



YOLO COMMUNITY CARE CONTINUUM

## Safe Harbor Crisis House Semi-Annual Report

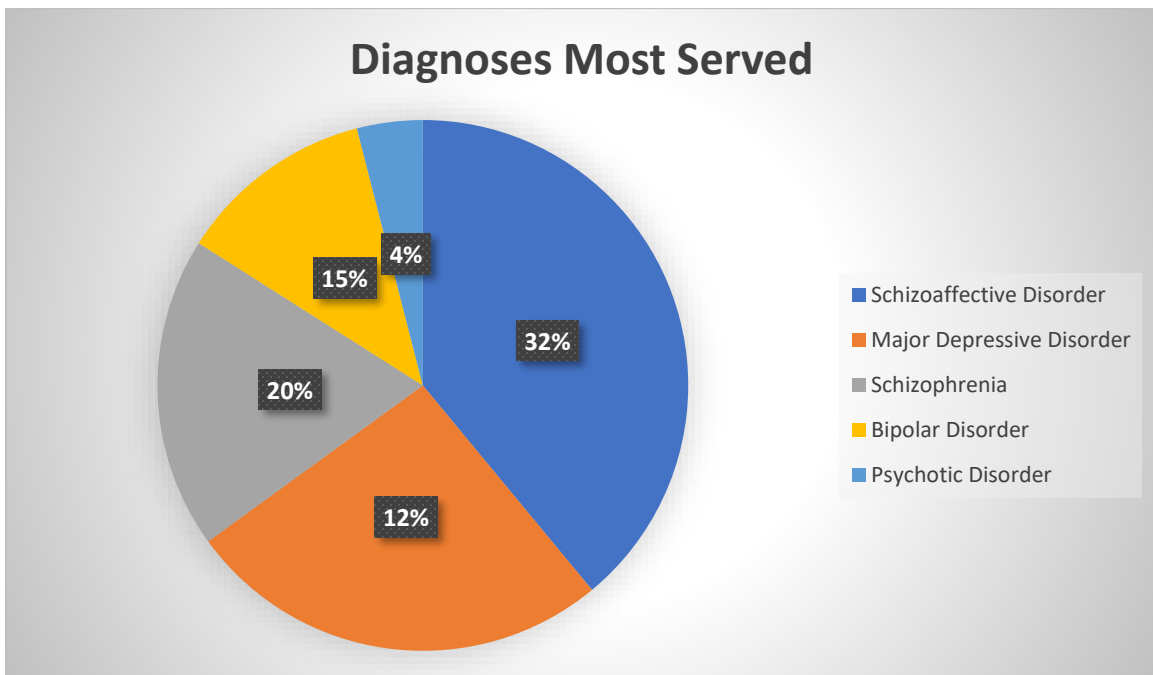
July 1, 2020 – December 31, 2020

Submitted by Kevin MacNeill  
Safe Harbor Crisis House Program Director

Safe Harbor Crisis House is a short-term crisis residential treatment program that supports the stabilization of individuals by utilizing a psycho-social rehabilitation model. Safe Harbor Crisis House offers an alternative to, or serves as, a short-term step-down option after acute inpatient psychiatric treatment for adults who reside in Yolo County. Individuals are often able to avoid multiple psychiatric hospitalizations by engaging in treatment while in a lower level of care, in a home like setting with others who are working towards improving their mental health symptoms. This is beneficial for clients to manage their crisis in a safe, therapeutic environment, in addition to having a smaller fiscal impact for Yolo County.

### Demographics

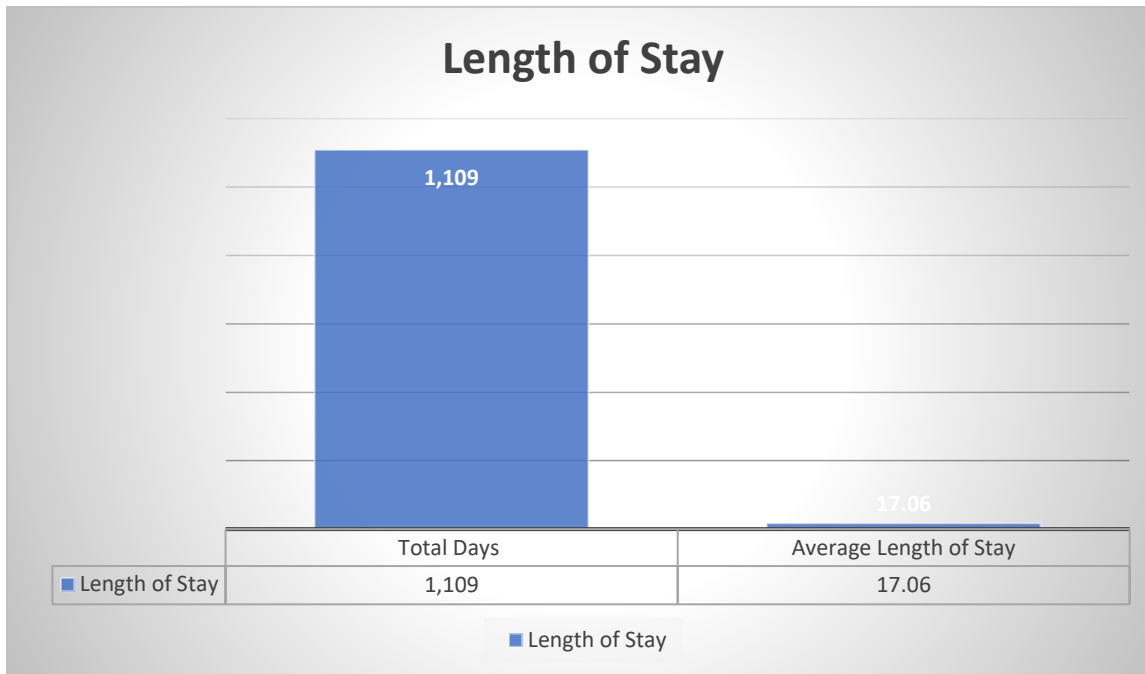
Safe Harbor Crisis House serves adults ages 18 through the senior years. Our license allows for individuals who can independently manage Activities of Daily Living. We are allowed up to two individuals who are considered non-ambulatory (i.e., requiring mobility devices and needing minimal assistance in emergency evacuation). Safe Harbor Crisis House treats individuals diagnosed with serious mental illness (SMI). The top five diagnoses treated during this reporting period include Schizoaffective Disorder (32%), Schizophrenia (20%), Bipolar Disorder (15%), Major Depressive Disorder (12%), and Psychotic Disorder (4%).



## Performance Measures

Safe Harbor Crisis House served 65 individuals with serious and persistent mental illness during this annual reporting period, of which 5 of these individuals were readmitted in the same reporting period. Safe Harbor Crisis House served a total of 60 unduplicated individuals during this reporting period. Utilization of crisis residential services at Safe Harbor Crisis House can be a measure of success for individuals that have previously experienced repeated hospitalizations in a psychiatric unit. Individuals who are experiencing an increase in symptoms may benefit from crisis residential treatment and avoid the need to be hospitalized. This is beneficial for the individual seeking treatment for reasons such as being able to maintain relationships with their support system while still receiving treatment, a voluntary setting where they are able to engage at their own will, and less self-stigmatism, in a less restrictive treatment setting.

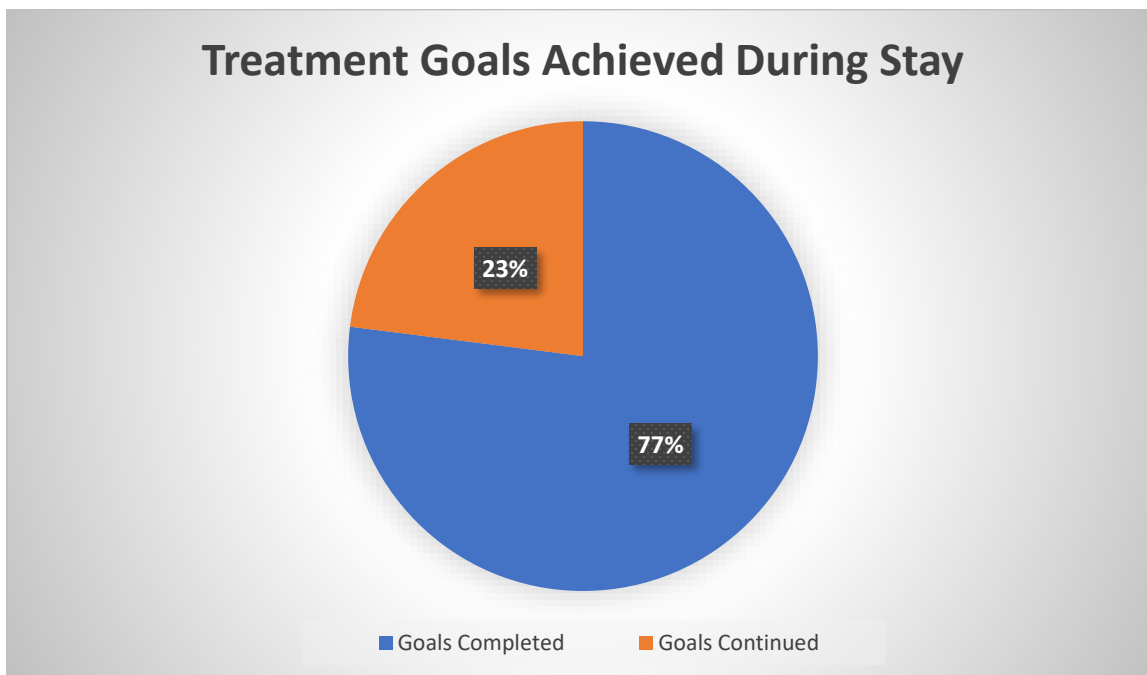
The total amount of treatment days provided in crisis residential services for this reporting period was 1,109. The overall average length of stay (LOS) for this reporting period is 17.06. Length of stay can be shortened with effective discharge planning, which takes place as soon as a referral is received. Safe Harbor Crisis House staff in conjunction with Yolo County and each client collaborate to determine a safe discharge plan if one is not in place at time of admission.



Safe Harbor Crisis House staff assists individuals with resolving issues around income, housing, APS/CPS cases, and more, in collaboration with Yolo County. Staff assist clients with various items such as SSI applications, connecting with local homeless and substance use resources, helping those interested in going back to the workforce with resume building and job resources, in addition to helping build upon life skills such as meal planning and preparation, while in a safe, empowering treatment setting. It can be a challenge to coordinate these resources during the average length of stay, especially with clients who have more challenging conditions and/or living situations.

73% of individuals will demonstrate engagement in Safe Harbor programming, as evidenced by participation in one or more treatment groups per day. Safe Harbor staff offer two therapeutic treatment groups per day (in addition to an ADL's morning check-in group) and clients are encouraged to participate in groups. Safe Harbor Crisis House offers psychoeducational treatment groups, processing treatment groups, recreational groups, relapse prevention groups, discharge/WRAP planning groups, and skills development groups. Clients are also offered a one-on-one with staff versus treatment group if they are not yet ready (due to acuity or symptomology) to participate in the group setting, or if they happen to miss a treatment group. Safe Harbor staff meet each client where they are at in their journey in order to provide quality services tailored toward specific needs for everyone. Treatment groups help each client to increase or gain insight to their mental health, learn healthy and effective coping skills that can be used on an outpatient basis after departure from Safe Harbor Crisis House, build upon positive communication skills, and to recognize their triggers and warning signs and how to rely on their support system to help prevent future crises.

Treatment planning is a primary service offered that is utilized to engage clients while at Safe Harbor Crisis House. Treatment goals are client driven and help the individuals at Safe Harbor Crisis House receiving treatment focus on goals that they can accomplish in a short time frame, as well as continue in an outpatient setting upon departure from Safe Harbor Crisis House. Treatment planning begins at the admission and continues throughout their stay. Treatment plans are also reviewed in a one-on-one setting during time of discharge, so that clients may see how much they have accomplished, as well as determine their goals to continue to strive towards upon departure. During this reporting period, 77% consumers completed their individual goals during their stay. Safe Harbor Crisis House strives to provide the best quality care, increase access to mental health services to members of the community, and provide services and support for those experiencing a mental health crisis in a voluntary setting.



## **Performance Measure Summary**

Total individuals served during this period in crisis residential- 65

Total number of unduplicated individuals served during this period in crisis residential- 60

Total number of days of treatment provided in crisis residential services- 1,109

Percentage of individuals who engaged in Safe Harbor programming as evidenced by participation in 1 or more groups per day- 73%

Total number of individuals who complete their individual goals during the course of their stay at Safe Harbor- 77%