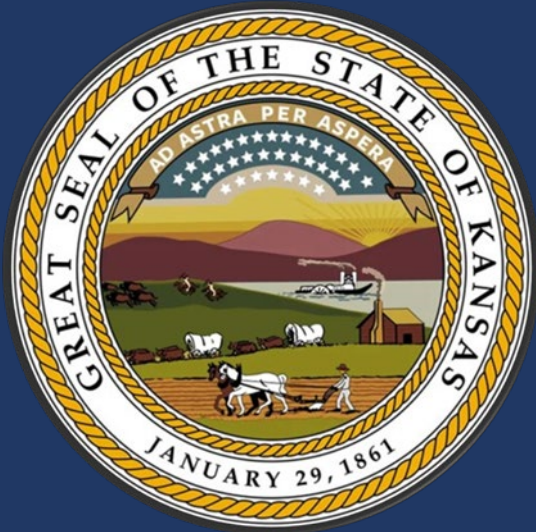


Community Transitions: NFMH Resident Opportunities for Community integration.



Presented by Ruth Herman and
Debbie Wilson



Objectives

Objectives for this Presentation

- Understanding In-Reach Coordination
- Understanding Transition Coordination
- Understanding the Role of Community Mental Health Services
- Importance of Peer Support

KDADS Community Transitions

Community Transition Goals

Community Transition Goals



Community Transition

- In-Reach Coordination
- Transition Coordination
 - ❖ Pathways Housing First
- Community Mental Health Services
 - ❖ Certified Community Behavioral Health Clinic (CCBHC)
 - Assertive Community Treatment (ACT)
 - Supported Employment
 - ❖ Quality Management
- Peer Support

<https://www.samhsa.gov/certified-community-behavioral-health-clinics>

KDADS Community Transitions

NFMH In-Reach prior to Community Transition

In-Reach

In-Reach Coordination

- Engagement with Case Manager
- Education and support about community-based mental health services and supportive housing options
- Opportunity to visit community of interest

Transition

Transition Coordination

- Support for individuals who are transitioning from facility-based services to community-based living options
- Community team contact prior to transition

**Housing
Access
Housing
First**

Pathways Housing First

- Five principles
 1. Consumer Choice
 2. Separation of housing and treatment
 3. Provide services to match need
 4. Recovery oriented service philosophy
 5. Social community integration

<https://www.pathwayshousingfirst.org/>

Housing Access State Resources

Boundary Spanners and Kansas Continuum of Care (CoC)

- Balance of State (BOS)
 - ❖ Eight Regions
- Johnson
- Sedgwick
- Shawnee
- Wyandotte

<https://www.homelessnessimpact.org/intervention/continuum-of-care>

KDADS Community Transitions

Services Available in some Communities

Mental Health Access

Community Mental Health Services

- Certified Community Behavioral Health Clinics
 1. Crisis Services
 2. Treatment Planning
 3. Screening, Assessment, Diagnosis & Risk Assessment
 4. Outpatient Mental Health & Substance Use Services
 5. Targeted Case Management
 6. Outpatient Primary Care Screening and Monitoring
 7. Community-Based Mental Health Care for Veterans
 8. Peer, Family Support & Counselor Services
 9. Psychiatric Rehabilitation Services

<https://www.samhsa.gov/certified-community-behavioral-health-clinics>

KDADS Community Transitions

Assertive Community Treatment Principles

ACT Principles

Assertive Community Treatment (ACT)

- Principles of ACT
 1. Team approach
 2. Community outreach
 3. Small caseload
 4. Time-unlimited services
 5. Shared caseload
 6. Flexible delivery of services
 7. Comprehensive program
 8. 24/7 crisis service

[Implementing Assertive Community Treatment \(ACT\) in Kansas](#)

KDADS Community Transitions

Assertive Community Treatment Team

ACT Team

Assertive Community Treatment (ACT)

- ACT Team
 1. Rehabilitation staff
 2. Nursing staff
 3. Substance use specialist
 4. Psychiatrist
 5. Team leader
 6. Peer-support specialist
 7. Employment specialist
 8. Housing Specialist

[Implementing Assertive Community Treatment \(ACT\) in Kansas](#)

Supported Employment

Supported Employment

Individual Placement and Support (IPS)

- IPS is a model of supported employment for people with serious mental illness (e.g., schizophrenia spectrum disorder, bipolar, depression).
- IPS supported employment helps people living with behavioral health conditions work at regular jobs of their choosing.

<https://ipsworks.org/>

IPS

The 8 principles of IPS

1. Every person with severe mental illness who wants to work is eligible for IPS supported employment.
2. Employment services are integrated with mental health treatment services.
3. Competitive employment is the goal.
4. Personalized benefits counseling is provided.
5. The job search starts soon after a person expresses interest in working.
6. Employment specialists systematically develop relationships with employers based upon their client's preferences.
7. Job supports are continuous.
8. Client preferences are honored.

<https://ipsworks.org/>

Quality Management

Quality Management:

- Quality assurance and performance improvement
- KDADS Quality Assurance Team
 - Evidence Based Practice (EBP) Fidelity reviews
 - Transitional surveys from NFMH residents

Peer Support

Peer Support in Kansas

State Certified

- **Certified Peer Specialist in Behavioral Health**
 - Persons who identify as having a psychiatric diagnosis and have lived recovery experience with mental health disorders
- **Kansas Certified Peer Mentor**
 - Persons with lived experience as a person in sustained SUD recovery

Community Based

- **Peer support groups**
 - Consumer Run Organizations (CROs)
 - National Alliance on Mental Illness (NAMI)

Community Connections

Finding a sense of community influences our quality of life:

- Belonging
- Support
- Purpose

[NAMI – The Importance of Community and Mental Health](#)

“Just because no one else can heal or do your inner work for you doesn’t mean you can, should, or need to do it alone.”

Lisa Olivera

Helpful Resources

National Alliance on Mental Health (NAMI)

- The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- <https://www.nami.org/>

Kansas Consumer Advisory Council for Adult Mental Health, Inc.

- Our mission is to aid consumers through education, advocacy, collaboration with community partners, feedback and equal representation. We represent our fellow consumers from districts throughout Kansas and special constituent groups, to strengthen our voice in mental health causes.
- <https://kansascac.org/>

Helpful Resources

United Community Services of Johnson County

- UCS is the lead agency for the KS-505 Johnson County Continuum of Care on Homelessness or CoC, a community collaboration that seeks to improve the community's response to poverty and homelessness.
- <https://ucsjoco.org/homelessness/>

Impact ICT-CoC

- The purpose of the Impact ICT-CoC is to provide the Wichita Sedgwick County community with leadership and advocacy on behalf of the homeless population.

<http://www.wichita.gov/Housing/Pages/Homeless.aspx>

Helpful Resources

Homeless Task Force

- This organization is an advocacy, information sharing, coordination, and program development organization devoted to preventing and solving homelessness in Shawnee County, Kansas.
- <https://www.topeka.org/housing-services/homeless-task-force/>

The Greater Kansas City Coalition to End Homelessness (GKCCEH)

- GKCCEH is the HUD Continuum of Care (CoC) Lead Agency for Jackson County, Missouri and Wyandotte County, Kansas (CoC MO-604).
- <https://gkcceh.org/continuum-of-care-kansas-city/>

Helpful Resources

Kansas Statewide Homeless Coalition

- As the current Collaborative Applicant for the Kansas Balance of State Continuum of Care, we focus on the 101 counties within the coverage area. This includes all counties in Kansas excluding Johnson, Sedgwick, Shawnee, and Wyandotte.
- <https://www.kshomeless.com/>