



FY20 Direct Appropriation Request for Funding – The Next Door, Inc.

Mission:

The Next Door provides a continuum of evidence-based substance abuse and mental health services for women in an environment of faith and healing to restore hope and a lifetime of recovery.

Amount Requested:

The Next Door requests a Metropolitan Nashville budget allocation of \$250,000 to support substance addiction treatment services for women in Davidson County.

Specifically, funds will be allocated to support the contracted services of TND's Medical Director, who will supervise the organization's new medication-assisted treatment (MAT) option and Recovery Care Clinic, which will house the organization's office-based opioid treatment program (OBOT). These programs, which expand upon the agency's current programming, are scheduled to begin in 2019.

Services:

The Next Door offers a continuum of treatment services to women in Nashville and surrounding areas, 24 hours a day and seven days a week. Staff believes that addiction is a disease that is often accompanied by co-occurring disorders, such as mental illness, and that treatment requires both to be addressed simultaneously with gender-specific therapy and evidence-based practices.

The organization strives to make life-saving addiction treatment accessible to all women in need. For example, if a client's clinical treatment team determines that she needs treatment days beyond what her insurance is willing to cover, she is not discharged from care; instead, The Next Door continues to provide her with the necessary services for the client to complete treatment. The organization also absorbs any remaining costs between insurance coverage and the actual cost of a woman's treatment, and the organization accepts grant clients with no payer source.

Levels of treatment care at The Next Door include:

- Medically-Monitored Detoxification – The agency can treat up to 12 women at a time in its detoxification unit, which offers 24-hour medical care to women who are actively using substances at the time of their admittance. A team of nurses monitor and adjust needed medications and care for each woman individually to ensure the best clinical support possible. In 2016, The Next Door expanded this program to be able to better serve pregnant women in need of this level of treatment.
- Residential Treatment – The Next Door's Nashville facility can treat up to 70 women in its inpatient residential treatment program. Clients receive customized case management, medication monitoring, one-on-one and group therapy, peer support, etc., while living on-site.
- Partial-Hospitalization Program (PHP)– PHP bridges the gap between residential inpatient treatment and intensive outpatient services, allowing clients to begin the transition into independent living while maintaining the intensive therapy, medication

management, and other services provided in residential treatment. PHP offers five hours of treatment each day, up to five days a week.

- Intensive Outpatient Program (IOP) – A step down from the PHP level of care, IOP provides continued therapy and other services in a less-structured environment, three hours a day for four days a week.
- Recovery Care Clinic (RCC) – The RCC is scheduled to begin in 2019 and will house The Next Door’s Office Based Opioid Treatment (OBOT) program, which will be supervised by TND’s Medical Director, Dr. Michael Ferri, M.D.

A woman entering treatment at The Next Door may access person-centered care at the level that is best suited to her needs. Women enrolled in all levels of treatment have access to case management, individual and group therapy, medication management, a medication-assisted treatment option (to begin in 2019), spiritual services, and alumnae aftercare groups. Family members can participate in a family education group that includes a more structured opportunity for family members to visit loved ones in The Next Door’s treatment programs, provides therapeutic services for a woman’s support system, and offers family members a chance to actively contribute to their loved one’s journey in recovery.

The Next Door in Nashville also offers affordable, permanent living in the Freedom Recovery Community, 21 apartment units for women living in recovery and their children.

Population Served:

In 2018, The Next Door served 1,413 individual women in all of its programs, with 1,329 women being treated in the treatment programs mentioned above. Approximately 32% of the women seeking treatment at The Next Door in 2018 completed their initial level of care and were admitted to at least one other level of care at the Nashville facility.

As of January 30, 2019, the majority of clients (84%) have TennCare. Thirteen percent of current clients are uninsured, and four percent of current clients have commercial insurance. It is estimated by The Next Door’s Director of Nursing that 85% of clients are seeking treatment at The Next Door for opioid addiction in some capacity.

Benefits through Use of Funding:

Funding from Metro will allow the agency to provide the following additional benefits to the Nashville community:

- Offer medication-assisted treatment as an option in all other levels of treatment care at The Next Door, which will affect approximately 1,500 women a year in the community who suffer from substance addiction. (This number represents an approximate ten percent increase in the number of women served by the organization’s treatment programs in 2018.)
- Offer 626 outpatient visits for medication-assisted treatment with a physician in a calendar year via The Next Door’s new Recovery Care Clinic. This will create more accessible treatment options for women that are designed to combat opioid use disorders in the Nashville community, which continues to feel the devastating effects of the opioid crisis.

Funding of treatment programs at The Next Door (TND) saves lives by making addiction treatment accessible for all women in the Nashville community who are struggling with addiction, particularly opioid addiction. According to the Tennessee Department of Health, more than 1,700 Tennesseans died from drug overdoses in 2017; over 1,200 of those deaths were attributed to opioid abuse. To combat this disease, the agency must continue to achieve an excellent standard of medical and clinical care and evolve its programming as the issue of opioid addiction evolves.

With the development of medications, such as buprenorphine and naltrexone, adding medication-assisted treatment (MAT) as an option to save the lives of women struggling with addiction has become more established. MAT is the physician-monitored use of FDA-approved medications, in conjunction with therapy, to assist in the treatment of opioid use disorder. This treatment option is used in the outpatient setting via office-based opioid treatment (OBOT) programs, such as TND's Recovery Care Clinic. The presence of a medical director is necessary to implement a MAT option, for existing treatment programs, and an OBOT program per state guidelines. Having a medical director who is engaged is essential to the success of the women in these programs. Every woman who is potentially eligible for this treatment option, via existing TND treatment programs or the Recovery Care Clinic, will be assessed by TND's Medical Director and will need to be actively involved in a therapeutic schedule monitored by licensed professionals.

TND programs allow more women from all walks of life to return to their families and communities more resilient and responsible with coping skills, resources, and a sober system of support for lifetime recovery. MAT is a treatment option that can help women stave off cravings for an extended period to form a foundation to sustain their long-term recovery, and, with assistance from Metropolitan Nashville, this life-saving addiction treatment option can be easily accessible for women in Nashville through The Next Door's treatment continuum.