Chase Jackson, Victoria Paynter, Jill Taylor, and Heather Grey all contributed to the evening's success by bringing food and/or helping out throughout the party. Youth partnership volunteers were also a great help in keeping the young children busy with games and activities. Andrea Burleigh, our FSO partner, was also a huge help by bringing food, helping set up, and staying and helping throughout the event. The evening would NOT have run as smoothly without the help of those great volunteers!

The FSC would also like to thank CCS's Julie Shock, ICMS Program Manager for volunteering to teach a beginner's yoga class here at the center. Class began on Thursday July 5th, from 5:15-6:15, and will be held every Thursday in July.

In addition, the FSC will be holding a Safe Sitters babysitting class, for youth ages 11-17 who want to become a certified Safe Sitter. The class is free, but registration is required! Pat and I have also recently become certified Peer Leaders for the Take Control of Your Health Workshop, which is a 6 week workshop. We anticipate beginning the workshop series in August or September, so keep a lookout for our calendar!

The first Wednesday in July began our Summer Recreation Club from 12-2, which will run every Wednesday at least through July, and is geared for youth age 6-12. Parents are encouraged to participate.

Please check our calendar, which you will find on our CCS Facebook



page, for dates and times of our ongoing programs, such as our play groups, speakers series, parent success groups, and grandparents raising grandchildren support group.

If anyone is interested in volunteering their time or talents at the center, please contact Allison at (609)778-6225. Thanks!

Consumer's Story

My name is Mare, and I am a resident of Rainbow of Hope. All of the adolescents at Rainbow have been experiencing opportunities to help different organizations. Recently the residents thought that it would be a good idea to help out Beacon Animal Rescue, which is located in Seaville. As a team we all organized a car wash and had it at the Woodbine Fire House. We worked together making signs and put them all around Woodbine. We were outside for about four hours washing cars. Five kids were at the car wash – JP, Chaz, Dem, Candi and I. Thanks to one of our staff members at Rainbow of Hope, Mr. Manny, we could have it at the firehouse. Ms. Maggie and Ms. Amanda were kind enough to bring us and

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During this time, rules behind each program were also established and designed. This was a tedious but important step in designing the database. The rules allow the system to monitor and guide staff to complete their duties on the system in a compliant manner.

After the holidays, staff worked to gather all the demographic, diagnostic and insurance information needed on each client. This was a massive undertaking that each unit participated in.

Once the database was structured and the rules established, a group of Super Users was selected. Super Users are the initial group of staff that are trained on the program and who entered all current active clients into the system. Approximately 2500 were entered during a three week period.

During the month of January, services were entered into C-5, our legacy system. In February, services were entered into C-5 and Anasazi. This was to verify that everything was working in Anasazi before stopping the legacy system. It required a lot of extra work, but was a necessary step. In March, we stopped entering services into C-5 and posted charges exclusively to Anasazi.

The move away from C-5 to Anasazi was a big step in the implementation. We had to inform Medicaid to stop recognizing C-5 and to start recognizing our transmission from Anasazi. There were many things that could have gone wrong, and our payments could have been delayed, but staff were determined to have claims paid out of Anasazi. By the end of March, CCS had received its first payment from claims transmitted by Anasazi! This was another big step in the implementation and in our move away from C-5.

The clinical implementation of the program also began in March. This aspect of the implementation covers selecting the different assessments and forms that we will use in the program, treatment plans, progress notes and all other clinical aspects of the program.

An implementation meeting was started during March and meets most Fridays. Clinical leaders from all departments are represented and have an opportunity to have input into the process. There are many forms to be reviewed and there is much discussion about how things will be done in Anasazi.

Through the past six months we have learned how massive and extensive the implementation of an electronic medical record is. There are a lot of details to be considered and work to be done, but it will be well worth it. The electronic medical record will improve communication among staff, allow for better coordination of care and improve compliance over billing and documentation.

The next step will be to open up the program to staff for lookups of client information. The Outpatient mental health and drug and alcohol staff will be the first to use the progress note in Anasazi. Our tentative date for this is August 1st. The training for program staff for client lookup will take place mid to late July.

We are very excited about the implementation and look forward to the day when the program is fully functional. Staff working in the program now report that they like the functions and are pleased with system overall.

support us with this decision. We all made over 130\$, which we donated to the Animal Rescue.

Our goal at Rainbow is to go to the Animal Rescue once a week. Some kids at Rainbow are new and couldn't make it to the car wash but they love it there. Johnny loves to go to the animal rescue and play with the dogs. It puts a smile on his face. He feels proud and good inside. Chaz hasn't been able to make it to the animal rescue, but at the car wash he reported feeling good inside and helpful.

Dem states that she enjoys every second with the dogs. She's always energetic with the dogs and she always wants to help them. Mandy has a favorite dog that she loves to see. She enjoys playing with them. She reports that it makes her feel proud. Sumey, Tee and Jay have not had time to spend with the animals, and they are looking forward to being able to show them love.

I love going to the Animal Rescue. Those animals put a smile on my face and make my day. I love playing with the dogs and getting to know their past history. I also like petting the cats. When I go to the Beacon Animal Rescue I feel proud and I feel like a wonderful person. I would like to thank the staff members for taking us to the Animal Rescue. All these animals want is to feel loved and a simple visit can make them happy. Hopefully you will stop by soon!!!!

I.F.S.S. Families First

IFSS is a comprehensive program of supportive services and activities designed to assist families with a mentally ill relative to:

- Learn more about mental illness and the treatments available.
- Understand the community mental health system in Cape May County.
- Acquire skills to help you cope with the behavior of your loved one.
- Participate in a support network of families coping with mental illness.
- Take a break from caring for your family member while being sure they are well cared for!

We hold a Family Support group once a month. This support group is open to anyone in the community who is coping with a loved one with a mental illness. The purpose of the group is to provide time to talk, share, and support one another. We find strength in sharing our experiences and we will not judge anyone's pain as less than our own. We meet every 2nd Thursday of the month from 6:00pm -7:30pm. Light Refreshments are provided.

We also hold a Heart to Heart Spousal Support Group once a month. This is an open support group specifically for our families who have a loved one, spouse or significant other who suffers from a mental illness. This will allow our husbands, wives, or significant others to engage in sharing ideas regarding the use of positive communication skills with their loved ones, as well as the importance of understanding and sharing the idea of self care. We meet every 3rd Monday of the month from 9:30am-11:00am. Light refreshments are provided.

For more information please contact Kelly Magliocco at -609-778-6136.

Cape Counseling Partners with Ameritox to Measure Medication Compliance

By Greg Speed CEO

Cape Counseling Services under the direction of Karen Kaschak APN, Director of Nursing and Psychiatric Services recently completed its research project with Ameritox Medication Monitoring Solutions. The project started approximately 1 year ago (June 2011). The focus of the project was to evaluate the utility of Urine Drug Monitoring for atypical Anti-Psychotics. The Urine Drug Monitoring Test was established to determine the following Anti-Psychotic Medications:

Abilify, Clozaril, Haldol, Zyprexa, Invega, Seroquel, Risperdal and Geodone

The sample collection period was between January and May 2012. There were a total of 62 base line samples collected. The Urine Drug Monitoring test also determined the presence of illicit drugs, opiates, sedatives, benzodiazepines, stimulants and alcohol. Essentially the purpose of the project was to determine if the prescriber changed his or her prescribing behavior with data/information as to whether or not the patients were adhering to the particular regimen of medication that was prescribed. Two of Cape Counseling's psychiatrists participated in the project. One major finding was specific to the Prescriber's Assessment of patient compliance versus the test results. In reviewing the 62 patients, the following findings were reported.

- 37% of patients presumed adhering to the medications as prescribed were found to be negative for the specific medication. **That is 19 patients who were presumed to be adhering with the anti-psychotic medications prior to Urine Drug Testing, were, in fact, found not to be compliant.**
- 86% of those with prescribed ATP not found were also presumed to be adherent. There were also variants among prescribers. Prescribers viewed most participants as adherent, ranging from 63-100%.

The survey results demonstrate the fact that while consumers often report compliance with their medication, Urine Drug Monitoring suggests **non-compliance**. Questions which will now become part of the project include:

- Do test results provide value in clinical decision making, specifically geared towards improving adherence?
- Do prescribers use results to improve adherence?
- Is adherence impacted by use of Drug Monitoring reports?
- Does better adherence lead to better outcomes?
- Does Urine Drug Monitoring lead to better symptom management and ultimately reduce ER and Inpatient utilization?
- How can the Urine Drug Monitoring test be incorporated into clinical settings with minimal disruption?

Issues of further use of test results and incorporating this type of feedback into the care process will be continued among Cape Counseling's prescribers and with Ameritox as they proceed to get data from organizations similar to Cape Counseling who have participated in a like study. Perhaps someday, our efforts will lead to an Evidenced Based practice.

Staff Fun Time Together



Last year staff from different departments throughout Cape Counseling Services got together a team for the Susan G. Komen Race for the Cure (see picture insert) so this year we are doing the same, the race is being held at Six Flags Great Adventure on Sunday, September 30, 2012. Last year was a huge success and we are hoping to get more team members to walk with us this year. You can register online or send your registration form through the mail. Registration fee is \$28 for adults and \$15 for children. Children are welcome and they will have activities for children to participate in from 8:30- 11 am such as face painting, shows, magicians, balloons, art fun and much more.

If you can't participate in the walk your donation could go a long way to provide mammograms, promote early detection, educate the community and find a cure. If you are interested please visit the website at www.komencsnj.org.



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If you or someone you know is in crisis and needs help immediately, please go to your nearest Emergency Room, call 911 or call 609-465-5999.