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
• 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

- Inpatient: 33%
- Emergency Room: 41%
- CALM: 20%
- IOP/PHP: 4%
- Unknown: 4%

Legend:
- Inpatient
- Emergency Room
- CALM
- IOP/PHP
- Unknown
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

- Urgent appointment, 44
- Ongoing appointment, 25
- Psychiatry, 10
- Referral and Linkage, 3
- Care Manager, 21

2017/18 academic year
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](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](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](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](https://instituteofliving.org/programs-services/young-adult-services/departments-services/intensive-outpatient-program)

References:

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