



2022 Outcomes Data Proves Mirci Saves Healthcare System Millions of Dollars

Once again, a detailed study conducted by a S.C. state agency has proven that Mirci's unique wrap around care for people navigating the emotional uncertainty of mental illness saves our local hospital system millions of dollars annually.

South Carolina is perhaps the only state in the U.S. that has in place an innovative data system that gives programs like Mirci a reliable way to measure the impact of their services without the burden of paying for extensive data studies themselves. The S.C. Department of Revenue and Fiscal Affairs (RFA) manages the system, and its databases track all inpatient hospitalizations, all emergency room visits and all health and human state agency services. Mirci clients are assigned a unique tracking number that maintains their privacy while allowing for linkage with the RFA data.

Each year, the study determines the reduction in hospital use and cost savings to the hospital system directly related to MIRCI services. The 2022 analysis shows that Mirci's services led to reductions in healthcare costs for our clients in the following areas:

- Hospitalizations dropped by 41% the year after starting MIRCI services.
- Hospitalizations related to mental illness or substance use disorder dropped by 69% after starting MIRCI services.

- Emergency department visits where mental illness/ substance abuse was the primary reason decreased by 56%.
- Schizophrenic disorder, the most common reason for mental illness visits to the emergency room, dropped by 56%.
- Considering all hospital services combined (inpatient general, inpatient specialty and emergency department visits), total charges for services in the year following MIRCI enrollment were almost \$5.7 million less than charges for services in the year prior to MIRCI enrollment.

"Even during a pandemic, these results affirm the quality of mental healthcare the Mirci clinical teams provide," said Mirci Executive Director Julie Ann Avin. "Keeping people well and stable in their homes is so much preferred over hospitalization – and it saves the healthcare system money!"

Learning to Trust - Annie's Story

Annie's favorite song is Michael Jackson's *Beat It*. She especially likes the chorus, "Showin' how funky and strong is your fight, it doesn't matter who's wrong or right, just beat it".

The 66-year-old has lived with mental illness and homelessness throughout her adult life. She experienced her first serious mental health symptoms at the age of 21 and was hospitalized five or six times before successfully maintaining outpatient treatment. She has survived abuse and traumatic family and interpersonal relationships. At times, Annie also resorted to substance use to manage her symptoms, which she realized has not been helpful. She first enrolled in Mirci services in 2003.



"I got into Mirci, and I messed up and let someone else affect my treatment," she said. "I am *never* doing that again. I can't afford to mess up again."

Fortunately, Annie re-entered the MIRCI program a second time in recent years after her mother passed away.

"I was living with her, taking care of her, and when she died, I was homeless again," she said. "I went to Transitions, because it's not safe out there in those streets, especially for a woman."

Annie is now in a place of her own, and she says she is grateful for

Mirci's benefits specialists and representative payee, who have worked with her to sustain balance in her life and reduce financial distress. She attributes her current stability to Mirci's team approach, including the individual therapy she receives in her home. Annie also attends group therapy at Mirci and says it has really helped.

"I want to trust people and not live in fear," she said.

Annie said she still struggles with guilt and shame with regard to substance use, past and present relationships, and feelings about herself. But she's working through those feeling with the help of Mirci staff and group therapy, and she has learned that working helps keep her mind occupied, as racing thoughts can be intrusive and destructive for her.

"I like my job, and they treat me nice," Annie said. "I can walk there and feel safe because it's close to home."

She also said relapse is something she works hard to avoid.

"I have to keep busy, and money is a trigger," she said. "That's why I get my payee to make out checks directly to the store. It helps."

Annie has done so well managing her sobriety and finances that she recently saved enough money for a new television to replace her old one that broke.

"I think I'm doing good right now, and the things I can't change, I put in the Lord's hands," she said.

With Mirci's support, Annie, like many others, is beating the odds.

[Learn more about MIRCI's Adult Services](#)

Why Mirci?



MIRCI Board member Woody Moore is an executive vice president of Colliers International, a top commercial real estate firm. He explains why he has donated his time and resources to MIRCI the past six years:

I've volunteered with food pantries and shelters, but I've found that they don't dive quite as deep into the issues as Mirci does. It's work that you get emotionally involved with. There is no question that Mirci is hands on and serves a segment of the population that would fall through the cracks without it. Mirci has shown that with the right care and approach, people with serious mental illness seem to get better and hospital stays can drop precipitously.

I also choose to work with Mirci in the hope that I can help

people with mental illness get the same kind of care and understanding that people with physical illnesses get. There is a stigma surrounding mental illness that makes it hard to get it on the table for public discussion. If you are trying to raise money for heart disease or cancer, everyone knows someone who has died from those and it's not hard to raise money. But we don't talk about mental illness openly, and that makes it a hard sell. There is also a 'not in my backyard' mentality that helps perpetuate the stigma facing mental illness and homelessness, and I think we need to be able to penetrate those barriers. We have a dedicated staff from the top down, and if anyone can make progress on this, Mirci can. I will always support Mirci.

Thank You, Carolina Children's Home



Thanks so much to Carolina Children's Home (CCH) for their generous \$25,000 grant to support MIRCI's Youth Services. The grant to MIRCI will help us operate our Youth Drop-In Center, our weekly street outreach services to young people experiencing homelessness, and our 10-resident transitional youth home for males.

For many years, CCH operated as an orphanage in Columbia, serving about 125 children at its peak. Although CCH sold its property to Epworth Children's Home in 2016, it continues to help meet the underserved mental and physical needs of children, young adults and their families in the Midlands by providing financial support for initiatives that help children and youth. We're so grateful to this wonderful organization.

Thank You, Janssen Pharmaceutical

Thank you so much to Janssen Pharmaceutical Companies of Johnson & Johnson for the company's recent grant of \$15,000. Headquartered in New Jersey, Janssen aggressively pursues new technologies and treatments in six areas of medicine where the need is high – oncology, immunology, neuroscience, infectious diseases and vaccines, and pulmonary hypertension. Mirci will use the Janssen funds to help people in the Midlands navigate the emotional uncertainty of mental illness by providing wrap-around care and support including behavioral healthcare, outreach, and affordable housing.

Items We Need

If you can afford to add an item to your monthly shopping, we're in need of the following items for the hundreds of people served through our Youth Drop-In Center, Adult Drop-In Center, and Outreach Program:

- Bath towels
- Travel-size insect repellent containing Deet
- Travel-size liquid soap, shampoo, conditioner, and deodorant
- Bottled water
- Individually packaged snacks like Ritz crackers, peanut-butter crackers, chips, granola bars, and Chex mix
- Canned and shelf-stable goods like tuna, baked beans, corn, salmon, microwavable mac and cheese, microwavable flavored rice, and microwavable noodle bowls
- Tampons and pads
- New underwear for men and women
- Baseball hats
- Laundry detergent pods
- Travel-size packages of premoistened body wipes
- Toothbrushes and travel-sized toothpaste

If you purchase these items through our Amazon Smile Charity Wish List link (<https://a.co/9J0HSRt>), Amazon conveniently will ship your gift directly to MIRCI. Just make sure to request that Amazon (or other vendors) include a gift tag so that we will know who sent the donation and can acknowledge your generosity with a thank you note. Thank you for whatever you are able to do!

Order now from our Amazon Smile Charity Wishlist





Join MIRCI in providing

a way FORWARD

in the areas of:
Essential Needs
Behavioral Healthcare
Supportive Housing

Have you ever wanted to be a hero, to make a true difference in the world? Today, you can be a way forward for someone in the Midlands who is experiencing (or facing the possibility of) homelessness while also navigating the emotional uncertainty of mental illness.

By signing up for MIRCI's new monthly giving program at any amount, you can make an instant positive change in someone's life:

- \$10 a month provides 5 days of transportation for someone trying to make appointments, go grocery shopping or meet basic needs.
- \$25 a month provides medication for an individual with schizophrenia
- \$50 a month provides sheets, pillows and a comforter for a person exiting homelessness after months or years without shelter
- \$125 a month provides a housing starter kit that contains 20 essential kitchen, bath and laundry items.

To sign up for our 'A Way Forward' monthly giving plan, simply go to the link below and select "recurring gift". Then sleep well tonight and every night going forward knowing that you're using your blessings to bless another. Thank you for whatever you can do!

Provide a way forward today!



For questions about volunteer opportunities please email: mail@mirci.org



Donate one of our most requested items [here](#).



Become a monthly supporter at any amount [here](#).

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A dark grey rectangular box containing the text "Follow us on Facebook, Twitter and Instagram!" and three circular icons for Facebook, Twitter, and Instagram.

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