

# SERIOUS HEALTH NEED AMONG RRP RESIDENTS



## Point-in-Time CBH Member Survey

July 24, 2023

Residential rehabilitation programs (RRPs) are designed for individuals with serious mental illness (SMI) who are unable to live independently in the community. The goal of residential rehabilitation is to provide services that will support an individual to transition to independent housing of their choice. RRP providers provide staff support around areas such as medication monitoring, independent living skills, symptom management, stress management, and relapse prevention.

The scale and depth of comorbid health conditions among RRP residents is significant. Individuals with SMI, such as those living in RRP, have more physical health comorbidities and poorer prognoses from those comorbidities than the general population, which drives excess mortality in people with SMI.

This factsheet provides the results of a point-in-time survey of Maryland's RRP providers to capture the need for additional skills and capacities to manage the co-morbid health needs of individuals living in RRP.

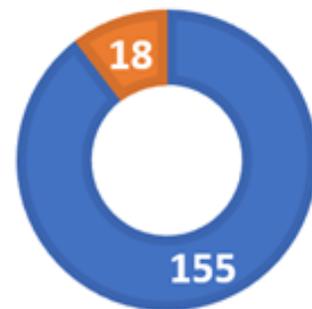
## 90% of RRP Sites Respond to CBH Survey

The Community Behavioral Health Association of Maryland (CBH) represents 24 of Maryland's 26 licensed RRP providers. CBH members encompass 96% of the 173 licensed sites for RRP across the state.

CBH's RRP survey captures responses from 155 RRP sites, or 90% of the state's RRP site capacity.

### RRP SITES RESPONDING TO SURVEY

■ Respondent ■ Non-respondent



## Nearly 1 in 4 RRP Residents Needs Significant Personal Care for Somatic Health



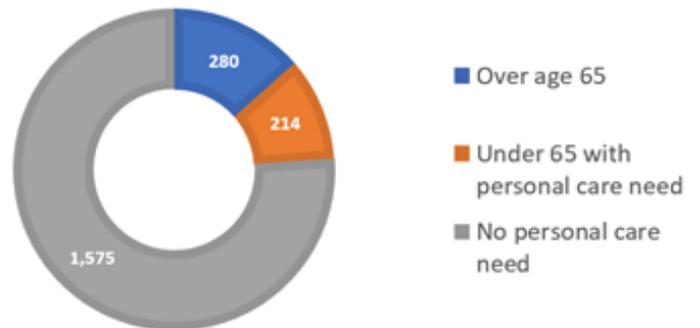
Survey respondents indicate that on average 24% of current RRP residents need significant personal care assistance on issues related to their co-morbid health conditions.

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Providers indicate that 14% of current RRP residents are over age 65 (n=280), while 10% are below age 65 but with somatic health conditions giving rise to significant need for personal care (n=214). This suggests that, in total, roughly 500 individuals in RRP could benefit from stronger supports to manage their co-morbid health needs.

## SIGNIFICANT NEED FOR PERSONAL CARE



## Most Challenging Health Conditions To Manage in RRP Settings



**Diabetes** and related issues like insulin administration are cited most frequently by providers as the health issue most challenging to manage in RRP settings.

**Incontinence** is cited second most often by RRP providers as the issue most challenging for staff to manage.

**Mobility** is the third biggest challenge according to CBH's survey. Whether supporting individuals with amputations or teaching residents to use walkers or wheelchairs, staff struggle to effectively address the safe mobility of some RRP residents.

## ABOUT CBH

The Community Behavioral Health Association of Maryland (CBH) represents 89 mental health and addiction treatment provider organizations striving to meet the needs of Maryland residents. CBH works with its member organizations to improve access to care and improve the quality of treatment delivered. Learn more about our work and be part of the solution.

[www.mdcbh.org](http://www.mdcbh.org)