

How Effective is Outpatient Commitment?

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Define Effective

Causing or capable of causing a desired or decisive result – by the dictionary

Define Effective for an OPC Event

- Hospitalization not required
- Completes term of order
- Adheres to treatment
- Gains insight into illness
- Enters deeper level of recovery

Define Outpatient Commitment in Alabama

- Involuntary treatment
- Mentally ill
- Excludes the primary diagnosis of epilepsy, mental retardation, substance abuse, including alcoholism, or a developmental disability
- Least restrictive necessary and available
- Civil court matter – no felonies, please

Define Outpatient Commitment in Alabama

- Adults – 19 years old and up
- Court must find it is proved that respondent is: mentally ill; mental distress and deterioration of independent functioning; unable to make rational and informed decision about treatment being desirable.

Define Outpatient Commitment in Alabama

- Ordered into outpatient treatment = treatment being provided to a person in a nonresidential setting and who is not admitted for 24-hour-a-day care.
- Provided by a designated mental health facility

Define Outpatient Commitment in Alabama

- Designated mental health facility has consented to treat the respondent on an outpatient basis under the terms and conditions set forth by the probate court.
- Probate court may state the specific conditions to be followed and shall include the general condition that the respondent follow the directives and treatment plan

Define Outpatient Commitment in Alabama

- NTE 150 days
- Material noncompliance
- Clear and convincing evidence, that the conditions of outpatient treatment have not been met, and that the respondent meets inpatient criteria, the probate court may enter an order for commitment to inpatient treatment.

Define Outpatient Commitment in Alabama

- Not an alternative to inpatient commitment
- As a result of the mental illness the respondent poses a real and present threat of substantial harm to self and/or others – *this must be proven for inpatient commitment, and can not be true for OPC*

Frame of Reference for Evaluation

Jefferson County outpatient commitments are examined for this analysis.

OPC events that ended in the seven calendar years of January 1, 2003 through December 31, 2009 were reviewed.

OPC Order Says:

It is therefore ORDERED, ADJUDGED AND DECREED by the Court that, John Doe, a mentally ill person, be and is hereby committed to outpatient treatment for a period not to exceed 150 days; said outpatient treatment shall be monitored by Jefferson/Blount/St. Clair Mental Health Authority with the condition that the said Respondent shall follow the directives and treatment plan as established by the said designated mental health facility, and the following specific conditions: keep all outpatient appointments as directed; cooperate with all medical professionals; take medications as prescribed.

Commitments Ending Each Year

2003 – 49
2004 – 47
2005 – 81
2006 – 94
2007 – 145
2008 – 175
2009 – 121
Total = 712

OPC Events Selected for Study

- 662 out of 712 were selected
- Events involved 593 respondents
- 131 events were of people with >1 OPC
 - 62 consumers involved
 - 56 had 2 OPC events
 - 5 had 3 OPC events
 - 1 had 4 OPC events

Demographic Description

	Males	Females
African American	213	164
Caucasian	115	100
Hispanic	0	1

Average Age = 40
Average Education = 11 years of school
Average Income = \$5,388

Diagnostic Groupings

Dementia = 5
Schizophrenia = 354
Major Depression = 41
Bipolar Disorder = 103
Delusional Disorder = 5
Psychosis NOS = 63
Other Categories = 13

Ratio of Revocations to Completions is 1:4

Revocations = 138 of 662, for 20.8%
Completions = 524 of 662, for 79.2%

Four of five people assigned to an OPC in this sample completed it.

Number of State Hospital Placements in 662 Events

- Total revocations = 138
- Total state hospital placements = 96
- State hospital placement avoided 85% of the time

Review of Revocations

Total Number = 138
Respondents Involved = 132
Two Revocations = 6

Revocation Demographics

	Males	Females
African American	54	42
Caucasian	21	21

Average Age = 40
Average Education = 11 years
Average Income = \$5,352

Revocation Diagnostic Groupings

Dementia	= 1
Schizophrenia	= 102
Major Depression	= 6
Bipolar Disorder	= 17
Psychosis NOS	= 10
Other	= 2

Revocation Outcomes

- 138 total revocations out of 662 OPCs
- Hospital placements = 96
- Revoked then dismissed = 5
- Could not locate for pick-up = 37

- Every revocation does not result in hospital placement, but outcome is not always optimal.

What About Repeaters?

Total repeated OPC events = 131
Number of repeaters = 62

Repeater Demographics

	Males	Females
African American	21	24
Caucasian	8	9

Average Age at Repeat = 40
Average Education = 12 years
Average Income = \$7,065

Repeater Diagnostic Groupings

Schizophrenia	= 46
Major Depression	= 1
Bipolar Disorder	= 13
Psychosis NOS	= 1
Other	= 1

Repeater Outcomes

- Completed – Completed = 37
- Completed – Revoked = 14 Bryce = 13
- Revoked – Completed = 7 Bryce = 6
- Revoked – Revoked = 4 Bryce = 8

How effective is outpatient commitment?

In Terms of Completion?

80% Effective

In Terms of State Hospitalization?

85% Effective

Recovery and Clinical Outcomes

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What is an OPC, really?

1. Not an EBP
2. Not a widely accepted practice
3. Not actually a hospital alternative
4. It is involuntary treatment
5. Adherence not compelled
6. A collection of outpatient care approaches that might include PACT, etc.
7. Prevention is best description

JBS Current OPC Program

- Three teams (6 people), One liaison
- 456 petitions received January-April
- 134 inpatient commitments to date
- Currently tracking 34 OPC orders
 - 9 treated by JBS (1 residential)
 - 12 treated by Western MHC
 - 2 treated by Eastside MHC
 - 11 private (1-VA, 1-Capitol, 9 MD)

Possible Modifications?

- Allow re-commitment
- Assign routinely on D/C
- Expand use
- Specify treatment to be provided

Thanks for the memories.
Enjoy the rest of the
conference.