

## Mental Health Treatment Program Definitions

### **Acute Care Family Support**

The Acute Care Family Support Project is targeted to families with an adult member who is experiencing a psychiatric crisis and is being assessed in a Screening Center or Affiliated Emergency Service. They provide onsite or offsite support to the family while their loved one is being assessed, educate them regarding services/treatment in an acute care setting, including the commitment process, and link them to existing family support in the community. Family may also include significant others and primary caretakers.

### **County Mental Health Boards**

A body of 7-12 County residents appointed by the County's board of chosen freeholders that reviews progress in the development of comprehensive community mental health services in the County and makes recommendations to the local agencies, the community mental health board, and the Department of Human Services.

### **Crisis Diversion**

An intensive case management program designed to reduce unnecessary psychiatric hospitalizations. Crisis Diversion programs focus on assisting individuals in identifying and obtaining treatment goals, and providing support and linkages to the services than an individual needs to stay in their own environment and in the community.

### **Deaf Enhanced Screening Centers**

All deaf and hard of hearing persons will be served on an equal basis at all DMHS funded programs. A deaf enhanced emergency screening center has specially trained personnel and resources to assist in effective communication with deaf or hard of hearing clients or family members during a psychiatric crisis. When a deaf or hard of hearing person seeks service at any emergency screening center, they are offered the choice of receiving service at their local facility or being transferred to an enhanced center.

### **Deaf Enhanced Short Term Care Facilities**

All deaf and hard of hearing persons will be served on an equal basis at all DMHS funded program. A deaf enhanced short term care facility has more experience and training in communication with the deaf. The deaf individual has the option of receiving service at the nearest STCF or electing to be transferred to a deaf enhanced short term care facility.

### **Designated Screening Centers**

A public or private ambulatory care service designated by the Commissioner, which provides mental health services including assessment, emergency and referral services to mentally ill persons in a specified geographical area. Screening is the process by which it is ascertained that the individual being considered for commitment meets the standards for both mental illness and dangerousness as defined in P.L. 1987,c.116 (N.J.S.A. 30.4-27.1 et seq.) and that all stabilization options have been explored or exhausted.

### **Early Intervention Support Services (Crisis Intervention Services)**

Short term, mental health services for *adults* who are experiencing significant emotional or psychiatric distress and are in need of immediate intervention. Early Intervention Support Services offers crisis intervention and crisis stabilization services in a setting that is an alternative to hospital based emergency room treatment. Outreach (non-office based) services are available.

### **Homeless Services**

Services provided to individuals suffering from serious mental illness; or suffering from serious mental illness and from substance abuse; and are homeless or at imminent risk of becoming homeless.

### **Integrated Case Management Services**

Consumer-centered services provided predominantly off-site in the consumer's natural environment. Personalized, collaborative and flexible outreach services are designed to engage, support and integrate consumers, 18 years of age or older who are severely and persistently mentally ill, into the community of their choice and facilitate access to needed mental health, medical, social, educational, vocational, housing and other services and resources.

### **Intensive Family Support Services**

Intensive Family Support Services (IFSS) comprise a range of supportive activities designed to improve the overall functioning and quality of life of families with a mental ill relative. These support activities may include psychoeducation groups, single family consultation, respite services, family support groups, systems advocacy and referral/service linkage. Services may be delivered in the family's home, at an agency, or at a community location convenient to the family.

### **Intensive Outpatient Treatment and Support Services**

Community based ambulatory treatment alternatives for adults who have serious and persistent mental illness. Access to the service is intended to provide an option for Designated Screening Programs and other acute care and hospital referral sources to assure that appropriate, intensive, community based, recovery-oriented outpatient services are readily accessible. These programs provide a comprehensive outpatient service package that addresses the needs of individuals with an exacerbation of the symptoms of mental illness and/or a co-occurring substance abuse disorder through services that include comprehensive assessments, Wellness and Recovery Action Plans (WRAPS), Medication Administration and Education, Individual Therapy, Structured Group Therapy, Illness Management and Relapse Prevention Groups, Family psycho-education, the provision of, or arrangements for, physical health care and direct linkage to ongoing clinical and support services as identified in the WRAP. Such outpatient services are designed and implemented in a manner which reflects recovery as an overarching value as well as an operational principle.

### **Involuntary Outpatient Commitment (IOC)**

Involuntary Outpatient Commitment (IOC) programs provide a comprehensive outpatient services, coordination and referral system that addresses the needs of individuals committed to outpatient treatment, including: 1) consumer-inclusive treatment planning and development; 2) treatment plan adherence support; 3) assessment of dangerousness and clinical progress; 4) arrangements for transportation to court hearings, evaluation, and programs; 5) provision of or direct linkage to ongoing clinical and support services as identified in each consumer's Wellness Recovery Action Plan (WRAP) and any psychiatric advance directive; 6) capacity to interface with the court system, including but not limited to, the committing judge, the county adjuster's office and the lawyers involved in the process.

### **Justice Involved Services**

Justice Involved Services are designed to assist persons with serious and persistent mental illness who become entangled with the criminal justice system, to avoid or radically reduce the number of days incarcerated in jail and or assist with their reentry to their communities in order to receive the appropriate treatment. Services vary by county, but may include the following: Pre-booking, a police based diversion to avoid arrest for non-criminal, non-violent offenses. Police are trained to identify and de-escalate situations and diverting to mental health crisis or pre-crisis services; Post booking intervention for consumers who have been arrested but for whom the court may be released on their own recognizance or released from jail with mental health intervention. Those consumers serving jail sentences or long detention are targeted for re-entry services. Based upon the APIC model, Assess, Plan, Identify and Coordinate, services include identification/case finding, pre-release planning and successful linkage to critical mental health, social service, employment and housing upon release to the community.

### **Mental Health Cultural Competence Training Centers**

The Mental Health Cultural Competence Training Centers provide knowledge, training, technical assistance and serve as a resource regarding multicultural issues in mental health. The target population is clinicians, consumers, community providers, self-help centers, families and other entities as designated by the Division of Mental Health and Addiction Services.

### **Outpatient**

Services provided to clients who possess a psychiatric diagnosis, including clients who are seriously and persistently mentally ill, but excluding substance abuse and developmental disability unless accompanied by treatable symptoms of mental illness. Periodic therapy, counseling and supportive services are generally provided at the provider agency for relatively brief sessions (between 30 minutes and 2 hours).

### **Partial Care & Partial Hospitalization**

Comprehensive, structured, non-residential health services provided to seriously mentally ill adult clients in a day program setting to maximize client's independence and community living skills. Partial Care programs provide or arrange services necessary to meet the comprehensive needs of the individual clients.

**Program of Assertive Community Treatment (PACT)**

Offers comprehensive, integrated rehabilitation, treatment and support services to individuals with serious and persistent mental illness, who have experienced repeated involuntary hospitalizations. PACT, provided in vivo by a multi-disciplinary service delivery team, offers highly individualized services, employ a low staff to consumer ratio, conduct the majority of their contacts in natural community settings and are available for psychiatric crises 24 hours a day/7 days a week. Service intensity is flexible and regularly adjusted to consumer needs and services are offered for an unlimited time period.

**Residential Intensive Support Team (RIST)**

RIST programs support consumers with several and persistent mental illness and co-occurring consumers to live independently in the community. The treatment team, consisting of case managers, clinical consultants, a co-occurring specialist, and others, provides on-site support in the consumer's apartment and in the general community.

**Residential Services**

A program for mentally ill adults in community residences owned or leased by the provider or through service agreements providing support and encouragement in the development of life skills required to sustain successful living within the community. Clients live in the most normalized, least restrictive environment possible to promote individual growth and safety. Programming focuses on empowering the client's use of generic community supports to meet physical, psychological and social needs to promote an improved quality of life and emotional well being.

**Self-Help Centers**

Community-based centers providing DMHS subsidized activities designed to encourage consumers to interact with their peers to promote mutual support in dealing with common problems, and social interaction in a non-clinical setting.

**Short Term Care Facilities (STCF)**

Acute care adult psychiatric units in a general hospital for the short term admission of individuals who meet the legal standards for commitment and require intensive treatment. All admissions to STCF's must be referred through an emergency or designated screening center. STCF's are designated by DMHS to serve a specific geographic area, usually a county.

**State and County Hospitals**

The psychiatric residential mental health facilities operated by the state and counties are authorized to accept persons in need of involuntary commitment under NJS 30:4-27.2 et seq. Admissions are only accepted from emergency screening centers and short term care facilities.

**Supported Employment Services**

Competitive work in integrated work settings for mentally ill individuals for whom competitive employment has not traditionally occurred or has been interrupted or intermittent as a result of a severe disability and who, because of the nature and severity of their disability, need intensive supported employment services and extended support services.

**Supported Education**

Provides direct services and support in educational coaching so that consumers may enter and succeed in educational opportunities. SED will also serve as an information clearinghouse for consumers, families, colleges, and providers within a geographical area. Direct service will include the provisions of supported educational coaching services provided directly to the consumer in the educational setting. The services will include enrollment and registration assistance, teaching study skills, illness management and recovery skills particularly related to school, assistance and advocacy in obtaining "reasonable accommodations" from the school.

**Supportive Housing**

Supportive housing is designed to ensure consumers of mental health services, a choice of permanent, safe, affordable housing. Supportive housing offers individuals opportunities for involvement in community life. Emphasis is placed on the development and strengthening of natural supports in the community.

**Systems Advocacy**

Legal assistance provided to mental health clients, either through agency referrals or self-referral, by a network of DMHS-funded legal service agencies. Assistance may include advice and guidance, case coordination, and court representation for issues such as government entitlements, housing, evictions, employment, etc.

**Voluntary Unit**

A unit within a hospital which provides transitional intensive short term treatment for the care of adult patients affected with acute or chronic mental illness on a voluntary basis. These units may be intermingled on STCF (short term care facility) units. Individuals under this status voluntarily admit themselves for a STCF for stabilization and treatment. However, a STCF shall agree to make every effort to discharge the person to appropriate voluntary outpatient services before making a referral to a State or county hospital.