

Oakleaves

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A closer look at Oaklawn intensive services

by Sharese Swafford, M.A., LMHC, vice president, child and adolescent intensive services

Oaklawn offers an extensive continuum of child and adolescent intensive services. These programs provide a stable environment at a variety of therapeutic levels to meet the needs of children, adolescents and their families when it has been determined that an out-of-home placement is in the best interest of the youth.

Youth needing these levels of care have documented psychiatric and emotional needs that require a high level of intervention to maintain their safety. They have often experienced previous alternative and less restrictive options or multiple failed placements. The ultimate goals of intensive treatment are to educate about diagnoses, identify past issues that affect current functioning, improve coping skills, and engage a support system to facilitate independent living. These programs include therapeutic foster care, an adolescent group home, and several residential units.

Oaklawn's therapeutic foster care (TFC) has foster homes in Lagrange, Elkhart, St. Joseph, Kosciusko and Marshall counties. Foster parents are licensed and specially

trained to meet the needs of youth who would live in their home, attend public school, and require intensive supervision and possibly therapy. The youth range from infants to age 18 and have a variety of familial, abuse or neglect issues.

The TFC program provides a nurturing, structured environment, an intensive case manager, curriculum for activities of daily living (ADL) and 24-hour support for the foster parent(s). Foster parent responsibilities include providing basic physical needs of food, clothing, shelter and medical care, as well as positive role modeling, sensitivity, praise, encouragement and appropriate discipline.

The foster home is a safe, secure environment that promotes emotional, physical and spiritual growth. Foster parents work with the youth's support system toward permanency, be that reunification, adoption or independent living. Benefits the foster parents gain from this process include professional growth, personal growth, formal training, improved parenting skills, new friends, financial reimbursement, respite care

when needed, and a deep sense of helping families and children move toward health and wholeness.

Oaklawn's adolescent group home is located on our Elkhart campus. The home has 10 beds for adolescents aged 13 to 18 as well as 24-hour awake staff. Typically, adolescents in this program have psychiatric and emotional issues, limited family supports, and the ability to live independently in the community.

Youth in this program attend public school, participate in outpatient therapy, and often have a part-time job. The goal is to aid in developing independence across life domains. The curriculum includes money management, meal preparation and sharing household duties in the home. The youth engage in volunteer efforts in the local community and have individual recreational and ADL assessments to help guide them in their individual journeys toward productive lives in their home communities.

Oaklawn's residential program is comprised of five units with a total of 74 (See Residential, continued on page 2)



Oaklawn offers CA-PRTF

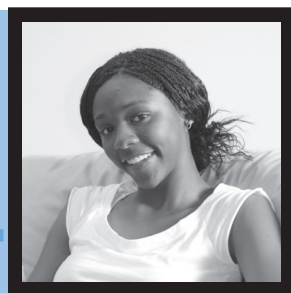
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(Residential, continued from page 1)

beds, and include:

- a coed locked/secure unit
- middle school male sex offender unit
- adolescent male sex offender unit
- all-male unit
- all-female unit

Youth served range from 6 to 18 years of age with a variety of diagnoses. They are referred by county probation, Department of Children Services (DCS), the Department of Education (DOE) and families.

Residential programs are located in a beautiful facility on a 78-acre campus in Goshen, Indiana, and provide opportunity for fishing, hiking, biking, softball and soccer. The programs also have access to an indoor gym and therapeutic activities offered by other local agencies. Residential programs provide 24-hour awake staff with 1:3 staff to resident ratios that exceed state requirements on some units.

The care and treatment plan of each resident is led by a board certified child psychiatrist. Master's level clinicians provide intensive individual, group and family therapy as well as substance abuse treatment. Our staff of nurses, nurse practitioners and medical doctors, with the benefit of an on-site pharmacy, facilitate mental health care and also address physical health needs such as diabetes.

Each resident has an assigned case manager who serves as the liaison between the agency and the family/referral source and formal support system. In addition to the medical staff, our multidisciplinary team includes mental health technicians, pastor, recreational therapists, mentors, and a dietitian. Also featured in the residential program is a state-of-the-art education center with a comprehensive school program provided by Goshen Community Schools to meet the individual education needs of each resident.

All intensive programs are licensed and accredited by the state of Indiana and The Joint Commission. For more information about programs, referrals, or a tour of our facility, please call 1-800-282-0809.

Oaklawn offers CA-PRTF

Oaklawn is pleased to announce the availability of a new program for youth and families in the Elkhart County area which utilizes federal grant money to provide wraparound services to children and youth determined to be at-risk due to emotional and behavioral problems. Wraparound is a concept where multiple agencies and support systems work together to "wrap" services around an at-risk child and/or family in order to better serve them and not duplicate or overlook possible efforts.

In January, 2007, Indiana became one of ten states selected to participate in the \$218 million Community Alternatives to Psychiatric Residential Treatment Facilities demonstration project, commonly called the CA-PRTF grant. This Medicaid demonstration grant was awarded to the Division of Mental Health and Addiction by the U.S. Department of Health and Human Services in order to develop treatment alternatives for children with serious emotional disturbance served in 24-hour secure residential facilities. Over a five year period, Indiana is projected to receive approximately \$21 million to offer intensive community-based services to as many as 225 youth each year when the grant is fully implemented.

The grant is one component of a larger system-of-care concept and provides an avenue of new funding for the wraparound principles and individualized care planning developed in the 1980s. Oaklawn became a certified access point for CA-PRTF grant services on February 4, 2008, one of 40 sites across Indiana, and began accepting referrals in March of 2008.

Children are eligible for grant services if they meet the following criteria—they must:

- have Medicaid;
- reside in a county that is an access point (includes Elkhart & surrounding counties);
- be between ages 6–20;
- have an assessment completed at the access point which identifies them as needing the level and intensity of service.

The goal of the grant is to ensure that eligible families receive adequate support and appropriate interventions to help maintain their child in the community. Services are intended to provide an intense level of involvement by numerous providers who meet together as a Child and Family Team to discover strengths of the child/youth and family, assess needs, and deliver focused interventions designed around the Plan of Care formulated by the team. Families of children who meet the criteria, are seeking treatment alternatives to residential programs, and want assistance with the transition back to the community, are eligible to apply.

Every child who participates in the grant automatically receives the services of a wraparound facilitator and wraparound technician whose complementary roles are to direct and carry out the tasks and activities of the wraparound process. Other grant services include the provision of:

- non-medical transportation;
- training and support for unpaid caregivers;
- consultative clinical and therapeutic services;
- respite care;
- flex funding for goods or services that contribute to the development of strengths in the child and family;
- habilitation services designed to enhance functioning of the child.

Oaklawn has had 34 referrals for grant services since the grant's inception last February. Presently, five families/individuals are active in the grant program with more referrals awaiting finalization of their application. Several community members are in the process of becoming certified providers of grant services and inquiries from others who have interest and experience with children/youth are welcome.

To learn more about CA-PRTF grant services, contact Beth Hostetler, grant coordinator, or Ben Strickland, wraparound facilitator, at Oaklawn, (574) 533-1234.



Changes at Oaklawn

Following are some changes at Oaklawn that may be of interest to our referral sources and partners in healthcare. We believe these changes will allow us to be more responsive to you and enable you to more readily obtain the assessments and evaluations your patients need. If you have any questions, please contact Oaklawn vice presidents Gregg Nussbaum or Bonita Schrock at (574) 533-1234.

- We recognize that the increasing demand for psychiatric care stretches our ability to provide services and that we have had difficulty providing timely access for outpatient referrals from physicians. We also recognize that as a community mental health center, our primary mission is to serve Elkhart County residents. As a result, we will begin prioritizing the work of our psychiatrists to serve Elkhart County patients and Elkhart County health system referrals.

- By January 23, 2009, the staff at our Marilyn Avenue office (near Goshen Hospital) will relocate to our main facility at 330 Lakeview Drive, on the north side of Goshen off State Road 15. The following clinical staff will make the move to Lakeview Drive: Timothy McFadden, M.D.; Linda Bertsche, APRN; Paul Yoder, Ph.D.; Jeannie Brunk, M.S.W.; Robin Ebricht-Zehr, LCSW; Jeannie Miller, LCSW; Richard Pipher, M.S.W.; and Jessica Uhl, M.S.W.. These professionals will continue working with individuals and groups, providing the same excellent care, with the only difference being a change in location. They can be reached at the same phone number: (574) 533-1234 or toll free at 1-800-282-0809.

Foster families needed

There is a continued need for families for Oaklawn's therapeutic foster care program to help meet the placement requests for children and youth with emotional and behavioral problems. In addition to providing for a child's basic physical needs of food, clothing, shelter and medical care, foster parents offer instruction, supervision, positive role modeling and appropriate discipline. Foster parents receive a per diem to help with expenses plus ongoing training and 24-hour support from Oaklawn. For more information, call (574) 537-2669.

Senior services at Oaklawn

Oaklawn offers a continuum of care to seniors including individual therapy and inpatient care. Other services for seniors include evaluation and consultation services in nursing homes and a senior assessment clinic to help determine what services will be most beneficial.

Oaklawn's senior services are designed for people 60 years or older who are experiencing depression, anxiety, grief, isolation, or other concerns which impair daily functioning.

Senior inpatient services offer intense 24-hour crisis stabilization. An array of therapeutic and medical interventions are used to get patients through their acute crisis and into a less restrictive treatment environment. Seniors participate in group therapy, recreation therapy, and a therapeutic milieu.

Oaklawn physicians and nurse practitioners provide services to seniors in a limited number of area nursing and assisted living facilities, including medication management, evaluation and consultation.

Oaklawn's Senior Assessment Clinic is designed primarily for physician referrals and offers weekly clinic time where a board certified geriatric psychiatrist sees seniors to assess and evaluate issues and facilitate early intervention. Upon request, assessments or psychiatric evaluations will be sent to the primary care physician.



Oaklawn is committed to providing education events for professionals and the general public and to collaborating with other community agencies. Information about education events can also be found on our web site at www.oaklawn.org.

Professional training events

Carling for the Aging Brain in the 21st Century

Speaker: Malaz Boustani, MD, MPH

When: Friday, March 20, 2009, 8:15 a.m.-3:45 p.m.

Where: Greencroft Senior Center, 1820 Greencroft Blvd., Goshen, IN

Cost: \$50 (includes lunch)

CEUs: 5.5

Who should attend: physicians; nurses; social workers, psychologists and private practice therapists; staff of nursing homes, retirement centers and other senior services; pastors, and other professionals who work with seniors

Description: Malaz A. Boustani, MD, is assistant professor of medicine, Division of General Internal Medicine and Geriatrics, Department of Medicine, Indiana University School of Medicine, Indianapolis; center scientist at Indiana University Center for Aging Research, Indianapolis; and research scientist, Regenstrief Institute, Inc., Indianapolis. Dr. Boustani received his medical doctorate from the University of Damascus, Syria, and also holds a master's degree in public health care and prevention from the University of North Carolina School of Medicine, Chapel Hill. In talking about the aging brain, Dr. Boustani will cover the following topics for professionals working with older adults:

- *Does my patient have Alzheimer's, MCI or Delirium?*
- *Delirium and Depression Superimposed on Dementia*
- *Untangling Agitation Inside the World of Dementia*
- *Caring for the Aging Brain in Your Facility*

Sponsored by: Oaklawn and Greencroft

For more information or to register: Call (574) 537-2680 or email info@oaklawn.org

The professionals at Oaklawn



Margaret Dickey



Lori Gibson



Steven Leapman



Bonnie Raine

■ **Margaret Dickey, M.S.W.**, is team leader of supervised visitation at Oaklawn. She has a master of social work degree from Smith College, Northampton, MA.

■ **Lori Gibson, PMHCNS-BC**, has joined Oaklawn as a clinical nurse specialist with the family intervention team at 2600 Oakland Avenue, Elkhart. She has a master's degree in nursing from Indiana University School of Nursing.

■ **Steven Leapman, M.S.Ed., M.H.L.**, is an addictions counselor with the addictions intensive outpatient program at

2600 Oakland Avenue, Elkhart, and the residential programs at 330 Lakeview Drive, Goshen. He has a master's degree in counseling psychology from Indiana University South Bend and a master's degree from Hebrew Union College, Jewish Institute of Religion, Cincinnati, OH.

■ **Bonnie Raine, Ph.D.**, is the Elkhart County system of care coordinator based at Oaklawn. She has a doctoral degree in theology from the University of Notre Dame, South Bend.

Staff changes/promotions

■ **Janelle Christenson, M.S.W.**, is a social worker with residential professional services.

■ **Lisa Kirkton, B.S.N., RN**, has been named coordinator of outpatient nursing.

■ **Mike Marchi, B.S.**, is manager of referral relations for child and adolescent intensive services as well as senior services.

■ **Elaine Guengerich Miller, B.S.N., RN**, has been named director of nursing at Oaklawn. A 21 year employee, she also manages Oaklawn's adult and senior inpatient programs.

■ **Mike Spangler, B.A.**, is manager of contracted services at 2600 Oakland Avenue, Elkhart. He continues as team leader for the Oaklawn/Bashor program.

■ **Paul Yoder, Ph.D., HSPP**, is director of Oaklawn's Access Services and outpatient services at Lakeview Drive, Goshen. A licensed clinical psychologist, Dr. Yoder has been with Oaklawn for 18 years.

■ **Sue Zimmerman, B.S.N., RN**, has been named nurse manger of residential services and nurse training.

Oakleaves is published three times a year and is designed to address timely mental health and addictions clinical issues as well as inform professionals of Oaklawn's services and educational events.

Send changes of address, letters, and requests for free subscriptions to:

Gloria Miller Holub, editor, *Oakleaves*
P.O. Box 809 • Goshen, IN 46527 • Phone: (574) 537-2680

E-mail: info@oaklawn.org • Web site: www.oaklawn.org

Laurie Neumann Nafziger, ACSW, president • Daniel L. Kinsey, M.D., medical director

Address Service Requested

330 Lakeview Drive
Goshen, Indiana 46527
P.O. Box 809

Toward Health and Wholeness

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