

Establishing Recuperative Care in Missouri

Presenters

Trent Montgomery, COO, Co-Founder

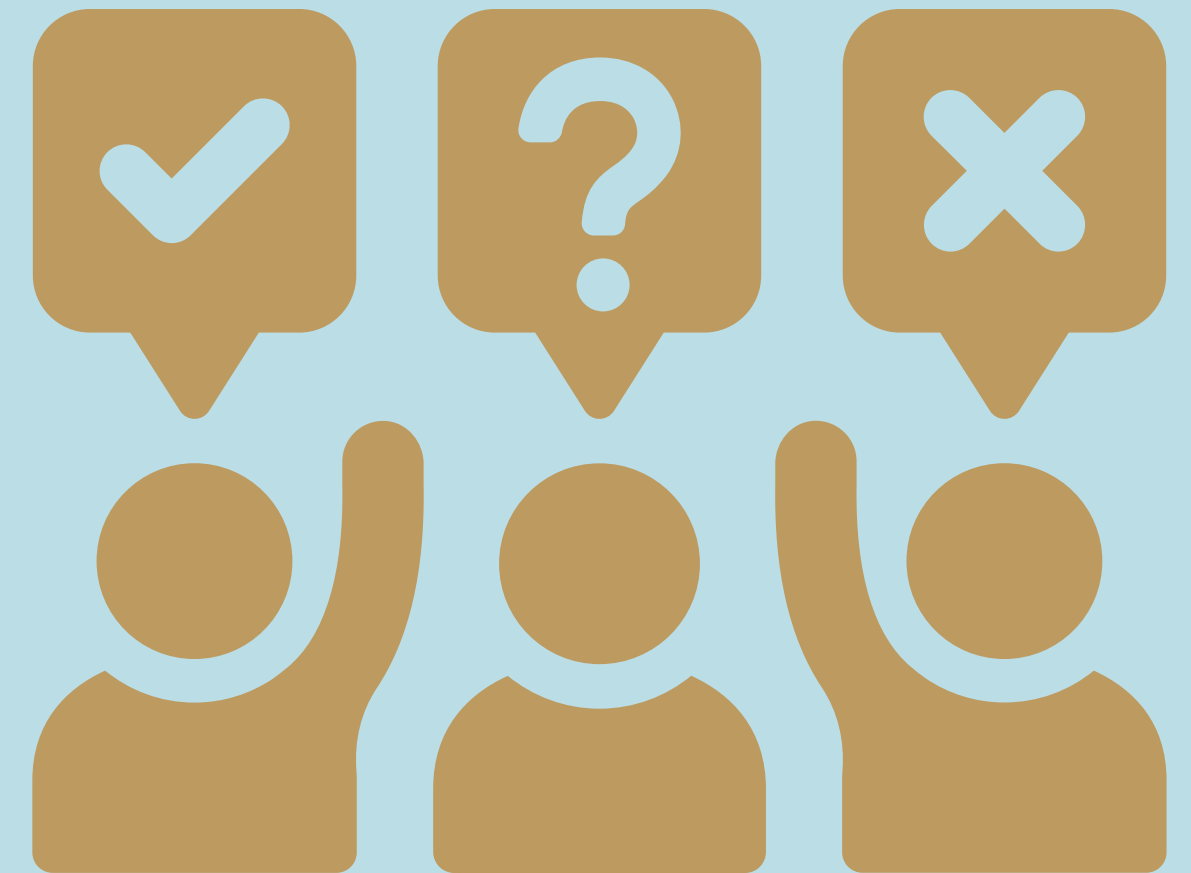
Callan Montgomery, CEO, Co-Founder



Introduction

Recuperative Care or Medical Respite Care is **acute and post-acute care for people experiencing homelessness who are too ill or frail to recover from an illness or injury on the streets or in a shelter, but who do not require hospital-level care**. Short-term residential care that allows individuals experiencing homelessness the opportunity to rest, recover, and heal in a safe environment while accessing medical care and other supportive services. (NIMRC)

The intersection of mental health and substance use with homelessness and acute illness is a difficult mix of concerns to address. Through integrating recuperative care into recovery settings, Haven strives to meet the needs of individuals experiencing these concerns.



Our Journey to Recuperative Care

Recovery



Respite



Recuperative



Our Journey to Recuperative Care: *Recovery Housing*

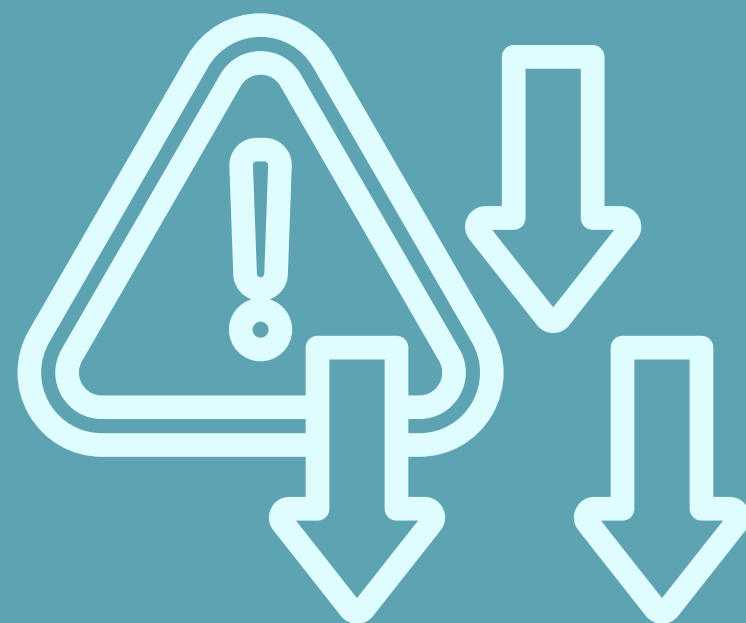


Recovery housing for adult men & women.

- 800+ housed
- Quality: 1st Accredited
- Innovation: Missouri's first Respite Home
- Expanded Street Outreach Team
- Included Independent Apartments



Our Journey to Recuperative Care: *Respite Programming*



Our Journey to Recuperative Care: *Pilot*

Integrating Recuperative Care into Recovery Housing

- 1.5 year pilot with local hospital system
- Relationship building in the community
- High demand but found need for a dedicated space
 - Development of robust programming



Our Journey to Recuperative Care: *Expansion Phase 1*

Expanding to Dedicated Facility with Recovery Support

- St. Louis, Missouri has a disproportionately high homelessness rate yet was one of few large, metro cities without Recuperative Care
- Through national studies of programs, NIMRC assistance and robust community support – Haven opened dedicated site #1 in February 2024



Recuperative Care at Haven Recovery

- NIMRC Guidelines & TA for Policy & Procedure Development
- Generous Providers Across the Country Sharing Information
- SAMHSA funding in partnership with our local Behavioral Health Network



Recuperative Care at Haven Recovery

Haven Staff

- Clinical Nurse Liaison
- 24/7 CPS/BHT
- Case Managers, Housing Spec.
- Community Health Workers
- Program Manager
- Transport
- Licensed Counselor/Therapist

Additional Services

- Meals + Nutrition Review
- Laundry + Personal Care
- Wellness Activities
- Benefit Applications

Community Partners

- Home Health Services
- Primary Care Physicians
- Occupational Therapy
- Physical Therapy
- Outpatient SUD/MH*
- Various Housing Programs
- 3 Major Hospital Systems
- Pharmacy Partners









Recuperative Care at Haven Recovery

Models of Medical Respite Care

| Coordinated Care Model | Coordinated Clinical Care Model | Integrated Clinical Care Model | Comprehensive Clinical Care Model |
|---|--|--|---|
| <ul style="list-style-type: none"> • Case management/ care coordination for medical needs • Case management/ care coordination for social needs • Medication support, clients self-manage medication • Client has space to engage with home-based clinical services • Screen for behavioral health needs and connect to community behavioral health and/or substance use programs (as appropriate) • Connection with community/primary care | <ul style="list-style-type: none"> • Case management/ care coordination for medical needs • Case management/ care coordination for social needs • Medication management, by clients and licensed clinical staff • Client has space to engage with home-based clinical services • Screen for behavioral health needs and connect to community behavioral health and/or substance use resources (as appropriate) • Provision of basic onsite medical clinical services, and connection to community/primary care | <ul style="list-style-type: none"> • Case management/ care coordination for medical needs • Case management/ care coordination for social needs • Medication management, by clients and licensed clinical staff • Care coordination and space to engage with home-based clinical services • Behavioral health and/or substance use services through screening, onsite care, and referrals to community partners. • Onsite clinical services, for management of acute and chronic conditions • 24-hour program staffing and on-call medical support • Connection and transition to primary care provider/health home before discharge | <ul style="list-style-type: none"> • Case management/ care coordination for medical needs • Case management/ care coordination for social needs • Medication management by clients and licensed clinical staff • Care coordination and space to engage with home-based clinical services • Behavioral health and/or substance use services through screening, onsite care, and referrals to community partners. • Comprehensive onsite clinical services, including management of higher acuity conditions • 24-hour program staffing and on-call medical support • Connection and transition to primary care provider/health home before discharge • Community Health Worker and/or Peer Support as part of staff |



Recuperative Care at Haven Recovery

| Emerging Practices and Services in Medical Respite | | |
|---|---|--|
|  | I.V. Antibiotics  |  25 programs (or 19%) support I.V. antibiotic treatment |
|  | Palliative and End of Life Care  |  18 programs (or 14%) provide palliative and end of life care |
|  | Peer Support  |  61 programs (or 46%) provide peer support |

Consider our program a blend of Integrated and Comprehensive. While we are not a medical provider, we have community partners readily available. & incorporates pieces from the Comprehensive levels allows us to address individuals who are not typically served – such as IV antibiotic needs, palliative, and peer support as shown in the graphic from NIMRC.



Recuperative Care at Haven Recovery

Referrals

- 50+ referrals in 6 weeks
 - 1 hospital system
- 300+ estimated per month across all hospital systems
- 6x amount of referrals vs. space
- Majority chemotherapy and wound care patients

8 beds (current)

12 beds (May 2024)

75 beds (2025)

Admitted

- 100% males between 45–65
 - only 2 female referrals
- 60% African American, 40% Caucasian
- 100% utilization of:
 - peer support
 - nurse and care management
 - transportation (Medicaid or internal Haven)
- All individuals have been approved for Medicaid



Recuperative Care at Haven Recovery

Outcomes Tracking

Internal

- Pre & post-hospital admission rates
 - With main diagnosis for cost analysis
 - Length of stay in recuperative care
- Medical treatment compliance/completion
- Housing placement status
- Insurance status
- SUD/MH improvement, patient reported
- SUD/MH services
- Case management (IDs, benefits, etc.)
- Peer support utilization rates
- Transportation utilization rates
- Z-Codes
- Mortality tracking, if any

Community partner % utilization including:

- Home Health Care
- Primary Care referrals
- Outpatient services
- Food insecurity/assistance
- Occupational therapy
- Physical therapy

Satisfaction

- Quarterly patient survey
- Quarterly referral staff survey



Our Journey to Recuperative Care:

Expansion Phase 2 Sustainability

01.

Growth of hospital partnerships and funding commitments.

Funding from private pay sources allows for opening of referrals from community partners as well including shelters, outreach teams and more.

02.

Approved Medicaid provider but Recuperative Care is not recognized YET in Missouri.

Submitting ‘in lieu of services’ coverage request with MO Dept. of Social Services fall 2024.

03.

As community partnerships growth and the understanding of the importance of and need for Recuperative Care - private community donors, government departments and more are joining our efforts.

Our Journey to Recuperative Care:

Expansion Phase 2 Growth

SNAPSHOT

1383 CLARA AVENUE
HAMILTON HEIGHTS
BUILT IN 1968
65,880 SQ. FT.
3.8 ACRES

Acquire & renovate a vacant St. Louis Public School building. This revitalization will generate dozens of jobs, economic growth & provide a vital service in St. Louis: **Recuperative Care + a Healthcare for the Homeless Hub.**



TRANSFORM A
VACANT PUBLIC
SCHOOL

INTO A
RECUPERATIVE
CARE CENTER +
HEALTHCARE HUB



Our Journey to Recuperative Care:

Expansion Phase 2 Growth

75+ RECUPERATIVE
CARE BEDS

25+ LONG TERM
CARE UNITS

ON SITE

PRIMARY CARE
DENTAL CARE
CASE MGMT
COMM. HEALTH
HOUSING

MOBILE OUTREACH

WOUND CARE,
MEALS + ACCESS TO
SERVICES &
IMMEDIATE HOUSING

COMMUNITY DROP- IN CENTER

WOUND CARE
HYGIENE ITEMS
CLOTHING
MEALS
LAUNDRY

EMPLOYMENT

CONSTRUCTION
SKILLS

KITCHEN SKILLS

RESUME BUILDING

SUPPORTING
INDIVIDUALS WITH
EVIDENCE-BASED,
EQUITABLE,
& EXCELLENT
SERVICES.



Recuperative Care & Recovery

What We've Learned

Recuperative Care + Recovery do not have to be exclusive services. The integration of recovery support into Recuperative Care is showing positive benefits. It should not be a barrier but rather an enhancement when/if needed and desired by the individual. For individuals and for our community, this has shown to be impactful by the demand for services + outcomes so far.



Thank
you very
much!

www.havenrecoverystl.com

