

# Mental Health Services

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## **Administrative Service Management (ASM)**

Activities undertaken to ensure intake into the county mental health system and the appropriate and timely use of available resources and specialized services that best address the needs of individuals seeking mental health services.

## **Assertive Community Treatment (ACT)**

ACT is an all-inclusive, community-based mental health treatment service available to adults with serious mental illness. The service is delivered by a team of peers and professionals headed by a psychiatrist. The team also supports the individual in other important aspects of their recovery – housing, employment, benefits management community integration, etc.

## **Behavioral Health Rehabilitation Services (BHRS)**

These services help children and adolescents with serious emotional or behavioral problems to be more successful at home, in school, or within other community settings.

## **Blended Case Management (BCM)**

Blended Case management is a proactive case management service for adults and children with a serious emotional or behavioral disorder. BCM provides assistance in obtaining basic necessities such as food, medical, dental and mental health services.

## **Community Residential Rehabilitation Services (CRR)**

Community Residential Rehabilitation (CRR) facilities offer temporary housing for adults with serious mental illness. People who live at the CRR learn new or enhanced skills that support their recovery (for example, illness management and home management skills) and allow them to successfully transition to independent living in the community.

## **Consultation and Education Services**

Educational programs related to wellness, recovery and available mental health services extended to professionals or community agencies.

## **Consumer Family Satisfaction Team (CFST)**

Fayette County encourages input from consumers and families regarding local mental health services. The Consumer/Family Satisfaction Team surveys consumers and family members to assess their satisfaction with the services they have received. This information is used as part of an overall quality management plan to assure that Fayette County residents have access to quality mental health services and recovery supports.

## **Crisis Intervention Services (Hotline 724-437-1003)**

Crisis Intervention services provide immediate intervention to assure safety for individuals experiencing moderate to severe distress. Crisis intervention services are delivered in a variety of ways, including telephone, walk-in, mobile crisis and crisis residential services.

### **Crisis Residential Services**

Crisis Residential is a facility-based service that can serve as an alternative to psychiatric inpatient care for those individuals in acute distress who can be safely treated in a community setting. Crisis Residential can also serve as a transitional service for individuals leaving an inpatient psychiatric unit.

### **Drop-In Center**

Mental Health consumers can visit drop-in centers to seek support from their peers, participate in social activities, seek help in obtaining services and benefits, or simply relax and have fun.

### **Emergency Services**

Administrative functions undertaken after a petition for involuntary commitment has been completed.

### **Employment Services**

An array of community-based supportive services to assist consumers in finding and maintaining jobs that pay competitive wages.

### **Family-Based Mental Health Services**

Family therapy services are provided in the child and family's home by a team of professionals trained in Structural Family Therapy. The team works with everyone in the family to improve relationships and to help the family take advantage of other resources in their community. The team can also help the child and family deal with problems at school.

### **Forensic Services**

A continuum of services is available to address the mental health needs of individuals with serious mental illness in the criminal justice system, including outpatient services at the County Prison; a Forensic Diversion and Re-Entry Team that helps individuals with a serious mental illness and criminal justice history successfully re-integrate into the community following incarceration; and a specialty Treatment Court to assure that eligible non-violent offenders with a serious mental illness are sentenced to treatment and monitoring by the Court rather than jail.

### **High Fidelity Wraparound**

A team approach that builds on the strengths of the family and their supports. We brainstorm ideas with families to develop plans around their needs.

### **Long Term Structured Residential Program (LTSR)**

The LTSR is a 24-hour, highly structured, therapeutic residential facility, designed to serve persons eighteen years or older who are eligible for psychiatric hospitalization, but who are able to receive intensive treatment in a community setting.

### **Multi-Systemic Therapy (MST)**

MST clinicians work with youth ages 10-18 and their families to address behaviors like aggression, truancy, substance abuse, or ongoing conflict at home or school.

### **Out of Home Respite**

Specialized community facilities that provide overnight respite for children and adolescents, ages 10-18, as a diversion from inpatient hospitalization and for other therapeutic reasons.

### **Outpatient Services**

Outpatient mental health services include psychiatric and psychological evaluation, family/group/individual counseling, and medication management services for people suffering minimal to moderate distress. Outpatient services are usually provided in an office or clinic setting but are also available in some schools and other community settings.

### **Partial Hospitalization**

Comprehensive mental health services provided up to five days per week in a facility-based setting for either children or adults. Services include individual and group counseling and psycho-pharmaceutical interventions. In partial hospitalization programs serving children and adolescents, educational services are incorporated into the daily activities at the facility.

### **Psychiatric Inpatient Service**

Inpatient care is the most intensive mental health service designed to offer the greatest degree of safety to individuals in severe distress. Inpatient services are delivered in a hospital setting with social workers, nurses and psychiatrists available each day. These services often rely heavily upon "follow up" services such as partial hospitalization and outpatient to refine gains achieved during inpatient stay.

### **Representative Payee Services**

Representative-payee services are available to assist adults with a serious mental health disorder in managing their finances, assuring that basic needs like housing, utilities, food, and clothing are met.

### **Residential Treatment Facilities**

Mental health residential treatment facilities for Medical Assistance eligible children and adolescents (up to age 21) who require intensive 24-hour supervision and treatment.

### **Student Assistance Program (SAP)**

Working together with school personnel as part of a SAP Team, mental health professionals help to identify and assess the needs of "at risk" students. Families of students with identified needs are referred to a variety of resources in the community.

### **Social Rehabilitation**

Social rehabilitation programs are community-based programs that offer recovery support to adults with serious mental illness. These supports include learning new strategies for managing their illness, fostering social connections in the community, and using community resources to achieve or maintain independent living.

### **Vocational Rehabilitation**

Facility-based vocational training to help prepare individuals with serious mental health disorders for jobs in the community.

