



eocmtc *connections*

Eastern Oregon Children's Multi-Treatment Center, Inc.

Fall 2002

Volume 1, Issue 1

Dear Friends,

I am pleased at this opportunity to tell you about the progress Eastern Oregon Children's Multi-Treatment Center is making. This is our first issue of eocmtc connections. We've named our new quarterly newsletter



"connections" because it best describes the partnership between EOCMTC and the families, schools, social service agencies, communities and generous contributors who are essential to assure success for every child who comes to us for treatment.

*Sincerely,
Mary L. Winter
Executive Director*

EOCMTC is growing . . .

From ten adolescents just a few years ago, we now provide day and residential psychiatric treatment for 27 children, ages 8 through 17, with the most challenging mental health treatment needs and their families.

We've added new programs and services and increased our staff to better respond to the increasing numbers of children with diagnosed mental and emotional disorders who need our services.

Our staff of 71 includes master's level individual and family therapists, a drug and alcohol counselor, psychologists and board-certified child and adolescent psychiatrists who team with case assistants to provide each child's treatment.

Certified teachers and assistants staff our school. 25 clinically trained and supervised families provide therapeutic home care.

Work in progress, building a new school and clinic . . .

We have outgrown our clinic, school, and residential spaces. Last Spring, we began construction of a new school and clinic facility at our Pendleton site.

When completed later this year, EOCMTC will have capacity for 60 students in the new school. The lower level will house our clinical services.

With these changes, we will gain residential capacity for an additional seven children.

Best of all . . .

Children in our programs are enthusiastic about their new spaces. They take personal pride in our progress. From the beginning, they have eagerly followed the construction process step by step.

It has been a creative and educational experience for all of us.

Children are seeing first-hand how buildings are constructed. They are learning about the work done by the many construction workers and craftspeople whose job it is to grade the site, truck in and assemble the rehabbed modular units that form the foundation, build, plumb, wire, paint, furnish and landscape our new school and clinic.



creating art . . . seeing progress

Our goal is "success for every child".

Students will share their artwork and articles in upcoming issues of *eocmtc connections*.

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About Eastern Oregon Children's Multi-Treatment Center

Children who suffer from severe mental and emotional disorders and their families have the greatest success when treatment and education service options are available to them.

Services for Oregon children include outpatient, intensive day, residential, and hospital treatment. At EOCMTC, we use these treatment options to help children return to their families, schools and communities as soon as clinically appropriate.

EOCMTC is a private, not-for-profit center founded in 1989 to treat children with severe mental and emotional disorders through Oregon Departments of Human Services and Education contracts and funds. EOCMTC, located in Pendleton, is the only day and residential psychiatric treatment center in Eastern Oregon.

Along with nine other children's treatment centers statewide, EOCMTC is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and authorized to provide:

- Residential crisis assessment and stabilization
- Subacute care
- Assessment, evaluation and stabilization
- Residential psychiatric treatment
- Psychiatric day treatment
- Therapeutic home care
- Outpatient treatment and services

EOCMTC's intensive psychiatric treatment services are alternatives to state hospitalization. Our services are available to children statewide, but we are dedicated to first providing needed treatment for Eastern Oregon children and families.

Our New Name

More young children need day and residential psychiatric treatment than ever before.

EOCMTC is now licensed to treat children ages 8 through 17.

Formerly known as Eastern Oregon Adolescent Multi-Treatment Center, or EOAMTC, we've changed our name to include both children and adolescents:

Eastern Oregon Children's Multi-Treatment Center

EOCMTC has gained national recognition for our uniquely integrated multicomponent approach to treatment of children with psychiatric disorders in a home-based environment. After evaluation and stabilization in our residential center, many children are able to reside with a clinically trained and supervised Contracted Care Home family in the community while continuing in treatment and attending school at our center.

Most important, EOCMTC's multi-treatment approach helps children feel more connected to family and less often singled out as "different" from other children.

EOCMTC's Board of Directors . . . volunteer their time, support and guidance for our programs. EOCMTC is honored for the following members to direct our center in 2002-03:

President

J. Albert Baxter, MD
Psychiatrist

Secretary/Treasurer
Susan Neal
Community Volunteer

Joseph Burns
Businessman

Laurie Drop
Executive Director
Bethpage

John Juguilon, MD
Psychiatrist
Oregon Psychiatric Center

Kevin Kimball
Administrator
Blue Mountain Community College

Daniel Marier, MD
General Practitioner

Michele Sitz
Community Volunteer

Jackie Smith, MSW
Social Worker
Oregon Psychiatric Center

EOCMTC

622 Airport Road
Pendleton, Oregon 97801
(541) 276-0057
Fax (541) 276-1704
www.eoamtc.org

Crisis in Children's Mental Health

“One in ten children have mental or emotional disorders severe enough to impair development” . . . as many as 4,320 children ages 10 through 17 in Eastern Oregon.

The need for children's intensive psychiatric treatment services is far greater than Oregon's ten centers can provide.

US Surgeon General Satcher reported that at least one in ten children suffers from mental illness severe enough to impair development and less than one in five children gets any help at all.

“If children can't develop appropriately, then it is going to interfere with their whole life. Clearly, it is a crisis.”

4,320 Eastern Oregon children, ages 10 through 17, may need the intensive psychiatric treatment that EOCMTC provides. Too often, children do not get the help they need because Oregon does not fund treatment and education

for all children with severe mental and emotional disorders. Few families have insurance coverage for needed treatment and even fewer can finance treatment on their own. Dr. Satcher reports that many children wind up in jail or social services because their mental health problems went unfunded, unnoticed or untreated until too late.

“If children can't learn, can't develop appropriately, then it is going to interfere with their whole life. Clearly it is a crisis.” David Satcher, MD, US Surgeon General, 2000

Mental illness is a major untreated problem for children nationally and in Oregon . . .

These are difficult economic times in Oregon. Health care and education are deeply affected. These are also times of hardship for Oregon children with severe mental or emotional disorders and their families. Few have financial resources to pay for treatment. Already limited state and federal mental health and education funding is spiraling downward with the economy. As a result, many Oregon children will remain untreated until too late.



. . . *“success for every child”*

Help EOCMTC reverse the downward spiral of mental illness for Eastern Oregon children and their families. In these challenging economic times, our success in treating children with severe mental and emotional disorders depends on finding new sources of financial support. Your generous contribution will help EOCMTC expand availability of desperately needed treatment for children and families who do not have insurance coverage or access to state-financed services.

EOCMTC Mental Health Treatment Services

Children who are treated and educated at our center have diagnosed mental and emotional disorders. All staff, teachers, assistants and CCH families are licensed and/or certified in their professional capacity or specialty. EOCMTC staff observe, support and work therapeutically with each child according to individualized, culturally responsive treatment and education plans.

Each child's treatment is medically supervised by our medical director, a board-certified child and adolescent psychiatrist. Treatment plans are updated at least every 30 days. State and federal regulations also require that each child's treatment be evaluated by the Oregon Medical Professional Review Organization for progress, completeness and effectiveness.



. . . building on social and emotional strengths

Treatment Services

72-Hour Residential Psychiatric Crisis Assessment and Stabilization. Our staff secure setting provides a temporary solution for children in crisis when they cannot stay at home or in a less restrictive placement due to the immediate risk of harm to self or others.

Subacute Care. Secure psychiatric diagnostics and care of 30 days or less for children in acute psychiatric distress.

Assessment, Evaluation, Stabilization and Brief Treatment. Up to 120 days of staff and/or facility secure multidisciplinary clinical evaluation and therapeutic stabilization of psychiatric disorders.

Residential Psychiatric Treatment. Three to 24 months of psychiatrically-based diagnostics; individual, group and family therapies; behavior management; substance abuse intervention and treatment when needed; recreation and activity therapies; health care; and medication management. Educational assessment and services are integrated with treatment in an accredited education program. Children reside at our center and, when progress warrants, may live in the community with a Contracted Care Home (CCH) family in the community while attending school and participating in therapy at our center.

Day Psychiatric Treatment. EOCMTC is one of 24 centers licensed by the state to provide psychiatric day treatment and education services. Day treatment, lasting about nine months, is provided in a therapeutic school setting at our center. Day treatment is available for children who have a stable living situation in the immediate area. Day treatment includes mental health and educational assessment; stabilization; and individual, group and family therapies. Treatment is integrated with an accredited education program.

Outpatient Services. Follow-up assessment, individual, group and family therapies and home-based aftercare consultation are available for children and families who have completed residential treatment. Our staff often consult with families and specialists through our interactive televideo communications system.

Treatment Costs. A mix of state and federal funds finance most treatment and education costs for 27 children through state contracts. No state or federal funding is available for the many other children with diagnosed mental and emotional disorders who would otherwise be admitted for treatment.

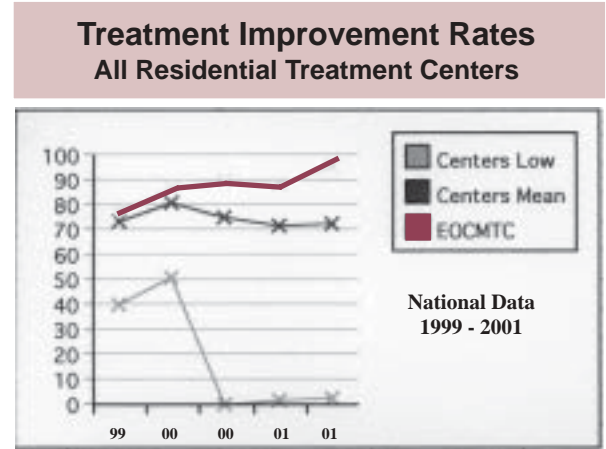
Treatment Success . . .

EOCMTC treatment improvement rates compared with all residential treatment centers nationwide.

EOCMTC's goal is success for every child and family. We strive to improve our services. We continuously evaluate our treatment services and the treatment outcome data we collect. It is our way to be sure that each child improves in treatment.

EOCMTC is proud of the **quality and effectiveness of our treatment services** for children and families. Our JCAHO accreditation guarantees that EOCMTC meets national treatment improvement standards for residential centers.

EOCMTC's treatment improvement rates far exceed the **national mean for all centers**. Our multi-treatment approach, using school, home and community as therapeutic milieus integrated with center-based psychiatric therapy and clinical supervision, is unique among residential treatment centers. We know multi-treatment works. Children and families who come to us for treatment tell us so. State and federal monitoring of treatment plans and documentation of treatment outcomes for each child, using measures such as the Child and Adolescent Functional Assessment Scale, confirms their progress.



The graph above compares EOCMTC's treatment improvement rates with all other centers over 2 1/2 years of national data collection by the CHARPP Improvement Measurement Program. The last six months of data show EOCMTC treatment improvement rates were more than 23% higher than the mean for all centers and 93% higher than low-performing centers.

Treatment Success . . .

More than data. What treatment improvement means in the real lives of real children and their families.

Two children, now at home after treatment at EOCMTC, share life-changing experiences that come from treatment success.

Joey's card says, "I've been fishin" for just the right words . . . but all I can come up with is THANK YOU from the bottom of my heart!"

"With the help of all of you I have grown stronger as a person and have taken all the wonderful techniques I have learned and am using them daily."

"Thanks for everything."

Lisa's letter tells us,

"How are you guys doing? I miss you guys so much! Well, since I have been home I go to school and get A's. When I am not in school I am working out and playing basketball and, of course, dancing.

I am helping my niece learn how to tap so I go to some of her classes, she is five. Sometimes on weekends I go over to a friend's house and watch DVD movies.

On the 19th will be seven months of me being clean and sober. I am not even tempted to drink.

I am so happy to be home!

"Love ya!"



EOCMTC
622 Airport Road
Pendleton, Oregon
97801



Joint Commission
on Accreditation of Healthcare Organizations

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Return Service
Requested

Will you help us make a difference for a child at EOCMTC?

For \$25 you can:

- Provide clay and paints for an art therapy session
- Provide a new book for our school library
- Purchase a shrub or plants for our landscaping project

For \$50 you can:

- Provide shoes or a warm coat for a child who came to us without
- Provide a nutritious lunch for 18 children

For \$100 you can:

- Provide art supplies for ten children for one month
- Contribute to the safety of our center by helping us finance the cost of underground wiring (total cost \$129,500)

For \$250 you can:

- Provide mental health evaluation for one child
- Provide educational assessment for one child
- Sponsor expenses for parents who must travel more than 100 miles to participate in family therapy and treatment planning
- Finance one day of psychiatric residential treatment for a child without insurance or state financial assistance

For \$500 you can:

- Finance 24 hours of crisis intervention for a child without insurance or state financial assistance

For \$1,500 you can:

- Sponsor one month of day treatment therapy for a child without financial resources who must otherwise be removed from home for treatment