



# Optimistic Beginnings

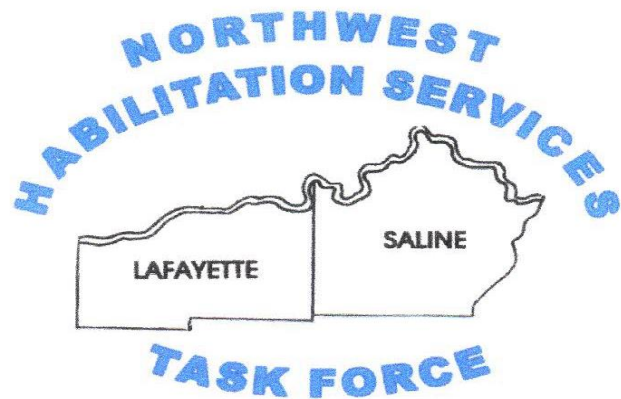
Northwest Community Services

Marshall, Missouri

*To empower all through teaching P.R.O.T.E.C.T. to  
achieve success in all aspects of life. – O.B. Mission  
Statement*

# Northwest Habilitation Services Task Force

- ▶ August 2014 Mental Health Commission accepted the recommendations of the Northwest Habilitation Services Task Force
- ▶ Recommendations included developing an eight-person intensive behavior program in Marshall.



# Northwest Habilitation Services Task Force Recommendation

- ▶ Admissions included individuals with developmental disabilities, as well as behavioral and mental health needs, who were currently in jail or psychiatric hospitals
- ▶ Multiple provider placements with no success
- ▶ High risk of readmissions to crisis programs after having returned to the community multiple times
- ▶ Multiple challenges in dealing with the existing environment

# DD / DBH Partnership

- ▶ Identified key DMH resources from both DD and DBH to partner together to assist in development of a new program
  - ▶ Division Directors of both DD and DBH
  - ▶ Directors of State Operated Programs for both DD and DBH
  - ▶ DMH Chief Medical Director
  - ▶ DBT Consultant
  - ▶ FSH New Outlook Consultant

# What is Optimistic Beginnings



- ▶ Wrap around care, including physical health, counseling, psychiatry and daily needs provided in a residential setting.
- ▶ Treatment is based in DBT therapy and philosophy.
- ▶ Help individuals change patterns of behaviors that may have presented significant challenges in the past.
- ▶ Licensed by the Department of Mental Health
- ▶ Length of stay varies anywhere between 12-24+ months.

# Candidates for OB

- ❑ Individuals admitted to the program are typically diagnosed with a mild or borderline developmental disability as well as multiple mental illnesses such as Border Line Personality, Post-Traumatic Stress Disorder, Bi-Polar Disorder, Defiant Disorder, etc.
- ❑ Typically they have been in and out of placements, hospitals, and jail.
- ❑ Individuals have experienced high rates of violence towards themselves and others; they also have a high incidence of exposure to traumatic experiences such as sexual, emotional, and physical abuse.

# ABOUT THE PROGRAM



- P.R.O.T.E.C.T.
- Dialectical Behavioral Therapy
- Trauma Informed
- Treatment Team

# P.R.O.T.E.C.T





# Dialectical Behavioral Therapy (DBT)

- Skills Training
- Individual Therapy
- Coaching Calls
- Behavior Chain Analysis (BCA)
- Consultation Team

# Skills Training



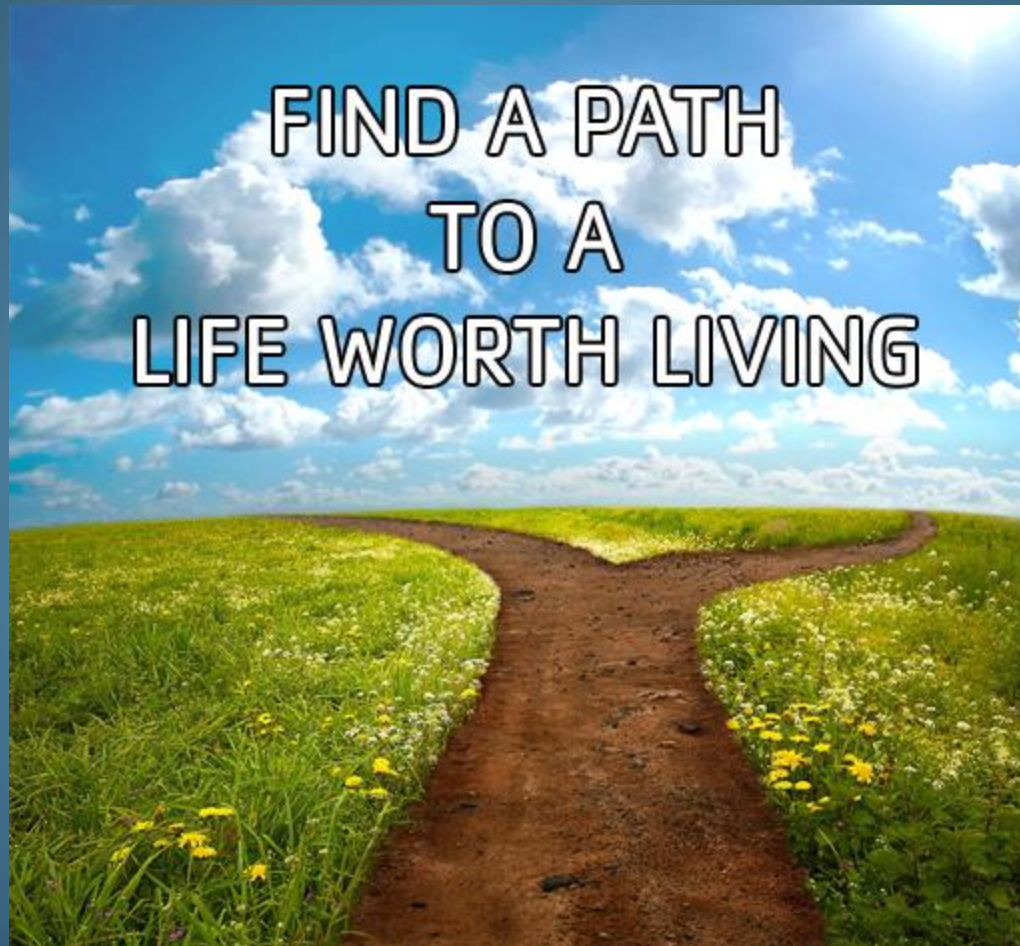
Mindfulness  
Emotion  
Regulation

Interpersonal  
Effectiveness

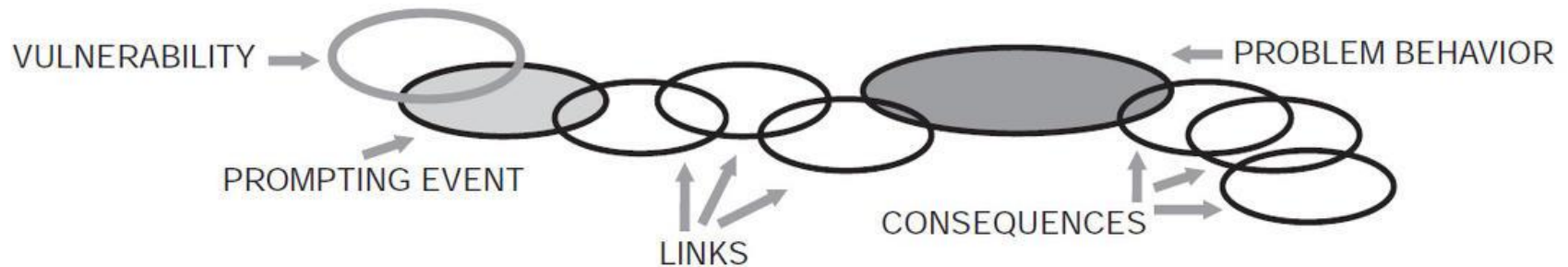
Distress  
Tolerance



# Individual Therapy



# Behavior Chain Analysis (BCA)



# Coaching Calls



- Available any time
- Utilized to help coach through skills before a behavior



# Consultation Team

- Weekly meetings
- Staff support
- Follow DBT principles.



# Trauma Informed



- TREM- Trauma Recovery and Empowerment Model
- Environmental / Situational Awareness
- Trauma Committee

# Treatment Team

- Psychiatrist
- Physician/NP
- Program Director
- Licensed Clinical Social Worker
- Licensed Behavioral Analyst
- Habilitation Specialists
- Direct Support Professionals
- NWCS Administration



# SMART



- Trauma Informed Care
- Suicide Prevention
- Early Warning Signs
- Personal Safety Plans
- Personal Protection Equipment
- Comfort Rooms
- Medical Risks
- Staff Response to Self-Harm
- Physical Interventions
- Therapeutic Communication (De-escalation)
- Physical Restraint

# Other Training

- ▶ New Outlook Program Training and Validation
- ▶ Positive Behavior Supports
- ▶ Engagement
- ▶ Stress Management/Suicide Prevention
- ▶ Intro to Mood Disorders
- ▶ Vehicle Safety
- ▶ Documentation
- ▶ Levels of Supervision
- ▶ EMT 2.0
- ▶ CPR/First Aid
- ▶ Healthcare / Infection Control
- ▶ MELS

# Empowerment Group

- ▶ **Empowerment Group:** Empowerment Group is a group focused on empowering our individuals to overcome their trauma histories and build a life in which they feel strong and confident.
- ▶ This group is voluntary and is intended to help make links between their experiences and current functioning.
- ▶ Simply attending group and being present by listening respectfully to conversation is considered participation.



# Other Groups

- ▶ Life Skills
- ▶ Music
- ▶ Art Combo
- ▶ Consumer Council
- ▶ Book Club
- ▶ Healthy Choices



# Step-Up Home



- ▶ Eastwood ISL
- ▶ How do I get there and what does it mean for my treatment?
- ▶ What does this mean for providers?

# Discharge from OB

- Individuals discharged from OB must continue to receive supports from a provider that is familiar with DBT and can support the individual in continued use of DBT
- DOR 4.070 outlines the Discharge Process
- Post-Discharge meetings will be conducted at routine intervals for at least one year following discharge
- All medical providers must be in place prior to discharge and the individual must have had their initial visit with each provider prior to discharge from OB. This includes medical, psychiatry, DBT Therapist, etc.

# Staff Supports







# NADD Accreditation

- ▶ The NADD Program Accreditation evaluates the philosophy and practice of the accredited program in relation to eighteen competency areas. Not all programs are surveyed under all 18 competency areas.
- ▶ In November 2018, Optimistic Beginnings went through their initial NADD survey in 17 of the 18 competency areas and received a 2 year NADD Accreditation!

# NADD cont.

- ▶ NADD developed the Accreditation program to improve quality and effectiveness of services provided to individuals with a dual diagnosis.
- ▶ Competency-based professional standards.
- ▶ Promote ongoing professional and program development.
- ▶ Accredited programs are recognized for providing quality services for individuals who have a dual diagnosis and are meeting nationally recognized best practices.

# NADD Certification

Competency-Based Certification Program

- ▶ Clinicians
- ▶ Dual Diagnosis Specialists
- ▶ Direct Support Professionals

