



COMMONWEALTH of VIRGINIA

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COMMISSIONER

DEPARTMENT OF
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August 21, 2020

The Honorable Janet D. Howell, Chair
Senate Finance Committee
The Honorable Luke E. Torian, Chair
House Appropriations Committee
900 East Main Street
Richmond, VA 23219

Dear Senator Howell and Delegate Torian:

Pursuant to Item 326.B. of the 2020 Appropriation Act, the purpose of this letter is to report on the number of individuals served and services provided by the Discharge Assistance Program (DAP). Specifically, the language requires:

B. The Department of Behavioral Health and Developmental Services shall report by November 1 of each year to the Secretary of Finance and the Chairmen of the House Appropriations and Senate Finance Committees on the number of individuals served through discharge assistance plans and the types of services provided.

The total number of individuals served with DAP in the community grew by 65% from FY 2015 to FY 2018, from 1,123 individuals in FY 2015, to 1,860 individuals in FY 2018. From FY 2018 to FY 2019, the number served increased another 6% to 1,995 individuals. For the first three quarters of FY 2020, 1485 individuals have been served with DAP funds. DAP must be initiated to address barriers to discharge from state psychiatric facilities. These plans, called "IDAPPs" can include one-time costs such as transportation, apartment set up costs etc.; or ongoing costs including services and residential costs.

Within this context, below you will find a description of the dollars expended, types of services provided, and number of individuals served by 790 Grant to Localities DAP funds for FY19 and the first three quarters of FY20.

Individual Plans FY19

- In FY19 \$34,149,266 of DAP funds were allocated directly to the five major regions and two sub regions for use in individual discharge plans for the entire fiscal year. In total, 1,995 individuals were served. This includes a combination of individuals already discharged from state facilities in previous years, as well as 566 new discharges in FY19 (28% of the total individuals served). These 566 new discharges were served in the community with a total of \$4,960,336. Had these same individuals remained hospitalized through the end of FY19, it would have cost \$82,065,745.29 based on the average daily hospital bed day cost of \$754.69. Prior to discharges, these 566 newly discharged individuals had used a total of 108,741 state hospital bed days.

Individual Plans FY20 Quarters 1-3

- For quarters, 1-3 of FY20 1437 individuals have been served with IDAPPS. Through March 31, 2020, \$25,615,484 in DAP funds have been spent supporting ongoing and one-time costs for these individuals. These individuals have been served with 24 hour supervised care and housing, community based services, and medication and startup costs for community transition. Of those 1,437 served, 329 were new hospital discharges (23%). Those same 329 individuals had accounted for 127,318 state hospital beds day. Had these individuals remained hospitalized through the end of FY20, the cost of their hospitalizations would have been \$62,830,961.26. By discharging into the community, DAP spent \$2,601,056.18 on those 329 individuals.
- In FY20 DBHDS worked toward more specific category spending tracking. For quarters 1 and 2 of FY20, regions reported spending \$18,927,182 on IDAPPS. Eighty-one percent of that funding (\$15,306,509) was spent to support individuals in supervised living situations which include assisted living facilities, nursing homes, mental health group homes, developmental disability supervised living options, traumatic brain injury placements, and memory care placements for which no other funding was available. Funding for services to the individual, including case management, mental health skill building, psychosocial rehabilitation, and supported employment, accounted for 12.4% of spending.
- Individuals may have multiple IDAPPs including one time, ongoing, or a combination of both, depending on circumstances and needs. The 1,437 individuals served during the first three quarters of FY 20 represented 1,683 IDAPPs. The average statewide cost of an ongoing plan is \$37,681.42 annually. The average statewide of a one-time plan is \$6,976.32.

Increased Need and Funding Turnover

- In FY18, regions spent a total of \$29,408,124 to support 1,860 individuals. In FY19 that amount grew to \$35,149,266 to support 1,995 individuals. It is projected that regions will spend \$40,273,760 based on encumbrances for FY20. This is an average growth rate of 17.3% each fiscal year.

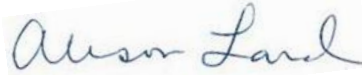
- DBHDS has increased utilization of DAP as the state hospital census grows and the need for funded discharge placements have increased. Fund turnover (meaning the amount of funding that was allocated and then unallocated and available for reallocation to a new plan), has been reviewed since FY18. The turnover can occur due to a death of an individual, reduction in services as a result of a decreased need by the individual, determination that the individual no longer requires the funding, return to hospitalization, or determination of a new funding source to cover needed services.
 - In FY18 only 10.9% of the funds were turned over.
 - In FY19 this increased to 22.54%, in conjunction with the expansion of the Community Integration Team at DBHDS being included in regional utilization reviews.
 - For the first three quarters of FY 20, DAP turnover was 28.25%
- Because of the increased utilization of DAP funds, the average number of EBL discharges has been increased to 74 individuals per month. This is compared to the same time last year when the average number of EBL discharges per month was 62.
- For individuals discharged from the EBL over the past four months, the average length of stay (LOS) on the EBL was 78.5 days. The average LOS for individuals discharged off the EBL during the same time period last year was 86.1 days.
- This has been accomplished through targeting barriers to discharge through community based partnerships.
- While DBHDS has been working diligently to address the EBL, there are still some continued challenges. These include restrictions on nursing home and assisted living facility admissions and current limitations on CSB services.
- While DBHDS is working with CSB leadership regarding strategies for the ability to continue to use DAP for new state hospital discharges in FY21, there is a significant concern that lack of DAP funding may impact state hospital discharges of individuals on the EBL.

Infrastructure Funding

- \$3,129,873 was provided to support three assisted living facilities that would exclusively serve individuals being discharged from state hospitals. These include a facility in Nelson County, one in Western Tidewater, and one in Pulaski County. The Community Services Boards in those areas operate these facilities. They are designed to serve a minimum of 140 hospital discharges annually.
- \$1,200,000 was provided for contracted intensive and transitional community residential programs for individuals being discharged from Eastern State Hospital. The services included were 24 hour intensive care, supervision and support, assistance with medication education and monitoring, support and assistance in engaging/transition to community based activities, and support toward transitioning to lower level of care as appropriate.

DBHDS will continue to keep the General Assembly updated regarding the utilization and oversight of these funds.

Sincerely,

A handwritten signature in blue ink that reads "Alison Land". The signature is written in a cursive style and is placed on a light-colored rectangular background.

Alison Land
Commissioner

Cc:

The Honorable Daniel Carey, MD

Vanessa Walker Harris, MD

Susan E. Massart

Mike Tweedy