



CA:tCH

Chequamegon
Accountable
the Community for Health

An Introduction to the CA:tCH Plan Project

with

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NorthLakes
COMMUNITY CLINIC




MCW
MEDICAL SCHOOL

AW ADVANCING A HEALTHIER
WISCONSIN ENDOWMENT

How CAtCH was Created

- This project began with an **8 year grant** from the Medical College of Wisconsin (MCW) – Advancing a Healthier Wisconsin Endowment (AHW).
- The purpose of the funding was to **improve behavioral health** outcomes.
- At the table were agencies and individuals engaged in **health, safety, and lived experience** in Ashland and Bayfield Counties.
- We discovered that **crisis** was a place that everyone was engaged but one was happy and no one owned the process from start to finish.
- We spent 1.5 years **mapping the process** in Ashland and Bayfield Counties and brainstorming ways to improve, facilitated by Karen Timberlake.
- The group identified that there was a wall between the information that counties, health providers, and individuals themselves had that could help during crisis, but that **information was not available to first responders.**

CAtCH Plans are a safety plan AND...

A legal and ethical way to share information and work together using an online information system so that an individual who is at risk of interaction with law enforcement during a behavioral health crisis can infuse that interaction with personal contacts, strategies and information that can help avoid unnecessary emergency detentions.

It is also...

- A **prevention tool** using evidence-based strategies to improve behavioral health outcomes
- A **way for agencies to collaborate** around improving the crisis process, emergency detention outcomes and prevention





The workgroup agreed that the point at which first responders meet a person in crisis was the most **valuable** time to have information.

If we could reduce emergency detentions it would be valuable for everyone:



For Individuals = reduced trauma, better potential outcomes



For First Responders = Time saved, better potential outcomes.



For Hospitals = Less stress on available beds



For Families = Less separation



For Municipalities = cost savings

What the research says about safety plans

A [systemic review of safety plan studies](#) showed improvement in these areas for people showing suicide related distress:

- Suicidality (ideation, behavior, deaths)
- Suicide-related outcomes (depression, hopelessness)
- Treatment Outcomes (hospitalizations, treatment engagement)



Components of safety planning that improve efficacy:

- Including elements important to the participant.
- Joint crisis planning (with a facilitator) reduced re-hospitalizations after crisis.

[Click for a link to a summary of safety plan studies](#)



What is in the CAtCH Plan



CAtCH Plans have information about:

- Who I am
- Where I live
- When I am feeling unsafe or need assistance
- De-escalation strategies that work for me
- Support people to call
- Other things important to me
- What I would like law enforcement to know
- *My Signature*

What is not in a Plan*

- Diagnosis
- Treatment Plan
- Prescriptions
- History with law enforcement
- Anything a participant does not want to share with a care team during a crisis

*unless a participant chooses to share that information.

Informed Consent



Release of Information

I agree/understand:

- Information will be shared with all CAtCH Partners
- It will be used only to ensure safety and wellbeing of me by the care team.
- Can be revoked at any time (but not during a crisis)
- The ROI stays linked to the CAtCH Plan
- I am publishing information to the WISHIN-CAtCH Portal.



Storing and Accessing Plans **WISHIN / CAtCH Portal**

- Plans are stored in an online storage system designed for CAtCH By WISHIN.
- WISHIN is a statewide not-for-profit health information exchange (HIE) organization.
- Plans are HIPAA protected, and only accessible to CAtCH Partner Agencies.
- Law enforcement agencies in Ashland and Bayfield Counties, enter flags in their information system to alert officers and dispatch to the existence of a CAtCH Plan and key information for officers. Full plans can viewed through the WISHIN Portal.

Ways our
partners
are using
CAtCH safety
Plans



Uploaded as a CAtCH Plan to WISHIN for use by CAtCH Plan partners.



As a tool for the Participant to use and share with support people.




As the internal organizational safety plan for the Participant.



It is a **shared tool and language** for individuals and agencies.

Fringe Benefits of Doing Work Together

- Incubator for new collaborative projects to emerge
 - CIT Training (Crisis Intervention Team)
 - CCRS Training([Columbia Suicide Severity Rating Scale](#))
- Learning about each other, **building trust**
- Informal space for problem solving



“Hey can we talk for a minute?”



CAtCH Plan Partners

- Ashland Co Health and Human Services
- Ashland Sheriff's Department
- Bayfield County Sheriff's Office
- Bayfield County Department of Human Services
- City of Ashland Police Department
- Tamarack Health
- NorthLakes Community Clinic
- School District of Ashland
- People with Lived Experience



Stories from our CAtCH Partners



<https://youtube.com/playlist?list=PLEqPvkbaCmE95XNaZ1TfszUMVjED7bRGm&feature=shared>

Participant Voice

We are in the process of conducting interviews with our MCW academic partner with participants to capture the participant perspective.

“ I struggle voicing out my problems. So having to sit down and voice out, this is what I can go through. This is what I probably will go through, and how to prevent it was a little challenging for me. I, from, I don't know, 12 years of age, I always like to bottle things up inside. I never wanted to talk about it. I never wanted to express what's going on. I wanted to just contain it, yeah. So it was a little challenging.

In the end, it was actually more of a relief to be able to have something out on paper, that this is what I go through. This is what to expect. It means that I don't have to rely on just myself anymore. I can rely on other people too.

”



Beating the Odds

- We are in year 9 of an 8 year grant!
- We have 1.5 years of funding to improve and continue the work we are doing.
- After this round of funding, the future of CAtCH is uncertain.

Can it Scale?



Yes!

Here are the **3** things we think will make it work...



Pilot Project to Scale CAtCH

What would be needed:

- A home at a State Level Agency
- Facilitation for Pilot Communities
- Statewide Software Solution

Things we can share from CAtCH:

- Legal framework
- Memorandums of Understanding
- Safety Plan
- Release of Information
- Training
- Implementation Planning Guide
- Workflows

Facilitation

Mapping, inviting partners,
identifying boundaries, defining
challenges, building trust,
completing implementation,
continuous improvement

Year 1

Mapping and
Implementation
Preparation

This is where trust gets built
for successful
implementation

Year 2


Implementation

Implementation of workflows,
training, ongoing workgroup
meetings

Software Scalability

- Our current system is a proof of concept but cannot scale and requires some coordination from law enforcement to enter data.
- WISHIN has a proposal to develop a scalable system integrated with their current WISHIN Pulse platform that could serve the entire state. An estimated cost for development is \$225,000. (Their proposal included in your materials) Projected annual subscription costs range from \$3500-\$16,000 based on population size)
- The proposal includes the possibility of interoperability with existing law enforcement information systems, however this will require additional collaboration with existing law enforcement information systems used by dispatch across the state. **This is key to improve immediate access to information during a crisis.**

Adult Emergency Detentions

	2020 (Prior to 2021 CAAtCH Implementation)	2023
Ashland County	65	34
Bayfield County	29	17

2023 numbers are lower than trends going back as far as 2016.

UW-Madison Research Partnership Potential

- Evaluation of CAtCH plans and early intervention to prevent ED
 - Consider pre/post comparisons, comparison between WI counties
 - [DHS report](#): Mean annual youth ED rate per 10,000 youth (2013-2021)
Comparisons: Bayfield: 6.71, Ashland: 14.32, Forest/Oneida/Vilas: 34.70
Systematic evaluation of how approaches differ
 - Systematic evaluation of cost of ED: personnel, transport
- Build stronger evidence base for crisis intervention and critical evaluation of emergency detention → inform national conversation



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Thank you
for your time today!



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To Learn More about the CA:tCH
Plan Project visit the Advancing
Behavioral Health Strategy
Guide

<https://www.mcw.edu/departments/psychiatry-and-behavioral-medicine/advancing-behavioral-health-initiative/coalitions/chequamegon-accountable-community-for-health>