

# Mental Health Prevention and Treatment in Indian River County

## CAPACITY OF IRC SYSTEM OF CARE

**Information / Coordination of Services** - general information and assistance in navigating community resources.

**Prevention / Early Intervention** - services designed to educate on mental health topics.

**Support Groups** - people with common experiences who provide each other encouragement, comfort and advice.

**Outpatient Therapy Services** - individual or group psychological services.

**Outpatient Psychiatric Services** - individual psychiatric services, generally, diagnosis and medication prescription and monitoring.

**Psychological Testing** - formal testing to assess cognitive or emotional functioning.

**Case Management Services** - professionals assigned to provide advocacy, education, support and coordination of services.

**Intensive Outpatient / Partial Hospital Services** - structured non-residential psychological treatment, generally 3-6 hours of group and individual therapy 3-5 days per week.

**Inpatient / Crisis Stabilization Services** - inpatient psychiatric hospitalization providing psychiatric stabilization services, length of stay is generally 3-5 days.

**Residential / Supportive Housing Services** - live in facility providing psychological and psychiatric care, length of stay is generally 7-30 days.

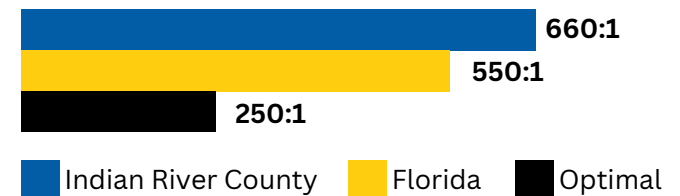
**Legend:** ■ Adequate ■ Insufficient ■ No Capacity  
(As of 5/2/23)

Produced by Indian River Community Foundation.

Mental health disorders are mental health conditions that affect an individual's mood, thinking and behavior, affecting one's ability to function. The following illustrates Indian River County's current continuum of care for mental health prevention and treatment.

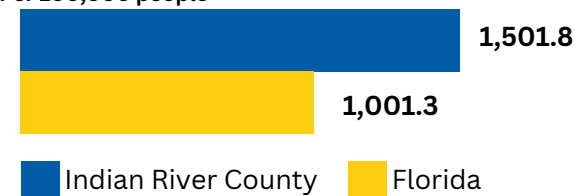
## UNDESIRABLE OUTCOMES

### Patient to Mental Health Provider Ratio



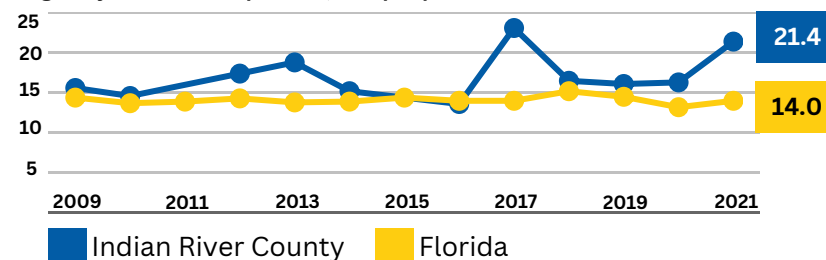
### Hospitalization

Hospitalization Rate for a Mental Disorder Per 100,000 people



### Suicide Rate

Age-adjusted deaths per 100,000 people



# Indian River Cleveland Clinic Behavioral Health Center Adolescent and Young Adult Intensive Outpatient Program (IOP)

## SUMMARY OF PROGRAM

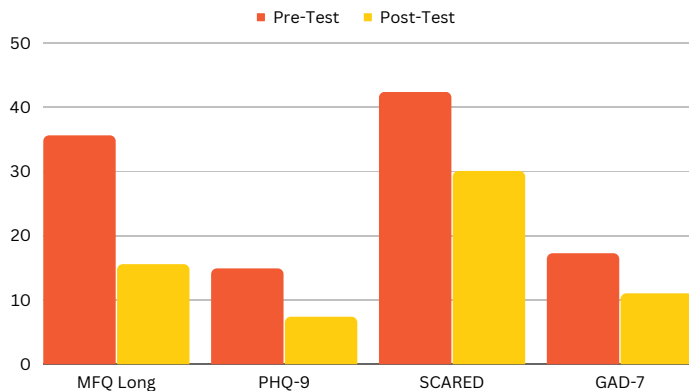
The Intensive Outpatient Program utilizes Dialectical Behavioral Therapy to provide psychoeducation on emotional regulation, distress tolerance, mindfulness, and interpersonal effectiveness skills in order to assist maintaining personal safety. Patients are offered support from clinicians in improving self-respect, self-advocacy, and self-worth. 100% of patients who have been enrolled in our IOP programs have been successfully linked to outpatient services if ones were not established at the time of admission, which assists with continuity of care. Evidence programming includes: Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Life Skills/Social Skills Group, Substance Abuse Group, Family/Parent Education.

Four funders, United Way of IRC, John's Island Community Service League, the Hospital District of IRC, and Indian River Community Foundation, committed to funding this program through year 3. They invested \$261,944.46 for year 1 and \$232,076 for year 2. The cost continues to decline due to Medicaid and patient health insurance payments.

	Year 1 (2021-2022)	1st Half of Year 2 (2022-2023)	Cumulative
Target Age Group	ages 13 - 17	ages 13-17 + age 18 and over (average age of adults: 30)	age 13 and over
Total Clients Served	40	33	73
Average Length of Treatment	9.53 weeks	9.53 weeks	9.53 weeks
Number of Patients Completing at Least 7 Weeks of Training	27	16	43

*"I've learned how to function again in a way that prioritizes my well-being."  
- a graduate of the program.*

**Clinical Assessments** are completed at the beginning of treatment (pre-test) and upon completion of the program (post-test).



Mood and Feelings Questionnaire (MFQ) - long version for adolescents:  
**Average score upon intake:** 35.33  
**Average score upon discharge:** 15.55  
**56%** decrease in mood disorder symptoms.

SCARED Assessment measures anxiety in adolescents:  
**Average score upon intake:** 47.1  
**Average score upon discharge:** 30.04  
**36.2%** decrease in symptoms of anxiety.

PHQ9 measures symptoms of depression in adults:  
**Average score upon intake:** 14.84  
**Average score upon discharge:** 7.37  
**50.3%** decrease in depressive symptoms.

GAD-7 measures symptoms of anxiety in adults:  
**Average score upon intake:** 17.22  
**Average score upon discharge:** 11  
**36.1%** decrease in symptoms of anxiety.