

Greater Baltimore HIV Health Services Planning Council

Planning Council Meeting

5:30 p.m. – 8:30 p.m.

Questions to Presenters

July 19, 2011

Summary: Mental Health Services

Presented by: Stephanie Saunders, PsyD, Director of Mental Health, Chase-Brexton Health Services, Inc.

1. You say there was a waiting list. How long is the waiting list? At this time how many people are on the list?

Answer: To be clear, there is no wait list for psychiatry services. If a CBHS medical patient, regardless of HIV status, calls to request an initial psychiatry evaluation they are scheduled for an appointment. In addition, we prioritize mental health care for any patient consistent with Chase Brexton's mission and vision, especially those who are HIV+ and/or from the LGBT communities. As of late, the most common reasons for referral for mental health services for HIV + individuals are adjustment issues for newly diagnosed or those individuals with chronic medical adherence issues. When such individuals who are already engaged in Chase Brexton's medical care request mental health support, they have immediate access to our behavioral medicine services. There are currently four (4) HIV+ patients who are requesting individual mental health therapy and are waiting for the next available appointment. At present, the vast majority of our wait list consists of individuals who are HIV- who have commercial or other insurance that affords them access at other treatment centers, yet prefer to wait to participate in mental health treatment here at Chase Brexton. In addition, a new psychotherapy group will begin in August 2011 that will be offered to prospective patients in order to facilitate initiation of mental health care.

2. How much time is spent with clients individually per session that visits the psychiatrist? How many clients are receiving medications as opposed to therapy sessions one-on-one?

Answer: Our appointment types and length of service are as follows: Initial Mental Health Evaluations and Initial Psychiatric Evaluations are both 60 minute appointments, individual mental health therapy is conducted in 20-30 and 45-50 minute increments, and psychiatry follow up appointments range from 20-30 minutes in length. Psychiatry services recently implemented "20 minute clinics" for patients assessed to be functioning well enough that they would benefit from a shorter follow up session as compared to the traditional 30 minute follow up visit. According to data from a recent month (April 2011), 266 patients accessed psychiatry services, there were 520 mental health therapy (individual and group) visits, and among these patients 132 received both mental health therapy and psychiatry (medication monitoring). It is important to note that this data does not capture those patients who successfully completed mental health therapy, but remain under the care of a psychiatrist. It also does not account for patients who participate in addictions or behavioral medicine services.