

Indian Health Service/California Area 2018 Annual Best Practices Conference



Photo by *Dave Adams Photography*

Update – Desert Sage Youth Wellness Center

**Mark Espinosa
Health Systems Administrator**

YRTC Outreach Efforts:

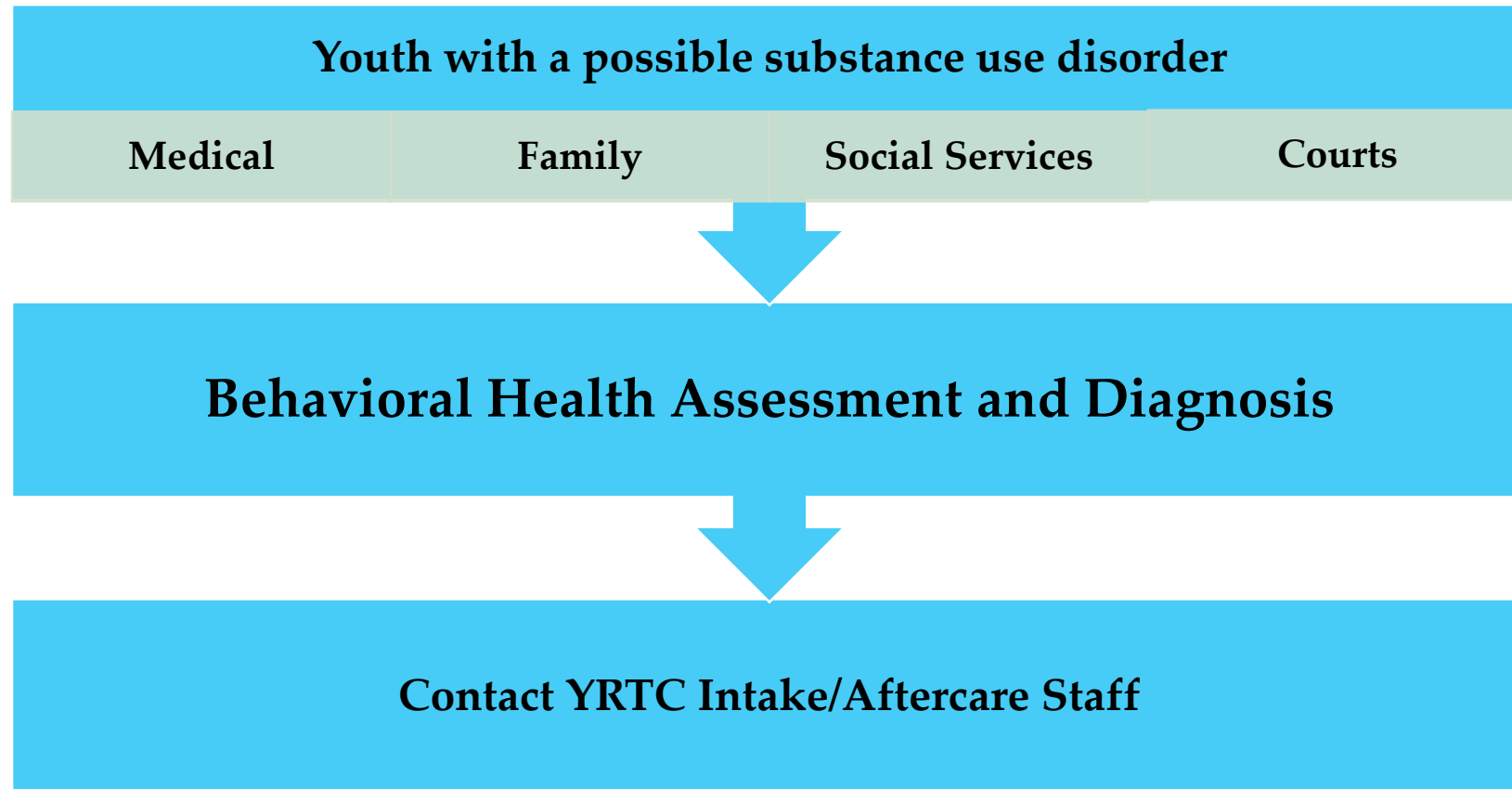
- 5 minute YRTC video.
- Site tours of the facility.
- Presentations to Tribal leaders, healthcare programs, and the community.
- YRTC Facebook Page.

Opening Activity:

- **Intake/Aftercare team began accepting admission applications April 2017.**
- **All staff must undergo extensive training.**
- **July 24, 2017 - Accepted our first resident into the Desert Sage Youth Wellness Center.**

Admissions/Intake Program:

- Referral documents submitted to Intake/Aftercare Coordinators:



YRTC Staff sends Admission packet to referring agency



Application reviewed by the YRTC Admission Committee
(Admission Committee meets when complete application is received)



Decision made regarding Admission

Yes
Full application sent to referring agent

No
Alternative location for placement will be found

Clinical/Treatment Program:

- 3 Licensed Clinical Social Workers.
- 3 Substance Use Disorder Counselors.
- 3 Psychiatric Technicians.
- Tele-psychiatric evaluations are conducted within 72 hours by the contracted IHS psychiatrist.
- Implementing AA Meetings and NA meetings as part of treatment program.



Nursing Program:

- Hired Director of Nursing / Nurse Practitioner.
- Currently 1 Nurse Practitioner; 3 Registered Nurses; and 2 Licensed Vocational Nurses.
- Provide medication management and health education.



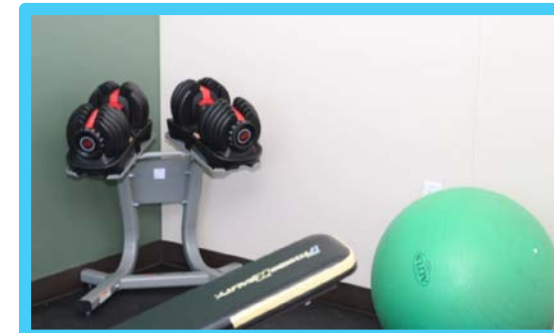
Educational Services Program:

- Hired 1 credentialed full-time teacher who provides core content courses in math, science, social studies, and English.
- Continued discussions with Bureau of Indian Education, Sherman Indian School, regarding collaborative efforts on providing a credentialed education program.
- Upon request, and after discharge, the Desert Sage Youth Wellness Center will provide a detailed transcript of all courses completed.



Residential Services Program:

- Desert Sage currently employs 22 Resident Assistants (and 2 supervisors).
- Two pods currently in operation – One Female Pod and One Male Pod (each Pod accommodates 8 Residents).
- Resident Assistants are stewards to our Residents and provide life skill directions in the areas of cleaning, grooming, hygiene, laundering, and everyday life rules and behavior, etc.



Resident Activities

- Activities:

- Educational Field Trips
- Cultural Events
- Outdoor Recreation



- Cultural/Recreational Specialist:

- Will work with Native American resources to bring culturally-acceptable activities to the youth (Elder Speakers, Community Speakers, Artists, Crafts, etc.).
- Will assure recreational/physical activities are suitable and meet the needs of the residents.



Update on Food Service Program:

- Desert Sage currently 3 cooks (eventually will have 4).
- Food Service Program prepares three hot meals a day, as well as access to a salad bar and snacks at night.
- Supervisor works with CAO Dietician/Nutritionist to assure that nutritional and dietary needs are met (portion control, sodium content, calorie count, etc.).
- Supervisor works with Nursing Department to assure dietary needs (allergies, sodium intake, gluten/dairy restrictions, etc.) are addressed.



Additional Ongoing YRTC Projects:

- The Guest Services Program
- Health Information Management
- The Joint Commission on Accreditation of Healthcare Organizations (JCAHO)

Challenges:

- Recruitment and Retention Efforts.
- Background Investigation Backlog.
- Census/Referrals (getting information out to community members).

YRTC Aftercare Pilot Project

- \$810 k for 3 years
- Establish a statewide workgroup with 8 pilot sites
- Develop and pilot an aftercare plan that is:
 - **Structured**
 - **Evidence-based**
 - **Culturally-based**
 - **Engages youth and families before, during, & after treatment**
 - **Incorporates social media & peer support**
- Evaluate outcomes disseminates results nationwide

Travel Reimbursement

- Travel to and from the YRTC will be reimbursed at \$500 per trip. This includes travel to bring the youth to the YRTC (admission), family therapy visit, or discharge of the youth.
- All travel must be pre-approved and follow Federal Travel Regulations.
- Travel will be reimbursed to the Program, not the individual family members.
- Travel reimbursement amounts will change next year.

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