

## COFY Educational Mental Health Services Proposal for 2012-13

### Background:

COFY a nonprofit corporation (501c3) was started in 2007. COFY has contracted with Contra Costa County Children's Mental Health to provide Therapeutic Behavioral Services and other Mental Health Services to children with a history of hospitalization and/or risk of residential placement. COFY has effectively intervened with over 250 children with serious mental health concerns and their families.

COFY applied for and was granted Non Public Agency Certification (NPA) with the California Department of Education (CDE). The CDE requires high performance standards, appropriate credentials and licensure, including fingerprint and TB tests clearance and documentation.

COFY services to Mt. Diablo since October 1, 2011 have resulted in cost savings in a variety of areas. See Tables A, B, and C.

- Psychoeducational and mental health assessments creating significant savings for MDUSD by determining appropriate services. Placement activities clarifying Least Restrictive placement and effective treatment. Counseling Services (DIS/RS) at a reduced cost with positive outcomes. (Table A)
- Residential placement rate negotiation significantly reducing monthly costs (Table B)
- COFY's unit price is significantly reduced from County Mental Health rates, and is billed monthly, with clear documentation of services provided (Table C).
- COFY's Residential Services team visited and evaluated five residential treatment facilities in Utah in order to determine CDE approval, appropriate State credentials, and effectiveness of treatment outcomes at no cost to the District. The subsequent and ongoing relationships with these facilities, as well as others, have ensured that Mt. Diablo referrals are considered and responded to in an expedited fashion, thus helping District avoid claims for compensatory education. COFY's process of onsite evaluation and review of potential residential placements sites provides the District with highly qualified personnel who are knowledgeable of required licensing, accreditation and Safety and Health standards.

**Table A -- Savings to district relative to COFY service costs**

<b>Assessments</b>	<b>Service Costs</b>	<b>Savings to District</b>
Student 1- COFY Associate Director, Dr. Sherry Burke, L.E.P. provided MDUSD with a psychoeducational evaluation of this student who was unilaterally placed at Non-CDE certified school in Utah. COFY's assessment was used to negotiate an agreement that saved the district further financial responsibility for the placement.	<b>\$5,000</b>	<b>Placement costs contained. To date saving of \$28,000</b>
Student 2- COFY provided an autism assessment and engaged in placement activities that stabilized this student in a lesser-restrictive placement, thus saving the district responsibility for an NPS.	<b>\$4,000</b>	<b>NPS cost savings \$15,000</b>
Student 3- COFY conducted a mental health assessment, provided school consultation, engaged in placement activities and engaged in counseling services that stabilized this student in a district placement, thus saving the district responsibility for an NPS.	<b>\$4,000</b>	<b>NPS cost savings \$35,000</b>
Student 4- COFY (Dr. Sherry Burke, L.E.P.) is scheduled to provide a triennial assessment on site in Utah that will assist the district in bringing him back into the district into a Least Restrictive Environment.	<b>\$5,000</b>	<b>Savings to follow assessment and return to district (Monthly RTC costs: \$10,800)</b>
Student 5- This student is currently in a Residential Treatment Facility, COFY will provide a triennial assessment of this student while he is home (for a summer visit) that will assist the district in bringing him back into the district.	<b>\$4,000</b>	<b>Savings to follow assessment and return to district (Monthly RTC costs: \$10,800)</b>
<b><i>Total Expenses Related and Savings (Immediately measurable savings)</i></b>	<b>\$22,000</b>	<b>\$78,000</b>
<b>Placement Activities</b>		
Student 6- COFY worked with the student's local high school, his parents, and out-of-state RTC to successfully transition him home. We worked with his IEP team mid-year to place him appropriately within the district in which his parents currently reside. This intervention resulted in significant savings of residential treatment costs to this district.	<b>Costs: \$1,800</b>	<b>Savings: 38,000</b>

<p>Student 7- COFY collaborated with District’s legal counsel to assess and to respond to parental concerns in regard to pending litigation. COFY recommended and facilitated the referral of this student to Alpine Academy, which will ensure that she receives the appropriate educational and mental health services. The district, as their offer of FAPE, accepted the recommendation for residential placement at Alpine Academy. Dr. Burke is currently conducting an ongoing psychoeducational assessment in order to satisfy District obligations. COFY is providing Clinical Case Management to this student at Alpine Academy. This intervention resulted in significant savings of residential treatment costs to the district and resolved ongoing due process costs.</p>	<p><b>Costs:</b> <b>\$6,700</b> <b>Psycho-educational Assessment and Case Management</b></p>	<p><b>Savings: \$50,000</b> <b>ongoing costs for compensatory obligations and legal fees.</b> <b>Litigation costs averted.</b></p>
<p>Student 8- COFY facilitated communication between parents and the district regarding his transition from his 365-day program out of state. Parents relocated residence to MDUSD, which was verified in January 2012. The student currently resides in a Regional Center of the East Bay funded group home and attends an NPS day program. COFY has been engaged to provide a mental health assessment and a triennial evaluation for the District in the fall to ensure District compliance with IEP timelines</p>	<p><b>Costs:</b> <b>\$2,300</b></p>	<p><b>Savings: \$70,000</b></p>
<p>Student 9- COFY worked with student’s IEP team at his nonpublic school to facilitate a change of placement to a District placement. Student’s grades and transcripts were audited and forward to ADR office and Home &amp; Hospital program. Student turns 18 in June and needs some core classes to graduate in August.</p>	<p><b>Costs:</b> <b>\$1,200</b></p>	<p><b>Savings: NPS costs shortened due to earlier graduation- approximately \$16,000</b></p>
<p>Student 10- COFY reviewed his IEP, school records, files, and assessment results in response to parent’s attorney’s unilateral placement in a non CDE-approved boarding school in Utah. COFY provided consultation to district staff.</p>	<p><b>Costs: COFY</b> <b>\$1,400</b></p>	<p><b>COFY provided consultation to district staff.</b></p>
<p>Student 10- Part 2 - COFY is scheduled to conduct complete psychoeducational testing and site visit to RTC in Utah</p>	<p><b>Costs:</b> <b>\$6,500 COFY is scheduled to complete psycho-ed testing, and: site visit to RTC in Utah</b></p>	<p><b>Savings: 4 months x \$9,000</b> <b>Ongoing placement costs=\$36,000.</b></p>
<p><b><i>Placement Services Cost vs. Savings</i></b></p>	<p><b><i>\$19,900</i></b></p>	<p><b><i>\$214,000</i></b></p>

<b>Counseling Services (DIS/RS)</b>	<b>Costs:</b>	<b>Savings:</b>
Student 12- COFY therapists have provided in-class behavioral consultation, individual counseling, and family support stabilizing this student's educational placement in-district. NPS placement averted 1/12 through 6/12. Savings: NPS placement cost for 6 months vs. SDC estimate.	<b>\$2,800</b>	<b>\$14,000</b>
Student 13- A COFY therapist has engaged this high need student in individual counseling in the school setting to stabilize his educational placement and minimize the risk of potential NPS placement. Savings: NPS placement cost saved for 3 months vs. SDC estimate.	<b>\$840</b>	<b>\$7,000</b>
Student 14- A COFY therapist conducted a behavioral assessment and provided 10 hours of behavioral support and concluded that student did not require further counseling/behavioral supports, which has saved the district potential responsibility/liability.  Savings: 3 months In District stabilization vs. NPS costs.	<b>\$1,680</b>	<b>\$7,000</b>
Student 15- COFY is currently engaging the family in pre-therapeutic rapport building, with goals to promote consistent attendance in therapy, which is specified in his IEP.	<b>\$1,680</b>	
<b><i>Counseling Services Costs vs. Savings</i></b>	<b>\$14,000</b>	<b>\$28,000</b>

**Table B --Residential Treatment Center (RTC) Placement Cost Savings Related to COFY Rate Negotiation Activities**

<b>Program 1</b>	<b>Rate reduced \$500 per month for three MDUSD students - effective 2-1-12 (only for COFY clients)</b>	<b>Annual savings per student: \$6,000</b> <b>Savings to date: \$7,500</b>
<b>Program 2</b>	<b>Rate Reduction of \$1,000 per month (Rate negotiated by COFY - effective 7/1/12)</b>	<b>Annual savings per student: \$12,000</b>
<b>Program 3</b>	<b>Rate Reduction for all services of 10% (only for COFY clients) as of 7/1/12</b>	<b>Annual savings per Student: \$14,000</b>

**Table C -- Mental Health Clinical Case Management Savings based on comparison of Contra Costa County Children's Mental Health and COFY, Inc.**

	<b>County Mental Health Hourly Cost</b>	<b>COFY, Inc. Hourly Cost</b>	<b>PERCENTAGE REDUCTION COFY vs. CCCMH</b>
<b>Case Management</b>	<b>\$184.20</b>	<b>\$140.00</b>	<b>24%</b>
<b>Case Management Travel time *</b>	<b>\$184.20</b>	<b>\$80.00</b>	<b>56.5%</b>

\*COFY offers significant savings for travel time when services are rendered outside the District. CMH bills travel time from office to location and return on all travel (per Medi-Cal standards).

**Summary of Costs vs. Savings**

Expenditures for COFY services directly resulting in reduction of costs for District: \$51,000 reduced MDUSD expenditures by \$327,500 or a net savings of about **\$276,500**.

**Projected cost benefits for COFY NPA services**

RTC placement reduction in costs, as a COFY client, of 7 to 10% - average number of students placed is 10? Then placement costs could be reduced by \$6,000 to \$14,000 per month for each student. Minimally annual savings based on COFY rate negotiations would range minimally from \$60,000 \$140,000.

Mental health case management service costs for non Medi-Cal students could easily be reduced by 24% -- or by over \$60,000. Proactive educationally informed case management will facilitate/expedite successful return to district programs.

Expert Mental Health and Psychoeducational Assessments have reduced costs associated with unilateral placements by at least \$56,000, and have further reduced risk for financial obligation.