

Navigating Behavioral Health: Dungeons and Dragons Style



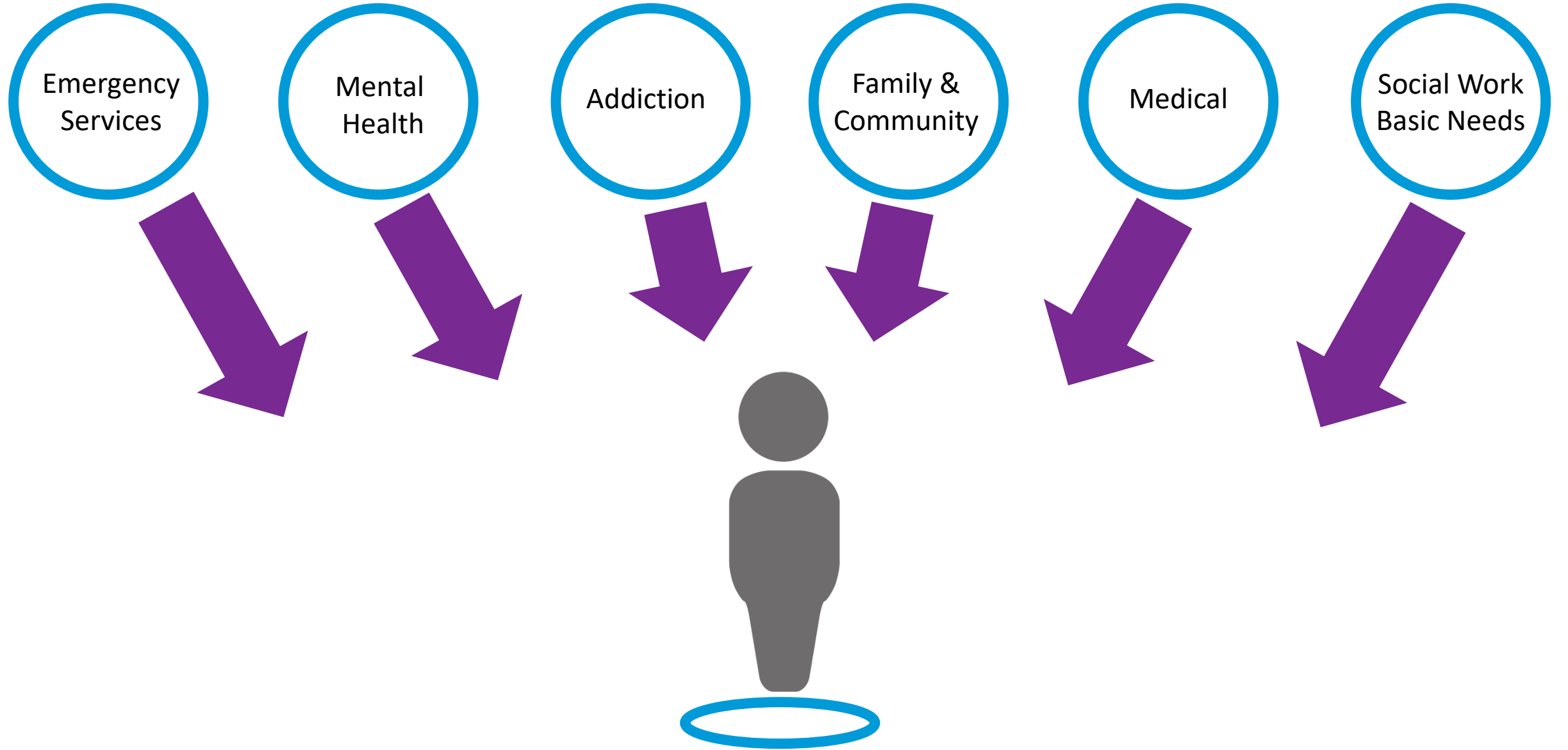
Joy Brunson Nsubuga, MA, LMFT, LCAS, CCS
Relatively Speaking Therapeutic Center



According to SAMHSA, “The term behavioral health in this context means the promotion of mental health, resilience and wellbeing; the treatment of mental and substance use disorders; and the support of those who experience and/or are in recovery from these conditions, along with their families and communities”.

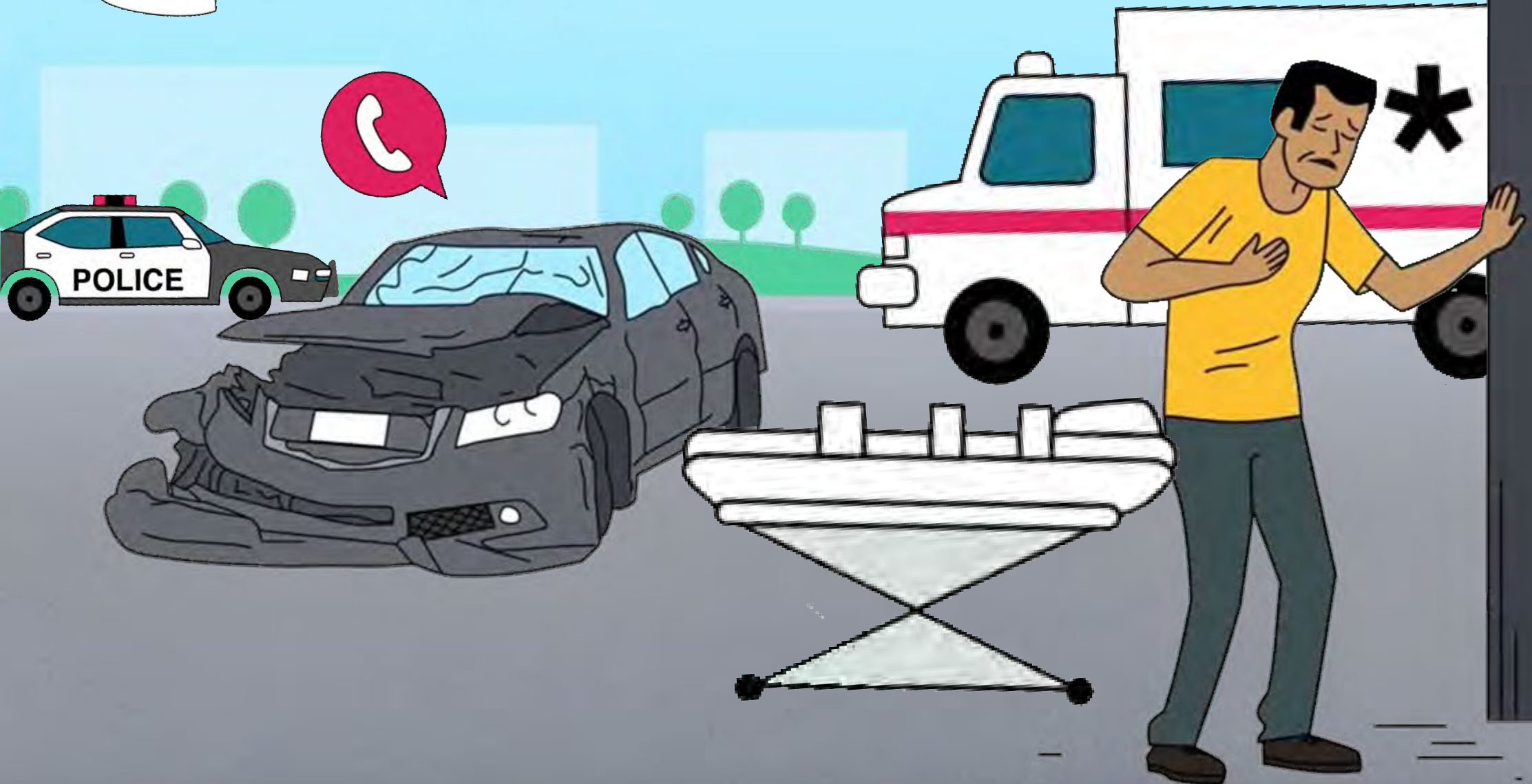
<https://www.samhsa.gov/sites/default/files/samhsa-behavioral-health-integration.pdf>

Behavioral Health is a health
condition.





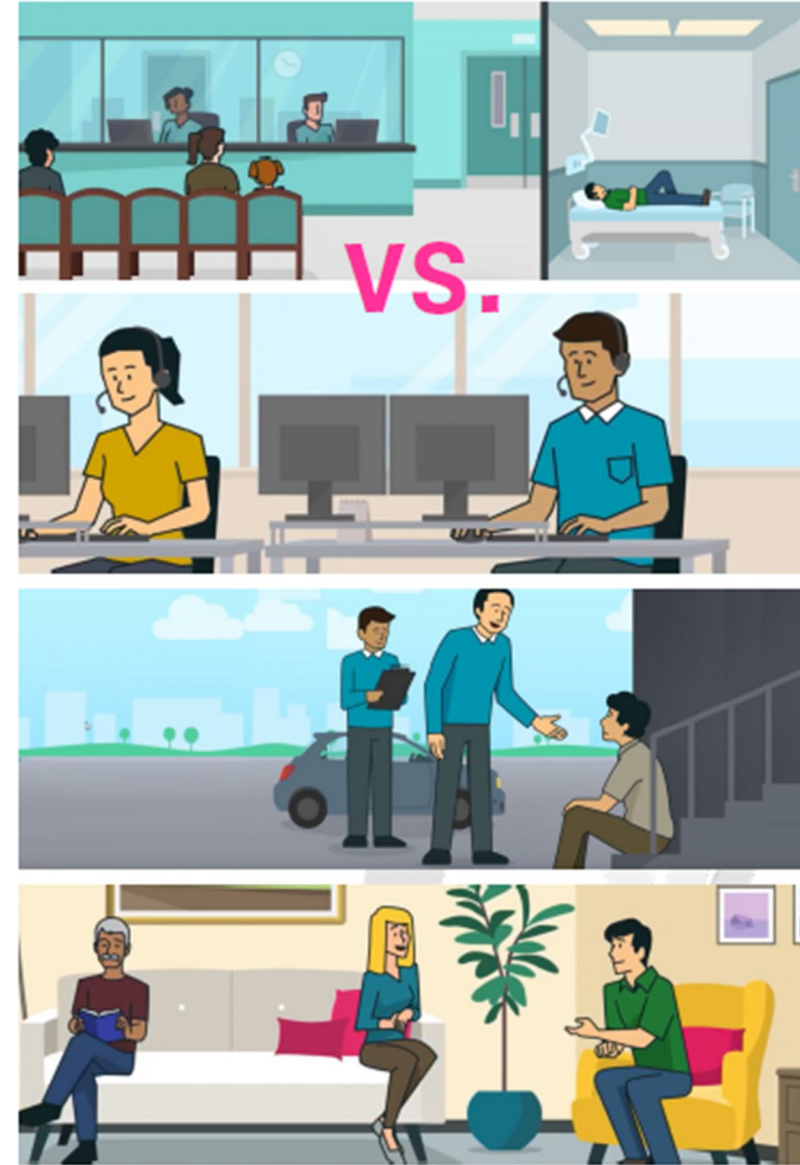
EMERGENCY MEDICAL SYSTEM



SAFETY SYSTEMS



Care Fit To Need (CFN)



Crisis Now Academy

Three Core Services



Technology Platform

Crisis Care Traffic Control



Crisis Call Center Hub

Someone to Call



Crisis Mobile Teams

Someone to Come to You

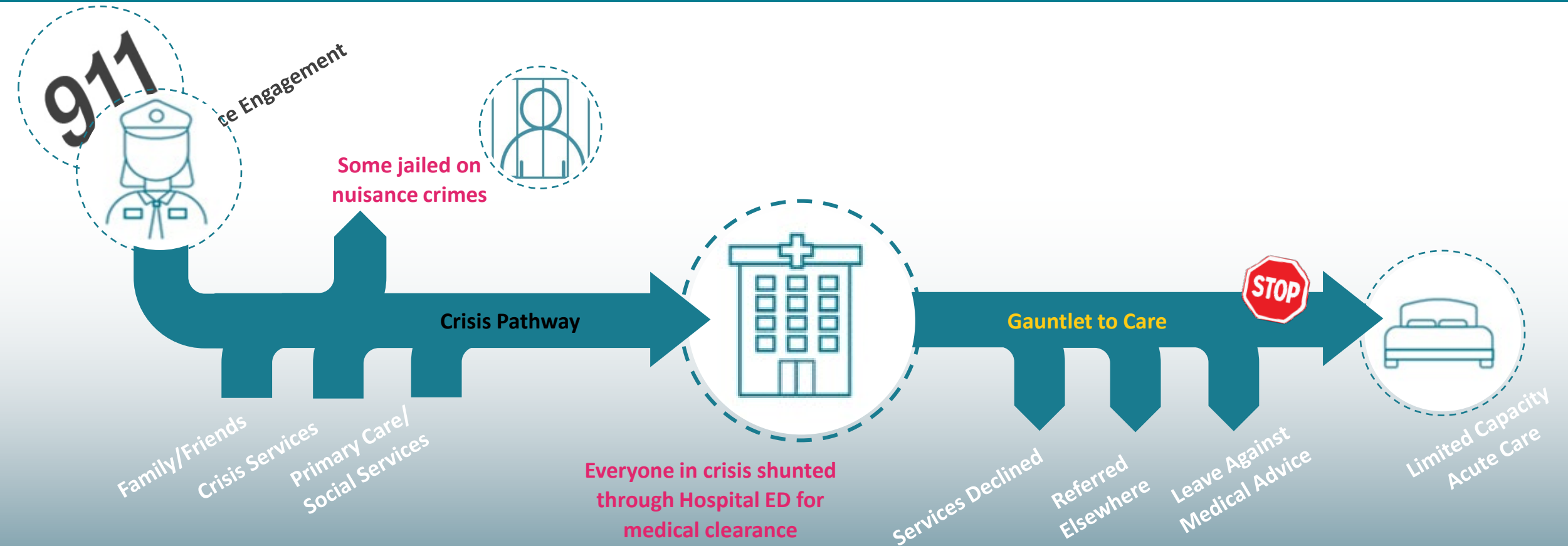


Crisis Receiving Center

Some Place to Go



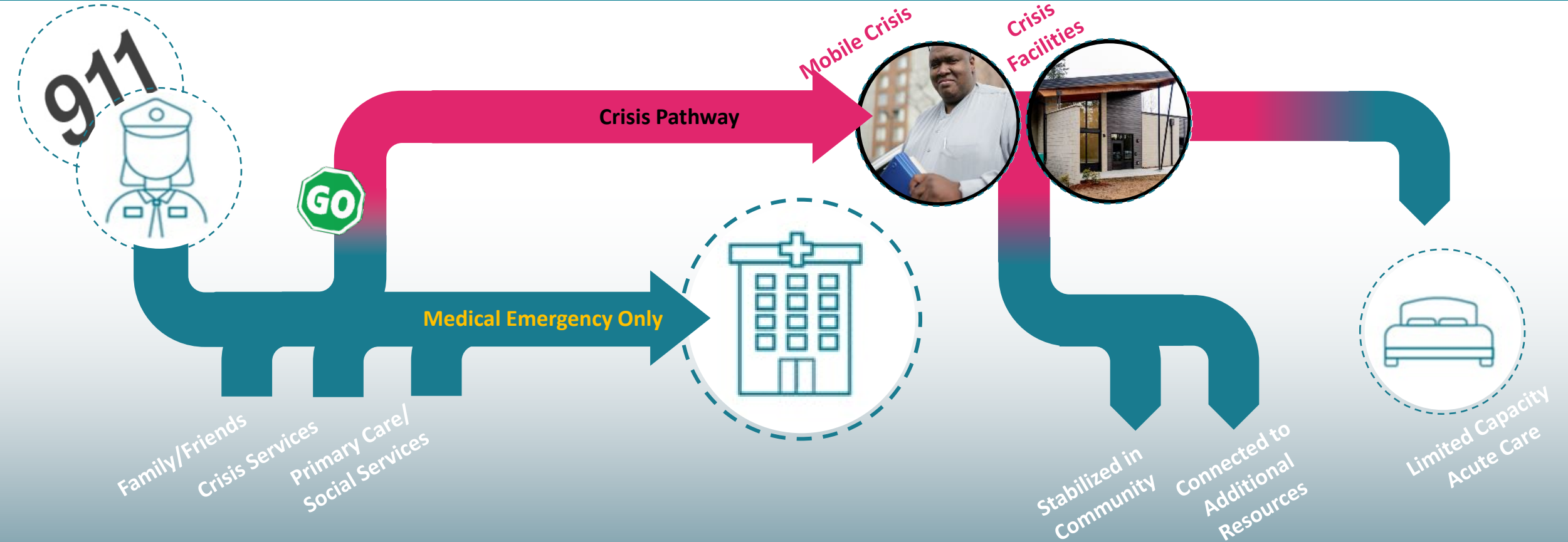
The Crisis Now Difference



Current Flow

Learn more at [CrisisNow.com](https://www.CrisisNow.com)

The Crisis Now Difference



Durham, North Carolina

The Crisis Now Difference



988



Crisis Pathway

Mobile Crisis



Crisis Facilities



Medical Emergency



Stabilized in Community

Connected to Additional Resources

Limited Capacity Acute Care



911

Public Safety Threat



Police Engagement

Future State

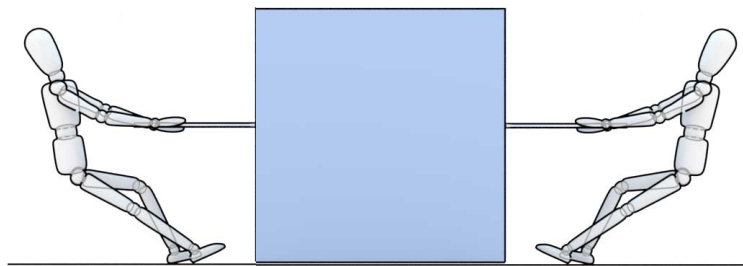
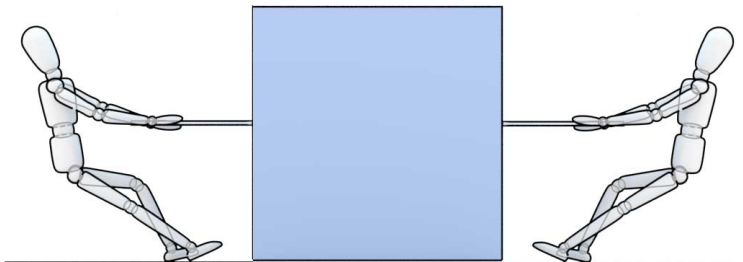
Learn more at [CrisisNow.com](https://www.CrisisNow.com)

Niche/
Boutique

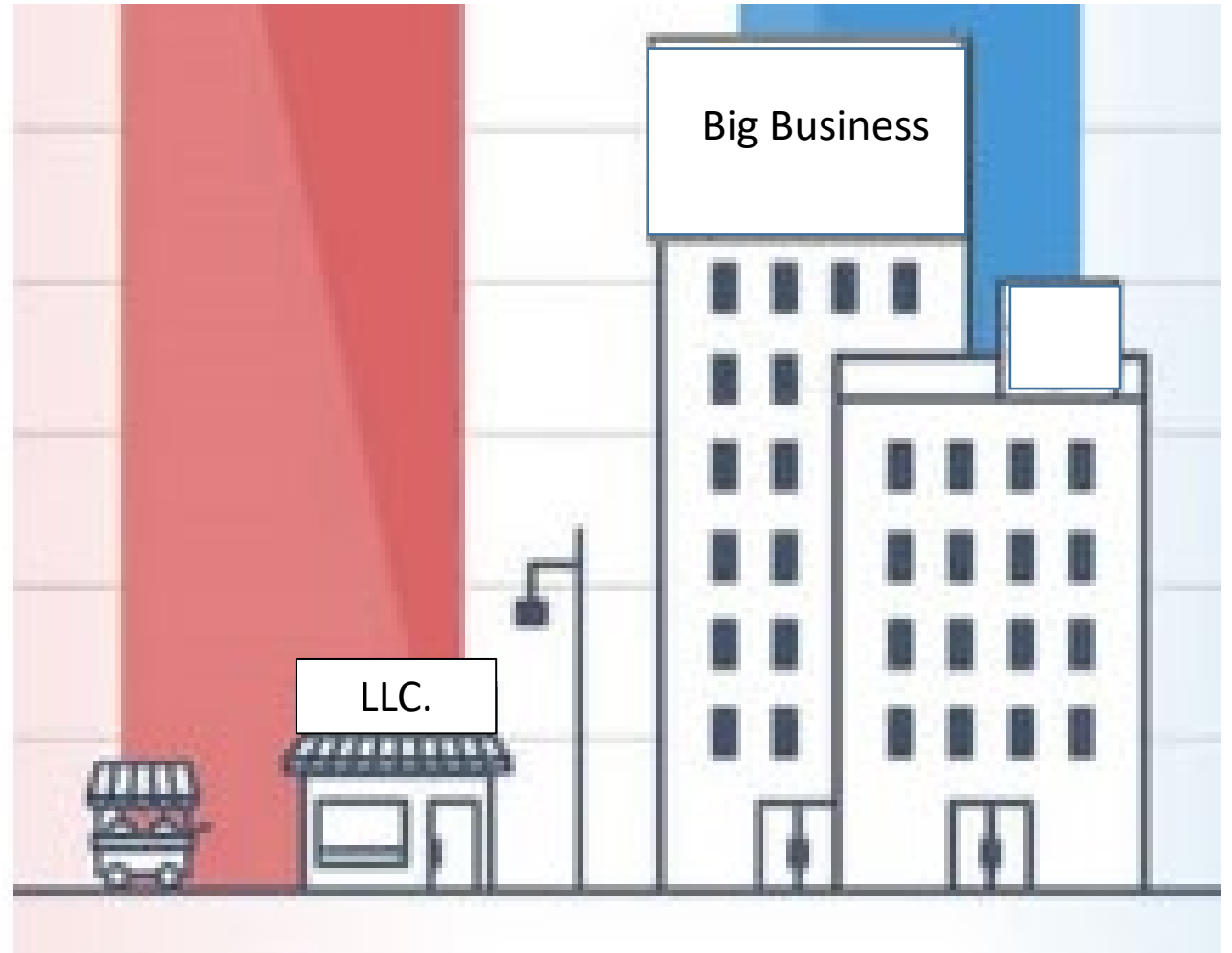
vs.

Core
Crisis Care
(Everyone)





Behavioral Health as a Business

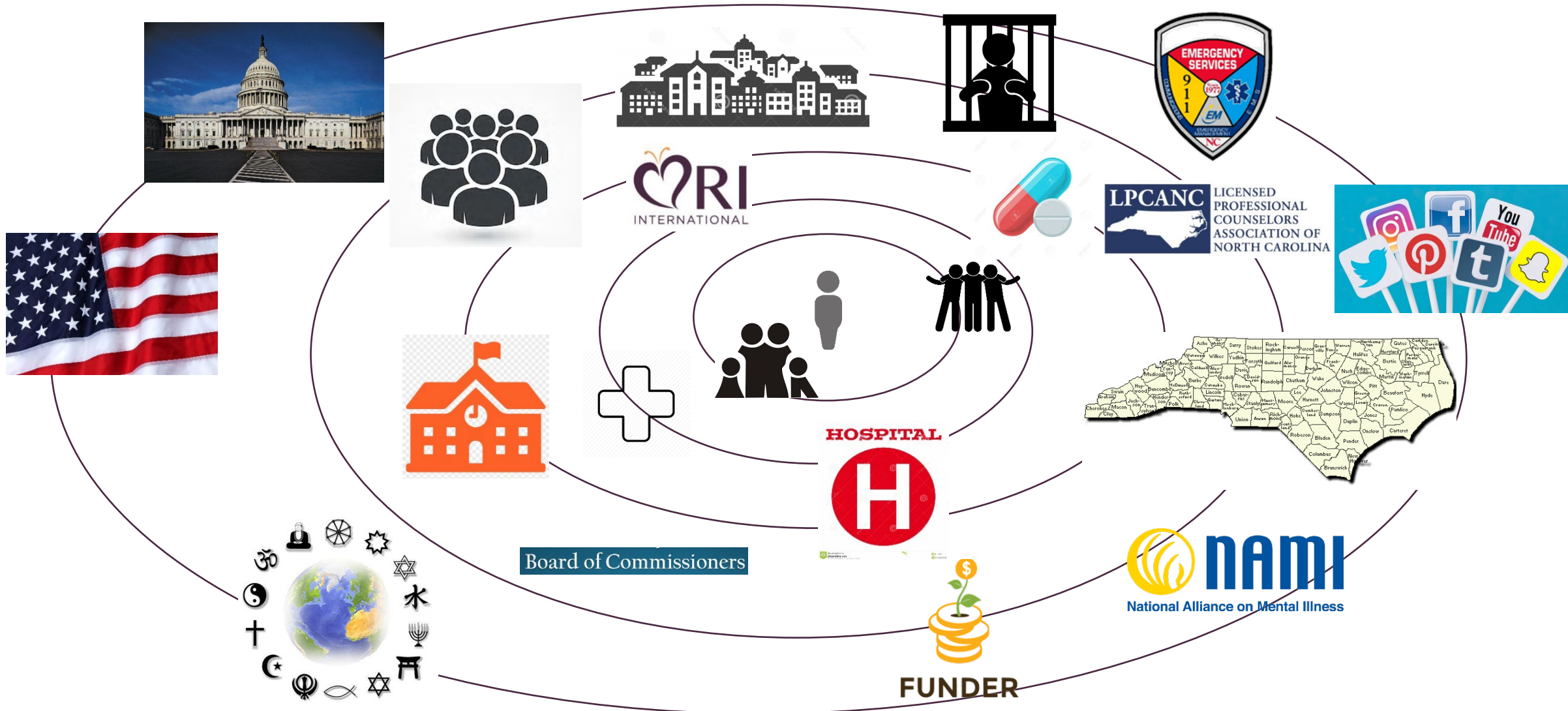


Business Leadership



- Competitive Business Markets
- Evolving Payer Sources
- Understanding Funding Structures
- Value based Models and Payments
- Data Driven Outcomes to Make Predictions
- Integrated Care Models
- Social Drivers of Health
- Whole Health Management

Community Engagement



Tailored Plan Regions

Projected County Alignments at Tailored Plan Launch on December 1, 2022



According to SAMHSA, Behavioral health conditions and the behavioral health field have historically been financed, authorized, structured, researched, and regulated differently than other health conditions.

<https://www.samhsa.gov/sites/default/files/samhsa-behavioral-health-integration.pdf>



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VP SOUTHEAST REGION

Licensed Marriage and Family Therapist. Expert in Systems Thinking, Behavioral Health Crisis Systems and Medication Assisted Treatment. Leader of the RI Opioid Consult team. Passionate About Ending Generational and Systemic Patterns.

"...AND
TODAY
SHALL BE A
BONES
DAY!"



THE BASICS

This is an immersive D&D style experience game focused on learning about care, access, and funding in behavioral health

5 Teams

3 Questions

5 Minutes to Deliberate per Question

Determine a Reporter

Reporter writes answer for Team in Chat

Dungeon Master Joy Determines Outcomes

"MORE
THAN A
GAME OF
CAT AND
MOUSE!"





Let's Break into Teams!

5 Teams, You Will Get One of the Following Names

Recovery

Wellness

Engagement

Hope

Empowerment

QUESTION 1: Treatment and Care in Behavioral Health



Treatment and Care in behavioral Health Backstory: The holidays have just passed and due to COVID concerns, your family members were unable to get together. The holidays were quiet and now that it is February, you decide to call a family member for an impromptu visit. They agree and drive down to your house. During the visit, you notice things that you have not seen before. Your family member is not eating or sleeping, seems down, not interested in any activities. You inquire but you just get shutdown. You are very concerned. What do you do?

As a group, please determine what you should do and why?

- **Call your parents to get advice . Go to an ER**
- **Hopefully they will snap out of it. Call parents for advice.**
- **Call the crisis hotline for advice or Go to a Crisis facility.**
- **Call 911. Go to an ER for assistance.**
- **Make an appointment with an outpatient provider. Engage your family member in the process.**



Scores For This Round

Recovery

Wellness

Engagement

Hope

Empowerment

QUESTION 2:

Access to Behavioral Health Services



Access to Behavioral Health Services: Now that you have determined that your family member needs behavioral health assistance, the next step is to determine how to access those resources. Your family member is very important to you and trusts your judgement. Your family member has decided to be involved in the process. What do you do next? How do you determine how to access services?

As a team determine which choice will work for you and your family. And why?

- **Call your local managed care organization**
- **Call your local crisis facility**
- **Call your local mobile crisis provider**
- **Make a telehealth visit with a local outpatient clinic**
- **Walk in to your local behavioral health urgent care**



Scores For This Round

Recovery

Wellness

Engagement

Hope

Empowerment

QUESTION 3:

Funding in Behavioral Health Care



Funding in Behavioral Health Care: Now that you have determined the appropriate level of services and how to access those services. Your family member is set and ready to go. But wait! How are these services going to be funded. Your family member works for themselves and does not have insurance. How are these services going to be covered? How should they be covered?

As a group, please determine how this visit should be funded and why?

- **Emergency Medicaid**
- **County Funding per the residence that you live in**
- **Self-Pay by your family member**
- **The organization should have a charity fund**
- **Your family member should wait to return home to seek services paid for by their state of residence**



Final Score!

Recovery

Wellness

Engagement

Hope

Empowerment

CONGRATS !!



"SHE MEANS US!
THE WINNERS GET TO
TAKE HOME US!"



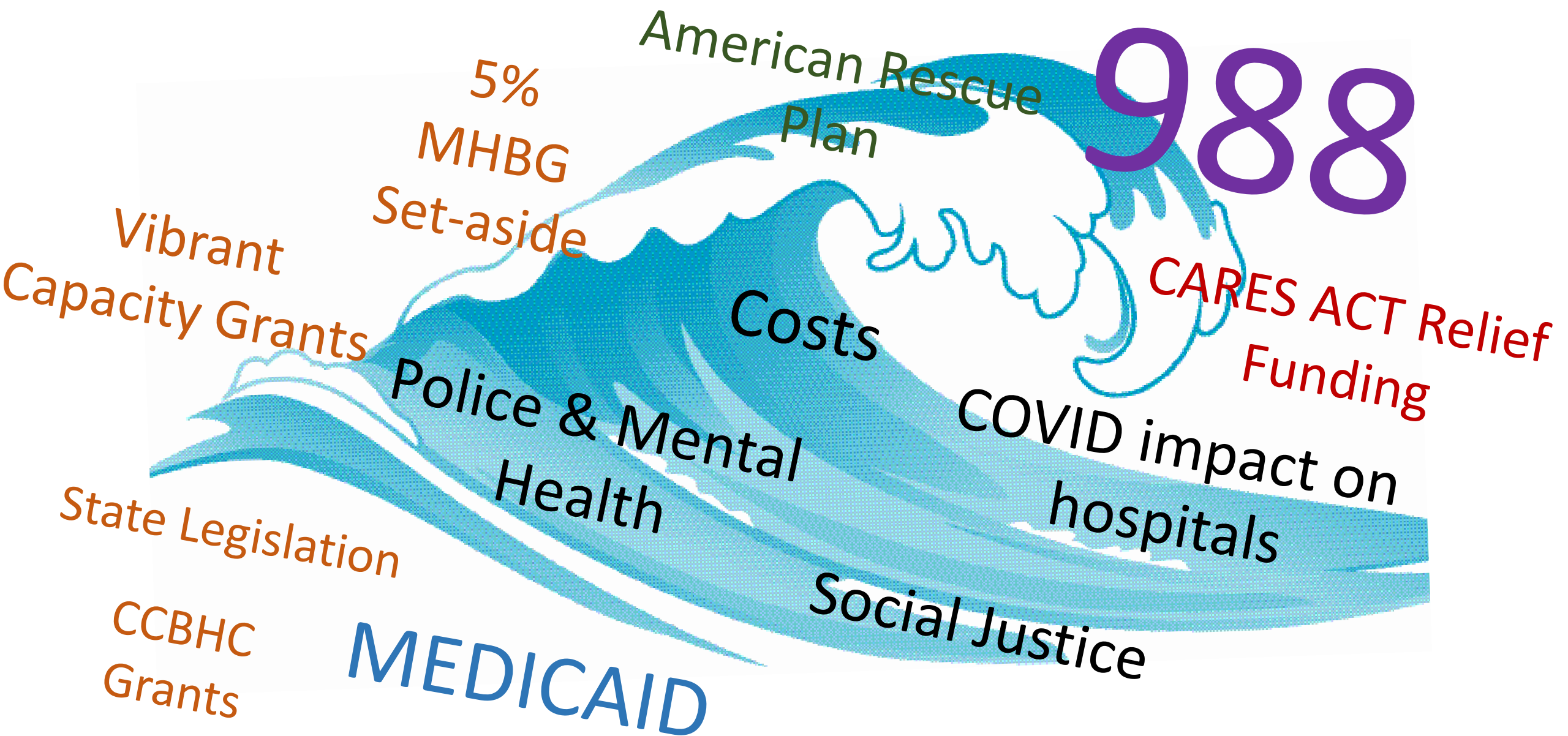
"TO THE VICTORS GOES
THE SPOILS"



Opportunities Ahead



https://www.bing.com/images/search?view=detailV2&ccid=W988Ppfi&id=DC3213A53E0D1AD9C96C3EC84B3E8DD8BBBD084D&thid=OIP.W988Ppfi3rydOp7wBjXzbwHaFj&mediaurl=https%3a%2f%2fth.bing.com%2fth%2fid%2fR.5bdf3c3e97e2debc9d3a9ef00635f36f%3frik%3dTQi9u9iNPkviPg%26riu%3dhttp%253a%252f%252f4.bp.blogspot.com%252f-o2omxtoYY_E%252fUg4QwvAS9fl%252fAAAAAAAAAvM%252f6ZIFTkte0hQ%252fs1600%252fExodus%253aFuture%253aClimate.033.jpg%26ehk%3d2rAVOasVKNJJ1dirclGu3QbBlys5S0DWkNgQHMBjaK0%253d%26risl%3d%26pid%3dlmgRaw%26r%3d0&exph=768&expw=1024&q=%22the+future+next+exit%22&simid=607988587018594770&FORM=IRPRST&ck=642640B0DDFFC3C14F84F9901D20B0D7&selectedIndex=0&ajaxhist=0&ajaxserp=0



988

American Rescue
Plan

5%
MHBG
Set-aside

Vibrant
Capacity Grants

CARES ACT Relief
Funding

Costs

COVID impact on
hospitals

Police & Mental
Health

Social Justice

State Legislation

CCBHC
Grants

MEDICAID

Thought Leadership and Influence



Zero
Suicide



Websites and List Serves to Consider

- Open Minds Website and List Serve
- World Economic Forum
- Ted Talks
- PsychU
- Trending Sites:
 - CrisisNow.com
 - Faithpop.com
 - Trendingwathcing.com
 - Globaltrends.com
 - Nowandnext.com



Consider your Zone!



- The Coasting Zone--- “I do as little as possible”
- The Comfort Zone--- “I do what I have always done.”
- The Challenge Zone--- “I attempt to do what I haven’t done before.”
- The Creative Zone--- “I attempt to think what I have never thought before”

• Maxwell, John C. *Leadershift : The 11 Essential Changes Every Leader Must Embrace*. Harpercollins Leadership, 2019.

Q&A



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The whole is greater
than the sum of its parts.

Aristotle

“ quote fancy

Contact Me!

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