



Sherman County

Population 1,845*



Sharon Guidera, M.A.
Director, Mid-Columbia

Center for Living
 (541) 296-5452

sharon_guidera@class.oregonvos.net

www.mccfl.org

Mental Health, Addictions and Developmental Disabilities Services

Screening

(541) 296-5452,
 Wasco County Courthouse
 Annex A, 419 East 7th Street,
 The Dalles

Clackamas MHO
 Member services
 (503) 742-5335
 (888) 651-2134

After-Hours Crisis

(888) 877-9147

Sherman County Court:



Gary Thompson,
 Judge



Steve Burnet



Mike Smith

County government is the local fiscal agent for state funds and provides program oversight and facilitation of local system planning.

Mental Health Services

Prevention and Early Intervention

Early Assessment and Support Alliance (EASA), screening and observation, schools and early childhood program

Outpatient

Screening and assessment, individual and group therapy, medication management*, case management, crisis evaluation and response, pre-commitment investigations

Community housing & residential services (Adults)

Supported housing*, residential treatment, crisis respite beds

Acute Care

Primarily access McNary Place (Pendleton), St. Charles (Bend) and Oregon State Hospital. 15 in-county nursing home beds provide enhanced care services to adults with severe health and mental health needs

Recovery Supports

Peer-delivered services for adults (Consumer Drop-In Center), young adults (peer-to-peer supports), and children (mentors); Supported Employment*; wraparound services*

Services to Special Populations

Jail services, Columbia River Wrap Around and Intensive Children's, Youth & Family Services, including family care coordination, wraparound services*, diagnosis and assessment, therapy, day treatment, mentors, therapeutic classrooms and foster homes, residential treatment, skills training, support groups and youth leadership group

* An Evidence-Based Practice

*Population Research Center, PSU, March 2009

Mid-Columbia Center for Living, Inc.

provides and coordinates mental health, addictions and developmental disabilities services, quality improvement and utilization management of state-county shared services on contract with Hood River, Sherman and Wasco Counties

Addictions Services

Prevention (contracted to the local Commission on Children & Families)

Alcohol and other drug youth coalitions and leadership, public education/awareness, school programs, community events, support for enforcement of underage-drinking laws, Change Community Norms program

Youth Early Intervention & Treatment

STEP (Strengthening Teens and Empowering Parents) Program: web-based or face-to-face, providing screening and assessment, parent/youth individual and group treatment, blogs monitored by counselors at www.stepprogram.net

Adult Treatment

Screening and assessment, individual and group treatment, intensive outpatient treatment, referral to residential and detox services statewide, DUII diversion services, integrated services address co-occurring disorders*

Recovery

Aftercare, medication management*, Intensive Treatment and Recovery Services (wraparound)*

* An Evidence-Based Practice

Developmental Disabilities Services

Program Administration

Eligibility determination, quality assurance, foster care licensing, family support, contracts, protective services (investigation, reporting, arrange for alternative care if indicated), eXPRS payment authorizations & monitoring

Service Coordination

Crisis services, referral, person-centered planning, monitoring, advocacy, and information and training.

Contracts & Monitoring of residential, in-home, adult support, vocational and transportation services

The state Seniors & People with Disabilities Division contracts outside of the local planning and quality assurance process for adult support services with **Eastern Oregon Support Services Brokerage**

Sherman County's Columbia River Kids Wraparound team keeps families together and gives parents the skills they need to manage work, home, and school

The H-- Family Story

They are a family of four. Both parents work full time jobs and live in the small frontier community of Sherman County. They love their two boys, ages 6 and 11, who are bright and energetic but have multiple emotional disorders.

Before wraparound services, the boys were in danger of being expelled from school for their extremely disruptive and defiant behaviors. They also fought constantly with each other. When they weren't fighting, one would throw hours-long tantrums while the other suffered from a form of psychologically-based incontinence.

The boys' parents were pulling their hair out trying to deal with the daily disruptions and they would often resort to spanking or yelling at the kids. The schools were equally as frustrated.

Through the Columbia River Wraparound family planning meetings, the family and school began to understand each other and worked on helping the boys be more successful

in school and at home. A parent skills trainer came to the home to provide training on consistent, positive parenting and meaningful interaction with the boys.

The boys improved their social skills and are learning how to deal with their emotions in more constructive ways. The school, in partnership with the wraparound team, provides a behavioral support classroom. Without this classroom, the boys would have been sent to a day treatment program in another county.



Both are now doing well in school and get along with their parents, teachers and peers. The family

says that change is very difficult but the rewards of the team approach to their care has resulted in less stress, more consistency and a better relationship with the school and the community.

Wraparound has changed their lives.



Wraparound System of Care is Common Sense, Effective

“Wraparound” or the “System of Care” approach to serving high needs children is an evidence-based model that has been proven nationally and in Oregon to keep children with emotional and behavioral problems at home, in school and out of trouble.

It is a common sense approach which pulls a team of people, which can include parents, mental health professionals, juvenile justice staff, teachers, coaches, clergy, friends and others, together to create and carry out a care plan to keep a troubled child’s social and educational development on track. Data suggest that this model is both clinically more effective and saves money.

The Columbia River Wraparound system of care boasts these impressive outcomes for the children it serves:

Kids are at home:

- 73% reduction in length of stay in residential treatment (a savings of \$41,812 per stay)
- 30% reduction in length of stay in day treatment
- Without this system of care, 42 additional children would have been sent to day treatment

Kids are in school and performing better

- 74% improved or stabilized academic performance
- 51.4% improved school attendance
- 16% decrease in suspensions or expulsions of youth enrolled in the system of care after 18 months

Kids are out of trouble

- 90% of youth enrolled in the program have not re-offended and have stayed in the community
- 33% decrease in the number of youth involved in physical violence