



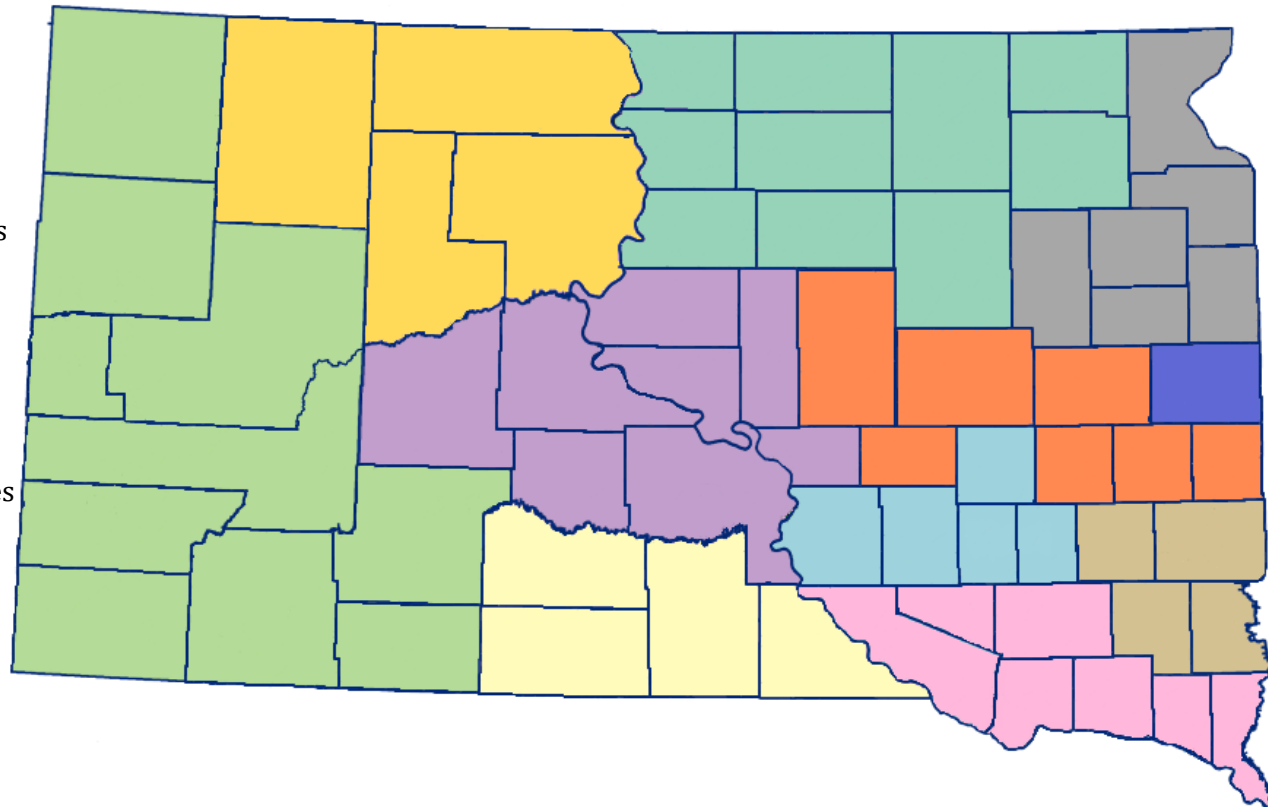
Mental Health Services in SD

- **Community Mental Health Center Services**
 - 11 Community Mental Health Centers (CMHCs)
 - Each CMHC services a catchment area of counties
 - Provide services to over 17,000 individuals annually
 - Includes services such as: screenings/assessments, case management, medication management, psychiatric services, individual therapy, group therapy, crisis intervention
 - CMHCs must provide the following services across the lifespan:
 - Assessment services
 - Outpatient services
 - Specialized outpatient services for children/youth and families
 - Specialized outpatient services for adults
 - Emergency Services

- Community Mental Health Centers**

Alphabetical by Community Mental Health Center

- Behavior Management Systems
- Capital Area Counseling Services
- Community Counseling Services
- Dakota Counseling Institute
- Brookings Behavioral Health and Wellness
- Human Service Agency
- Lewis & Clark Behavioral Health Services
- Northeastern Mental Health Center
- Southeastern Behavioral HealthCare
- Southern Plains Behavioral Health Services
- Three Rivers Mental Health Center and Chemical Dependency Center



- **Outpatient Services**
 - Mental health services provided to individuals who do not meet full serious emotional disturbance (SED) or serious mental illness (SMI) criteria
- **Eligibility:**
 - Must have a diagnosed mental health disorder
- **Number of Clients Served: 5,055**

- **Children, Youth or Family (CYF) Services**
 - Specialized outpatient services provided to children/youth who meet the Serious Emotional Disturbance (SED) criteria
- **Eligibility:**
 - Diagnosed mental disorder
 - Functional impairment
 - Demonstrated need for services in addition to mental health services
- **Clients Served: 5,670**

- **Comprehensive Assistance with Recovery and Empowerment (CARE)**
 - Specialized outpatient services provided to adults who meet Serious Mental Illness (SMI) criteria
- **Eligibility:**
 - Diagnosed mental disorder
 - Has undergone psychiatric treatment more intensive than outpatient or has been on psychotropic medication
 - Functional impairment
 - Demonstrated need for services in addition to mental health services
- **Clients Served: 6,923**

- **Individualized Mobile Programs of Assertive Community Treatment (IMPACT)**
 - Highest level of outpatient treatment for adults meeting SMI criteria who can't be served with less restrictive services
 - Based on the Assertive Community Treatment model
 - Organized as a mobile group of mental health professionals within one service delivery team
 - Services similar to CARE but provided at a more intensive level
 - Available in Yankton, Sioux Falls, Huron, Rapid City, Pierre, and Aberdeen
- **Eligibility:**
 - Same as CARE along with no other appropriate community-based services available and multiple psychiatric hospitalizations or other inpatient/residential services
- **Clients Served: 273**

- **Emergency Services**

- Available 24/7 for persons experiencing a mental health emergency or crisis

- **Supported Housing Programs**

- Transition Age Youth Program
- Room and Board Services
- Projects for Assistance in Transition from Homelessness

• Impact of CYF Services



Youth who reported an ER visit for a psychiatric or emotional problem

- Prior to services: 16%
- 6 months after services:

**Down
7%**



Youth who reported nights spent in a hospital

- Prior to services: 17%
- 6 months after services: 9%

**Down
5%**



Youth who reported spending at least one night in JDC

- Prior to services: 8%
- 6 months after services: 3%

**Down
5%**



Youth who reported one or more arrest in the past 30 days

- Prior to services: 4%
- 6 months after services: 2%

**Down
2%**

• Impact of CARE and IMPACT Services



Clients who reported an ER visit for a psychiatric or emotional problem

- Prior to services: 23%
- 6 months after services: 10%

Down
13%



Clients who reported nights spent in a hospital

- Prior to services: 26%
- 6 months after services: 9%

Down
17%



Clients who reported spending at least one night in jail

- Prior to services: 22%
- 6 months after services: 7%

Down
17%



Clients who reported one or more arrest in the past 30 days

- Prior to services: 9%
- 6 months after services: 4%

Down
5%

- **Impact of Community Mental Health Services**
 - **Adult responses**
 - 97% of adults reported satisfaction with mental health services (compared to 90% nationally)
 - 96% of adults reported satisfaction with access treatment services (compared to 88% nationally)
 - **Youth and parents/guardians responses**
 - 91% of youth and 97% of parents/guardians reported satisfaction with mental health services (compared to 87% nationally)
 - 92% of youth and 98% of parents/guardians reported satisfaction with access to treatment services (compared to 85% nationally)

- **Medicaid Providers**
 - Primary Care Physicians
 - Psychiatrists
 - Psychologists
 - Licensed Mental Health Counselors and Social Workers
 - Inpatient Psychiatric Hospitals
 - Psychiatric Residential Treatment Facilities

- Licensed specialty hospital, South Dakota's only public psychiatric hospital
- Who we serve:
 - Individuals ages 12 to end of life
 - Unable to be served by other providers/less restrictive environment is not an option for care
 - Majority of admissions are involuntary
 - FY19 - 1,377 admissions
- Services provided:
 - Adult and adolescent inpatient psychiatric treatment
 - Adult inpatient substance use disorder treatment
 - Licensed nursing home
 - Court ordered competency restoration

- Treatment provided in 5 program areas:
 - Adult Acute Psychiatric Program
 - Adult Psychiatric Rehabilitation Program
 - Geriatric Nursing Home Program
 - Adolescent Psychiatric Program
 - Adult Substance Use Disorder Program

Adult Acute Psychiatric Program



- The Adult Acute program provides for initial assessment and stabilization of adult psychiatric patients, ages 18 years and older.
 - Emphasis is on providing care, treatment, and stabilization services that will enable the patients to return to and function in the community at the earliest possible time.
 - Depending on their needs, once stabilized and assessed, some patients discharge back to the community after being served by this program while other patients transfer to the Psychiatric Rehabilitation or Geriatric Program.
 - Each patient receives an individualized treatment plan and the program promotes and facilitates the patient's independent functioning in daily activities, including group and individual treatment.

- The Psychiatric Rehabilitation program provides individualized and person-centered services for adult patients who are coping with persistent mental illness.
 - Medication management or skills building.
 - Assist patients through strength-based treatment, while developing the skills that will help them to live in the least restrictive setting possible.
 - Treatment is provided to empower the patient to take responsibility for their education, training, and vocational experiences in preparation for community reintegration.

Geriatric Nursing Home Program



- The Geriatric program provides nursing home care for patients who, because of the severity of their illness, cannot be served by a nursing home in the community
 - Comprehensive individualized treatment plan for every patient, with emphasis on providing the patient every opportunity to function as independently as possible in activities of daily living.
 - Treatment goal is for the patient to live in the least restrictive environment, including discharge when appropriate community support services are available.
 - Care, treatment, and rehabilitation provided by direct-care staff is coordinated with occupational therapy, social services, and therapeutic recreational programming. Additional services are available on a referral basis from a registered dietitian, occupational therapist, physical therapist, psychologist, speech/hearing pathologist, and audiologist.

- The Adolescent program provides adolescents with inpatient psychiatric treatment for individuals 12 through 17 years of age.
 - Goals are to develop and initiate individualized treatment and discharge plans, provide effective treatment, and to support the patient in transition to home or another appropriate placement setting.
 - Provides short, intermediate, and longer-term placements and services for youth depending on their needs

- The Adult Inpatient Substance Use Disorder program serves adults 18 and older with a primary chemical dependency diagnosis. Patients may also have a co-occurring mental health disorder.
 - Based on the principles of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)
 - Utilizes Motivational Interviewing, Cognitive Behavioral Therapy and Contingency Management to assist with recovery.