

# CFCHS

- Aspire Health Partners
- Children’s Home Society
- Circles of Care
- Space Coast Recovery
- The Grove Counseling Center
- House of Freedom
- Lifestream Behavioral Center
- Mental Health Association
- Mental Health Resource Center
- Park Place Behavioral Healthcare
- RASE

**D Section 394.4576, F.S., requires an assessment of services in the state that considers the extent to which designated receiving facilities use “evidence-informed” practices. The terms “evidence-based” and “evidence-informed” are often used interchangeably and the Department regards them as synonymous. The Department’s standards for identifying evidence-based practices are contained in Guidance 1 - Evidence Based Guidelines. Please identify and describe the evidence-informed/evidence-based practices used within your system.**

Acceptance and Commitment Therapy (ACT)	Moral Reconation Therapy
Across Ages	Motivation Enhancement Therapy (MET)
Addiction & Trauma Recovery Integration Model (ATRIUM)	Motivational Interviewing
Alternatives for Families Cognitive Behavioral Therapy	Play Therapy
Applied Suicide Intervention Skills Training Program (ASIST)	Project Success
Assertive Community Treatment	Rational Emotive Behavioral Therapy (REBT)
Behavior Therapy	Second Step
Brief Cognitive Behavioral Therapy	Seeking Safety
Brief Strategic Family Therapy	Situational Family Therapy
Child-Parent Psychotherapy	Social Skills Group Intervention (S.S. Grin)
Cognitive Behavioral Therapy	Solution Focused Therapy
Communities That Care	Solution Focused Trauma Recovery Therapy
Coping Cat	Strengthening Families
Dialectical Behavior Therapy (DBT)	Structural Family Therapy
Eye Movement Desensitization Reprocessing (EMDR)	Supportive-Expressive Therapy

Experiential Therapy	Systematic Training for Effective Parenting (STEP)
Grief and Trauma Intervention for Children (GTI)	Team Solutions and Solutions for Wellness
Helping Women Recover and Beyond Trauma	Thinking for A Change (T4C)
Life Skills Training (LST)	Too Good for Drugs
Living in Balance	Too Good for Violence
Matrix Model	Trauma-Focused Cognitive Behavioral Therapy (TFCBT)
Mindfulness Based Cognitive Therapy	Wellness Recovery Action Plan (WRAP)

**F Within your network, please identify any services that require a resident living within your catchment area to travel more than an hour.**

Based on CFCHS' Behavioral Health Needs Assessment, clients surveyed reported that they are not traveling more than an hour for services within our region.

**G What unmet needs have been identified through your coordination of care activities?**

Housing

CFCHS 2019 behavioral health needs assessment shows that housing assistance was the number one service need that individuals were not able to obtain, indicating lack of availability of this service. A review of CFCHS ASA Stable Housing Outcomes for FY 1617 through 1819:

- Total number of individuals who were admitted for substance use services- 4,481
  - 804 individuals reported unstable housing; 94.6% were homeless at time of admission
  - 40.8% of the 804 remained in unstable housing at time of discharge from services.

Without assistance, Individuals with low-income who also suffer from mental illness and/or substance use disorders may have difficulty staying in recovery and navigating the system to obtain housing. Accessing affordable housing will continue to become more difficult if low-rental properties continue declining. CFCHS is proposing to implement Full-Time Housing Specialists at the provider level to assist in addressing housing barriers, build relationships with landlords, and advocacy.

Adult Mental Health Residential Treatment

Results of the 2019 CFCHS Needs Assessment questionnaire listed mental health residential treatment as 4<sup>th</sup> in needed services for individuals with behavioral health disorders. During FY 18-19, CFCHS funding allocation allowed to fund only 29 residential beds within 4 counties, serving only 116 individuals. Almost half of the individuals served were placed on a waitlist with an average wait of 4 weeks to receive the service.