Hillside

Behavioral Health Innovation And Reform Commission
Hospital And Short-Term Care Subcommittee
Introductions

Emily Acker, MSA – President and CEO, Hillside

Laura Sellers, RHIA – VP Quality Improvement, Hillside

Adam Silberman, MD – Medical Director, Hillside

Amy Greenblatt, MPH, BSN, RN – Ph.D. Candidate, Emory School of Nursing
Who We Serve

Clients with...

...a history of multiple hospitalizations

...limited or unstable family resources

...multiple psychiatric conditions

...a history of significant trauma
Admissions & Avg Length Of Stay

<table>
<thead>
<tr>
<th>Year</th>
<th>Admissions</th>
<th>Avg LOS</th>
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<tbody>
<tr>
<td>14/15</td>
<td>204</td>
<td>138</td>
</tr>
<tr>
<td>15/16</td>
<td>230</td>
<td>125</td>
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<td>16/17</td>
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<td>107</td>
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<td>17/18</td>
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<tr>
<td>18/19</td>
<td>389</td>
<td>82</td>
</tr>
<tr>
<td>19/20</td>
<td>446</td>
<td>59</td>
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</tbody>
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Home State At Admission

Georgia 68%

Southeast 29%

Other 3%
Admissions By Funding Source

FY 2014

CMO/Medicaid 60%
Commercial Insurance 35%
Self Pay 6
Other 3%

FY 2019

Commercial Insurance 73%
CMO/Medicaid 21%
DFCS 1%
Out of state Medicaid 2%
Self pay 3%
Admission Process – Commercial Insurance

- Referral Screening: 20 min.
- Clinical Review: 15 min.
- Call With Parents: 30 min.
- Benefits Verification & Authorization: 2 hrs.

→ ADMIT
Admission Process – CMO/Medicaid

30 min. Referral Screening

15 min. Clinical Review

2 hrs. 1+ Day(s) Hospital Requests PRTF Authorization

ADMIT
Funding Denials

CMO/Medicaid
93%

Commercial Insurance
7%
Assessment & Treatment Planning Cost

- Psychiatric Assessment: 3 hrs.
- Physical Exam: 45 min.
- Psychosocial Assessment (Therapist): 2 hrs.
- Nursing Assessment: 45 min.
- Educational Assessment: 2 hrs.
- Recreational Therapy Assessment: 2 hrs.
- Treatment Plan Development: 1.5 hrs.

Total Cost: $545
Program Evaluation Process

- First data collected: **May 9, 2019**
- Data is collected from all adolescent clients every **two weeks**
- Evaluation instruments selected:
  - Distress Tolerance Scale
  - Affective Reactivity Index
  - Difficulties in Emotion Regulation Scale
  - Compassionate Engagement and Action Scales
  - Child and Adolescent Mindfulness Measure
- Current data set includes **421 clients**
The Client Scorecard
Clinical Data – Historic vs Future

**Clinical Picture**

**Historic Standard of Care**

- Psychiatric History
- Presenting Problem
- Psychosocial History
- Family History
- Symptom Measures
- Trauma History

**Future Standard of Care**

- Cognitive Functioning
- Measures of Traits & Skills
- Community Adversity
- Pathophysiologic Response to Emotions *
- Daily Activity *
- Sleep *

More detailed clinical picture through the use of measures and assessments chosen based on scientific evidence

*Pilot Late Summer 2020*
The Path Toward The Future

What is driving changes in outcomes?

How can this information help a patient?

"I think you should be more explicit here in step two."
Integration of Data & Predictive Modeling

What can be expected when treating patients based on data from children with similar features?

- Informs type and duration of treatment
- Benchmarks for treatment response
- Allows clinicians to course correct

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Hillside’s Vision For The Future

- More precise personalized treatment based on diverse data from a variety of sources
- Promotes optimal treatment outcomes
- Can advance current practice through dissemination of findings
The Mental Health Epidemic

physical abuse

Anger Management

family conflict

Academic Struggles

ANXIETY

TRAUMA

SUBSTANCE ABUSE

communication issues

POVERTY

SEXUAL ABUSE

Suicide

EMOTIONAL DYSREGULATION

LACK OF SELF-ESTEEM

DEPRESSION

cutting

BULLYING
THANK YOU