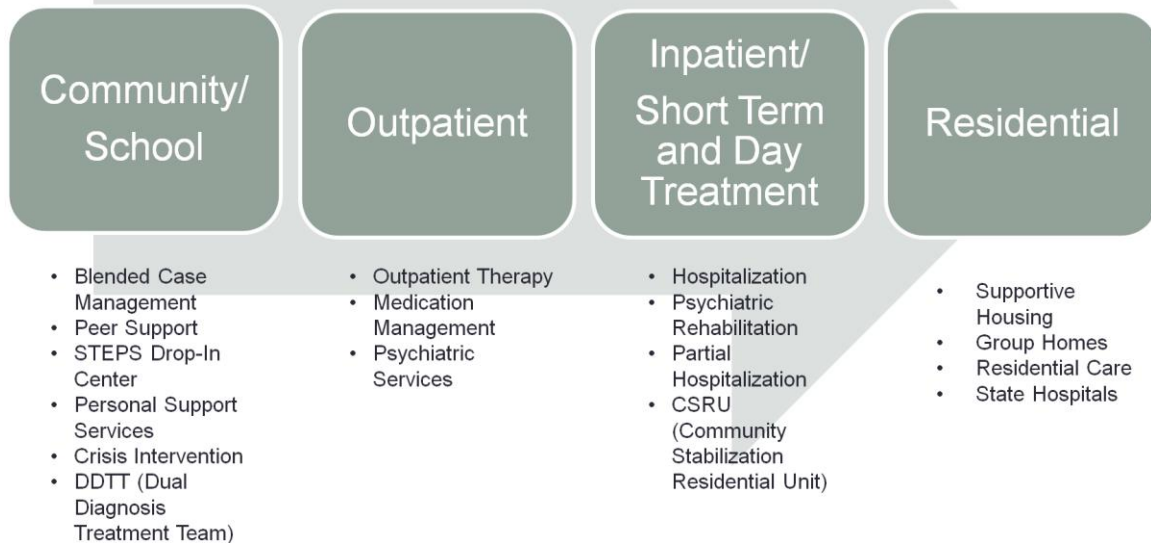


# Adult Mental Health



**For questions or more information on services available to adults, call the McKean County Adult Mental Health Unit at 814-887-3350.**

## **Base Service Unit**

The Base Service Unit is the point of entry into Mental Health system. The BSU offers assessment, monitoring, management and referrals to numerous county and community programs for adults and children with behavioral health problems.

## **Blended Case Management**

Case management is designed to serve individuals with serious and persistent mental illness. The services assists eligible persons in gaining access to needed resources such as medical, social, educational, vocational and other services. Services include assessments and service planning, building a support network, use community resources, monitoring service delivery, outreach and problem resolution. Every Blended Case Manager is trained in evidence-based Wellness Coaching and screens every consumer for hypertension and nicotine dependence. When either concern is detected, the consumer is referred to their Primary Care Practitioner and a dialogue occurs with the PCP and mental health providers. A mental health nurse is also available to help individuals work on consumer-driven goals.

### **Peer Support Service**

Special Therapeutic interactions conducted by self-identified current or former consumers of behavioral health service who are trained and certified to offer support and assistance in helping others in their recovery and community-integration process.

### **STEPS Drop in Center**

STEPS Drop in Center, located at 62 Main Street in Bradford, PA, is an activity center operated by individuals with mental health issues with provider oversight. STEPS offers an accepting, non-clinical atmosphere where individuals with mental health issues can feel they belong, encourages individuals to take responsibility for their own recovery, provides support in times of turmoil and social isolation, offers opportunities to improve social skills and to develop and maintain healthy relationships.

### **Dual Diagnosis Treatment Team (DDTT)**

A DDTT Team based out of NHS Human Services provides all-inclusive, intensive services to adults with a behavioral health diagnosis and intellectual disability. The goal of DDTT is to reduce psychiatric inpatient hospitalization stays. DDTT helps consumers learn coping skills necessary to help them navigate in the community and reduce usage of emergency room and hospital admittance.

### **Crisis Intervention Services**

A crisis is defined as an immediate stress-producing situation, which causes acute problems of disturbed thought, mood or social relationships requiring immediate intervention. The Guidance Center located at 110 Campus Drive, Bradford, PA, provides three levels of Crisis Intervention Services.

1. Crisis Telephone Services- immediate response to callers on a 24- hour-a-day basis. The professional staff assists callers by offering assessment, crisis intervention, suicide prevention, crisis resolution and referral to a vast array of local agencies and support groups.
2. Crisis Walk-In-Services offers immediate response to individuals who are in need of an urgent face to face assessment, crisis counseling/consultation and crisis resolution. Hours of operation are Monday through Friday, 8:00 a.m. until 5:00 p.m. at The Guidance Center, 110 Campus Drive, Bradford, PA.
3. Mobile Crisis Outreach- provides early intervention before the situation escalates to a critical point. Consultation services are also provided to consumers, support systems and behavioral health providers. A face-to-face assessment is completed and crisis resolution usually results with linkage to provider agencies. All referrals for Mobile Crisis services come through the crisis telephone services.

### **Outpatient Therapy and Psychiatric Services**

Outpatient therapy is a level of care with the least amount of restriction. Traditional outpatient therapy is individual sessions with a therapist at their office. There are some occasions when a client may bring a family member to the session; however the focus remains on the identified client. Psychiatric services are also available through Psychiatrists and Certified Registered Nurse Practitioners.

### **Mobile Medication Management**

For persons diagnosed with a serious mental illness, taking psychiatric medications can be confusing and frustrating. Many people stop taking their medications as prescribed, often leading to psychiatric hospitalizations and/or mental health crises. The goal of the program is for medications to be taken consistently, safely, as prescribed and ultimately independently. Each person is met at the level of care they require – from daily home visits to reminder phone calls.

### **Inpatient Psychiatric Services**

Inpatient Psychiatric Services are provided for crisis and short-term stabilization needs in a safe therapeutic environment in a hospital setting. Programming provides individual, group and family therapy through patient specific treatment plans. Aftercare planning and referral involvement play key roles in the program.

### **Psychiatric Rehabilitation**

Psychiatric Rehabilitation is a skills building program to help people living with serious mental illness realize meaningful goals and lead more fulfilling lives. Staff meets with people inside or outside their homes to develop skills in the areas of living and wellness, education, vocation and socialization.

### **Supportive Living Services**

Supportive Living Services provides adults with mental health disorders with supportive living space in a group home setting, or services in the community to maintain residence in their own home. This service provides individuals with resources to build skills needed to live independent, self-directed, productive lives in the community of their choice. Recovery-oriented services can include medication management, psychiatric consultation, case management, coordination with psychiatric care service providers, peer support, social support, crisis resolution, and independent living skills instruction.

### **Adult Community Stabilization and Reintegration Unit (CSRU):**

Beacon Light's CSRU in McClure, PA is a 16-bed, adult residential facility. Residents must be over 18 and dually diagnosed with mental illness and intellectual or developmental disability and are at risk of admission to inpatient units or state hospitals. Once integrated back into the community or other residential setting, the consumer is able to apply the coping skills learned at the CSRU.

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

This residential program option is staffed 24 hours a day and seven days a week and provides counseling and rehabilitative services to help the resident develop skills in personal living tasks, such as medication management, meal preparation, housekeeping and budgeting so they can live independently. Individuals in acute psychological distress require kindness and care, and may need assistance in managing normal everyday routines. Treatment is tailored to meet each individual's needs and goals through a holistic, multidisciplinary approach. Services provided can include psychiatry, nursing, individual and group therapy and case management.

**Homelessness and Housing Supports**

Assistance in obtaining resources for emergency shelter, permanent housing, and special assistance programs for housing needs can be obtained through the McKean County Redevelopment and Housing Authority and by calling 814-887-5563.