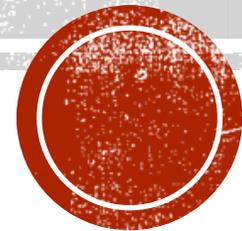


SOTERIA LAS CRUCES
***“ONE OF THE GAME
CHANGING STRATEGIES”***

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 to 30 per cent of people diagnosed with schizophrenia who are engaged in 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 a control group Soteria residents demonstrated a long-term trajectory of recovery with fewer rehospitalizations, fewer or no medications, fewer or no 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.



DEFINITION OF RECOVERY

Definition of Recovery:

- Role recovery (family member, worker, student, friend)
- No or minimal symptoms
- No or minimal medications ongoing





SOTERIA

“In every Instance, people treated psychosocially did as well or better than those treated conventionally...”
Robert Whitaker, Journalist, Author and Prior Science Editor of the Boston Globe



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

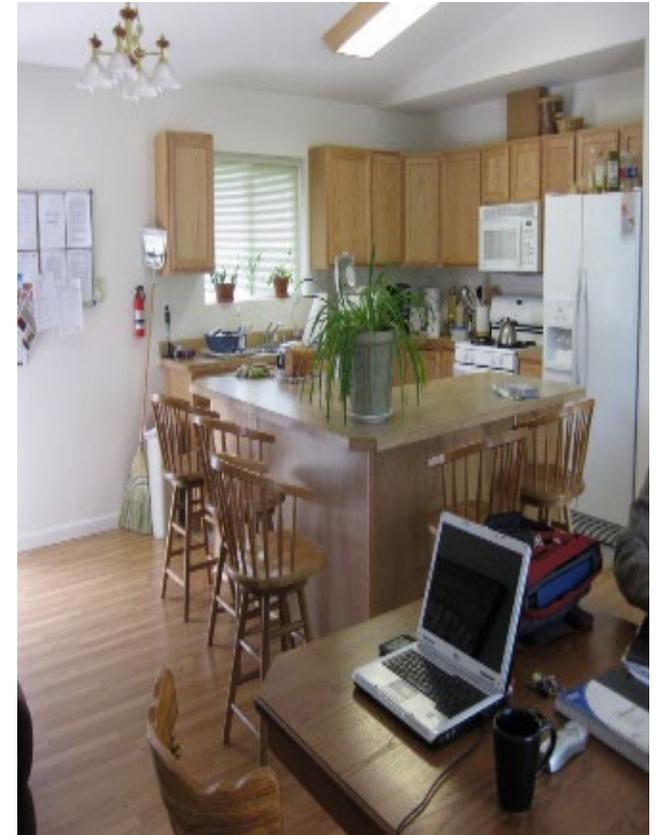
Being with rather than doing to

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



THE EVIDENCE

- **Can people with a first or second episode of ‘psychosis’ become ‘well’—‘respond positively’--if they were ‘treated’ in a homelike environment without antipsychotic medication?**
- **Method:** Random assignment to hospital with treatment as usual (hospital milieu and medication) or Soteria House with community living, no or minimal medications including to help with sleep e.g. benedryl and benzo’s.
- **Results:** 6 Week Outcomes similar between groups.

6 Months and Beyond Outcomes—Soteria had higher ‘recovery’ outcomes in work, social roles and long-term use of medication.

Soteria approach was at least as effective as traditional hospital-based treatment without the use of antipsychotic medication as the primary treatment and may be the preferred approach by people who are in crisis states. Considering that people treated in the conventional way die on average 25 years younger than the general population, this review is a substantial finding.



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



SOTERIA REPLICATIONS

- Emanon House—San Francisco Bay area—emphasis on young newly diagnosed
- Soteria Berne, Switzerland—expanded population
- Soteria-Alaska—priority to newly diagnosed but included others
- Soteria Vermont—Priority to newly diagnosed but includes others
- Soteria Israel—Expanded population to include people with more chronic course

All report similar positive outcomes as the original Soteria in San Jose.



SOTERIA VERMONT

- Years of Operation 2014 to present
- Funded by the state of Vermont as it is seen as an effective and less costly alternative to hospitalization
- Operated by Pathways Vermont, a not-for-profit corporation that provides housing and mental health treatment supports
- Anecdotal Reports suggest positive outcomes similar to the original San Jose Soteria, Emanon House and Soteria-Alaska.
- Link to video which describes how Soteria Vermont works:

<https://youtu.be/Wi3ZPYRwMzA>



SOURCES OF INFORMATION ON SOTERIA

Book

Soteria: Through Madness to Deliverance by Loren Mosher and Voyce Hendrix. This book describes both the theory and practice of Soteria. It provides detailed descriptions of how it “works”.

Online

www.rethinkingpsychiatry.org Click on “Link to YouTube Channel” You will be taken to Rethinking Psychiatry’s YouTube channel which contains wonderful videos of interviews with Voyce Hendrix, the Director of the original Soteria house, and webinars with rich and detailed information on Soteria Alaska, Soteria Vermont and Soteria Jerusalem.

Link to the Rethinking Psychiatry YouTube channel

<https://www.youtube.com/channel/UCDLCAeReWEKv8zMaKwACUtQ>



OUR PARTNERS IN THE STATE OF NEW MEXICO

- The Behavioral Health Services Division with legislative funding is supporting the development of a business plan
- The Dona Ana County Health and Human Services Department has consulted with us regarding county interest and priorities
- The Community Service Corps of Las Cruces is actively involved
- The LC#3 Dona Ana County Local Behavioral Health Collaborative has included Soteria Las Cruces as one of its supportive housing “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

Eytan Salinger

Louise Tracey-Hosa

Mary Martinez White

Isaac Trevino



WHAT WE ARE PROPOSING TO THE NEW MEXICO LEGISLATURE

- 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 of Soteria as a treatment- and cost-effective part of the system of care
- The annual start-up budget is projected to be \$999,499.

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.

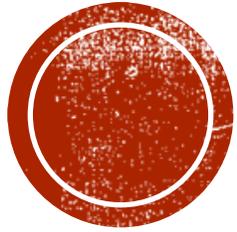


**YOU ARE INVITED TO LEARN MORE ABOUT
SOTERIA LAS CRUCES**

**PLEASE JOIN US AT THE SOTERIA ADVISORY BOARD MEETING TONIGHT AT 6:30 PM
LOCATION: TIERRA DEL SOL HOUSING CORPORATION
210 EAST IDAHO AVENUE
LAS CRUCES**



FOR MORE INFORMATION CONTACT:



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