



The Starting Point



Alpine Special Treatment Center offers a voluntary, residential treatment program for transitional age youth (ages 18 – 25 years) who have co-occurring psychiatric and substance use issues.

The focus is on the reduction and maintenance of psychiatric symptoms and substance abuse problems by building upon individual strengths and focusing on overall wellness.

Psychological and psychiatric services are integrated with educational, vocational, and community outreach programming to assist clients with improving their quality of life and transitioning, successfully into the community.



The Starting Point



Minimum Criteria:

- 18 – 25 years old
- Client must meet general ASTCI facility criteria for admission.
- Specific Starting Point criteria includes:
 - Co-occurring Axis I psychological diagnosis(es) and substance use issues.
 - **Physician referral** that includes Axis I-V diagnosis and indication that a voluntary residential treatment program like the Starting Point is recommended to be the least restrictive level of care for this individual.
 - Individual is able to **comprehend** the *Program Requirements*, that participation is *voluntary* and has *concrete goals* that can be facilitated through participation in the Starting Point.
- Able to bring **supply of current medications** (30 days for insured and 3 days if uninsured)

Exclusion Criteria:

- Individuals who are **intoxicated**, actively **suicidal/homicidal**, and/or deemed to be **not medically stable** for this level of care.
- Recent physically **aggressive** or **assaultive** behavior indicating a continued need for a higher level of care than the Starting Point program.
- **Non-ambulatory**, **positive PPD test** or chest x-ray, and/or a medical condition that requires treatment that could not otherwise be sustained in the general community.
- Per contract expectations and in accordance with applicable laws, clients who are on traditional **parole** (non-revocable parole status is exempt) and/or who are registered as a **sex offender** are not eligible for program participation. Prospective clients will be pre-screened through a national sex offender registry.

Admissions Process:

1. Referral packet to be sent to Admissions Coordinator:
Kate Hanna
[P] 619-659-3120 [F] 619-445-0444; email: khanna@astci.com
2. Within 48 business hours, packet will be reviewed by Admissions Coordinator to assess whether referral meets minimum admission criteria for ASTCI facility and then The Starting Point Program. If individual does meet facility and program minimum criteria, she will forward referral information to The Starting Point program for follow-up and review.
3. Within this 48 hour timeframe, program's Social Worker will review referral packet for completion and will contact referral source to provide feedback regarding if referral packet is complete. If additional documents are required, Social Worker will request them at this time.
4. When packet is determined to be complete, packet will be forwarded to Program Director (or designee) for review. PD will determine whether packet is thorough and what (if any) additional documentation may be needed to create a comprehensive clinical picture of the referring client's presenting issues and

psychosocial needs. PD will likewise assess what interventions may need to be put into place to maintain the safety of the client as well as all clients and staff prior to admitting the client in question.

5. Program Director (or designee) will meet with referred client for individual interview to assess client's level of motivation as well as whether client's presenting issues and needs are those that can be addressed in the type of residential treatment program that The Starting Point provides. Clients will be encouraged to come to The Starting Point program for this interview so that they can have a chance to observe the program's physical environment to assist them in their decision-making. In the event that this cannot take place (i.e., client is in a locked setting), PD or designee may request to meet with client in their current environment.
6. Packet and interview information will be reviewed with Psychiatrist to discuss whether additional information is needed (i.e., specific assessments, physician reports, etc) as well as to discuss intervention implementation.
7. Referral source will be notified within 5 days of complete packet submission of Admissions decision (CARF standard). Decision may include accepting, declining, and/or placing a client on the Wait List until:
 - a. Bed is available
 - b. Requested information is provided
 - c. Appropriate safety measures have been put into place
8. Every effort will be made to accept clients being referred although there may be certain clients that cannot be accommodated due to safety risks involved. If a client is not accepted, referral source will be provided with specific reasons as to why referral is currently not a good fit for the program, what needs to occur for eligibility, and suggestions for alternative, more appropriate placements.
9. Clients placed on the Wait List will be followed by the Starting Point program. Minimum 2x week contacts will be made by the Social Worker to inquire as to client's condition and to provide up-to-date information regarding bed availability. Wait List clients will be expected to provide current contact information at all times.
10. When a bed becomes available, Social Worker will contact the first client on the Waitlist to notify of availability and coordinate admission time. Admissions will take place Tuesday-Friday so that client will be able to meet with treating psychiatrist within 72 hours of admission during Program's Clinic hours.
11. At time of admission, Social Worker (or designee) will orient client to the program and complete admitting paperwork with the client.

Referral Packet Checklist:

- Psychiatric evaluation with Axis I-V diagnoses (utilizing DSM-V-TR criteria).
 - START and Outpatient programs- Please send MD Progress Notes.
- Psychosocial Assessment (completed by Mental Health professional).
- History & Physical (H&P) completed within the last 30 days.
 - START and Outpatient programs- please send completed TAY Physician Report signed by Physician as well as MD Progress Notes.
- List of current medications.
- Statement from treating physician indicating: (can be noted on H&P as well)
 - 1) client is considered to be “medically stable” for treatment and
 - 2) a residential treatment program like The Starting Point is considered to be least restrictive level of care recommended for the client.
- Results of recent PPD screen (must have negative PPD or negative chest x-ray).
- Summary of client’s recent daily functioning.
 - Acute care and START programs- Daily program/nursing documentation
 - Outpatient programs- recent therapist session notes
- Pre-admission questionnaire, TAY self-evaluation, and Health questionnaire to be filled out by prospective client.
- Client should review and sign program agreement and requirements.
- Collateral information indicating prior mental health/substance use treatment and legal system involvement may be requested.