

**S.C. MENTAL HEALTH COMMISSION**  
**S.C. Department of Mental Health**  
**Catawba Community Mental Health Center's York Adult Services Clinic**  
**205 Piedmont Blvd, Rock Hill, SC 29732**

**October 4, 2019**

**Center Presentation**

**ATTENDANCE:**

**Commission Members:**

Mr. Greg Pearce, Chair  
Ms. Louise Haynes, Vice chair

**Staff/Visitors:**

Mark Binkley, JD	Alexa Esposito, Board	Dana McNeal
Paul Cornley, MD	Karen Nichols, Board	Liz Seeger
Elizabeth Shrum	Brenda Artemes, Board	Lauren Tucker, MD
Dr. Patel, Medical Director	Bennie Thompson, Board	Dana McNeal
Carol Cochron	Dr. Thomas Muller, Board	Jenny Sexton
Lynelle Reavis	Melanie Saxon, NAMI & Board	Marissa Wells
Cassandra Ignatowicz	Bill Lindsay, NAMI	Jennifer Richter
	Betsy O'Brien, NAMI	

The S.C. Mental Health Commission met at Catawba Community Mental Health Center's (CCMHC) York Adult Services Clinic, 205 Piedmont Blvd, Rock Hill, SC 29732, at 9:00 a.m. Dr. Paul Cornley, Executive Director welcomed everyone in attendance and asked the CCMHC board, staff and guests to introduce themselves.

**PRESENTATION: Recovery and Collaboration**

Dr. Cornely gave a presentation on Recovery and Collaboration. A copy of the presentation is on file in the State Director's Office with the October 2019 Commission Minutes.

CCMHC has four clinics which serve three counties: York, Chester, and Lancaster. York County has two clinics: an Adult Clinic and a Child and Adolescent Clinic. CCMHC area has a fast growing population.

Dimensions and requirements of Recovery:

- Health – managing one's disease or symptoms and making choices that support physical and emotional well-being.

- Home – “Safe affordable place to live in a neighborhood of my choice”
- Purpose – “A meaningful way to spend my time, whether it be working, volunteering or going to school”. Income and independence
- Community – “A date on Saturday night”. Meaningful socialization that provides support, friendship, love and hope.

Recovery is the process of change through which people: improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Individuals with serious and persistent mental illness (SPMI) often die 25 years earlier than same age peers who do not have a mental illness. Causes are lack of access, iatrogenic, individual lifestyle choices. They have higher incidence of hypertension, type 2 diabetes, and obesity than the general population. Tobacco use of those with SPMI is much higher than the general population, 32% vs. 15.5%. CCMHC, with the help of the Synergy program, is now a tobacco free campus.

After looking at this data, 4 years ago, CCMHC applied for a SAMSHA grant for the Primary Care Behavioral Health Initiative to bring primary care to Catawba adult patients, and to provide a ‘health home’ for patients at CCMHC, by providing primary health care in addition to mental health care in the Center’s clinics. CCMHC was awarded the grant and has received \$300,000 a year, for three years. With this money, CCMHC hired a nurse practitioner, a program coordinator, a medical assistant, and a Peer Support Specialist, the Synergy Health Team.

Catawba CMHC collaborated with several agencies to develop a ten year plan to end homelessness in York County. At Catawba, there are 70 HUD funded one bedroom apartments overseen by 501 (C)(3) created by Catawba CMHC. CCMHC Collaborated with the local 301 (Keystone) for HUD funded Supported Housing Grant award for 12 patients/families. CCMHC has 24 supported housing units throughout the catchment area based on the housing first model.

School Based Mental Health Services provides therapists to assist with keeping children and adolescents in school. CCMHC is in 47 schools in the catchment area. CCMHC has mental health professionals in 100% of the Rock Hill school district schools.

“Pathways” is a faith-based program developed in collaboration with several agencies in York County to develop a “one stop shop” for those who are homeless and those with mental illness. It is a drop in center and shelter with the help of 12 health and human service agencies. The plan is to provide three meals a day at the drop-in center. “Pathways” had a soft opening a few weeks ago and plans to have a hard opening this Spring. The lead agencies involved are Renew Our Community (ROC) and the United Way.

HUD 811 apartments are entire complexes with community rooms for socialization.

In the past two years CCMHC has had a great increase in the amount of evidence based treatment it offers, such as; Dialectical Behavior Therapy (DBT), Individual Placement and Support (IPS), Intensive Community Treatment (ICT) Teams, Multi-dimensional family Therapy, Attachment

Bio-behavioral Catch-up (ABC), Young Children's Program, Cognitive Behavioral Therapy and Trauma Focused-Cognitive Behavioral Therapy, Motivational Interviewing, Eye Movement Desensitization and Reprocessing (EMDR), Telepsychiatry, and more.

The York County Mental Health Court had a 2 year planning process involving the Probate Judge, County Solicitor, County Public Defender, Sheriff's Office, County Council, and Catawba CMHC. The program began in 2017 and has had three graduates to date. Mental Health Court is a two year program where participants meet weekly with Probate Judge, Solicitor, and Catawba staff. A variety of requirements must be followed. Failure to comply results in sanctions. Once participants complete all of the requirements, their record is expunged.

Mr. Pearce welcomed Mr. Bill Lindsay, NAMI-SC Director and Dr. Cornley introduced the next presenter, Ms. Gertrude Stoney, LISW-CP, ACM-SW, Synergy Program Coordinator.

***PRESENTATION: Synergy Health and Wellness***

A copy of the Synergy Health and Wellness presentation is on file in the State Director's Office with the October 2019 Commission Minutes.

CCMHC was one of 100 community behavioral health organizations funded by the SAMSHA Primary and Behavioral Health Integration Project. The program is designed to provide primary care services and wellness integrated with behavioral health services. Synergy Health services are provided at Chester, Lancaster and York Clinics and serve adult patients of CCMHC. SAMSHA used the slogan: 'Can we live longer?' because people with mental illness are three times more likely to die earlier than the general population and have more co-occurring health conditions. 68% of adults with a mental illness have one or more chronic physical conditions. More than 1 in 4 adults with mental illness have a co-occurring substance use disorder, according to the National Institute on Drug Abuse.

Achievements, to date:

- 268 clients served through Synergy Health and Wellness.
- Prior to Synergy ER visits were more frequent.
- In the past quarter, 93 CCMHC clients utilized primary care services.
- Two most common primary medical diagnoses:
  - Hypertension (25%)
  - Diabetes (8%)
- 10% of patients came in for preventative care.
- 64% of patients were referred to one of the wellness programs offered by CCMHC.

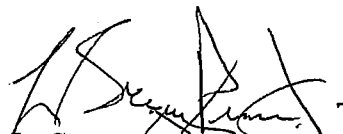
Synergy Health assists patients with wellness programs pertaining to nutrition, exercise, weight loss, smoking cessation, and more. Ms. Lisa Allen, B.S., CPSS discussed specific patient success stories.

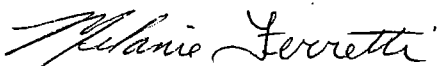
Ms. Michelle Hernandez, APRN, NP-C, shared case studies of successfully integrating primary care with behavioral health care, pointing out the significant cost savings and higher patient quality of life that results from preventative and proactive treatment. She has worked with about 100 patients over the last 3 months.

The grant ends Sept 30, 2020. Dr. Cornley believes the program will be sustainable through billing for services and with grants and contributions from various foundations. Ms. Haynes praised Dr. Cornley for hiring a nurse practitioner who will help reduce stigma attached to mental health treatment and increase patient access to care. Both Mr. Pearce and Ms. Haynes expressed 100% support for this program.

Mr. Pearce thanked the presenters for the excellent presentations and the audience for attending.

There being no further discussion, the center presentation concluded at 10:00 a.m.

  
L. Gregory Pearce, Chair  
SC Mental Health Commission

  
Melanie Ferretti, Recording Secretary  
SC Mental Health Commission