

# Mental Health/Intellectual Disability

## SERVICES FOR CHILDREN:

- **Behavioral Health Rehabilitative Services (BHRS)**, the behavioral health component for Early Periodic, Screening, Diagnosis and Treatment, is a service to children through the age of 21 years old, to develop individual specific plans to care for social and emotional disturbances.
- **Children's Case Management** places a special supporting focus upon the family and its needs as they relate to their special needs child. This service is for children ages 3 through 18 with a diagnosis of intellectual disability.
- **Children's Psychosocial Rehabilitation** are services designed to assist a child or adolescent (birth to age 21) to develop stability and improved capacity to function in family, school, and community settings.
- **Early Intervention Services**, birth through age 5, is an entitlement service to those children (birth to 3) who qualify with a 25% delay in at least one area of development. The Pennsylvania Department of Education oversees the services to children from ages 3 to 5.
- **Family Based Mental Health Services (FBMHS)** is a 24-hour, seven-days-a-week service designed to assist families in caring for their children or adolescents with emotional disturbance at home. A licensed program, Family Based Mental Health Services offers mental health treatment, case work services, and family support for up to 32 weeks, and longer if medically necessary. Family Based services are delivered by a team of mental health professionals and mental health workers, primarily in the family home.
- **Family Support Services** enhance the ability of the family to provide quality care for their child (all ages) with an intellectual disability and to avoid high financial and emotional costs of out-of-home placement.

- **Recreation/Socialization programs** that help children and adults with intellectual disabilities meet social and recreational needs. Summer camps, dances, bowling, and other recreational options are available.
- **Residential Treatment Facilities** are medical-assistance-approved mental health treatment facilities for medical-assistance-eligible children and adolescents (up to age 21) who cannot be maintained in the home.

### MENTAL HEALTH SERVICES:

- **Administrative Management** is activities undertaken to assure intake into the county mental health system and the appropriate and timely use of available resources and specialized services to best address the needs of individuals seeking mental health services.
- **Community Employment** is community-based jobs for consumers that offer "job coaches" to assist consumers in integrating into the workforce to earn competitive wages.
- **Consultation and education or community service** is advice and expertise given to professionals or other human service agencies concerning mental health in order to extend knowledge concerning this disability to others. Educational information given to the general public or other community agencies concerning available services and to help the general public accept individuals with mental disabilities.
- **Crisis Intervention/Mobile Crisis** is a global term that includes varying intervention services, i.e. telephone, walk-in, mobile crisis and crisis residential. Crisis services provide immediate intervention to assure safety for individuals experiencing moderate to severe distress. Crisis services were previously known as emergency services. Crisis Residential Services, sometimes called a diversionary unit, is a step down from inpatient psychiatric services yet provides 24-hour intervention to people experiencing severe emotional distress.

- **Emergency Services** refers to emergency-related activities and administrative functions undertaken to proceed after a petition for voluntary or involuntary commitment has been completed.
- **Family Support Services** are supportive services designed to enable persons with mental illness and their families to be maintained at home, and/or live independently in the community.
- **In-Home Diversion** is support/treatment services in the child's home to avert out-of-home placement, especially inpatient hospitalization.
- **In-Home Respite** refers to in-home baby-sitting services for parents of children who have a serious emotional disturbance.
- **Intensive Case Management (ICM)** is a proactive case management service that provides assistance to people suffering severe mental health disorders obtain basic necessities such as food, medical, dental, and mental health services.
- **Out of Home Respite** is the use of specialized community homes for inpatient hospitalization diversion and for therapeutic reasons.
- **Outpatient Services** provides semiweekly, weekly, biweekly or monthly counseling and psycho-pharmaceutical intervention to people suffering minimal to moderate distress.
- **Partial Hospitalization** services are provided daily, five days a week, to individuals suffering moderate emotional or mental disorders. This service provides group and psycho-pharmaceutical interventions up to six hours each day.
- **Psychiatric Inpatient** is the most intensive mental health services, designed to offer the greatest degree of safety to individuals in severe distress. Inpatient services are medically based with social workers, nurses, and physicians available each day to

assist patients, reduce emotional distress, and return to the community as soon as possible. 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** are available to assist people suffering serious mental disorders in managing their finances. Representative payee services assures each client maintains a budget to secure a residence, utilities, food, and clothing.
- **Residential Services** include intensive full-care and partial-care community residential rehabilitation facilities designed to accommodate up to 12 individuals at each residence. These services also provide specialized personal care homes and supported living arrangements.
- **Resource Coordination** targets adults with serious and persistent mental illness and children and adolescents with serious mental illness or emotional disturbance who need assistance in accessing, coordinating, and monitoring of resources and services.
- **Social Rehabilitation** includes programs or activities designed to teach or improve self-care personal behavior and social adjustment for persons with a mental disability age 21 and over. Activities are intended to make community or independent living possible by increasing the person's level of social competency and by decreasing the need for structured supervision.
- **Vocational Rehabilitation** includes facility-based vocational rehabilitation and community-based employment offering job coaches who assist consumers in the community.

#### INTELLECTUAL DISABILITY SERVICES:

- **Adult Developmental Training** offers a range of activities and programs, including developmental, prevocational, social/recreational, and adult day care.

- **Adult Intellectual Disability Case Management Service** supports "client's choice" by linking persons with intellectual disability, 18 years of age or older, to community resources and services.
- **Advocacy** through case management, consumers and their families are assured that the most appropriate, accessible services are obtained to meet individual needs. Case management also responds to any concerns about the quality of services provided. When a consumer or family member expresses an interest in or need for an advocacy organization that functions outside the County intellectual disability system, case managers can refer them to the local ARC Organization.
- **Employment and Placement Services** provide a wide range of opportunities through which individuals can attain community employment. Enclaves, mobile workforce, and employment training are among the variety of services available.
- **Family Support Services** enhance the ability of the family to provide quality care for their child (all ages) with intellectual disability and to avoid high financial and emotional costs of out-of-home placement.
- **Host Family Respite** assists families by providing them with temporary, out-of-home care so that the family can be relieved from the daily routine of caregiving.
- **Independent Living Skills** assists individuals with intellectual disability in acquiring basic social, personal, and academic skills to maximize potential for independent living.
- **Recreation/Socialization** programs help children and adults with intellectual disabilities meet social and recreational needs. Summer camps, dances, bowling, and other recreational options are available.
- **Residential Services** provides a vast array of housing options in the least restrictive settings.

(Referenced from: County Commissioners Association, 2002)