



## 2023 ANNUAL REPORT

# BEHAVIORAL HEALTH (SUD/DD): MAKING A DIFFERENCE

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Over 53,000 people in Northern Kentucky have a substance use disorder (SUD) or co-occurring mental health disorder (DD). Since 2013, leaders across our network have collaborated to build internal systems of care that respond to the needs of these patients. In 2023, St. Elizabeth's efforts were praised by the Kentucky Recovery Ready Communities Commission, a body commissioned by the Office of the Governor to encourage community-based services that are person-centered and build strength and resilience of individuals, families, and communities. *Our efforts were highlighted as a significant part of Northern Kentucky's infrastructure for SUD recovery which resulted in the Governor's designation of Northern Kentucky as a Recovery Ready Community.* Without question, since 2013, we have been making a difference for the people in Northern Kentucky with SUD/DD.

### **GOAL 1: IN 2023, WE CONTINUED TO CREATE NEW PARTNERSHIPS AND RESOURCES.**

- Supported the work of the NKY Office of Drug Control Policy by financially supporting the NKY Helpline, providing leadership on their Advisory Board, and collaborating effectively in NKY's regional response to SUD/DD.
- Maintained existing funding from state and federal resources for Baby Steps/KY ODCP, ED BRIDGE/KY KORE, and Lift up Project/SAMHSA, and were awarded \$2,635,355 in new grant funding to address substance use disorder within our community and support the OUD/SUD/DD patient population.
- Collaborated with the NKY Workforce Investment Board to improve transformative workplace opportunities for people in OUD/SUD recovery.
- Attended more than 300 community meetings, initiatives, or events in support of prevention harm reduction, treatment, and recovery initiatives across the eight counties.

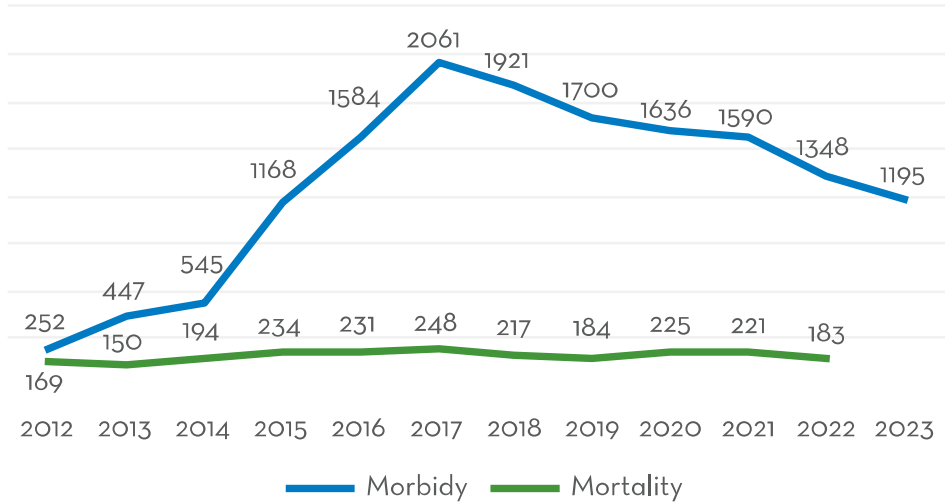
### **GOAL 2: IN 2023, WE CONTINUED TO SUPPORT YOUTH WELL-BEING.**

- Financially supported community education programs aimed at youth mental health promotion and suicide prevention such as the NKY Regional Youth Mental Health Summit and Dearborn County CASA Youth Summit.
- Convened Activating Hope, a task force of more than 50 community partners working to address lifespan mental health promotion and suicide prevention with an average monthly attendance of 24.

**GOAL 3: IN 2023, WE CONTINUED TO REDUCE HARM.**

- Added controlled substance symbols to the medication administration record (MAR) for better identification of controlled substances to increase adherence to related policy/procedures and to enhance patient safety.
- Added the pain score monitoring report to the adult overview summary.
- Made Vivitrol injection available at no cost to patients in the inpatient substance abuse unit to prevent relapse to opioid dependence.
- Created a buprenorphine induction protocol and order set for implementation in the emergency department and inpatient units.
- Distributed Xylazine education to all staff when Xylazine use was observed in the community then shortly thereafter successfully treated our first patients at Florence and Edgewood
- Established a best practice alert (BPA) to limit concurrent prescribing of opioids and benzodiazepines.
- Created a BPA to offer Naloxone when patients are prescribed opioids containing more than 50 morphine milligram equivalents (MMEs).
- Removed the default long-acting oxycodone from pre anesthesia order sets.
- Added medication take back bins in the Cancer Center Pharmacy.
- Eliminated the care plan BPA and added opiates for pain to the patient’s chart for ease of nurse navigation.
- Updated MME conversion factors to reflect Centers for Disease Control and Prevention (CDC) changes.

Overdoses in Northern Kentucky 2012-2023

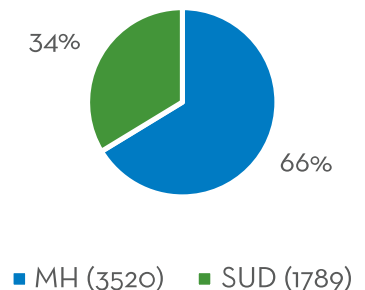


**GOAL 4: IN 2023, WE CONTINUED TO INCREASE ACCESS TO TREATMENT.**

- Treated 5,309 patients with a BH issue in St. Elizabeth Emergency Departments, a slight increase over 2022 (5,079). The age group most often served remains 31-40 for both MH and SUD.
- Transferred 2,177 patients to SUN, 322 to UC, 633 to other psychiatric hospitals, 98 to Good Sam, 217 to other hospitals, 16 to Children’s, and 57 were discharged home.
- Treated 1,789 patients with SUD, with 1,195 treated for overdose.
- Provided behavioral health outpatient services both virtually and in person to patients across the lifespan, averaging 204-215 patients per day and 105 new patient evaluations per week, with an 8.44% no show rate. Staff include 25 prescribers, 12 therapists, 7 providers at SUN, and 4 providers at SEHC inpatient consultations.

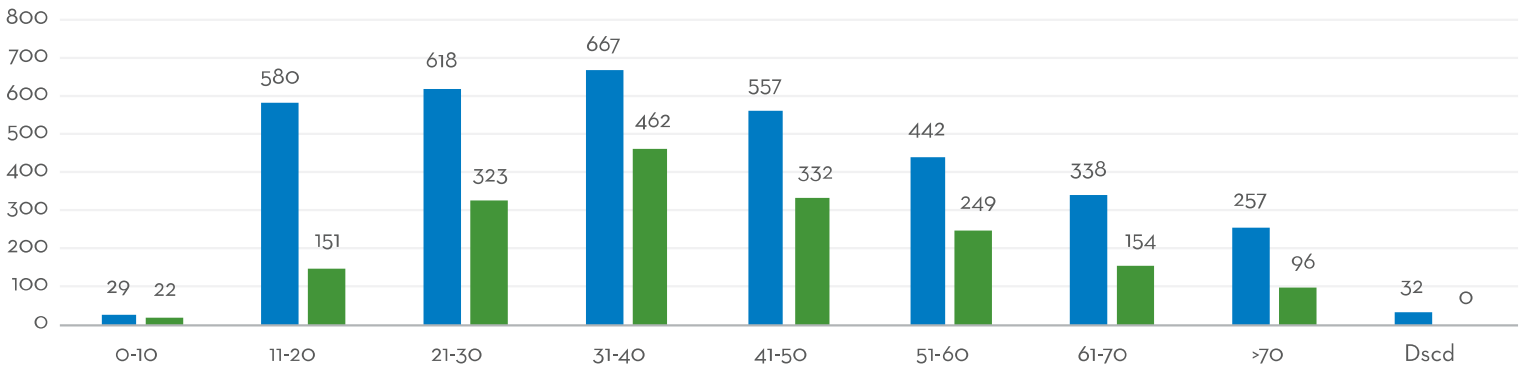
Patients can now begin OUD treatment with buprenorphine in the ED.

BH Visits in the ED in 2023  
N=5,309



- Convened a mental health summit that attracted nearly 200 professionals across the region and coordinated three follow-up workgroups to address the unique needs of youth, adult, and geriatric populations.

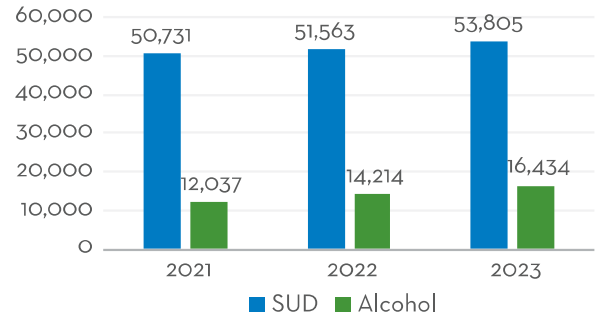
Behavioral Health Visits by Age in 2023



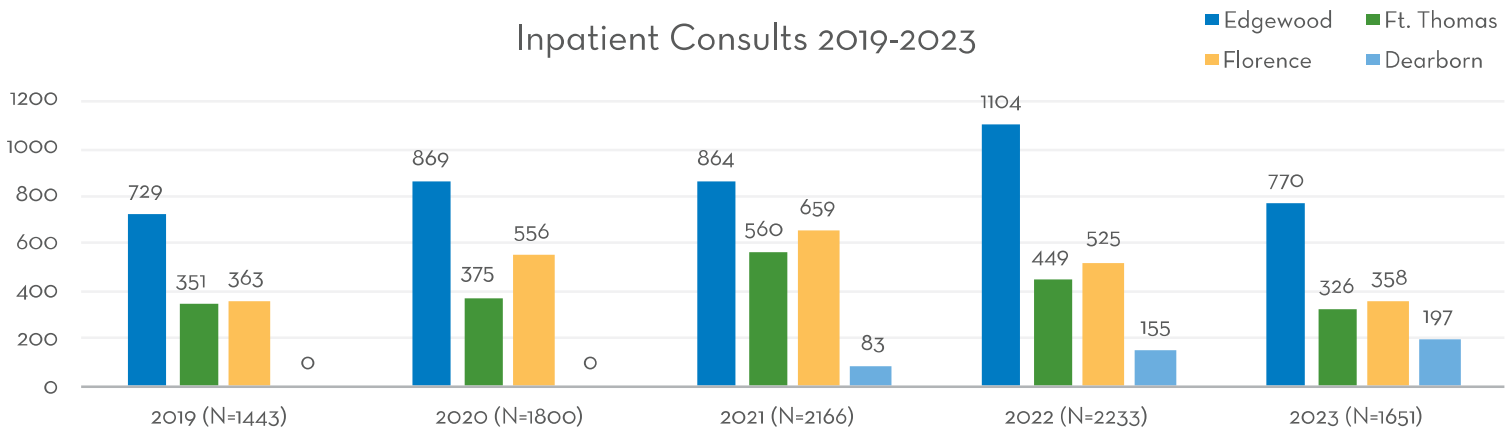
- Received a \$439,244 from the KY Opioid Commission to work with the regional Project CARES initiative. This funding enables us to build on the work of the KY KORE/BRIDGE program already in place. These two funding streams will provide sufficient staff to identify and follow patients with a substance use diagnosis from any entry point in the healthcare system including the high volume of patients in primary care. RN Liaisons now available to help patients navigate their pathway to recovery.

- Cared for 117 patients requiring IV Antibiotics for their SUD related medical need. These patients required inpatient hospitalization for a length of 7 days to 6-8 weeks. 75% of these patients successfully completed their medical course and participated in medical and addiction care to varying degrees. Additionally, Journey Recovery Center provided services to 80% of our IV Antibiotic SUD patients. We maintained an average daily census of 9.18 throughout 2023, meaning we treated on average over 9 patients daily on our unit with SUD. We engage patients with therapy services twice per week, addiction medicine physician consults twice per week, peer support services twice per week, and group therapy twice per week. To grow and expand the availability to serve this patient population further, and offer additional resources, programming, and services to them during their inpatient hospitalization, we are expanding our unit in 2024 on 7D.

Patients with SUD in Primary Care

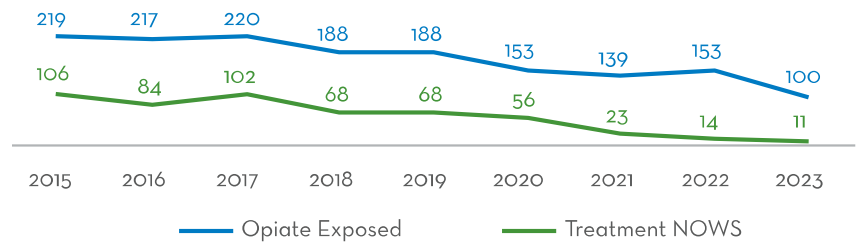


Inpatient Consults 2019-2023



- Continued the efforts of Baby Steps and NICU staff to reduce the incidence of babies born in withdrawal. Of the 4,419 live births in Edgewood and Dearborn hospitals, 100 babies were found to be opiate exposed, and eleven (11) babies required treatment for their opioid withdrawal. Baby Steps had 489 referrals from NKY and Dearborn with 202 patients served.

Dramatic Decrease in NOWS Since 2015

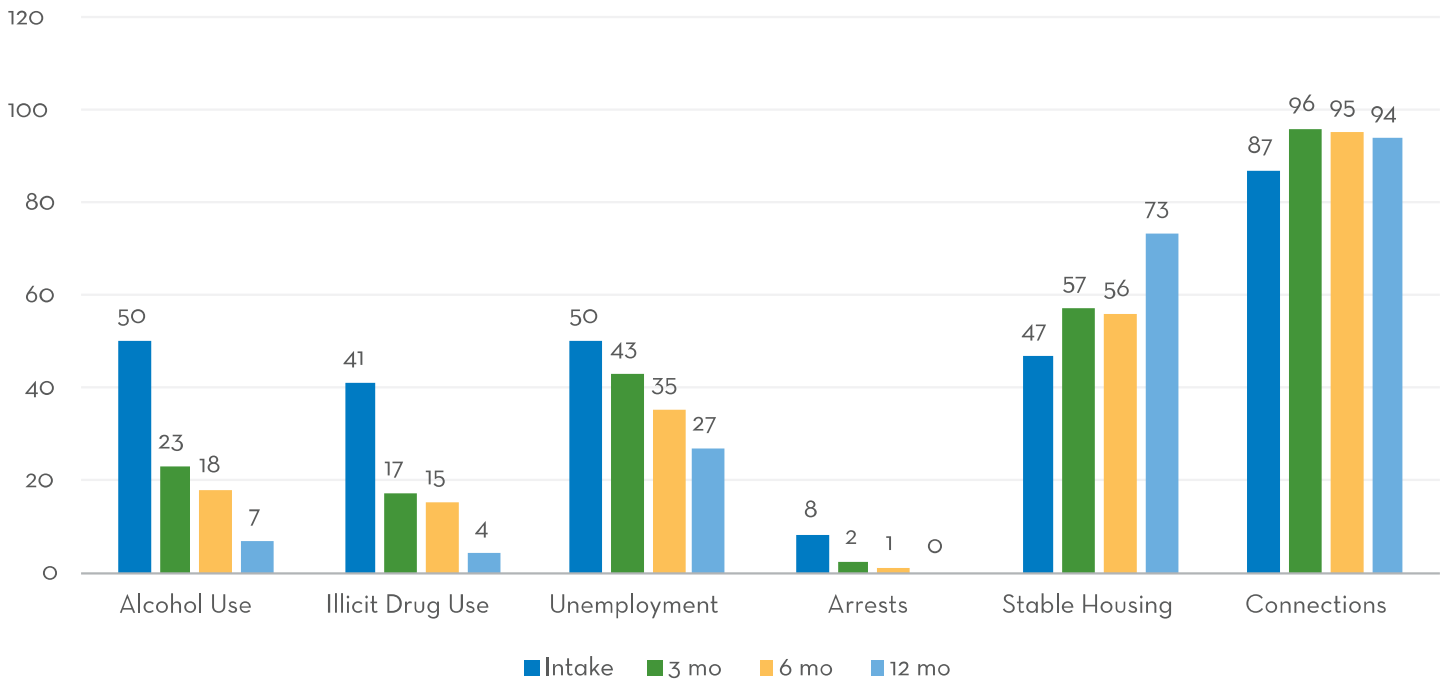


**GOAL 5: IN 2023, WE CONTINUED TO IMPROVE PATIENT OUTCOMES.**

- Provided treatment for 1,658 unique patients in 44,445 office visits at Journey Recovery Center.
- Observed increases in abstinence, employment, housing and positive connections and a decrease in arrests as indicated in the chart below. These are the National Outcome Measures
- Moved the Edgewood location to Covington to create a center for whole person care in partnership with Life Learning Center. Grand Opening, November 28, 2023.
- Finished the third year of the Lift Up Project with 387 patients served in 2023 and a total to date of 1,110 clients.



2023 JRC Patient Outcomes: % of Patients at 4 Intervals  
N=1,658 unique patients



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