

**SPECIAL
POINTS OF
INTEREST:**

- Vanguard Transforms Assessment and Treatment Practices with Groundbreaking Clinical Framework
- Study Says Alcohol Dependence More Likely with Mental Illness
- Suicides Among Vets Hits Crisis Level
- New York Prison Study Commends Corrections for Making Substance Abuse Treatment Programs Important

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Greetings From The Chairman



Dr. Alex Marsal

Welcome to our first quarterly newsletter published by Vanguard Behavioral Solutions (VBS). Our publication will provide information about company announcements, the outcomes of our behavioral health research and implications for clinical practices, industry trends, government activities, and more.

Nearly 20 years ago, I had the pleasure of directing a group of talented clinicians and practitioners to develop the most efficacious, rehabilitative services for individuals with psychiatric and addiction difficulties attending a public sector, behavioral health outpatient treatment program. Our goal was to create and utilize clinical interventions that achieve the best consumer outcomes possible. Our research, clinical observations, consumer solicitations

and efforts resulted in a regionally recognized treatment framework respected by clinicians/practitioners and desired by consumers. Yet, our true success and satisfaction was witnessing consumers rebuilding and enjoying a better quality of life.

Based on that experience and in pursuit of a more scalable method, I engaged additional experts in clinical practice, research, information technology and business to design an innovative, technology-based solution to refine assessment and treatment, document outcomes, engage consumer involvement, advance professional knowledge and best practices in the field, while reducing behavioral health costs. Indeed, our VBS system, validated by independent, clinical-based research, achieves these goals.

VBS intends to be one of the premier purveyors of clinical assessment and treatment technology and practitioner training. Our mission is to help society achieve better behavioral health outcomes and assist governmental and private entities in reducing their costs – a major tenet of the national healthcare reform initiative. As Chair of VBS, my pledge is to pursue product excellence; deliver quality customer service; adhere to principles that advance opportunity and quality of life for the disenfranchised and vulnerable populations; practice the highest standards of ethical conduct; promote best practices and clinical information; and, to stay at the forefront of new and emerging technologies.

If you are a current customer or partner, I thank you for your support. If you are interested in learning more, I invite you to subscribe to receive this quarterly newsletter by visiting our website at <http://vanguardbs.com> as well as to participate in our webinars. By taking these steps, you will gain insight into how we can help expand your professional knowledge, improve your clinical practice performance by leveraging technology, enrich lives, and deliver more to your consumers. Enjoy our newsletter. As always, I welcome your input and comments.

Best Wishes,

Dr. Alex Marsal

VBS Pioneers 15 Domain Clinical Framework

Introduces 15 Life Domain Clinical Framework to Improve Clinical Outcomes

“ We are pleased to be the first organization to identify and integrate all 15 life domains into our groundbreaking assessment and treatment program.”

— Joe Kelly, LCSW

Director of Clinical Software Development, VBS

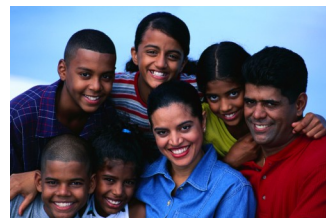
Vanguard experts developed the innovative 15 Life Domain Clinical Framework to guide assessment and treatment practices. Independent applied research in outpatient mental health treatment settings have shown that clinicians utilizing this clinical framework embedded within web-based instruments conduct significantly more comprehensive initial and ongoing assessments, and dramatically improve collaboration with consumers, having an impact on consumer retention and dropout rates.

The 15 life domain clinical framework

also facilitates a more meaningful and individualized treatment plan increasing the likelihood of better outcomes. The research shows that clinicians using this framework developed a greater number of goals across more domains as compared to clinicians applying traditional practice.

By identifying and focusing on 15 different life domains, the Vanguard Solution promotes more holistic assessments and treatment. More information regarding this model can be found on our website at www.vanguardbs.com.

VBS 15 Life Domain Clinical Framework				
Academic/ Vocational	Addictions	Crisis Response	Emotional Processing	Family/ Culture
Leisure	Life Resources	Mental Health	Moral/ Values	Physical Health
Readiness To Change	Self- Perception	Social/ Sexuality	Spirituality	Treatment Outlook



Research and Clinical Updates



“Alcohol dependence is four times more likely to occur among adults with mental illness than among adults with no mental illness.”

Study Says Alcohol Dependence More Likely With Mental Illness

A new report released by the Substance Abuse and Mental Health Services Administration (SAMHSA), underscores that alcohol dependence is four times more likely to occur among adults with mental illness than among adults with no mental illness (9.6-percent versus 2.2-percent).

Based on a nationwide survey, the study also reveals that the rate of alcohol dependency increases as the severity of the mental illness progressed. For example, while 7.9-percent of those with mild mental illness were alcohol dependent, 10-

percent of those with moderate mental illness and 13.2-percent of those with serious mental illness were alcohol dependent. The SAMHSA administrator noted that those who suffer from mental illness often have co-occurring substance abuse disorders, which frequently go undetected resulting in devastating and costly consequences.

The SAMHSA Spotlight report, *Alcohol Dependence is More Likely among Adults with Mental Illness than Adults without Mental Illness* was issued as part of the agency’s strategic initiative

on data, outcomes, and quality – an effort to inform policy makers and service providers about the nature and scope of behavioral health issues. The report is based on data from the 2009 National Survey of Drug Use and Health – a state-of-the-art scientific survey of a large representative sample of people throughout the United States.

The report is available at <http://oas.samhsa.gov/spotlight/Spotlight027AlcoholDependence.pdf>

Heart Disease Progresses Faster In Vets With Post Traumatic Stress Syndrome

According to new research reported in the April online edition of American Journal of Cardiology <http://www.sciencedirect.com/science/article/pii/S0002914911011386>, 637 veterans with post traumatic stress syndrome (PTSD) were more likely to have plaque, in their arteries, leading to heart, or coronary artery disease. More than three-quarters of the vets with PTSD had narrowed arteries, compared to 59 percent of those without the syndrome. Heart disease also progressed more rapidly in vets with PTSD and they were more likely

to die during the next three-and-a-half years than their peers.

The National Institute of Mental Health estimates that 1 in 30 adults suffer from PTSD annually, and that veterans suffer at a higher rate. PTSD affects survivors of sexual assault, natural disasters and other traumas. Frequently, it can be treated successfully with psychotherapy, which may prevent further or later health complications.

Participating in Cultural Activities Lowers Anxiety and Depression Levels

Researchers at the Norwegian University of Science and Technology monitored participation in cultural activities and measures of health involving more than 50,000 participants during a two year period. The results, reported in the Journal of Epidemiology and Community Health, demonstrated that being involved in either receptive cultural activities, such as viewing a theater performance or visiting an art show, or participating in creative cultural activities, such as painting, promoted good health, as well as satisfaction with life and low levels of anxiety and depression.



What's New in Behavioral Health Practices

US Dept of HHS Proposes Quality Measures for State Medicaid Plans

The U.S. Department of Health and Human Services (HHS) is working on proposing behavioral health care quality measures for all state Medicaid plans, including New York. The regulators are considering 11 measures focusing on mental health and addiction evaluation and treatment, capturing 5 domains (prevention and health promotion, management of acute conditions, manage-

ment of chronic conditions, family experiences, and availability of care). The 11 measures for behavioral health service quality put forth by HHS appeared in *Medicaid Program: Initial Core Set of Health Quality Measures for Medicaid-Eligible Adults*. VBS Solutions would assist clinicians and practitioners in measuring and reporting on the evidence-based principles. The Patient Protection and

Affordable Care Act of 2010 (ACA) was the impetus for this activity. It is expected that by January 2012, HHS will publish, test and validate the measures. The ACA requires HHS to formulate a standardized reporting format for states as of January 1, 2013, and by September 30, 2014, to make the data publicly available.

Vets Administration Under Fire About High Suicide Rates

“In the last 13 cases, veterans committed suicide or died from drug overdoses while waiting to receive help.”

— Senator Patty Murray



The U.S. Senate Veterans Committee called on the Veterans Administration (VA) to enhance its efforts in addressing the high suicide rate among veterans. The VA noted that last year veterans accounted for approximately 20 percent of the estimated 30,000 suicides annually in the United States.

Senator Patty Murray of Washington State, Chair of the Veteran's Committee, stated that in the last 13 cases, veterans committed suicide or died from drug overdoses while waiting to receive help from the VA. Further, the U.S. Circuit Court of Appeals in San Francisco recently ordered a major overhaul of the federal agency in light of the tragedies.

New York Prison Study Highlights Substance Abuse Treatment Improvements

“... commends the Department of Correctional and Community Services for seeing such services as necessary and important”

- Correctional Association of New York

The Correctional Association of New York (CA), the State's oldest criminal justice advocacy organization, recently published *Treatment Behind Bars: Substance Abuse Treatment in New York State Prisons-2010*, the first comprehensive review of New York's prison-based substance abuse treatment programs. The report culminates a three-year study conducted by CA's Prison Visiting Project, including visits to 23 prisons; interviews with experts, treatment staff and participants; and, the analysis of more than 2,300 inmate surveys and system-wide data.

Jack Beck, Director of the Prison Visiting Project and coordinator of the study, emphasized, “The State does not need to spend more money to address many of the report's identified problems. Policymakers can significantly improve prison treatment programs by reallocating resources, developing a more effective assessment process, drawing on proven existing instruments and programs and increasing collaborations with outside agencies.” (Correctional Association of NY, May 4, 2011)



Sixty of New York State's 67 correctional facilities operate 119 substance abuse treatment programs serving 34,000 inmates annually. The report acknowledges providing treatment to such a large number of individuals is no easy task, and commends the Department of Correctional and Community Services (DOCCS) for seeing such services as necessary and important.

Given the current focus on cost savings, public health initiatives and public safety concerns, the report underscores four important themes for policymakers: 1) improving the effectiveness of prison treatment programs; 2) using evidence-based instruments and programming to reduce the current costs of providing treatment in New York's prisons; 3) making a difference in communities affected by high recidivism rates and drug use; and, 4) promoting best practices.

VBS Taps Former State CIO as Newest Executive

In May 2011, Tri Group Holdings, LLC, the parent company of Vanguard Behavioral Solution and TRIGHtec named Dr. Melodie Mayberry-Stewart, former State CIO and the Director of the Office of Information Technology of New York State, as its Chief Executive Officer.

At the state, she significantly improved New York's IT ranking nationally, and dramatically increased participation among Minority and Women Business Enterprises (MWBE) to more than 20 percent. Additionally, she co-founded the highly successful NYS CIO Academy, a national model to advance professional competencies, and created the NYS CIO of the Year program for state and local CIOs.

Prior to joining the state, she spent 14 years as a healthcare CIO with hospital systems in New York, California and Tennessee and was recognized for several innovative technology projects in healthcare. Also, she was an IT executive with two Fortune 20 companies.

She has been the recipient of several awards and recognition for her leadership, community service and innovation including: Premier 100 Leaders in Technology by Computerworld in 2008; named among Information Week's Top 50 Government CIOs in 2009; and profiled in Public CIO Magazine in 2010. In addition, she has received global recognition for healthcare innovation initiatives while a CIO in healthcare.

Dr. Mayberry-Stewart received her B.S. in Sociology and Business Administration from Union College; an M.A. in Sociological Research, and All But Dissertation (ABD) in Sociological Research from the University of Nebraska; an M.B.A. in Finance from Pepperdine University; an M.A. in Executive Management, and a Ph.D. with a specialty in Information Systems Management at the Peter F. Drucker School of Executive Management at Claremont Graduate University, where she was the first African-American female to receive a doctorate.



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*Delivering Behavioral Health Technology Solutions to
Maximize Clinical Performance and Enrich Lives*

Vanguard Behavioral Solutions specializes in clinically driven, technology-supported solutions. Its web-based solution automatically tracks consumer outcomes, identifies benchmark data and best practices, and disseminates the information to continually refine clinician performance. Through the integration of scientific excellence, technology and behavioral health practices, Vanguard has successfully improved care and enriched lives. Visit www.vanguardbs.com to learn more about our products.



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