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Cummins Behavioral Health Systems, Inc.

Putnam County Community Needs Assessment: Key Findings

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Community Needs Assessment:
Key Findings

Evaluation Services Center

Carissa Schutzman, Ph.D., Executive Director

Report prepared by:

Ann Marie Castleman, M.P.H., Ph.D., Research Associate

Carmen Culotta, Ph.D., Research Associate

Rachel Smith, M.H.Sc., Program Manager

Sonya Turner, M.P.A, Associate Director

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PO Box 210175
Cincinnati, OH 45221-0175
Phone: (513) 556-3900
Website: http://www.uc.edu/evaluationservices/
E-mail: eval@uc.edu

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Certified Community Behavioral Health Clinics

A Certified Community Behavioral Health Clinic (CCBHC) is a model of care that focuses on integrating mental health and substance use treatment with other behavioral health, physical health, and social services systems[1]. The overall goal for CCHBCs is to provide person- and family-centered care that is evidence-based, trauma-informed, and recovery-oriented through a comprehensive service model that includes:

- Crisis services
- Screening, assessment, and diagnosis
- Person-centered and family-centered treatment planning
- Outpatient mental health and substance use services
- Primary care screening and monitoring
- Targeted case management services
- Psychiatric rehabilitation services
- Peer supports and family caregiver supports
- Community care for uniformed service members and veterans

Strong community partnerships and care coordination are essential components of a CCBHC to ensure that consumers are connected with needed services and that outcomes are being met. With a comprehensive model, CCBHC consumers experience more seamless mental health and primary care as well as easier access to needed support services.

Putnam County 2025 Needs Assessment

Cummins Behavioral Health Systems (Cummins) first established a Certified Community Behavioral Health Clinic in Hendricks County, Indiana in 2021. Building on the success of this model, Cummins seeks to expand CCBHC services throughout its five-county service area, including Putnam County.

Prior to establishing a CCBHC model, organizations must conduct a needs assessment to determine the specific strengths and needs in the community so that the CCBHC is designed to address them. In collaboration with Cummins Behavioral Health Systems, the University of Cincinnati Evaluation Services Center (UCESC) conducted a community needs assessment in Putnam County, Indiana, from January to August 2025. UCESC reviewed public health data and county reports, analyzed Cummins' internal data, collected survey responses from two school corporations and Cummins service providers, and analyzed results from interviews with Putnam County community members and organizational partners to gather additional context. Input was also collected from community members at a First Friday event.

[1] https://www.samhsa.gov/communities/certified-community-behavioral-health-clinics

Key Findings

This report provides the key findings and relevant data collected through the needs assessment as well as recommendations for a CCBHC implementation plan. With 73% of Putnam County residents living in a rural-designated area, the county faces many barriers in the provision of comprehensive care, including a shortage of primary, dental, and mental health care providers as well as constrained social service support organizations. As a result, many county residents experience fragmented and inconsistent care and often need to travel outside the county for services, which can be a challenge due to limited public transportation.

Law enforcement, first responders, the local homeless shelter, the public health department, and community members identified the need for additional mental health crisis support, including mobile crisis response, as a top priority. Staff from county schools also identified the importance of addressing emotional problems of county youth.

Cummins provided a variety of services for 761 people in Putnam County in 2024. The top diagnoses of the 309 adult residents who received mental health treatment were:

- Depression
- Anxiety Disorder
- Trauma

The top diagnoses of the 438 Putnam County youth residents who received mental health treatment were:

- Attention Deficit Disorder (ADD)
- Behavioral Disorder
- Depression

Through the needs assessment surveys and interviews, respondents identified strengths and barriers for implementing a CCBHC model in the county (see Table 1).

Table 1. Strengths and Barriers to be Addressed by a CCBHC in Putnam County

Strengths	Needs/Barriers
• Accessible, centrally located office • School-based, home-based, outpatient walk-in, peer support, and virtual services • Strong community partnerships and advocacy • Compassionate and responsive care • Availability of some crisis support from Cummins' Hendricks County team	• Stigma for seeking treatment may be especially strong in a small community • Lack of community awareness of services and fee structure • Workforce shortage, including peer support specialists, and high staff turnover • Need for expanded crisis capability and more active Crisis Response Team

Mental Health and Substance Use Prevalence

While data are limited regarding the mental health needs of the county, suicide rates in Putnam County (22.0 per 100,000 people) are higher than the state and national rates (16.4 and 14.2 per 100,000 people, respectively; see Table 2), which is a top community concern. The county also did not have a Local Outreach to Suicide Survivors (LOSS) team at the time of data collection.

Table 2. Completed Suicide Rate

	Putnam County	Indiana	U.S.
Completed suicide rate (2022, per 100,000 of all persons)	22.0	16.4	14.2

Sources. Centers for Disease Control and Prevention (2025); County Health Rankings and Roadmaps (2022).

> ***"While it's well understood that the county is in need of expanded behavioral health resources, including the establishment of a LOSS team, events like [suicides] bring those service gaps into sharp focus and make the urgency of addressing these needs deeply tangible."***
>
> **Cummins Putnam County staff member**

Substance Use and Addiction

Drug overdose deaths are much lower in Putnam County than in the state (see Table 3). The percentage of the county population who report excessive drinking (18%) is on par with the state and national rates, although the percentage of alcohol-impaired driving deaths is half the national rate. Adult smoking rates are slightly higher in Putnam County (see Table 3).

Table 3. Drug Overdose Rates and Substance Use

	Putnam County	Indiana	U.S.
Drug overdose deaths (2022, per 100,000 of all persons)	17.0	40.8	32.6
Excessive drinking	18%	18%	18%
Alcohol-impaired driving deaths	13%	18%	26%
Adult smoking	20%	18%	15%

Sources. The data sources for drug overdose deaths are the National Center for Health Statistics (2024) and the Indiana Department of Health Drug Overdose Dashboard (2022). The data source for excessive drinking, alcohol-impaired driving deaths, and adult smoking are the County Health Rankings and Roadmaps (2024).

Type of Substance Use

The highest percentage of 2022 admissions for substance use treatment were for marijuana, methamphetamine, and alcohol, all of which were higher admission rates than Indiana (see Table 4).

Table 4. Highest Percentages of Admissions for Substance Use Treatment (2022)

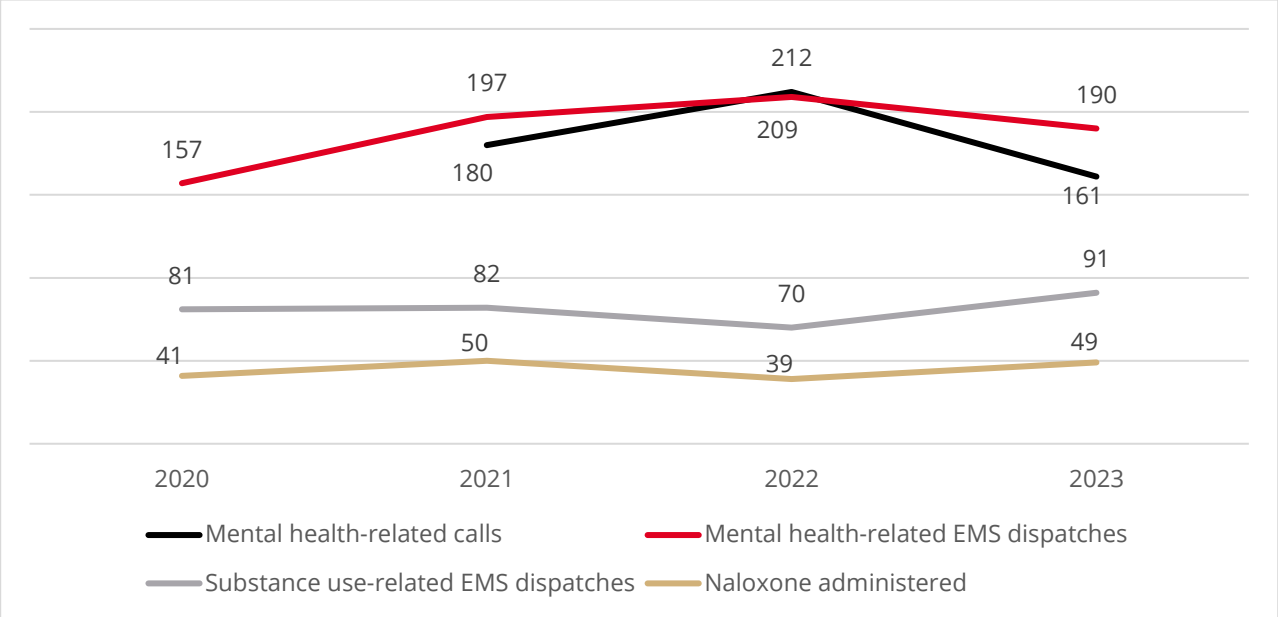
Substance	Putnam County	Indiana
Marijuana	61.2%	48.6%
Methamphetamine	45.6%	42.9%
Alcohol	43.2%	42.5%

Source. Indiana University Prevention Insights County Profiles Data (2022).

Crisis Calls

Mental health-related calls to police agencies in Putnam County decreased from 212 in 2022 to 161 in 2023, as noted in Figure 1. EMS dispatches for mental health-related calls were higher than for substance use. More than half of substance use dispatches resulted in administration of naloxone. Indicating a need for 24-hour coverage, the Putnam County Sheriff said that 63% of mental health crisis calls occur outside of regular business hours.

Figure 1. Putnam County Calls and Dispatches for Mental Health and Substance Use



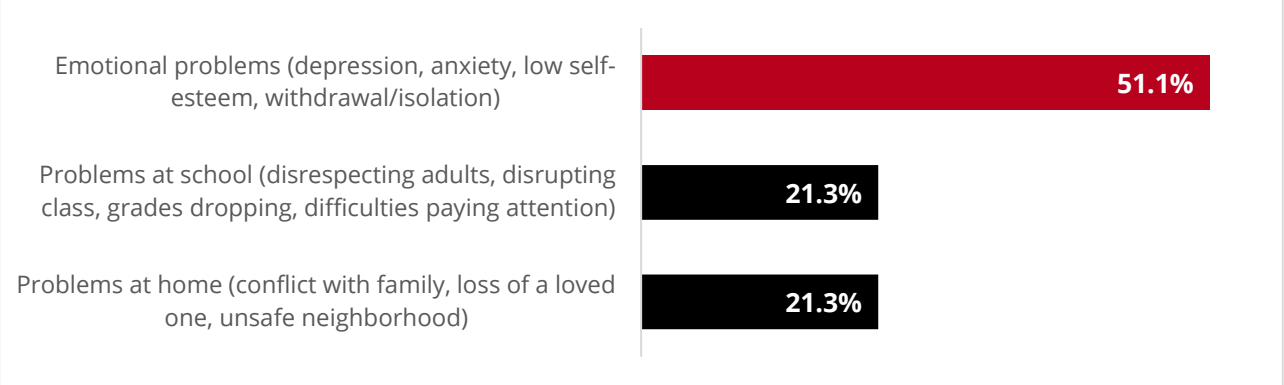
Sources. The data source for EMS dispatches and naloxone administration is the Indiana Department of Health and Indiana Department of Homeland Security, Management Performance Hub. Mental health-related call data were provided by the Putnam County Sheriff's Department. *Note.* 2020 data were not available.

Behavioral Health Needs of Special Populations

School-Age Youth

Cummins provided school-based mental health services to all school corporations in Putnam County. Over half (51%) of school staff from two school corporations in Putnam County who responded to a UCESC survey cited emotional problems among students (e.g., depression, anxiety, low self-esteem, withdrawal) as the most important problem facing youth (see Figure 2).

Figure 2. School Staff Perceptions of Emotional Needs of Putnam County Youth



Note. *n* = 47 school staff respondents.

> ***"The most critical mental health need in our school is supporting students who are in crisis considering self-harm and/or suicide."***
>
> **School staff survey respondent**

Other Populations

Older adults made up 2.4% of Cummins Putnam County consumer base in 2024. Community partners report that many older adults suffer social isolation. Physical health issues, stigma associated with mental health and substance use treatment, and fixed incomes are barriers for seeking care. Veterans or active military were 0.8% of the Cummins Putnam County consumer base in 2024. The Putnam County Veteran Services Officer reported that most veterans who seek assistance are male, must travel long distances to multiple locations to receive care, and often lack housing. Community members noted that the county lacks supportive housing for men.

Adults experiencing homelessness in Putnam County had increasingly high rates of mental illness and substance use, according to the Homeless Management Information System from the Indiana Housing & Community Development Authority. The number of unhoused adults with serious mental illness or substance use disorder increased from none in 2020 to 87% in 2023 (*n* = 13) and 67% in 2024 (*n* = 16).

Healthcare Provider Shortages

The ratio of population to healthcare providers is higher in Putnam County than in the state or nation, meaning there are fewer in the county. For example, there is one primary care physician for every 3,080 residents in Putnam County, while in Indiana, there is one primary care physician for every 1,520 residents (see Table 5).

Table 5. Ratio of Healthcare Providers to Population

Measure	Putnam County	Indiana	U.S.
Primary care physicians	3,080:1	1,520:1	1,330:1
Dentists	2,190:1	1,680:1	1,360:1
Mental health providers	980:1	500:1	320:1

Source. County Health Rankings and Roadmap (2024).

Cummins Putnam County Consumer Services

Cummins served 761 people in Putnam County in 2024 (see Table 6). Of these, 28.7% received both substance use treatment and mental health services. Cummins provided 57 crisis services to 26 consumers in Putnam County between January 1 and May 31, 2025 (Cummins Electronic Health Records, 2025).

Table 6. Consumers Served by Cummins in Putnam County (2024)

	Count
Total patients served	761
Adults	323
Youth	438
Mental health services	
Adults	309
Youth	421
Substance use treatment	
Adults	179
Youth	18
Patients receiving both addiction treatment and mental health services	218

Source. 2024 Cummins Putnam County Report.

Cummins "provides services to youth, adults, and marginalized populations within the community without judgment."

Community Partner

Next Steps

Addressing the Social Determinants of Health

Care coordination through a CCBHC model can improve consumers' access to more consistent behavioral and physical health and social services so that issues such as housing instability, unemployment, and chronic pain can be addressed holistically. While Putnam County is overall on par with the state economically, community partners report that the county lacks public transportation and housing. Limited or unreliable internet in the county also limits telehealth access for low-income populations.

"People don't pay attention to their medical needs when they have to focus on these immediate needs."

Putnam County Federally Qualified Health Center Interviewee

Developing a CCBHC in Putnam County

Fully implementing a CCBHC model requires funding for additional staff and maintaining strong community partnerships. Priority areas that were identified include establishing a crisis response team and an Assertive Community Treatment (ACT) team. Expansion of evening outpatient hours and care coordination were also identified as important county needs.

Community partners in Putnam County have expressed strong interest in collaborating with Cummins to establish a crisis response team, as the current level of service has left local law enforcement and the hospital with limited capacity to manage behavioral health emergencies, creating a significant gap in care and safety. A well-structured team that would fill a critical service gap and restore trust and confidence among residents and local agencies would require:

- Multiple crisis specialists
- Crisis peer support specialists
- 24/7 mobile crisis coverage

In addition to a crisis response team, there are enough people with Serious Mental Illness (SMI) in Putnam County, including those under court commitments, individuals with co-occurring disorders, and those with histories of acute or state hospitalizations, to support a dedicated ACT team to provide evidence-based services. To ensure comprehensive care, the ACT team requires:

- A full-time Vocational Specialist
- A full-time Psychosocial Rehabilitation Specialist
- A full-time Mental Health Peer Support Specialist

In conclusion, with the establishment of a CCBHC, Putnam County will benefit from comprehensive care that directly addresses high priorities in the community.