



RESIDENTIAL TREATMENT CENTERS IN MARYLAND

AN OVERVIEW



Questions Addressed in this Presentation

- ▶ **What is a residential treatment center (RTC)?**
- ▶ **How are RTC services used and paid for in Maryland?**
- ▶ **What are the key issues in regulating the supply and distribution of RTCs?**

MHCC staff is finalizing a White Paper on residential treatment center services in Maryland as the first step in updating the State Health Plan regulations governing the review of RTC projects requiring MHCC approval. (COMAR 10.24.07)



What Are Residential Treatment Centers?

An RTC is a program that provides campus-based intensive and extensive evaluation and treatment of children and adolescents with severe and chronic emotional disturbance or mental illness who require a self-contained therapeutic, educational, and recreational program in a residential setting whose average length of stay averages between 12 and 18 months. (State Health Plan, COMAR 10.24.07)

MHCC has found that the age range of RTC residents is seven to 21, depending on the facility's educational services and programs.



Existing RTCs

St. Vincent's Villa – Baltimore County

Nexus Woodbourne Family Healing – Baltimore City

New Directions-Chesapeake Treatment Center – Baltimore County

Regional Institute for Children & Adolescents Center (RICA-Baltimore)* - Baltimore City

John L. Gildner RICA (RICA-Rockville)* - Montgomery County

Sheppard Pratt Berkley & Eleanor Mann Center – Baltimore County

***State owned and operated**

RTC Profile



Licensed Facility	Age	Gender	Race	Diagnosis	Primary Admission Source	Discharge Destination
Chesapeake Treatment Center	13-21	Males only	All	Evaluated w/each referral	Dept. of Juvenile Services	Stepdown/Community, Wrap around services
Nexus Woodbourne	12-21	Males & Females	All	ADHD, DMDD, PTSD, Bipolar Disorder, Depression, Sex issues	Dept. of Social Services, D.C. courts, etc.	Stepdown/Community, Wrap around services, group homes
RICA-Baltimore	12-17.5	Males & Females	All	ADHD, DMDD, PTSD, Bipolar Disorder, Depression	DSS throughout the state, county CSAs	Family Member, Group Homes, Stepdown/Community
RICA-Rockville	12	Males & Females	All	ADHD, DMDD, PTSD, Bipolar	DSS throughout the state, etc.	Family, Group homes, Foster Care, etc.
St. Vincent's Villa	8-13	Males & Females	All	Disruptive mood, Dysregulation Disorder, ADHD	DSS, D.C. kids & family, etc.	Family, Group Homes, Foster Care, etc.
Sheppard Pratt	12-18	Males & Females	All	ADHD, DMDD, PTSD, Bipolar Disorder, Depression	DSS, DJS, etc.	Family, community, foster care, etc.



Source of RTC Patient Referrals

Department
of Juvenile
Services

Behavioral
Health
Administration

Department
of Human
Services



Changes in the Supply of RTCs

In the last seven years, three of the state's RTCs (a third of the total) closed. This reduced RTC bed capacity by 41%.

In the last 20 years, only two proposals to establish new RTCs were filed. The first was ultimately withdrawn. The second is the project considered this month by MHCC.

CON approval is required to establish, relocate, or add beds to an RTC.



Average Length of Stay (days)

RTC	2020	2021
New Directions	303	283
RICA-Baltimore	----	----
RICA-Rockville	428	215
Sheppard Pratt	169	232
St. Vincent's Villa	335	365
Woodbourne	---	307



RTC Bed Capacity

RTC	Jurisdiction	Licensed Beds
Regional Institute for Children and Adolescents (RICA) – Baltimore	Baltimore City	45
Nexus Woodbourne Family Healing	Baltimore City	48
Chesapeake Treatment Center – New Directions	Baltimore County	29
Saint Vincent’s Villa	Baltimore County	95
Berkeley and Eleanor Mann RTC-Sheppard Pratt	Baltimore County	63
John L. Gildner Regional Institute for Children (RICA-Rockville)	Montgomery County	54



RTC Concerns

- ▶ **Bottleneck at hospitals**
- ▶ **Reducing length of stay**
- ▶ **Increased Medicaid reimbursement**
- ▶ **Structure for financial success**
- ▶ **Not enough specialized programming**
- ▶ **The I. Q. formula**
- ▶ **Sending youth out of state for care**



Dominance of Medicaid Reimbursement

Proportion of Total Patients Covered by Medicaid

RTC	2020	2021
Nexus Woodbourne	---	---
Chesapeake Treatment Center	---	---
RICA-Baltimore	100 percent	92 percent
RICA-Rockville	75 percent	55 percent
Sheppard Pratt	95 percent	95 percent
St. Vincent's Villa	95 percent	89 percent



Responding to the Concerns

Improved Medicaid reimbursement is an overarching issue touching on all of the following concerns

- ▶ **The hospital “bottleneck” – a major proportion of the adolescents hung-up in hospital EDs or hospital psychiatric units are high acuity and high cost**
- ▶ **More and better staffing and better retention of staff**
- ▶ **Need for “niche” or specialized programming for high acuity patients (see bottleneck)**
- ▶ **Improved financial viability**

Is CON regulation of RTCs needed?



- ▶ **Maryland is one of only four states with this type of regulation of non-hospital behavioral health facilities.**
- ▶ **RTC residents primarily come through state agency referrals. If quality assurance (licensure/accreditation) regulations and oversight are adequate, should we be concerned about oversupplying the market? If reimbursement is adequate, should we be concerned with undersupplying the market?**
- ▶ **Opposition to deregulation is often based on the idea of CON regulation as having a “chilling” effect. Its mere existence has the positive effect of keeping potentially bad actors out of Maryland.**
- ▶ **CON reforms passed in 2019 included removal of RTCs from the scope of CON in initial bill. This proposed reform was eliminated during legislative debate.**



Questions?