

2019 Annual Report



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Our History

Established in spring of 1994, the story of Greater Oregon Behavioral Health, Inc. (GOBHI) is rooted in rural Oregon's history of community partnerships and locally determined solutions.

When Oregon's Medicaid program—the Oregon Health Plan (OHP)—launched, 17 rural counties joined together to form GOBHI. These counties recognized that by forming a collective and sharing innovative programs and costs, instead of facing financial risk alone, they would be stronger.

Over the years, GOBHI's scope has grown through a variety of innovative prevention and intervention initiatives to support health and wellness across Oregon's rural and frontier communities, and beyond.

Our Role

GOBHI is a co-owner of the Eastern Oregon Coordinated Care Organization (EOCCO) along with Moda Health and other healthcare providers in Eastern Oregon, which provided all healthcare benefits for approximately 53,000 OHP members in 12 rural and frontier counties in 2019.

GOBHI's impact extends far beyond its fundamental role as a Medicaid administrator. Its programs serve both Medicaid and non-Medicaid populations across the state, including children, families, and older adults. GOBHI forges dynamic partnerships with community stakeholders, including education, child welfare, criminal justice, and senior services.

Our Structure

GOBHI operates under the oversight of a board of directors, composed of county commissioners, consumers, public health directors, and executive directors from partnering community behavioral health providers. GOBHI's CEO reports directly to the board of directors.

GOBHI partners with these community mental health providers to provide behavioral health services to our members:

- ▶ Center for Human Development
- ▶ Community Counseling Solutions
- ▶ Lake District Wellness Center
- ▶ Lifeways
- ▶ Mid-Columbia Center for Living
- ▶ New Directions Northwest
- ▶ Symmetry Care
- ▶ Wallowa Valley Center for Wellness

A Letter from Karen Wheeler, MA, GOBHI CEO

Community members,

Greater Oregon Behavioral Health, Inc. (GOBHI) is proud to serve rural and frontier Oregon communities, as we have for more than two decades. Throughout extended periods of transformation in the healthcare system, GOBHI has never lost sight of its founding ideals of better health and wellness through high quality care and local solutions.



The purpose of this annual report is to share an overview of GOBHI and detail our impact in the communities we serve. The year 2020 marks a new phase for the coordinated care model in Oregon. In particular, the last few months have set in motion pivotal changes related to community engagement, integration of behavioral, oral and physical health, value-based payments, service engagement, and other key areas defined in the CCO 2.0 contract.

Eastern Oregon Coordinated Care Organization (EOCCO) was successful in securing a renewed 5-year contract to serve as the CCO in 12 rural and frontier counties. GOBHI is a co-owner of EOCCO along with Moda Health and other healthcare providers in the region. We are honored that the state has entrusted us to serve OHP members in our 12 county service area and to build upon our achievements during CCO 1.0. The next phase of healthcare transformation will mean a new level of community engagement and commitment to deliverables tied to measurable outcomes.

Early this year, a natural disaster — severe flooding in Eastern Oregon — seemed to comprise the worst of our concerns, until the COVID-19 pandemic swept across the globe. The impacts will be felt long after the publishing of this report, but we know for a fact that we'll face this challenge, as well as future challenges, together with our partners. Connectivity, both technological and traditional, will play a crucial role in charting our strategic approach to the work ahead. GOBHI is well positioned as a leader in this charge.

I look forward to serving you in the future.

Warm regards,

A handwritten signature in black ink that reads "Karen Wheeler".

Karen Wheeler



Our Mission

Greater Oregon Behavioral Health, Inc. (GOBHI) is dedicated to the health care needs of rural Oregonians with the triple aim of better care, better health, and lower costs. GOBHI promotes wellness and believes in the power of preventative and local care. Not only does it produce better outcomes, but it's also cost effective, returning the savings to communities through the healthcare continuum.

Members & Communities

GOBHI is proud to serve the diverse communities of rural Oregon, including, but not limited to, 53,258 EOCCO members. The following section focuses on demographics and population information regarding the people who make up our remarkable communities.



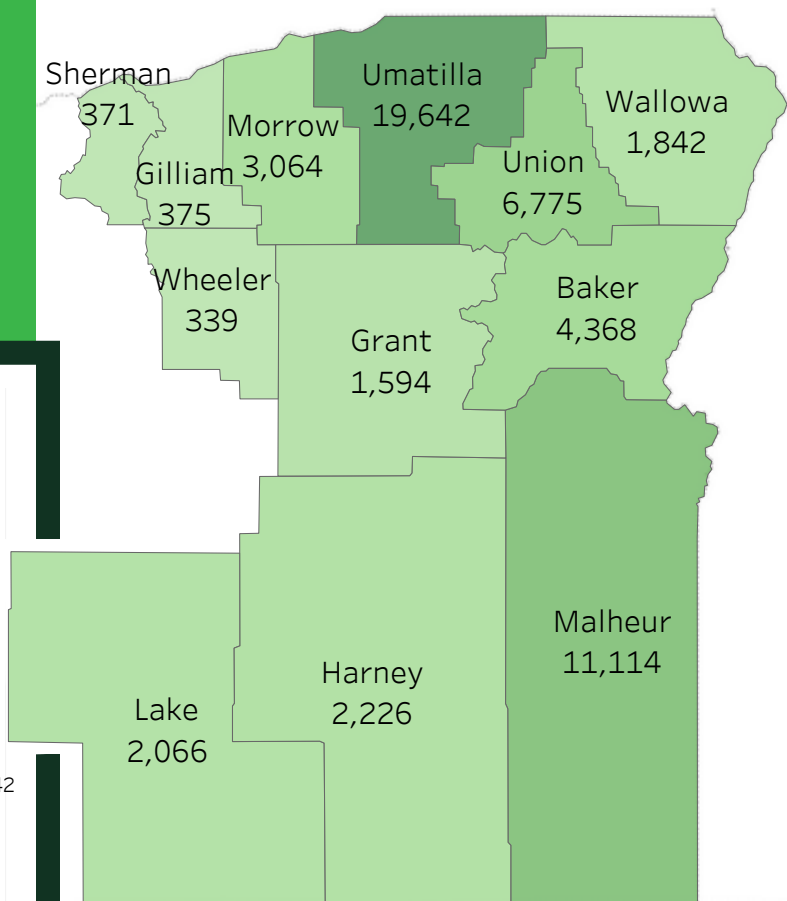
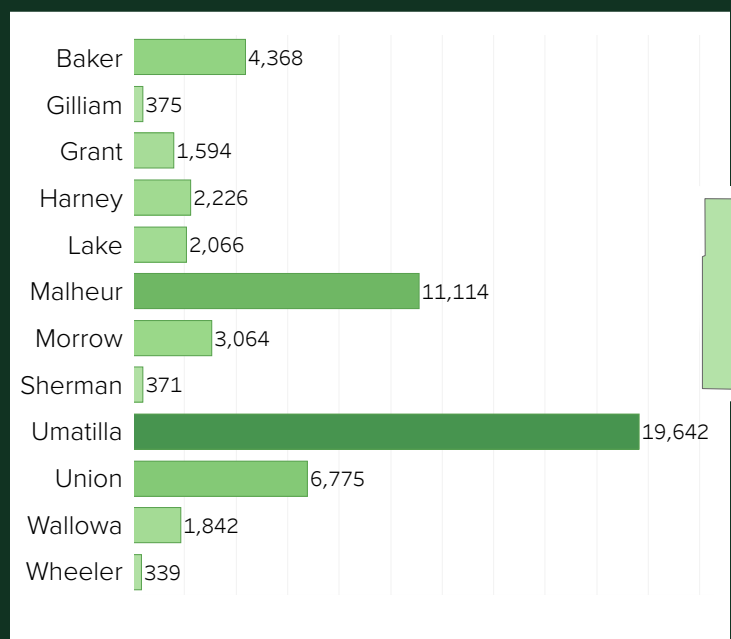
In this section

Membership Overview

Social Determinants of Health

Membership Counts & Distribution

In 2019, GOBHI managed the care of 53,238 members in 12 counties in rural and frontier Oregon. Frontier counties are defined as counties with 6 or fewer people per square mile. Ten counties in Oregon are designated as frontier, all of which are part of the GOBHI service area. Two of our counties, Umatilla and Union, have a higher density, and are considered rural.



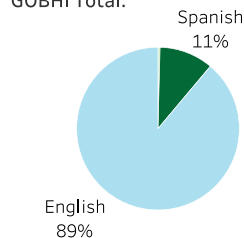
Our covered population is diverse. Members include all genders and age ranges, speakers of more than 21 languages, and at least eight races/ethnicities. In most of our counties, English is the most common spoken language by some margin, but in three of our counties (Malheur, Morrow and Umatilla), over 10% of the population reported Span-

ish as their language of choice. Malheur County also has notable populations that speak Arabic, Somali and Swahili.

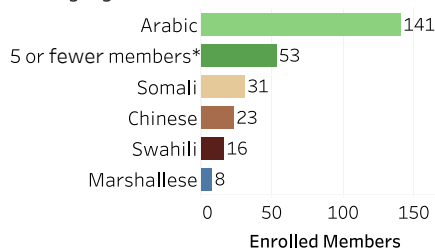
We also serve clients both with and without long term disability. Across our whole service area, 11% of our members are classified as having a disability.

Preferred Language

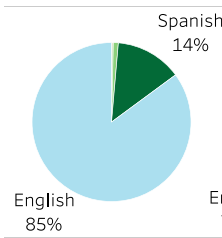
GOBHI Total:



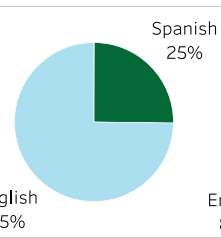
Other Languages:



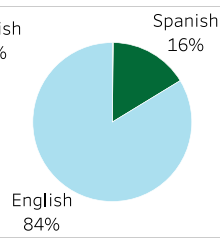
Malheur



Morrow

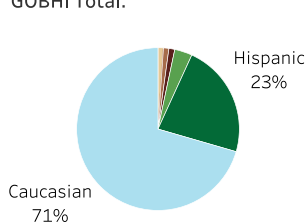


Umatilla

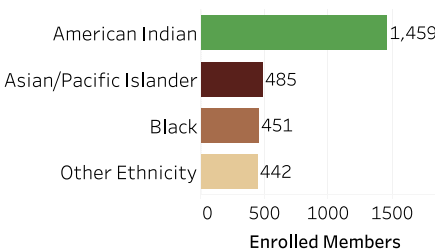


Race or Ethnicity

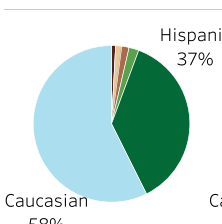
GOBHI Total:



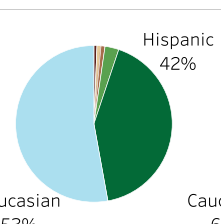
Other Ethnicities:



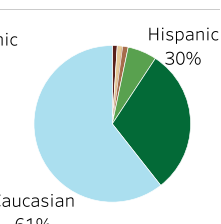
Malheur



Morrow



Umatilla

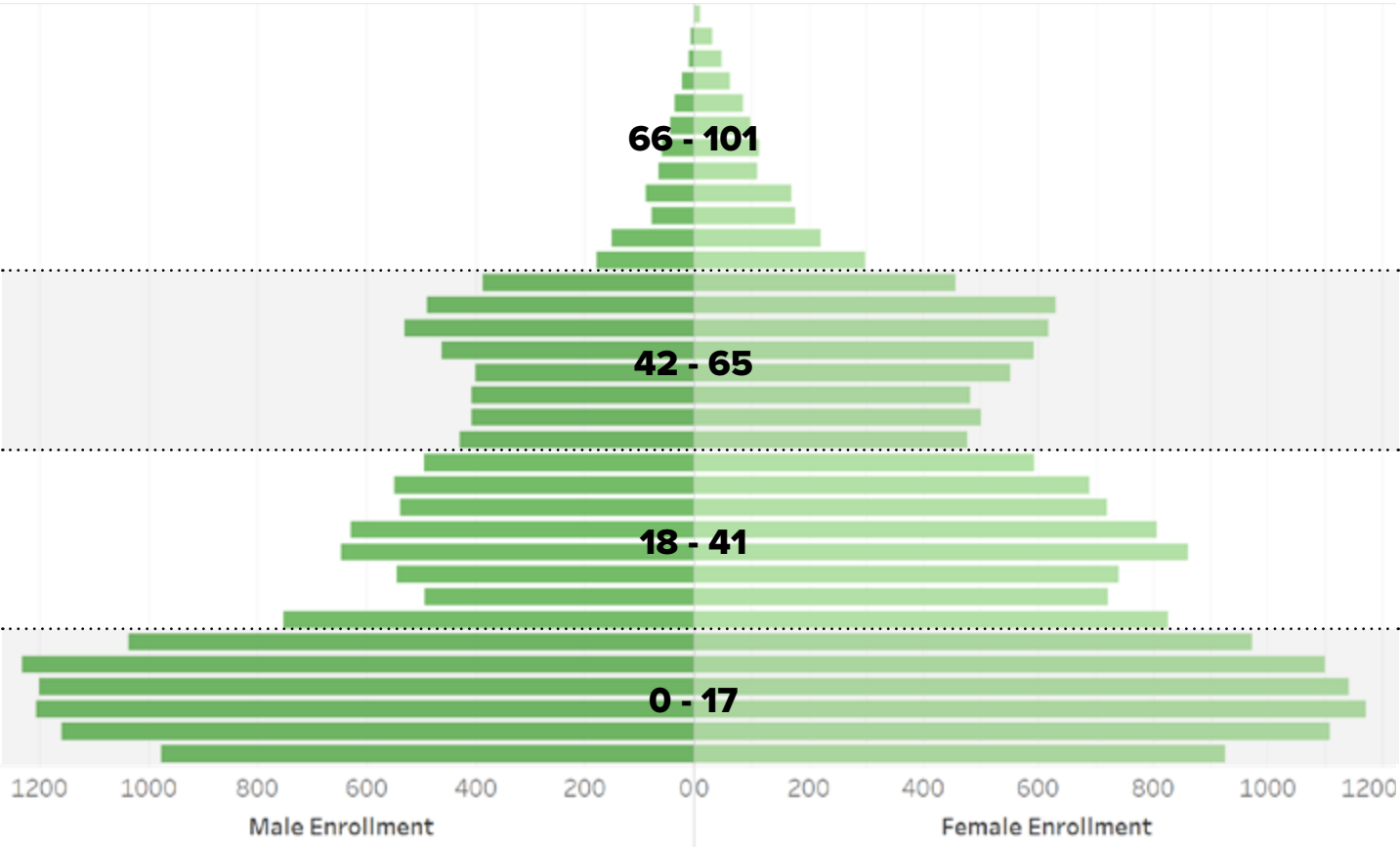


*31 languages are spoken by five or fewer members in our covered population.

Members of EOCCO, as well as other OHP members, tend to be younger than the community population as a whole. In the population pyramid below, one can see that the largest category of members we serve are those under the age of 18. GOBHI focuses many of our programs on the care of children and families to ensure that we are meeting the needs of that population and investing in the health of future generations.

GOBHI serves clients of all genders and sexual identities. The following graph reflects the binary recording system of the OHP enrollment file, and is not meant to indicate exclusion. GOBHI works with our providers to ensure all of our clients, regardless of language, gender, race or disability are afforded equal access and opportunity for care.

Member Age



Social Determinants of Health

Healthy People, a U.S. Department of Health and Human Services initiative, defines social determinants of health (SDOH) as conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. By supporting patient and population well-being, investments addressing SDOH can improve patient outcomes, help manage healthcare costs, and support health equity. Data shown below represent county-level contexts rather than the county sub-population who are OHP members.



Economic Stability	EOCCO Counties	Oregon
Median household income ¹	\$47,798.72	\$59,393.00
Work hours per week at minimum wage to afford 2 bdrm rental ²	50	82
% Households spending at least 50% of income on housing ¹	12.6%	17.0%
% Unemployed ³	5.1%	4.1%



Neighborhood & Physical Environment	EOCCO Counties	Oregon
% Householder living alone ¹	27.2%	27.6%
Average commute time ¹	17.9 minutes	23.7 minutes
% Adults with no physical activity ⁴	19.5%	15.0%
% Vacant housing units ¹	14.9%	9.1%
% Overcrowded households ¹	4.9%	3.3%
# Violent crimes per 100,000 people ⁵	195	249
Average daily particle pollution (PM2.5) ⁶	7.9	7.9
% Households with broadband internet subscription ¹	75.0%	83.9%



Education	EOCCO Counties	Oregon
% Children ages 3 to 4 not in school ¹	63.5%	56.0%
% 8th grade math proficiency ⁷	30.8%	42.4%
% 8th grade reading proficiency ⁷	53.4%	57.2%
% HS graduate or higher ¹	84.9%	90.4%

The counties of Eastern Oregon closely resemble rural Oregon as a whole in most measures of social determinants of health.

When compared with the general Oregon population, Eastern Oregon has a lower median household income, more affordable housing, safer neighborhoods, and fewer children aged 3 to 4 in school.

When compared with the general Oregon population, Eastern Oregon has more community associations per capita, a lower percentage of people with health insurance, and lower access to healthy foods.



Community	EOCCO Counties	Oregon
% Children in single parent households ¹	34.1%	30.0%
% In labor force ¹	55.5%	62.2%
# Social associations per 10,000 people ⁸	14	10



Health Care System	EOCCO Counties	Oregon
% Uninsured (< age 65) ¹	8.1%	7.3%
Ratio of population to mental health providers ⁹	299:1	210:1
Ratio of population to primary care physicians ⁹	2262:1	1080:1
Ratio of population to dentists ⁹	1775:1	1260:1



Food	EOCCO Counties	Oregon
% Food stamps / SNAP benefits ¹	22.1%	16.8%
% Food insecure ¹⁰	13.2%	13.0%
% Low access to healthy foods ¹¹	12.5%	5.0%

Data Sources:

1. American Community Survey
2. National Low Income Housing Coalition
3. Bureau of Labor Statistics
4. CDC Diabetes Interactive Atlas
5. Uniform Crime Reporting
6. Environmental Public Health Tracking Network
7. Oregon Department of Education
8. County Business Patterns
9. Area Health Resource File/American Medical Association
10. Map the Meal Gap
11. USDA Food Environment Atlas



Impact & Investments

As a leader in rural and frontier healthcare, we develop collaborative solutions, administer strategic investments, and forge dynamic community partnerships.



In this section

Investing in Our Communities

CCO Incentive Measures

Caring for Our Most Vulnerable

CCO Service Array

Non-Emergent Medical Transportation

Oregon Center on Behavioral Health & Justice Integration

Telebehavioral Health Expansion

Eastern Oregon Opioid Solutions

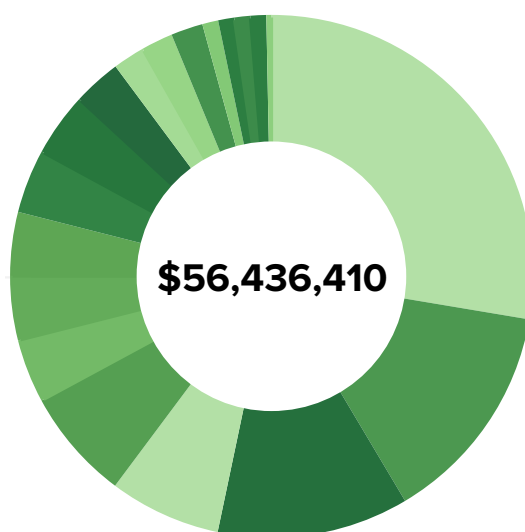
Oregon Kinship Navigator

Foster Care

Investing in Our Communities

GOBHI is a 501(c)(3) nonprofit organization, receiving funding from a diverse group of sources directed towards providing quality care to individuals in our region. GOBHI is an equal majority owner of EOCCO, managing a variety of funds aimed at improving the system of care, promoting better health outcomes, and facilitating the integration of physical, behavioral, and oral health. In addition to funds that we receive to help administer benefits for EOCCO members, GOBHI manages a portfolio of statewide and regional contracts as well as federal and local grants, to provide services and assistance to strengthen families and systems of care across Oregon.

GOBHI Revenue by Source



28%	Community Mental Health Program Capitation Payments
14%	Non-Emergent Medical Transportation Capitation
12%	Substance Use Disorder Treatment
7%	Administrative Services Capitation
7%	Mental Health Allocation
4%	DHS Revenue
4%	Grants
4%	Intensive Care Treatment Services
4%	Patient Centered Primary Care Home Payments
4%	State Contracts
3%	Wraparound Services Capitation
2%	Applied Behavioral Analysis
2%	Assertive Community Treatment / Supportive Employment
2%	Non-Emergent Medical Transportation FFS
1%	Claims Processing Payment
1%	Grant Administration
1%	Other
1%	Professional Services
< 1%	Child and Adolescents Needs and Strengths

GOBHI is committed to improving the capacity of the service delivery network and ensuring that our financial investments have long-lasting impacts. In 2019, GOBHI dispersed over \$1,176,328 to our Community Mental Health Programs and an additional \$1,082,619 to other community organizations to fund prevention and community investment projects. In coordination with Moda Health and our other partners in EOCCO, GOBHI was also able to award \$726,321 for community reinvestment projects, \$554,029 for transformation projects, and \$162,500 for new ideas projects in 2019. As a leader in rural healthcare transformation, we understand the true drivers of health outcomes and prioritize investments in the areas prevention, early childhood health, and social determinants of health.



CCO Incentive Measures

The Oregon Health Authority awards payments to Oregon's coordinated care organizations (CCOs) for reaching benchmarks or making improvements on incentive measures. Each year, the Metrics and Scoring Committee selects incentive metrics that measure quality and access to care.

In 2019, EOCCO earned over 100% of their quality pool dollars by meeting 14 of the 19 CCO incentive metrics and four challenge pool measures.

Incentive Measure	Met (y/n)	2018 Result	2019 Result	2019 Target
Adolescent Well-Care Visits	■	41.5%	44.7%	43.8%
Ambulatory Care: Emergency Department Utilization *	■	51.1%	54.1%	50.1%
Assessments for Children in DHS Custody	■	81.7%	86.7%	84.7%
CAHPS Access to Care - Adults	■	82.2%	80.7%	84.2%
CAHPS Access to Care - Children	■	89.2%	86.7%	91.2%
Childhood Immunization Status	■	77.0%	79.5%	79.0%
Cigarette Smoking Prevalence *	■	20.1%	22.0%	25.0%
Colorectal Cancer Screening	■	48.2%	51.1%	50.2%
Controlling High Blood Pressure	■	58.1%	64.7%	60.1%
Dental Sealants on Permanent Molars for Children (Ages 6-14)	■	24.3%	25.8%	26.3%
Depression Screening and Follow-Up Plan	■	N/A	N/A	N/A
Developmental Screenings in the First 36 Months of Life	■	66.9%	70.0%	69.9%
Diabetes Care: HbA1c Poor Control *	■	27.0%	22.0%	25.0%
ED Utilization among Members with Mental Illness *	■	112.5	113.9	109.2
Effective Contraceptive Use	■	53.7%	54.2%	53.8%
Patient-Centered Primary Care Home Enrollment	■	72.9%	74.4%	68.0%
Prenatal and Postpartum Care: Timeliness of Prenatal Care	■	58.3%	65.5%	61.3%
Screening, Brief Treatment and Referral to Treatment for SUD	■	N/A	N/A	N/A
Weight Assessment, Nutrition, and Activity Counseling (Ages 3-17)	■	51.3%	57.7%	32.7%

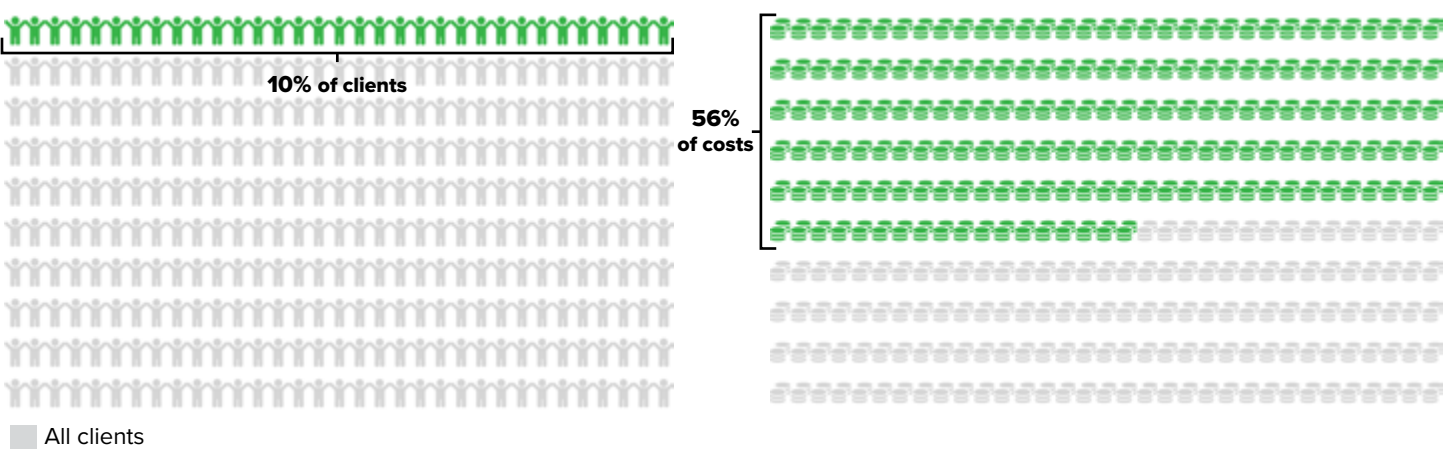
For more information on incentive measures, visit the [OHA CCO Metrics web page](#)

* Lower rates are better for these measures

Caring for Our Most Vulnerable

GOBHI and our partners provided behavioral health treatment to 8,779 individuals through partnerships across a wide range of services and providers. A significant role that we play is the coordination of care across these providers, to ensure that our most vulnerable clients get the support they need. GOBHI works with our partners who provide services for mental health, substance use disorders, physical health, and dental health to ensure that these clients get access and appropriate treatment in a timely manner.

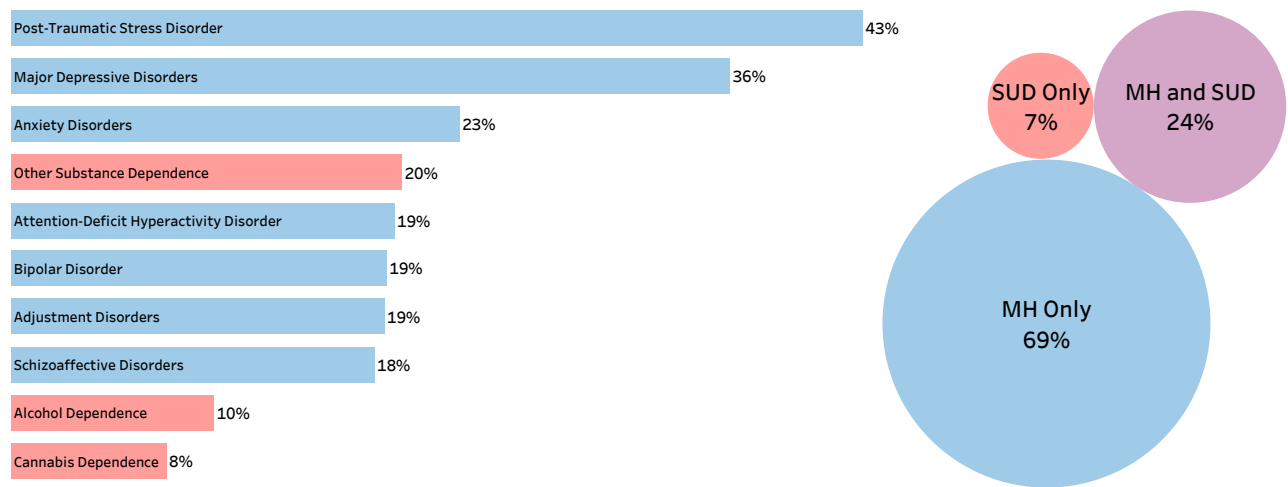
In 2019, the top 10% of clients represented almost 56% of the overall behavioral health treatment costs in our contracted network.



Our care coordination programs work to ensure that these vulnerable clients get the most efficient and effective treatments possible, and work with the clients and providers to authorize and advocate for the care our clients need. Care coordination doesn't stop at the door of the clinic, and also works with clients to help with other needs, including housing, transportation, and access to community resources.

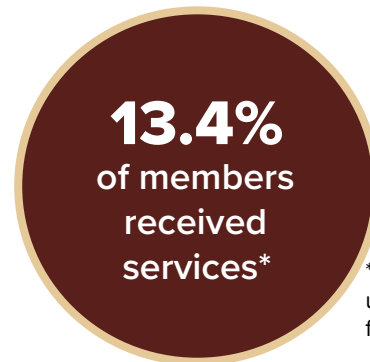
For this top 10% highest utilizers of behavioral health services, post-traumatic stress disorder is the most common diagnosis type, but attention-deficit disorder, depressive disorders and schizoaffective disorders are also common mental health diagnoses in this group. Substance use disorders are also common challenges in this population, with 31% of the cohort having a diagnosis related to alcohol, cannabis, stimulants, or other substance use.

Diagnoses of Highest Utilizers of Behavioral Health Services



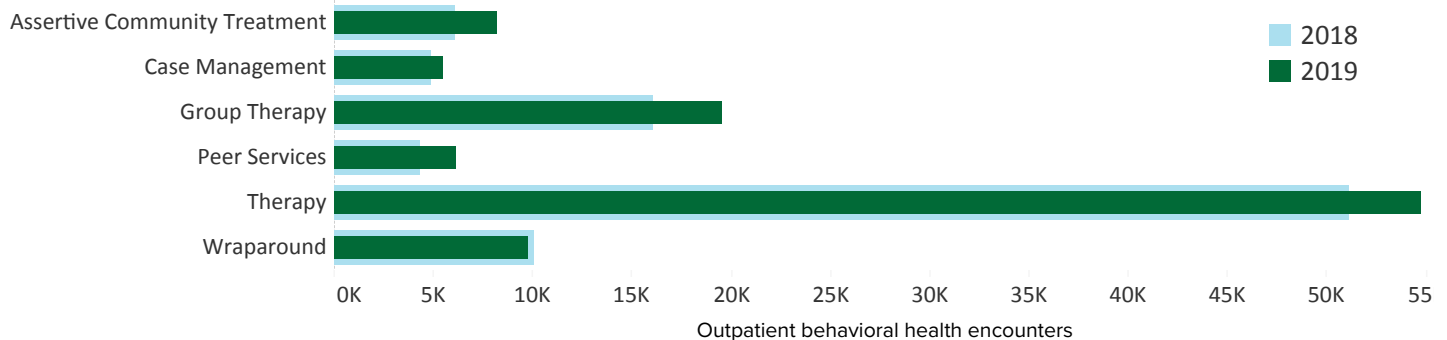
CCO Service Array

Behavioral Health Services in 2019



*Service ratio is calculated using cumulative enrollment for 2019 (65,777 members)

We are committed to offering evidence-based practices to improve prevention, treatment, and recovery for mental and substance use disorders. The year 2019 saw a significant increase in many key service areas (highlighted in the bar chart). In addition, more than 600 unique patients received medication-assisted treatment (MAT) services and almost 400 youth received Wraparound or intensive care coordination services.

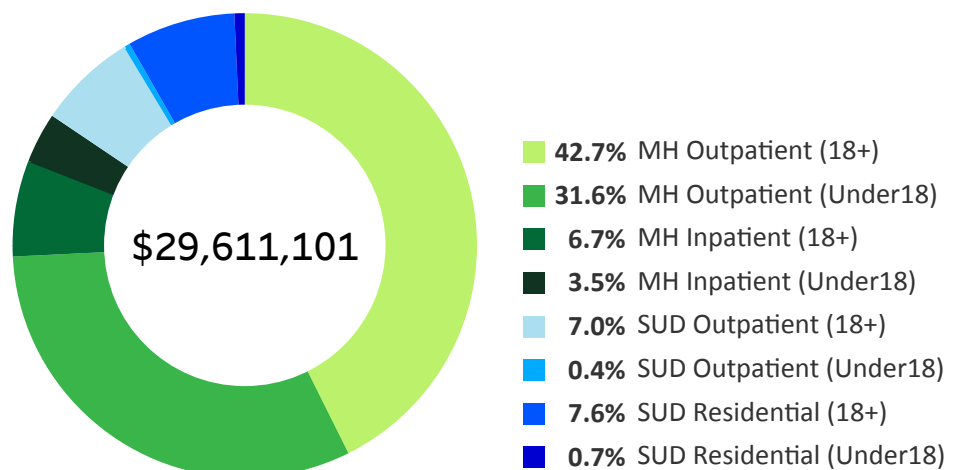


Behavioral Health Billed Services

In 2019, EOCCO delivered over \$29 million worth of behavioral health services.

Mental health (MH) and substance use disorder (SUD) outpatient care represented 97% of services and 82% of overall dollars spent.

Youth (under 18) services accounted for 25% of services and 36% of overall dollars spent.

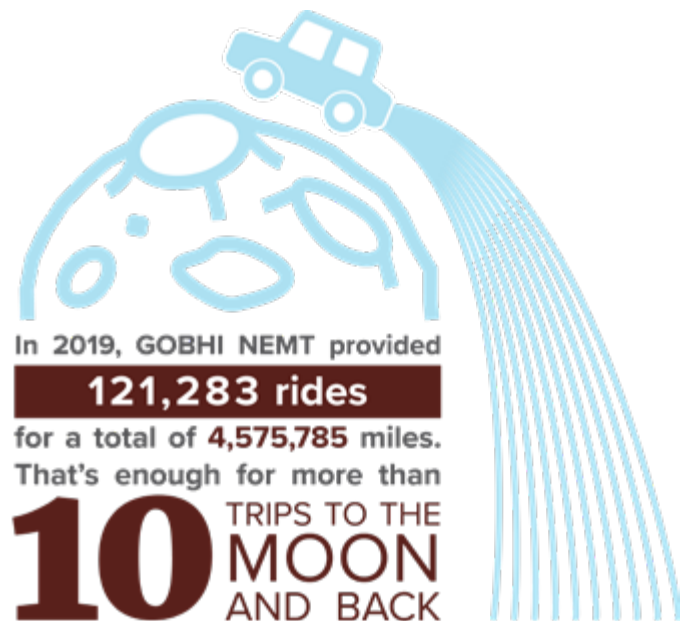


Non-Emergent Medical Transportation (NEMT)

The NEMT program connects our members to physical, behavioral, and oral health care services.

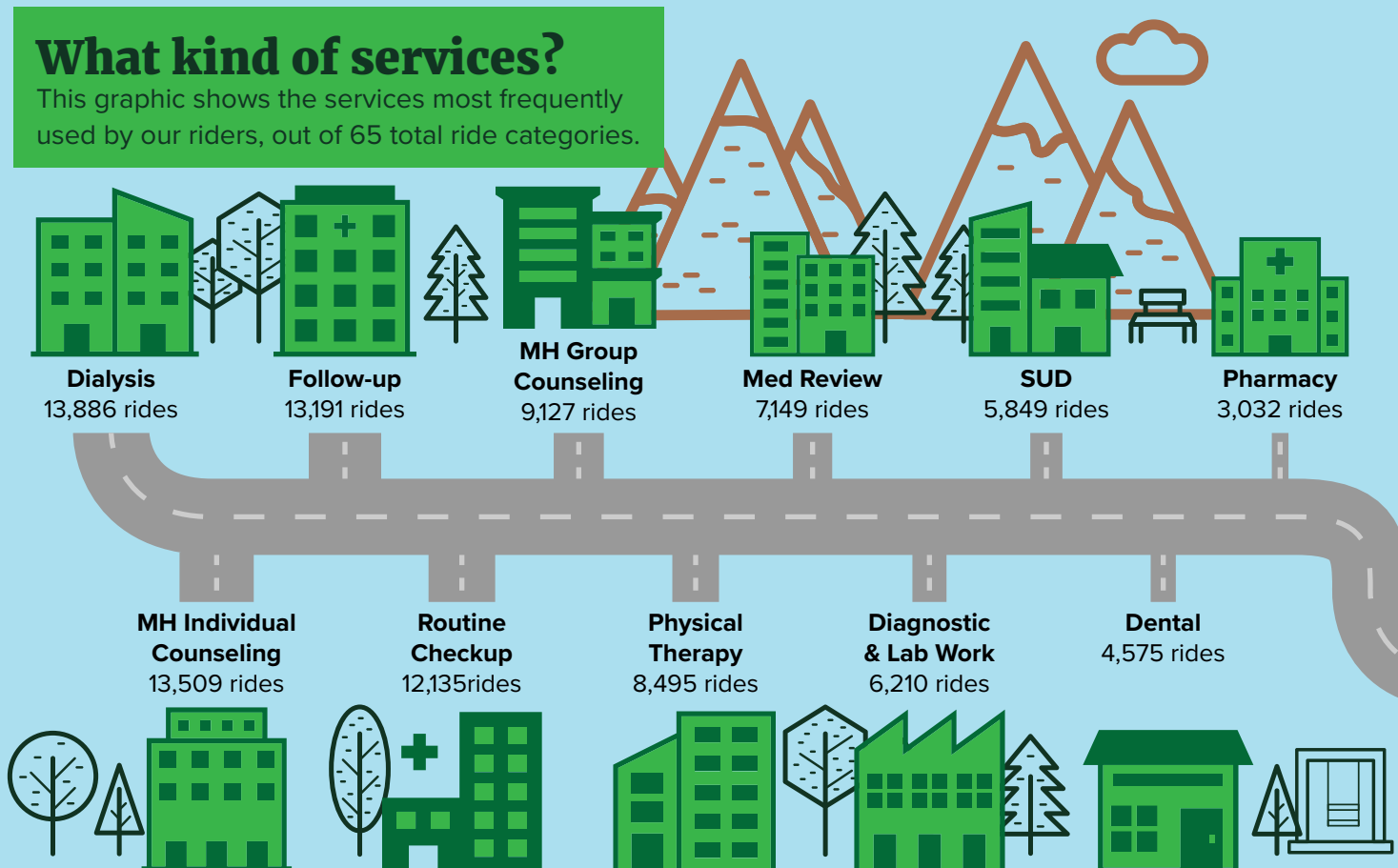
We partner with local transportation companies and volunteer drivers to provide free rides for Oregon Health Plan members to and from scheduled medical appointments. GOBHI administers this program on behalf of EOCCO and also operates the ride service in the Columbia Gorge. We serve members in 14 counties, including all of the EOCCO region as well as Wasco and Hood River counties.

In 2019, GOBHI NEMT transported 5,571 unique members.



What kind of services?

This graphic shows the services most frequently used by our riders, out of 65 total ride categories.



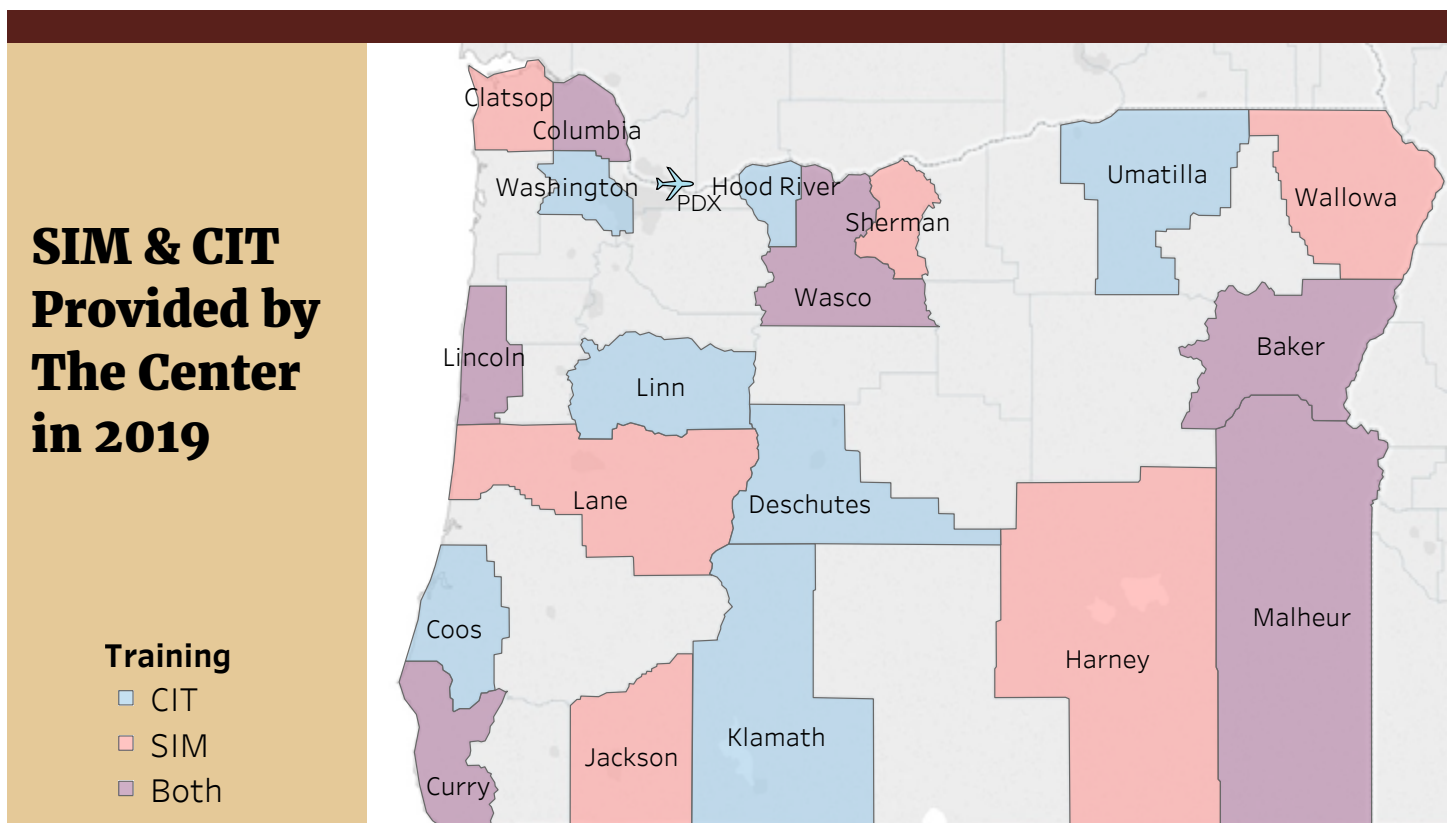
Oregon Center on Behavioral Health & Justice Integration

Started in 2017, the Oregon Center on Behavioral Health and Justice Integration (The Center) is a state-wide program in partnership with the Oregon Health Authority to provide specialized training and technical assistance (TA) for behavioral health and justice partners to enhance knowledge and improve practices aimed at treating people who, primarily due to symptoms of serious behavioral health conditions, neurocognitive conditions, and/or intellectual/developmental disabilities, are at risk of becoming incarcerated or are already within the system.

The Center provides information, facilitation, training and TA for Oregon's behavioral health and justice systems including interdisciplinary groups, teams, and individuals.

The Center, a specialized division of GOBHI, provides the following services at no cost to Oregon communities:

- ▶ Sequential Intercept Model (SIM) mapping
- ▶ Specialized training for justice and behavioral health professionals (e.g., Oregon District Attorney Forum on Mental Health, Trauma-Informed Decision Making for Courts, Hearing Voices, Mental Health First Aid for Law Enforcement)
- ▶ Crisis Intervention Team (CIT) training and development (i.e., basic, advanced, dispatch, and corrections) in partnership with Department of Public Safety Standards and Training (DPSST)
- ▶ System development consultation and TA regarding jail diversion/deflection and fitness to proceed



Telebehavioral Health Expansion

GOBHI and its providers have spent the last several years building technological infrastructure to expand the provision of telehealth and broaden access to health care, enabling us to reach individuals in even the most isolated communities. The year 2019 marked a leap forward in this ongoing initiative.

Through a partnership with the Health Resources and Services Administration, GOBHI has implemented the patient engagement software “Mend” through our Community Mental Health Programs (CMHPS), and directly to patients’ homes.

Mend enables us to hold virtual visits. Its secure video connection can share files, send messages, and collect any forms, photos, or data from a patient from a smartphone, tablet, or computer.

In 2019, GOBHI and its CMHPs used the Mend platform to serve 330 members.

55 behavioral health providers delivered 1,304 telehealth visits.

By eliminating the need for members to travel, Mend saved over 7,000 travel miles.

Services provided on the Mend platform represented 48% of all telehealth services provided to Eastern Oregon members.

What Mend users are saying:

“I really like this counseling on a screen thing. It’s nice not to run into your counselor all over town, which happens all the time here. Do you think they’ll have a similar type of on-screen counseling service for when I move [to another community] later this year?”

—18 year-old female

“I really appreciated talking with you today. I don’t get much of a chance to talk with anyone about these matters; even family members.”

—86 year-old male



Eastern Oregon Opioid Solutions

GOBHI's Eastern Oregon Opioid Solutions (EOOS) initiative leverages state and federal funding to support the distribution of naloxone, a life-saving opioid overdose reversal drug, to members of the general public, and community partners. EOOS is an interdisciplinary team representing social work, human services, clinical services, and law enforcement. This team seeks to form meaningful relationships with various stakeholders across the region in an effort to implement several evidence-based strategies for addressing addiction and preventing overdose.

EOOS offers:

- ▶ **Naloxone:** EOOS can train people, bulk purchase or provide individual kits for nasal Narcan. Email naloxone@gobhi.org or call 971-256-6029 for ordering.
- ▶ **Training:** EOOS will also be helping oversee a statewide learning collaborative examining best practices in medication assisted treatment (MAT) and other evidence-based practices for addressing addiction and preventing overdose.

*This grant program is administered in partnership with the Oregon Health Authority. The Substance Abuse and Mental Health Services Administration oversees two federal grant initiatives: the State Opioid Response Grant Program and the Statewide Targeted Response to the Opioid Crisis Grant Program.

EOOS has facilitated over 70 trainings and distributed 1,800 two-dose kits of Nasal Narcan from fall 2019-spring 2020.

Oregon Kinship Navigator

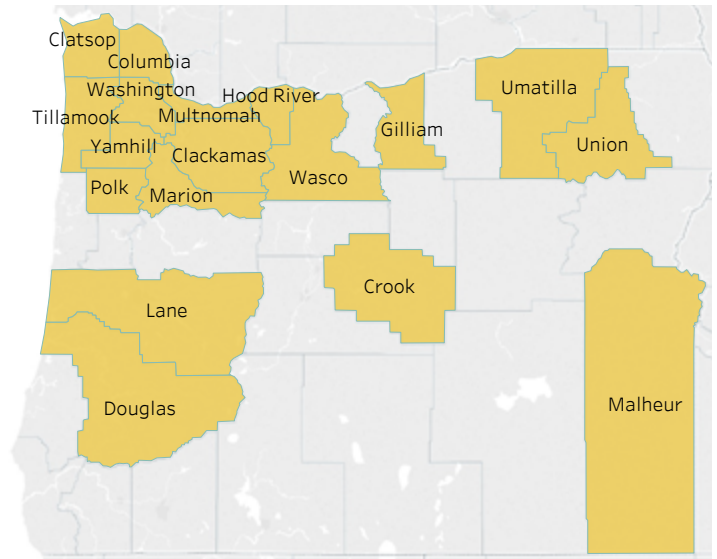
Created in partnership with DHS Child Welfare, the Oregon Kinship Navigator provides support, guidance, and resources to non-parent relative caretakers throughout their parenting journeys. Nearly half of Oregon's 5,820 children in family foster care are placed with non-parent relatives and they face unique challenges in navigating the care of these children. OKN is housed within the Children's Team at GOBHI, and our staff members are located throughout the state of Oregon; bringing unique knowledge of both the urban and rural communities of Oregon.

Oregon Kinship Navigator offers online support groups and parenting support, resource referral, and a legal resource guide.



Foster Care

Our Therapeutic Foster Care program provides homes for youth in local communities involved in the Child Welfare system or who are being supported by their local community mental health program. We are licensed by the Oregon Department of Human Services to recruit, train, and certify our own therapeutic foster parents. The enhanced level of support provided by our knowledgeable team empowers our providers to ensure a safe, trauma-informed environment that supports the healing process for each youth served. Our program continues to expand its reach across the state and currently operates in half of the 36 counties of Oregon.



In 2019, GOBHI's Therapeutic Foster Care program:

Served 54 homes in 18 counties

Provided care for 78 youth

► **51** served through full-time care and an additional **27** through relief care

Certified 21 new homes

"Becoming foster parents was something that was kind of a scary jump for us, but it's something that we wouldn't trade for the world. I think it's something that we were meant to do."

-Stephanie, GOBHI foster parent.

"I think the value for me is to see how much the kids grow..."

-Luis, GOBHI foster parent.

Foster Plus

Foster Plus is an effort of 11 social service agencies collaborating to connect kids in need with the support and stability of committed, caring foster families. GOBHI leads this collaborative group dedicated to increasing the number of safe foster homes and supports other agencies to improve services to children.



Programs

GOBHI provides a wide array of programs and initiatives in service of behavioral health and wellness throughout Oregon. The following section provides key information and highlights from each program.



In this section

Child & Family Systems

- ▶ Applied Behavior Analysis
- ▶ Early Childhood Prevention/Promotion
- ▶ Positive Parenting Program
- ▶ Early Assessment and Support Alliance
- ▶ Systems of Care
- ▶ Child-Parent Psychotherapy

Choice Model

Community Engagement & Health Systems

Frontier Veggie Rx

Mental Health First Aid

Older Adult Behavioral Health

Peer Services

Rental Assistance

Applied Behavior Analysis (ABA) is an evidence-based intervention for individuals with Autism Spectrum Disorders (ASD). ABA therapy applies our understanding of how behavior works to real situations. The goal is to increase positive behaviors and coping strategies that are helpful and decrease maladaptive behaviors that are harmful or affect learning. ABA uses principles from learning theory to optimize a child's growth in language and communication skills, improve attention, focus, social skills, academic and independent living skills. ABA is covered by Oregon Health Plan and is often part of comprehensive autism support services.

The **Early Childhood Team** supports and collaborates with key partners in early childhood education, social services and public health and participates as members of the Early Learning Hub Governance Boards, Parenting Hubs, Head Start and Relief Nursery Boards. Members of the team actively engage in Local Community Advisory Council (LCAC) activities, and also build community partnerships to support children and their families in the Eastern Oregon region.

This initiative aligns with priorities of the Regional Community Health Plan (RCHP), which outlines objectives and strategies related to the population aged 0-5 and efforts to serve youth and family health and wellness.

ABA

2019 Accomplishments

- Served **33 children** across rural Oregon. (Ages 3-13 from Umatilla County to Columbia County.)
- Every child moved forward with communication: Picture Exchange Communication System, American Sign Language, or speech production. A number of children progressed from saying a few words, to learning to speak in sentences, to reading above grade level, to spending the majority of their day in general education classrooms.



The **Triple P – Positive Parenting Program®** is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

GOBHI's Triple P program originated in Umatilla County, and our Parent Education Coordinator provides consultation in five additional counties: Grant, Harney, Gilliam, Sherman, and Wheeler.

Our program was the first site in the United States to implement the Positive Early Childhood Education (PECE) program.

The Parenting Education Health Partnership with Four Rivers Early Learning and Parenting Hub, which is supported by the Judith K. Hofer Fund of The Oregon Community Foundation, is an additional program that was developed to strengthen parenting education in Gilliam, Sherman, and Wheeler counties. As the lead partner, GOBHI is collaborating with community partners to implement Triple P as the evidence-based parenting program.

The **Early Assessment and Support Alliance (EASA)** is a statewide network of programs which identify youth with symptoms of psychosis as early as possible, and provide support and treatment based on current research. GOBHI is responsible for allocating funding, providing support, and helping to oversee and coordinate care for the EASA programs that are covered under GOBHI's service area.

Triple P

2019 Accomplishments

- ▶ **1,422 parents** served
January - June 2019 in Umatilla County in group and individual sessions
- ▶ **60 trained facilitators** in Umatilla County
- ▶ Triple P online implemented in English and Spanish — parents complete online modules to learn positive parenting skills
 - 0-12 years old online: **99 participants**
 - Teen online: **22 participants**

EASA

2019 Accomplishments

- ▶ **56 enrolled members** served across Eastern Oregon
- ▶ Our coordinator performed **31 new intakes** to EASA, demonstrating a broadening reach of our program in order to better serve young adults in our community.



Systems of Care is a spectrum of effective services and supports for children, youth, and families with or at risk of health or other challenges. This is a necessary organizational infrastructure to collaboratively overcome cross-sector barriers in child-serving systems, covering 15 counties with Review, Practice Level Workgroup and Executive Committees.

Wraparound is an intensive team-based planning process to help children, young adults, and their families accomplish their family vision. This individualized care planning process is a shared commitment amongst professionals, youth, families, and natural supports to the 10 principles of Wraparound to drive the process.

Child-Parent Psychotherapy (CPP) is an evidence-based practice that is a relationship-based treatment model for young children, birth to 5 years old that helps young children and their caregivers recover and heal after stressful and traumatic events. The CPP training program is offered to mental health providers throughout the state and provides a “Learning Community” where participants form supportive and therapeutic relationships through a commitment to completing an 18-month learning collaborative. In collaboration with the Oregon Health Authority, CPP consultants and early childhood staff provide clinician training and administrative support that is necessary for them to become endorsed in the therapeutic practice of CPP.

Systems of Care/ Wraparound 2019 Accomplishments

- ▶ **15 counties** served
- ▶ **397 youth** in Wraparound or Intensive Care Coordination (ICC) services
- ▶ Among these youth, there were **83 successful transitions** out of Wraparound/ICC.

CPP 2019 Accomplishments

- ▶ **12 clinicians** participated in an 18-month CPP Learning Collaborative
- ▶ **7 Community Mental Health Providers** supported CPP clinicians to participate in CPP Learning Collaborative
- ▶ **9 clinicians** will be endorsed in CPP



Choice Model is an Oregon state general funded program the Oregon Health Authority set up several years ago to augment health care for people with serious mental health conditions and are at high risk for utilizing intensive levels of care, including at the Oregon State Hospital (OSH). The Choice Model program focuses on activities to remove barriers and facilitate access to integrated services and supports, which are not funded through other sources; especially when individuals are being discharged from OSH and when establishing residence in supported housing.

Choice Model

2019 Accomplishments

- ▶ Distributed **\$392,178 in funds** to help bridge housing, transportation, guardianship, and a variety of other temporary needs during periods when people are transitioning between various levels of care and eligibility
- ▶ In coordination with our community partners, GOBHI staff assisted in serving **238 individuals** across 15 rural and frontier counties.



"GOBHI has no one in the state hospital under civil commitment and no one in related diversion programs or wait lists ... this achievement would never have happened without Choice funds."

— Dr. Peter Davidson, Chief Medical Officer

The **Community Engagement and Health Systems Team** helps develop the strategic plan for a population health and health care system assessment that will serve the Communities within the CCO regions. Our team has a variety of unique skills sets which allows us to assist CCO activities related to Community Health Development, Primary Care Practice Transformation, Behavioral Health-Public Health Integration, Social Determinants of Health, and Health Equity planning.

The team partners with 12 Local Community Advisory Councils (LCACs) and one Regional Community Advisory Council (RCAC) intended to represent the diversity of our Eastern Oregon communities. Community partners include but are not limited to schools, public health departments, tribes, local government agencies, and dental, mental, physical health clinics.

Community Engagement and Health Systems Team

2019 Accomplishments

- ▶ Facilitated over **120 LCAC meetings** and **four RCAC meetings**
- ▶ Sponsored and coordinated public meetings in **12 counties**; engaged **over 400 people**
- ▶ Provided one-on-one technical assistance (TA) for **35 clinics** in the EOCCO region, including:
 - TA for 13 first time clinics for Patient Centered Primary Care Homes (PCPCH), and 14 clinics increasing their PCPCH tier status
 - Site visit preparation for Five Star PCPCH status for six clinics; follow-up for clinics requiring additional planning



The **Frontier Veggie Rx (FVRx) Program**

is a healthy eating initiative that supports individuals and their families in Gilliam, Harney, Sherman, and Wheeler counties. Through this voucher program, local prescribers assess individuals to determine if they are food insecure. If eligible, people may receive a monthly prescription to buy healthy fruits and vegetables from local stores or farmer's markets. The FVRx program improves the overall health of an individual and community by addressing food insecurity issues, working with local vendors to provide a greater variety and lower cost of fresh fruit and vegetables.

Mental Health First Aid (MHFA) is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews appropriate supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social, and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. Mental Health First Aid is included in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

FVRx

2019 Accomplishments

- ▶ Served in the filling of **670 new prescriptions** and **3,123 refill prescriptions** across four counties
- ▶ Provided **59,490 vouchers** — equal to **\$123,571** in Community Benefit Initiative Reinvestments to support healthy eating in these rural counties

MHFA

2019 Accomplishments

- ▶ Approximately **15 trainings** held
- ▶ Over **600 individuals** trained over the past three years
- ▶ GOBHI has multiple certified MHFA instructors providing trainings focused on youth, adult, higher education, older adults, public safety, and military members, veterans, and their families

The **Older Adult Behavioral Health Initiative (OABHI)** creates effective, collaborative relationships across systems to better meet the behavioral health needs of older and disabled adults in each community. We strive to remove barriers to care, and we provide education and training at all levels to enhance understanding of behavioral health challenges. The team is part of the OABHI through the Oregon Health Authority and partners with: Aging and People with Disabilities, Area Agency on Aging, Community Mental Health Programs, Public Health, Patient Centered Primary Care Homes, Center for Independent Living, Assisted Living Facilities, Skilled Nursing Facilities and First Responders.

Through our **Peer Services** program, GOBHI supports our providers and healthcare partners within the EOCCO service area in the recruitment and training of Traditional Health Workers (THWs). Our staff serve in leadership roles to promote and expand the utilization and capacity of state-certified THWs throughout the region. THW is an umbrella term for frontline public health workers who work in a community or clinic under the direction of a licensed health provider. These professionals work with behavioral health and medical needs. THWs are community members with similar lived experiences as the people they serve.

OABHI

2019 Accomplishments

- ▶ Conducted, planned, and sponsored **81 individual training and community education events** throughout the state; reaching more than **1200 attendees** over the course of the year
- ▶ Provided **83 complex case consultations** to support the care of older adults in the GOBHI service region

Peer Services

2019 Accomplishments

- ▶ **91 working THWs**, including representatives from eight types of peer workers.
- ▶ Partnered with Northeast Oregon Network (NEON) and Oregon State University to provide Community Health Worker training in rural communities
- ▶ Opioid Addiction & Treatment trainings for peers in rural communities



The **Rental Assistance Program (RAP)** is a monthly rent subsidy program that provides housing assistance to individuals with serious mental illness who are homeless or at risk of becoming homeless. GOBHI and Community Counseling Solutions work together to provide direct client services, administration, and oversight. The Oregon Health Authority is the program sponsor and funder. Residential Specialists and Peer Supports work with property owners, community mental health providers, and other support services to provide the individual with the services they need to remain independent, healthy, and safe. Rental Specialists work on relationships within a community that will help increase rental housing availability as well as work with individuals and providers to break down barriers to long-term housing financial support.

RAP

2019 Accomplishments

- ▶ Distributed barrier removal funds for 39 individuals throughout Eastern Oregon for a total of **\$36,256**
- ▶ Provided rent subsidies to reduce homelessness and provide stability for 39 individuals for a total of **\$123,263**



Staff Initiatives

Supporting all of our services are GOBHI's focus areas of Trauma-Informed Care (TIC) and Diversity, Equity, and Inclusion (DEI).

GOBHI has implemented a trauma-informed approach that involves ongoing staff training and development, and providing support to our service providers through a trauma-informed lens. These efforts included: TIC training for law enforcement, peer training for women at the Coffee Creek Correctional Facility, and development of a full TIC curriculum with modules designed for various audiences, with educational courses available in person and online.

As part of GOBHI's ongoing commitment to DEI, initiatives in 2019 included: the review of population health data with a DEI lens, all staff attending a DEI training, and strategic planning that set the stage for GOBHI's important role concerning DEI as part of CCO 2.0. These capacity-building activities were partially funded by a grant from the Meyer Memorial Trust.

Administrative Services

GOBHI's staff represent a wide cross-section of skill sets from varied professional backgrounds. Our administrative services support GOBHI programs, providers, and community partners. These functions include IT, Analytics, Human Resources, Communications, Finance, Facilities, and other administrative support.

Closing Remarks

Thank you to the GOBHI Board of Directors, staff, providers, and our wide network of community partners for your role assisting in GOBHI's success this year.

Each day, we honor our commitment to improving health outcomes throughout the diverse communities we serve. As always, our highest priority is the members we serve. We look forward to joining in partnership with you to continue building thriving, healthy communities in rural and frontier Oregon.

I look forward to serving you.

Sincerely,
Karen Wheeler, CEO

Contact

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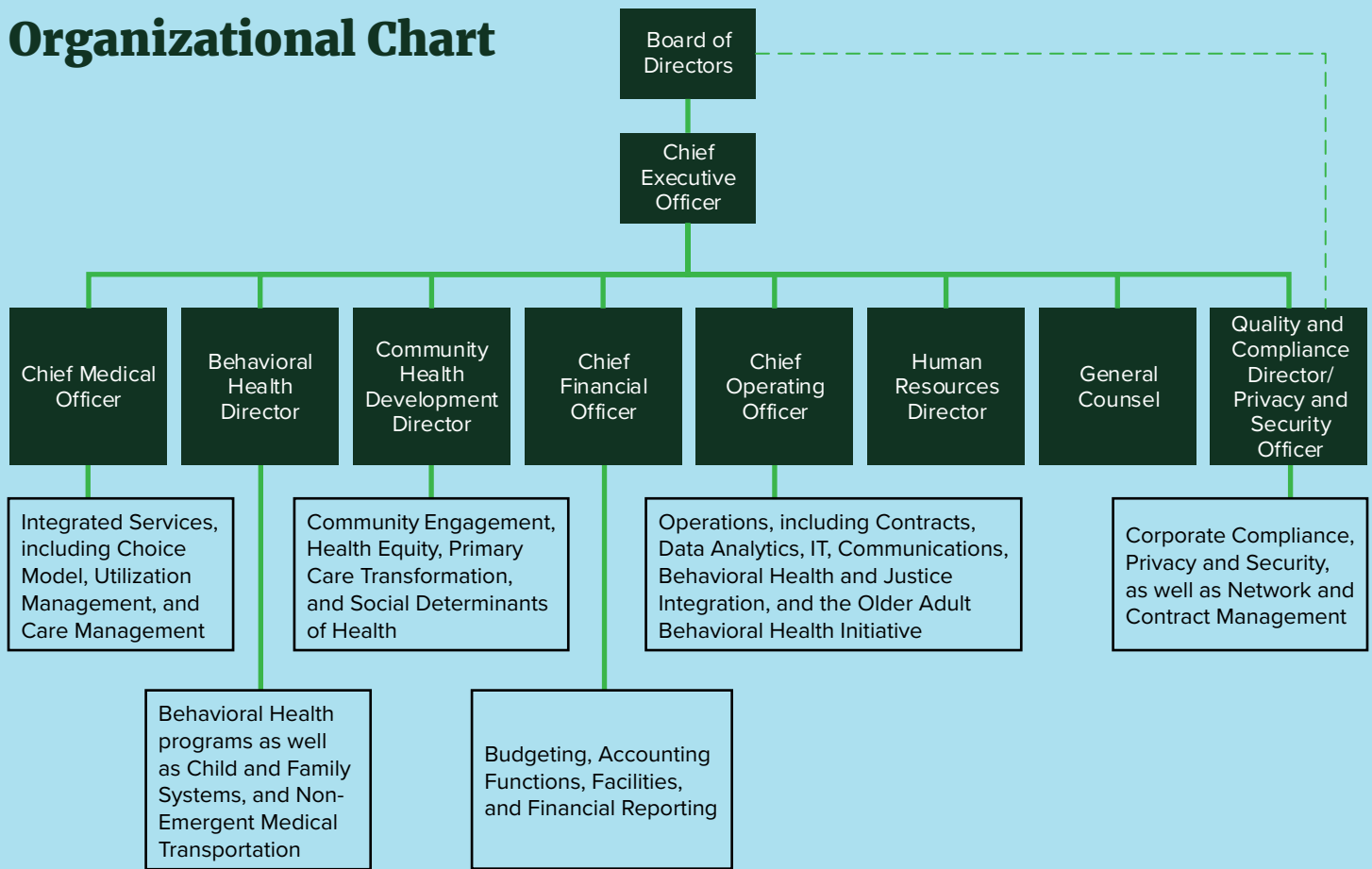
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Organizational Chart



Additional Resources

Association of Community Mental Health Programs (AOCMHP)

aocmhp.org

503-399-7201

Crisis Lines

gobhi.org/crisis

Eastern Oregon Coordinated Care Organization member benefits and services

eocco.com

888-788-9821 (toll-free)

GOBHI data resources

gobhi.org/data

Oregon Health Authority

oregon.gov/oha

Oregon Department of Human Services

oregon.gov/dhs

Oregon Center on Behavioral Health & Justice Integration

ocbhji.org

Oregon Older Adult Behavioral Health Initiative

oregonbhi.org

Oregon Department of Education Early Learning Division

oregonearlylearning.com