



THE OHIO STATE UNIVERSITY

Fast Track to Treatment: Creation of a Young Adult IOP

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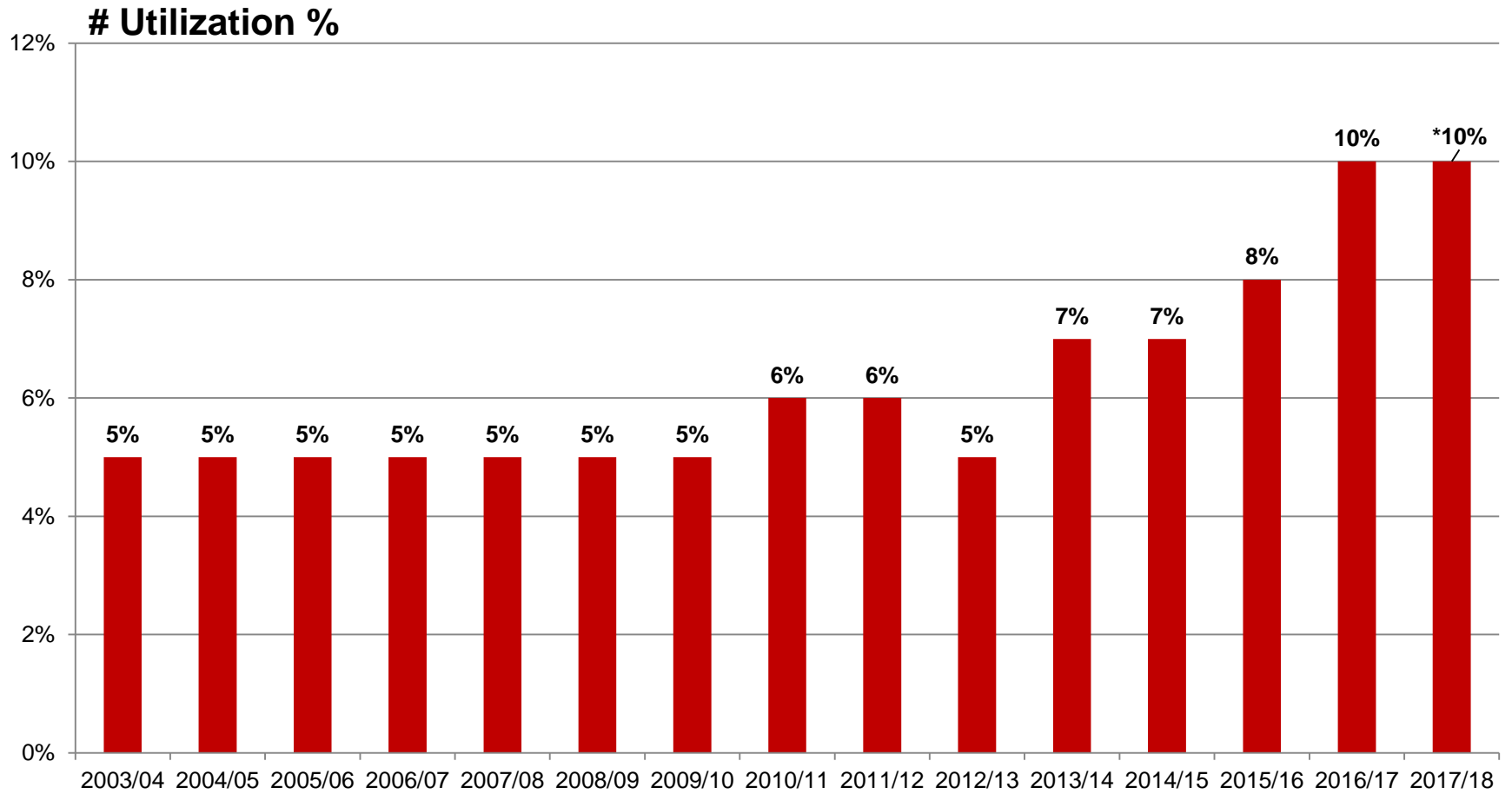
Goals/Objectives for today...

- 1. Identify trends in client acuity at college counseling centers and at OSU**
- 2. Understand unique elements of development and implementation of clinical programming for YA IOP**
- 3. Recognize successes and challenges in this process**



Trends and Salient concerns...

- Emerging trend of more students coming in with a history of counseling
- Increase in demand/utilization of services by 30-40% average nationally vs. Increase in student enrollment by 5% nationally
- Students need for/request for more rapid and long term treatment for certain presenting concerns, 28% increase over the last 6 years
- Report of suicidal thoughts as presenting concern also on the rise, increase from 24% to 34% between 2010-2016



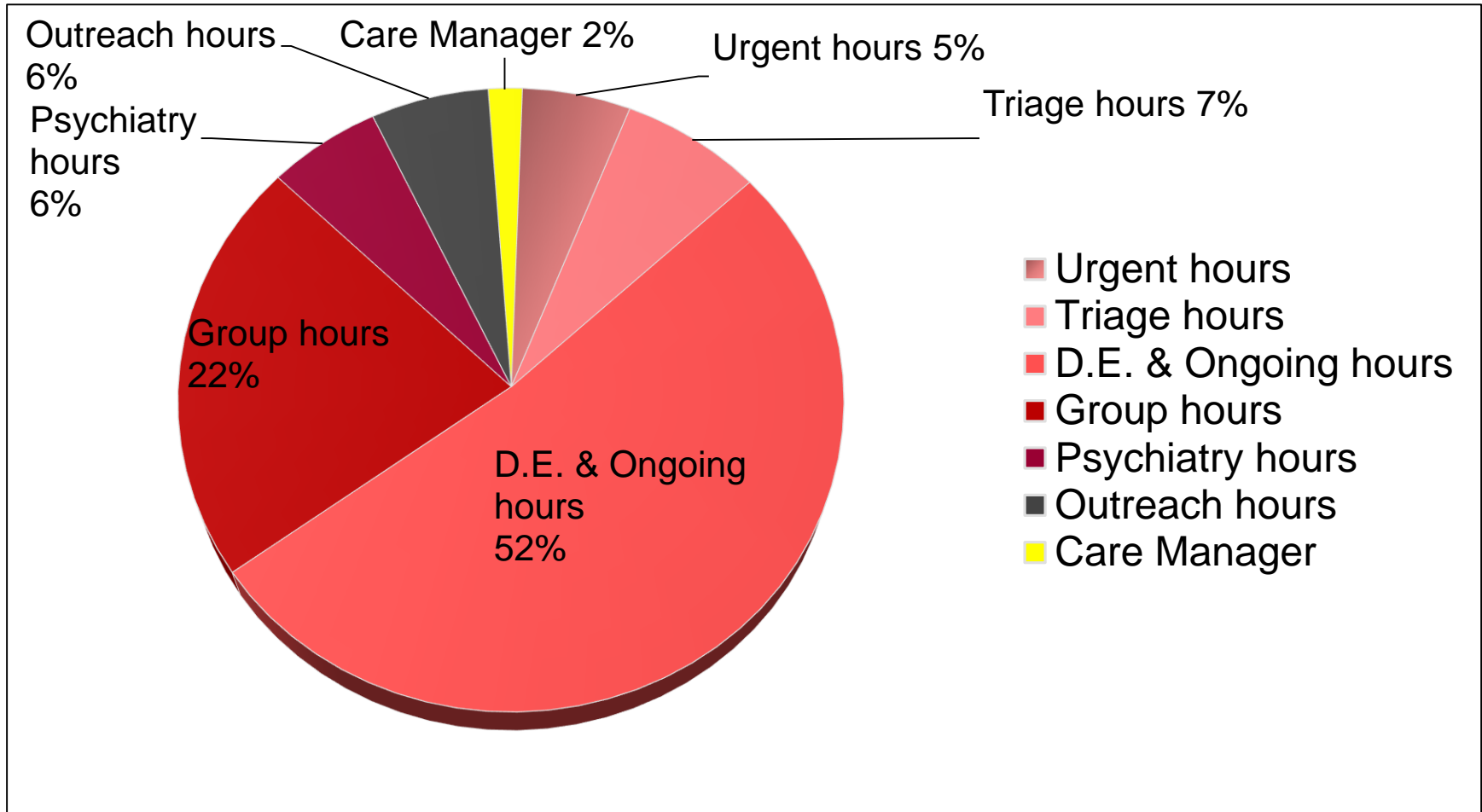


Considerations for OSU...

- Implementation of triage entry point
- Care Manager
- 2016 expansion of CCS
- Multi-Modal Service delivery
- USG and student body advocating
- Events on campus (11/28/16, Reagan, garages)
- Suicide and Mental Health Task force
- Annual Suicide Conference on Campus

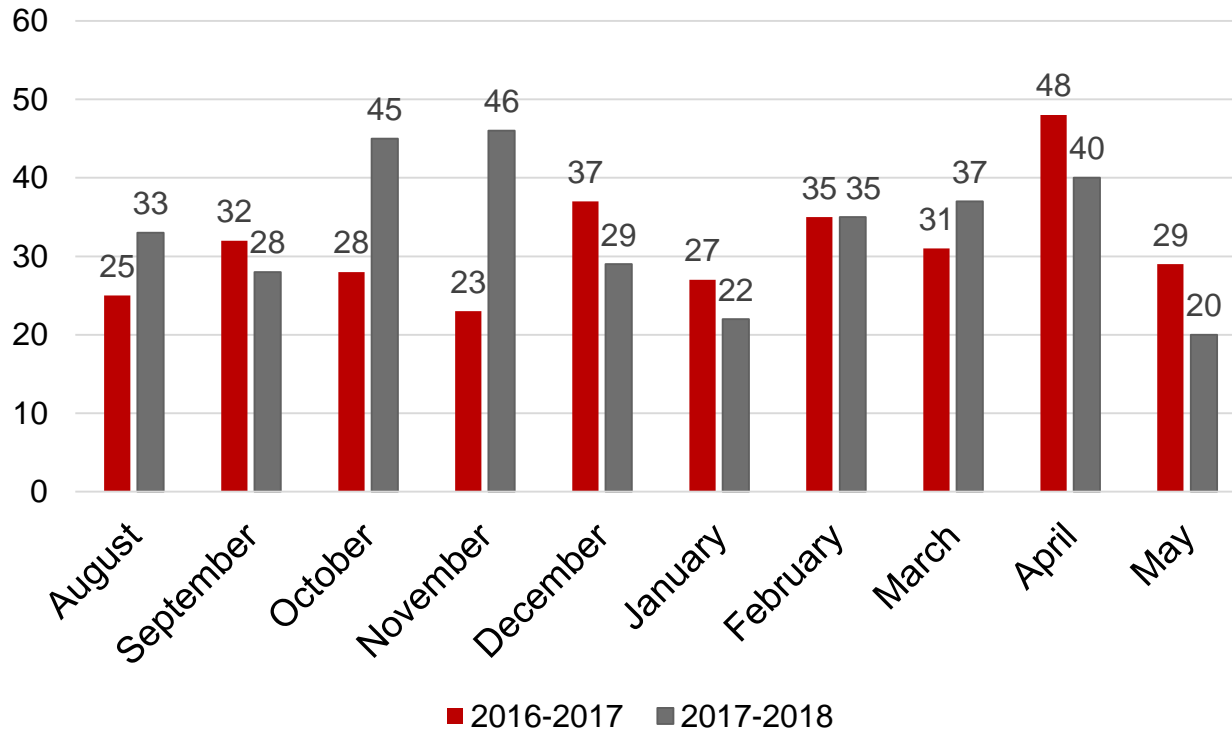


Scope of Services 2017-2018





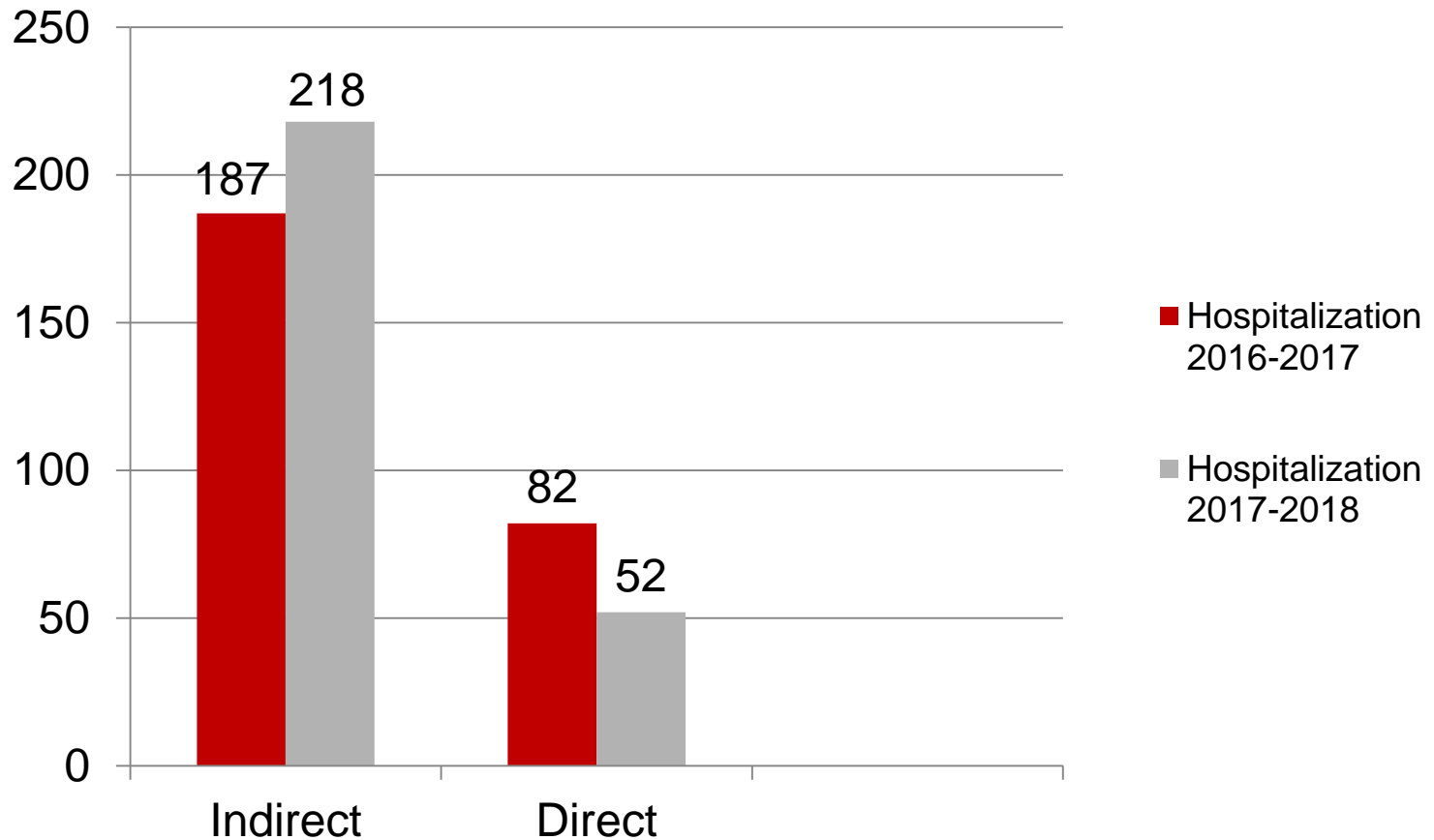
ProtoCall



- 2017/18- 17% overall increase from previous year
- Fall 2018- 18% increase from fall 2017



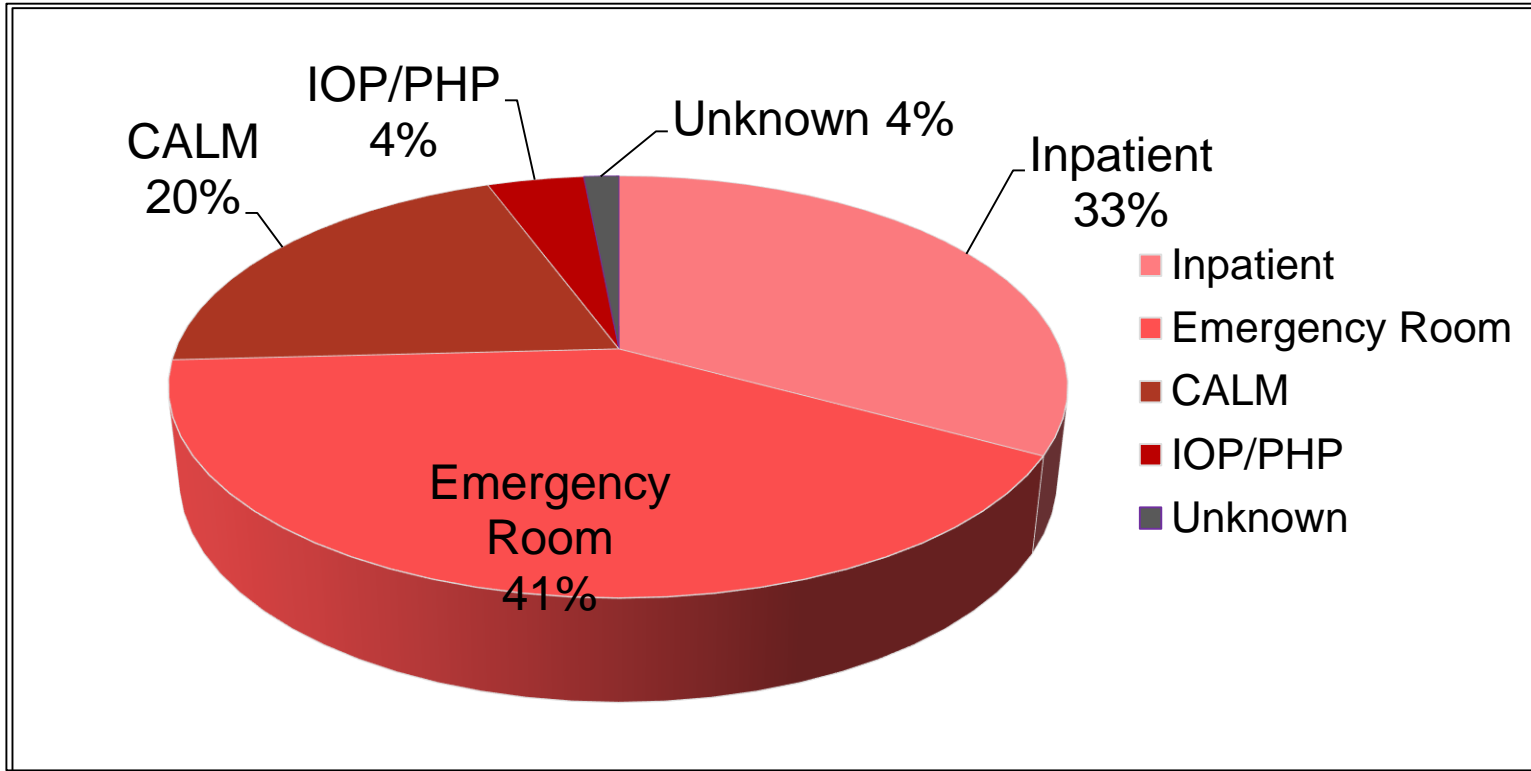
Hospitalizations 2017-2018



- 2017/18 - 17% increase in indirect hospitalization from previous year
- Fall 2018 – 28% increase in indirect hospitalization from fall 2017



Hospitalizations 2017-2018





Benefits to higher LOC

- Helps in transition from the hospital
- Can sometimes reduce need for inpatient hospitalization
- Structure and support
- Access to medication management if needed/desired
- Skills and process based modalities



Why specific to students?

- Feedback from students (format and participation)
- Developmental considerations
- Benefit of peer influence
- Need for inclusion of AOD concern/diagnosis
- Striking while the iron's hot! (scheduling)





YA IOP:

- Started August 2017 with one dual diagnosis program
- November 2018 added mental health program
- Entry point is orientation hosted at Counseling Center
- 28 total orientations since starting, scheduled 1x/2-3 weeks
- Only 4 total orientations canceled due to no referrals
- Over 100 total referrals from CCS to internal orientation
- Those who did not schedule were encouraged to follow up with referring clinician
- Are at least able to schedule assessment following attending the orientation



1.

- Assessed at appointment to need higher level of care

2.

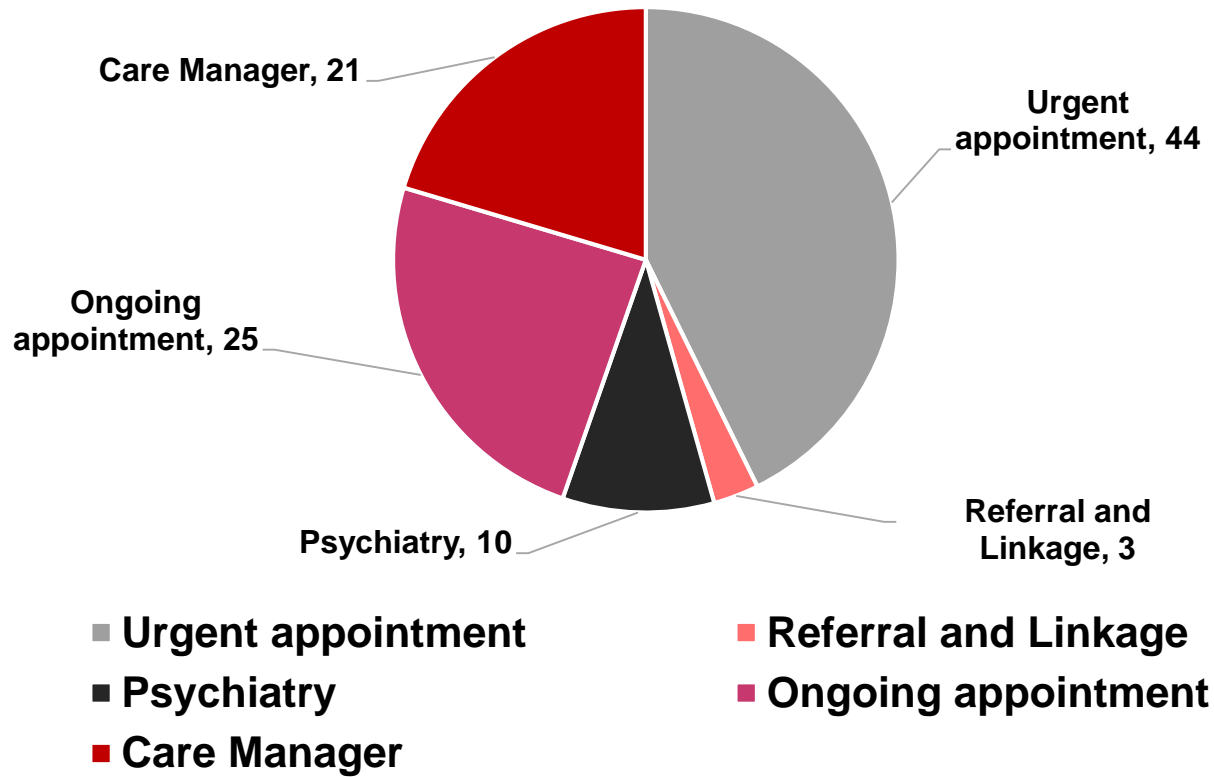
- Inform student of recommendation and referral

3.

- Send referral to CM for review and approve scheduling



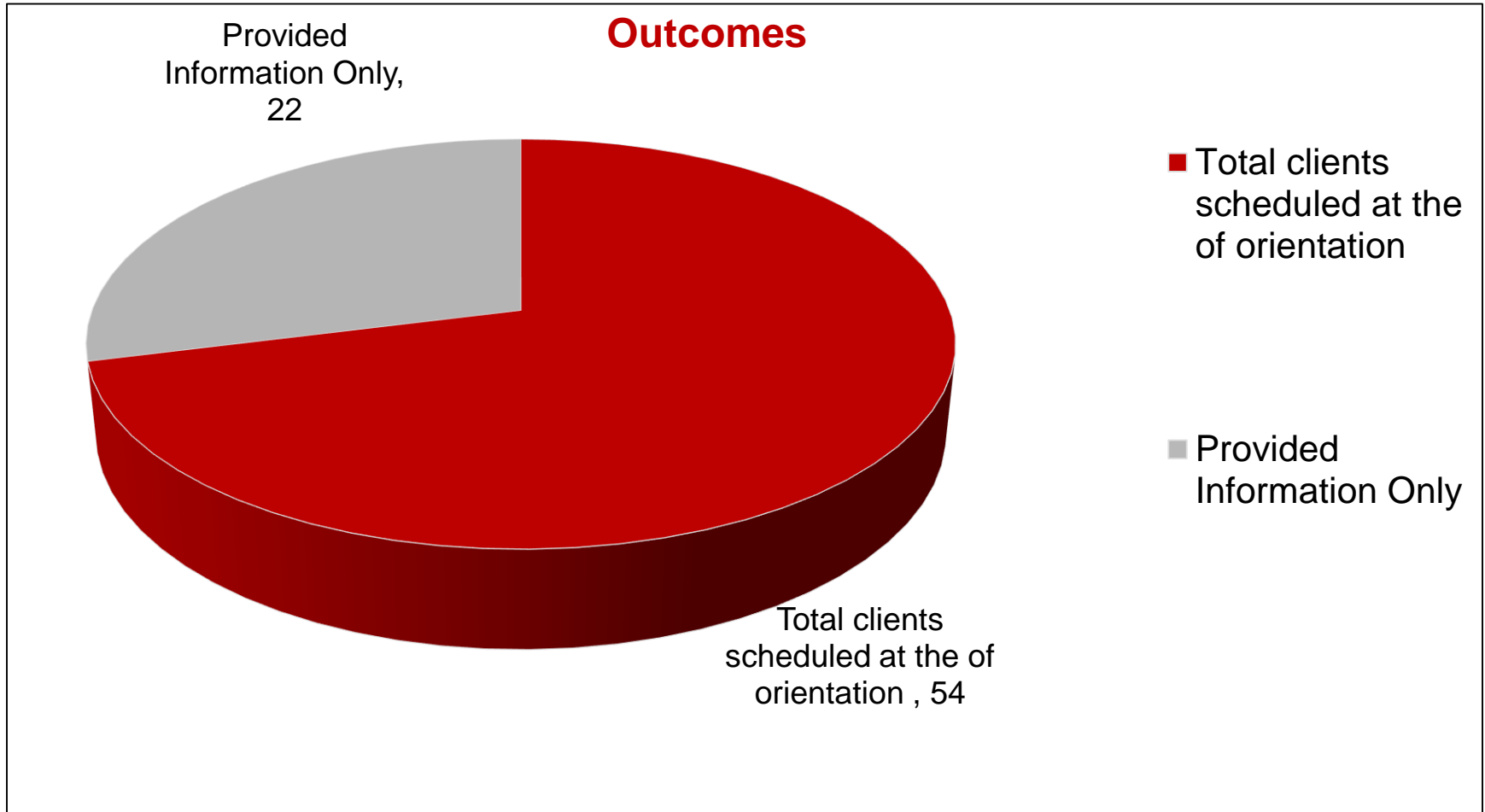
Referral sources





Orientation

- Co lead by Hospital and CCS staff
- Review goals, format, benefits, expectations and commitment
- Discuss balancing academics with treatment
- Questions/concerns
- Scheduling



- 54 total clients scheduled at the time of orientation for assessment to start program, 22 did not but were provided information for scheduling



- Meetings with key stakeholders- Student Advocacy Center, Disability Services, Student Health, CCS and IOP clinicians
- December 2018 and March 2019
- Discussion of barriers, communication of department changes and roles
- Trends



- Received referrals from staff that were appropriate
- ~3/4 attendance rate for orientation
- Offering a new form of treatment to meet previously unmet needs
- Continued cross collaboration between the medical center and CCC
- Improvement in communication with stakeholders
- Plan to continue in 2019/2020
- Reduced wait time for this program



How to improve tracking?
Consideration for potential PHP
Potential joint ROI between stakeholders to ease referral
and communication



Other similar programs...

- **McLean Hospital (Belmont, MA)** <https://www.mcleanhospital.org/programs/college-mental-health-program>
- **Columbia University Medical Center (New York, NY)**
<https://www.columbiadoctors.org/specialties/psychiatry-psychology/our-services/columbia-day-program>
- **Las Encinas Recovery Center (Pasadena, CA)**
<http://www.lasencinashospital.com/programs/las-encinas-student-restore>
- **Institute of Living (Hartford, CT)** <https://instituteofliving.org/programs-services/young-adult-services/departments-services/intensive-outpatient-program>
- **Butler Hospital (Providence, RI)** <http://www.butler.org/programs/outpatient/intensive-college-student-young-adults.cfm>



References:

Center for Collegiate Mental Health, 2017
Annual Report,

https://sites.psu.edu/ccmh/files/2018/02/2017_CCMH_Report-1r4m88x.pdf



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