

SOTERIA LAS CRUCES

“ONE OF THE GAME

CHANGING STRATEGIES”

Included in the Local Behavioral Health Collaborative's Strategic Plan

A 3 to 6 month Residential Treatment for people diagnosed with
serious mental illness including psychosis



THE PROBLEM

- 786 Dona Ana County residents hospitalized for schizophrenia spectrum disorders in 2019*
- 1,302 Dona Ana County emergency room visits for adults with schizophrenia or related psychotic symptoms in 2021*
- Less than 20 per cent of people diagnosed with schizophrenia who receive conventional treatment (hospitalization and medication) are reported to recover**
- Cost of Hospitalization on average is \$1,000 to \$2,000 per day
- Many people diagnosed with schizophrenia do not respond to conventional treatment (hospitalization and medication) with a result of multiple hospitalizations, homelessness and jail time for many.
- People diagnosed with serious mental illness have lifespans that are on average 25 years shorter than those not diagnosed.

**The State of Mental Health in New Mexico Report*, Epidemiology and Response Division of the New Mexico Department of Health, April 14, 2022

**Numerous studies including drug trial studies. Harrow M. "Factors involved in outcome and recovery in schizophrenia patients not on antipsychotic medications." *Journal of Nervous and Mental Disease* 195 (2007):406-14; [Can you recover from schizophrenia? - Living With Schizophrenia \(livingwithschizophreniauk.org\)](http://livingwithschizophreniauk.org).

ONE SOLUTION: SOTERIA APPROACH—A PSYCHOSOCIAL TREATMENT

THE ORIGINAL SOTERIA IN SAN JOSE, CA 1971 – 1983.

- At one- and two-year follow-up Soteria residents were doing significantly better than those treated conventionally in the hospital*
- Compared to patients treated at the hospital Soteria patients demonstrated a long-term trajectory of recovery with better social functioning, better employment, fewer rehospitalizations and fewer symptoms*
- The recovery process occurred within a homelike environment based on affirming relationships, safe environment within a community that allowed residents to sustain their normal roles (friend, student, family member, etc.)
- Cost of Recovery at Soteria House per day was one third of the cost of conventional treatment in the hospital.

*Bola, J and Mosher, L (2003) Treatment of acute psychosis without neuroleptics. Two year outcomes from the Soteria project. *The Journal of Nervous and Mental Diseases*, 191(4) pp. 219 – 229.

THE SOTERIA APPROACH

Small home-like residence in the community

Safe supportive affirming environment

Average length of stay 3 to 6 months

Residents participate in house upkeep (cooking, housekeeping, gardening)

Family and friends and others in the community are welcome

Community inclusivity with Soteria staff supports

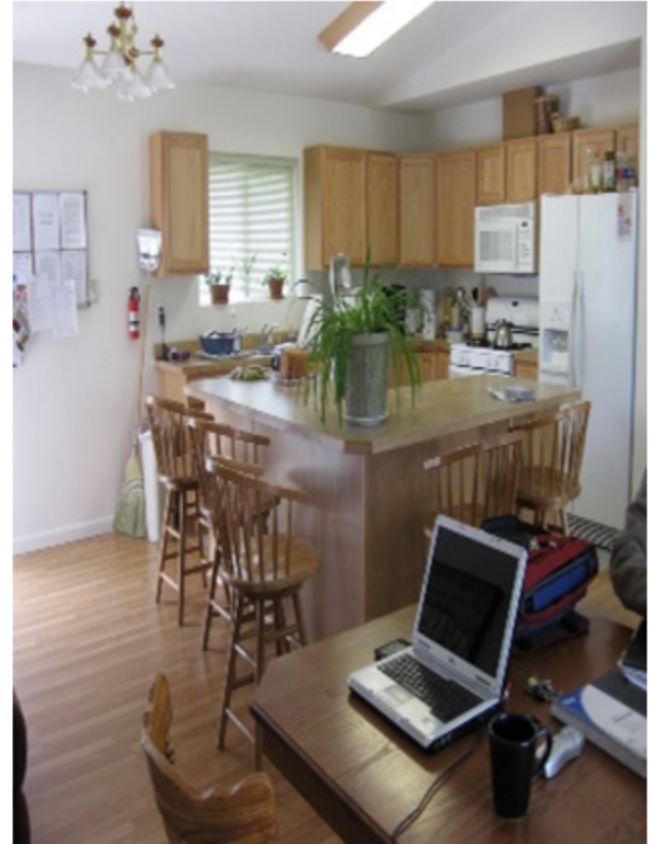
Being with rather than doing to

Treatment based in supportive relationships

Medication may be used but is not the primary mode of treatment

24/7 Coverage

Graduation and continuity in the community



SOTERIA-ALASKA RESULTS

Interim Outcome Study 2—Soteria-Alaska Domains	Results
1. Severity of Condition—GAF	75 % improved (one from 35 to 65)
1. Clinical Status	60 % decrease in total med amount 56 % decrease in number of people using meds 88% decrease in hospitalizations
1. Independent Living	3 people employed while at Soteria 2 obtained drivers licenses 2 involved in GED prep 5 from homelessness or Assisted Living to independent living



COST-BENEFIT SOTERIA-ALASKA

- Hospitalization: \$1200 Soteria \$350
- Long Term Cost Benefit: Reduced Recidivism, Lower Medication costs, Reduced use of more expensive Assisted Living Home Care
- Social Value: People go to work, People go to school, People become role models and reduce stigma

OUR PARTNERS IN THE STATE OF NEW MEXICO

- The Behavioral Health Services Division with legislative funding has supported the development of a business plan
- The Dona Ana County Health and Human Services Department has consulted with us regarding county interest and priorities
- Soteria Las Cruces is a priority project of the Community Service Corps of Las Cruces
- The LC#3 Dona Ana County Local Behavioral Health Collaborative has included Soteria Las Cruces as one of its “game changing strategies”
- A local Advisory Board comprised of the following people:

Robert Crecelius

Paul Dulin

Joanne Ferrary

Rose Garcia

Carol Kane

Tim Kane

Mary Kay Papen

Sherri Rhoten

Mary Martinez White

Keota Zeiler

WHAT WE ARE ASKING FROM THE NEW MEXICO LEGISLATURE AND THE BEHAVIORAL HEALTH SERVICES DIVISION

- Annual Funding for start-up for up to 3 years (during that time we will seek alternate funding to supplement ongoing operations including Medicaid).
- Explore the possibility of Federal Block Grant funds.
- Inclusion into the Behavioral Health Services Division budget as an optional treatment for serious mental illness.
- The annual start-up budget is projected to be \$859,000.

79% of the proposed budget is dedicated to staffing to insure a safe healing environment in the community residence. This is a daily cost of \$548 per resident.

It is our desire to work with existing treatment and service providers (including Crisis Now) to be available as a safety net for the hard to engage and treat people with serious mental illnesses.