

# **SOTERIA LAS CRUCES**

**A Long-term Residential  
Treatment for Psychosis**

# **THE SOTERIA MODEL OF TREATMENT FOR PSYCHOSIS**

- **A home-like residence of 6-8 beds**
- **Average length of stay: 3-6 months**
- **Treatment consists of providing patients with safety, support and affirmation as they go through the psychotic experience**
- **Based on the understanding that psychosis is a move by a wounded psyche towards healing and recovery**
- **As patients stabilize they begin to participate in community activities such as education, employment, volunteer work, therapy, support groups, recreational and artistic activities**
- **Psychiatric medication is available but is not the primary modality of treatment**
- **Rate of full recovery from psychosis: 60 percent**
- **Cost per day: 20 percent of the cost of hospital**
- **Patients treated per year: 40-50**
- **Annual cost: \$800,000**
- **Directed by a licensed clinician**
- **Contract with a psychiatrist**
- **Staffed largely by recovered peers**
- **24/7 coverage**
- **Eligible for some Medicaid reimbursement**
- **Selected as a “Gamechanging” service by the LC3 Local Behavioral Health Collaborative**

# **SOTERIA LAS CRUCES**

## **A Long-Term Residential Treatment for Psychosis**

### **Introduction**

Soteria Las Cruces is a long-term (3 – 6 months) residential treatment program for persons diagnosed with severe mental illness (psychosis). It is a home-like residence of 5 – 8 beds that is staffed 24/7.

### **Treatment Approach**

Soteria Las Cruces provides patients with a safe, supportive, affirming environment as they go through the psychotic experience. It differs from conventional treatment in that it uses a psychosocial approach and incorporates alternative modalities such as meditation, yoga, music and art. It is based on the understanding that the psychotic experience has some meaning for the patient. It is a way of surviving and moving towards recovery for a person who is terrified of the world and of human beings and who has suffered trauma and rejection. As appropriate and possible, patients are helped to understand the meaning of their experience.

Psychiatric drugs are available but are not the primary modality of treatment. The primary modality of treatment is relationship.

Patients typically become more stable in about six weeks. As they become less afraid and agitated they are helped to participate in community activities. They take classes, attend therapy and support groups, do volunteer work, engage in jobs or supported employment, participate in art and recreation.

If appropriate, family members are encouraged to maintain contact with patients and staff and may be involved in treatment.

Soteria Las Cruces will be directed by a licensed clinician and will have a contract with a psychiatrist/Medical Director. The staff will be comprised of people who can relate well with people who are going through psychotic experience, can provide them with a safe, supportive and affirming environment and can respond effectively to crises.

### **Evidence Base**

The first Soteria house operated in San Jose, California from 1971 to 1983. A study which compared patients treated at Soteria with patients treated at the hospital found that, after two years following treatment, patients treated at Soteria were doing significantly better in terms of rehospitalizations, symptoms, social functioning and employment (Mosher, 1999; Bola and Mosher, 2003). Soteria Berne which has been operating in Berne, Switzerland since 1984 reports similar levels of effectiveness (Ciompi and Hoffman, 2004).

## Cost Effectiveness

Below is the estimated annual expense budget for Soteria Las Cruces.

Personnel (including administration)	746,000
Contract Services	6,000
Space and Facilities	39,000
Equipment (computers, equipment maintenance)	4,000
Travel	2,500
Communications	4,500
Publicity/Publications (Ads, printed materials)	1,500
<b>Total</b>	<b>803,500</b>

The cost per day of the original Soteria House was 43% of the cost of hospital. That was also the experience of Soteria Berne. It is estimated that Soteria Las Cruces will serve 40 persons per year. Given the reduced cost compared with hospital care and the recovery rate of 60% compared with a recovery rate of 20% for conventional treatment, the lifetime benefits in terms of people working, contributing to the economy and paying taxes instead of incurring the costs of hospital care, other caregiving, disability payments and lost employment are substantial.

## Revenues and Sustainability

It is expected that Soteria Las Cruces will eventually be funded largely by Medicaid and private insurance companies. However, during the start-up phase (one or two years) it will require funding from governmental entities and/or private foundations.

## References

Bola, J. & Mosher, L. (2003) Treatment of acute psychosis without neuroleptics: Two-year outcomes from the Soteria project. *The Journal of Nervous and Mental Disease*, 191(4). pp. 219-229

Ciampi, L. & Hoffman, H. (2004) Soteria Berne: An innovative milieu therapeutic approach to acute schizophrenia based on the concept of affect-logic. *World Psychiatry*, 3(3). pp. 140-146

Mosher, L. (1999) Soteria and other alternatives to acute psychiatric hospitalization. *Journal of Nervous and Mental Disease*, 187. pp. 142-149

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# SOTERIA IN THE UNITED STATES

## **Original Soteria House – San Jose, California**

Years of Operation: 1971-1983

Description:

A research and demonstration project of the Schizophrenia Project of the National Institute for Mental Health. A rigorous, randomized study found that people treated at Soteria had significantly better outcomes than people treated in a mental hospital

## **Soteria Alaska – Anchorage, Alaska**

Years of Operation: 2009-2014

Description:

Originally funded by the Mental Health Trust Fund of Alaska. Operated by a non-profit corporation. Although successful in treating patients, closed due to lack of financial and community support. No study was done.

## **Soteria Vermont – Burlington, Vermont**

Years of operation: 2014 to present

Description:

Funded by the State of Vermont. Operated by Pathways Vermont, a non-profit corporation. No study done as yet. Below is a link to a video which describes how it works.

<https://youtu.be/Wi3ZPYRwMzA>

# SOURCES OF INFORMATION ON SOTERIA

## Books

*Soteria: Through Madness to Deliverance* by Loren Mosher and Voyce Hendrix

This book describes both the theory and practice of Soteria. It provides detailed descriptions of how it “works”.

## Online

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

Click on “Link to YouTube Channel”

You will be taken to Rethinking Psychiatry’s YouTube channel which contains wonderful videos of interviews with Voyce Hendrix, the Director of the original Soteria house, and webinars with rich and detailed information on Soteria Alaska, Soteria Vermont and Soteria Jerusalem.

Below is a link to the Rethinking Psychiatry YouTube channel

<https://www.youtube.com/channel/UCDLCAeReWEKv8zMaKwACUtQ>

# WHAT WE WANT FROM THE STATE OF NEW MEXICO

We believe that we will eventually be able to sustain Soteria Las Cruces through reimbursements from Medicaid and private insurance companies. However, in order to get it up and running we need money from the New Mexico Legislature, the New Mexico Behavioral Health Services Division and the New Mexico Finance Authority.

## **What We Want From the New Mexico Legislature**

\$800,000 - \$1,000,000 to cover the first year of operation

## **What We Want From the Behavioral Health Services Division**

Money from Federal block grants and Federal behavioral health housing grants to help sustain the operation

## **What We Want From the New Mexico Finance Administration**

Loans for building, buying or renting the structure that will house Soteria Las Cruces and money for initial operating costs

## **Note:**

We are working with the County of Dona Ana and the City of Las Cruces to obtain financial support from local government.

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