

Transition Care For People Experiencing Severe Mental Illness

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Targeted Case Management

- Definition – Services which will assist the target population (Adult SMI) in gaining needed access to medical, social, educational, or other needed services and other support services.
- A caseload size shall not exceed twenty-five (25).

Targeted CM (continued)

A TCM will only provide services to the targeted population for which requirements they meet.

A TCM will not provide other behavioral health services in addition to targeted case management services.

Targeted CM Diagnostic Requirements

All participants must have a diagnosis of, Bipolar Disorder, PTSD, Schizophrenia or another psychotic disorder.

All discharges from Eastern State Hospital are offered Mental Health Case Management Services.

Personality disorders are not eligible.

Case Manger Qualifications

Case Manager must complete a 12 hour certification training.

Bachelor of Arts or Science degree in a behavioral science.

Behavioral sciences include:
Psychology, Sociology, Social Work, Family Studies, Human Services, Counseling, Nursing, Behavioral Analysis, Public Health, Special Education, Gerontology, Recreational Therapy, Education, Occupational Therapy, Physical Therapy, Speech-Language Pathology, Rehabilitation Counseling or Faith Based Education.

Services Provided By TCM

- A comprehensive needs assessment or periodic reassessments based on information obtained by face-to-face contact with the client.
 - This assessment MUST include but is not limited to: Assessment of the client's medical, social, and functional status and identification of client's strengths and needs
 - Arranging for service delivery from the client's chosen provider to insure access to required services

Services (continued)

- Facilitating access to needed services by explaining the need and importance of services in relation to the client's condition
- Facilitating access, quality, and delivery of necessary services such as crisis services.
- Preparation and maintenance of case record documentation to include care plans, forms, reports, and narratives as appropriate

Services (continued)

- Four (4) documented contacts per month made on separate days including one (2) face-to-face contacts with a client.
- Monitoring or follow-up activities as related to client's progress
- Advocating for a client to ensure appropriate, timely and effective treatment and support services.
- Development of a plan of transition if needed.

Assertive Community Treatment (ACT)

- Assertive Community Treatment (ACT) is a Team Treatment Approach Designed To Provide Comprehensive, Community-Based Psychiatric Treatment, Rehabilitation, and Support To Persons with Serious and Persistent Mental Illness

ACT Team

- A Team of Professionals Whose Background and Training Include:
- Social Work
- Rehabilitation
- Counseling
- Nursing
- Psychiatry

ACT Services Provided

- Case Management
- Initial And Ongoing Assessments
- Psychiatric Services
- Employment And Housing Assistance
- Family Support And Education
- Substance Abuse Services
- Supports That Are Critical To An Individual's Ability To Live Successfully In The Community
- ACT Services Are Available 24 Hours A Day 365 Days A Year.

ACT Provides:

- Recovering from disability.
- Attention to health care needs.
- Community integration.
- Emphasis on vocational expectations.
- Family support and education

Act Provides (continued):

- **Highly Individualized Services-Client Centered**
- **Long-term Services-** ACT services are intended to be long-term, due to the severe impairments often associated with serious and persistent mental illness. The process of recovery often takes many years.
- **Primary provider of Service-**The multidisciplinary make-up of each team and the small client-to-staff ratio help the team provide most services with minimal referrals to other mental health programs or providers.

Act Provides (continued):

- **Psycho-Educational Services-** Staff works with clients and their family members to become collaborative partners in the treatment process. Clients are taught about mental illness and the skills needed to better manage their illnesses and their lives.
- **Services are provided out of the office-** Services are provided within community settings, such as a person's own home and neighborhood, local restaurants, parks, and nearby stores.

ACT Population Can Only Serve:

- **Individuals Age 18 or Over With Serious Mental Illness (SMI) or a Co-Occurring SMI and Substance Use Disorder. (The Individual Must Have a Primary Diagnosis of SMI)**

Peer Support Services

- Recovery from Mental Illness Is Not Only Possible But Expected. The Freedom Commission Report (2003) Envisioned
- *A Future When Everyone With A Mental Illness Will Recover, A Future When Mental Illnesses Can Be Prevented Or Cured, A Future When Mental Illnesses Are Detected Early, And A Future When Everyone With A Mental Illness At Any Stage Of Life Has Access To Effective Treatment And Supports—Essentials For Living, Working, Learning, And Participating Fully In The Community."*

Peer Recovery

- Peer Support is an Emerging Evidence-Based Practice That Helps People To Recover From A Mental Illness With Assistance From Someone Who Has Experienced Mental Illness and Recovery.

Peer Support

- Is Recovery-Oriented and Consumer Driven
- Provides Significant Benefits To Peers Receiving Services, Peers Providing Services, And The Mental Health Systems That Utilize Peer Services
- Improves Consumers' Ability To Live, Work, Learn And Participate Fully In Their Communities

Peer Support

- Is Cost Effective and Results In Fewer Hospitalizations, Reduced Substance Abuse, Increased Rates of Employment, and Improved Illness Management
- Creates A Culture of Recovery And Improves The Effectiveness of Service Outcomes
- Provides A Mechanism For Outreach To Individuals Who Have Been Alienated From Traditional Services

Peer Support

- The Peer Specialist Service is a Structured and Scheduled Therapeutic Activity With An Individual Client Or Group, Provided By A Trained, Self-identified Consumer Of Mental Health Services.
- A Peer Specialist Guides Clients Toward the Identification and Achievement of Specific Goals Defined By The Client And Specified in The Treatment Plan

Becoming Peer Support

- To become Qualified, a Kentucky Peer Specialist (KPS) Completes a Five-Day Training Program and Passes Both a Written and Oral Test.
- The Job of a KPS is not to Replace Current Clinical Mental Health Staff but to offer Additional and/or Alternative Options to Help People in Their Efforts To Recover.

Availability Of Peer Support

- The Division of Behavioral Health (DBH) Supports Consumer-driven Recovery-oriented Services.
- DBH provides Kentucky Peer Specialist Training Opportunities and Has Developed a Committee To Review and Analyze Data To Evaluate Current Program Effectiveness.
- Currently, Pathways has Available Peer Services in 5 of our 10 counties and Are Eager To Have More Peers Trained.

TCM & Peer Support

- At Times, the TCM Works In Collaboration With The Peer Support Specialist For A Consumer.
- In Other Instances, The TCM may be the Peer's Case Manager. When These Dual Roles Present Themselves, As An Agency, We Will Often Assign The Peer Another TCM
- This Depends On The Comfort Level Of Those Involved, Dual Relationships and Ethical Standards.



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