



SAMHSA-HRSA Center for Integrated Health Solutions

Moving on With Trilogy: An Integrated Transition into the Community

Sara Gotheridge, MD
Chief Medical Officer

Alice Geis, DNP
Director of Integrated Healthcare

Mary Colleran, MSW
Chief Operations Officer

Elisabeth Klaasen, LCSW, CADC
Dir. of Williams and Colbert Implementation

**Trilogy Behavioral Healthcare
Chicago, IL**



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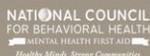


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Sara Gotheridge, MD



- Dr. Gotheridge is Trilogy's Chief Medical Officer. She joined the Trilogy team in 2003 in the Psychiatric Services Department and became the agency's Medical Director in 2007.
- Dr. Gotheridge provides psychiatric consultation and oversight of Trilogy's Psychiatric Services Department and leads the Integrated Healthcare Program as a whole.
- Dr. Gotheridge is a Board Certified psychiatrist who received her medical training from Northwestern University's Feinberg School of Medicine. She has taught and lectured at Northwestern University and throughout Chicago.



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Alice Geis, DNP, APN



- Dr. Geis joined the Trilogy team in November 2008 became the organization's Director of Integrated Healthcare in 2010. She is a board certified family psychiatric nurse practitioner and holds a Doctor of Nursing Practice degree in Systems Leadership.
- Dr. Geis works with our Chief Medical Officer in developing Trilogy's Integrated Healthcare Program and oversees wellness and nursing services.
- Dr. Geis is an Assistant Professor in the Department of Community, Systems & Mental Health at Rush University College of Nursing. She teaches various master's and doctoral level public health and psychiatric nursing courses, and serves as clinical instructor for Rush nursing students placed at Trilogy.
- Previous roles have included director for a psychiatric home health program, psychotherapist, and consultant.

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Mary Colleran, MSW



- Ms Colleran became Chief Operations Officer in 2013 after serving as the Director of Grants and Special Projects and Grants Manager since January 2010.
- Ms. Colleran is responsible for the development and oversight of Trilogy's federal and municipal grants, evaluation, quality assurance, and research efforts.
- Ms. Colleran received her Masters in Social Work, with a focus on Program Management, from Boston University in 2001.
- Ms. Colleran has over ten years experience in nonprofit development and management. In addition, Mary has conducted trainings and lectures on Grant Writing and Program Evaluation.

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Elisabeth Klaasen, LCSW, CADC, LPHA



- Ms. Klaasen, LCSW/CADC is the Director of Williams and Colbert Consent Decree Implementation at Trilogy. She is a Licensed Clinical Social Worker and a Certified Alcohol and Drug Counselor and has been a clinician at Trilogy since 2008.
- Ms. Klaasen is responsible for creating and implementing the Williams Program at Trilogy since 2012 and the Colbert Program since 2014. She is responsible for managing the Williams and Colbert Transition Teams as well as the Williams and Colbert Quality Administration Teams.
- Ms. Klaasen received her undergraduate degree from Grand Valley State University and her masters in social work from Loyola University Chicago specializing in mental health.

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**(Will embed video directly into
powerpoint)**

https://www.youtube.com/watch?v=G_oadee64us

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The Williams Program: Moving from Nursing Homes to the Community Putting Integrated Care to the Test

REFERRAL ASSESSMENT TRANSITION MOVING DAY FIRST IHC VISIT ONGOING TREATMENT

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REFERRAL ASSESSMENT TRANSITION MOVING DAY FIRST IHC VISIT ONGOING TREATMENT



• Participation in Clinical Review Process



- Referrals: 350
- Move outs: 140
- Average Age: 47
- Age range: 22 - 65
- Range of Years in Current Nursing Home:
 - 2 months - 27 years
 - Many have been institutionalized for entire adult lives (40+ years)



- Jerry
- Pat



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REFERRAL **ASSESSMENT** TRANSITION MOVING DAY FIRST IHC VISIT ONGOING TREATMENT

- Community Readiness Assessment
- Practice Apartment



- The Integrated Healthcare Team



- ACE Score: N=197
 - 0-1 44%
 - 2-3 23%
 - 4-5 17%
 - 6-7 9%
 - 8-10 7%

- AUDIT Score: N=132
 - 0-7 87%
 - 8-15 10%
 - 16-20 3%



- John



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REFERRAL ASSESSMENT **TRANSITION** MOVING DAY FIRST IHC VISIT ONGOING TREATMENT



- RNs co-lead Group.
- Assist with preparations related to medication administration



- # Declined Transition: 101
- # Unable to Transition: 32



- Roger



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- Home Safety Evaluations
- Adaptive Equipment

- # Moved: 142

- Karen

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- Prioritization of medical needs
- Referrals to specialists

- Average BMI: 32
- % of Smokers: 67%
- Average # of Medications: 8.8
 - Range of 1 to 29 medications
- % HgA1C over 6.0: 24%
- % with Abnormal BP: 16%
- Total # of FY14 Primary Care visits: 636
- Average # of FY14 Primary Care Visits: 5

- Charles

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REFERRAL ASSESSMENT TRANSITION MOVING DAY FIRST IHC VISIT **ONGOING TREATMENT**

- How teams work together
- How technology is used
- Peer Support
- 
 - Outreach Teams
 - Health Education
- 
 - Level of Service:
 - ACT- 66
 - CST- 64
 - Residential- 3
 - Recovery Services- 7
 - # in IDDT Program: 11
 - # in Supported Employment Program: 41
 - # who found jobs: 4
- 
 - Maria



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Community Integration

- Family Night
- Barbecue
- Wellness Fair
- Landlord Meet & Greet



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Challenges

- Those who we are unable to serve
- Returns to Nursing Home
- Culture of Nursing Homes
- The infancy of the Program
- Educating the community



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Lessons Learned

- Need for More Housing
- Importance of Occupational Therapy
- Can't Predict Success
- Greater understanding of the population
- It works!



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Future Directions

- New Consent Decree
- Evaluation
- Clustered Housing
- On-site Pharmacy
- Leadership to State



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Peer Ambassadors



"In December of 2012, I was given the chance to work with Trilogy as a part of the Williams Consent Decree. I'd never lived on my own before but I'd always thought that I could live well in my own apartment. Over time, I've learned a lot about my own self-care. In the nursing home I didn't even know the names of the medications I was taking. Now I'm able to pack my own medication and know the reasons why I take each pill.

I'm glad that the Trilogy Beacon is here as a place to go during the week, a place that helps keep me sober, and a place where I can continue to learn things about myself and living on my own."

– George T.

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Questions?

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