



MENTAL HEALTH COMMUNITY SERVICES GUIDE



Mississippians deserve to receive individualized care and evidence-based services that are designed for their unique needs.

MENTAL HEALTH:

Mental illnesses are health conditions just like diabetes or asthma. One in five people will experience a mental illness during their lifetime, and one family in four has a member who has a serious mental illness and who will require some type of treatment. Many mental disorders and illnesses can be successfully treated within your community at local behavioral health providers.

Below is a list of services provided:

Adult Mental Health Services:

- Crisis Stabilization Programs
- Psychosocial Rehabilitation
- Consultation and Education Services
- Emergency Services
- Pre-Evaluation Screening/Civil Commitment Exams
- Outpatient Therapy
- Targeted Case Management
- Acute Partial Hospitalization
- Elderly Psychosocial Rehabilitation
- Peer Support Services
- Community Support Services
- Assertive Community Treatment
- Crisis Services
- Supervised/Supported Housing
- Physician/Psychiatric Services
- SMI Homeless Services
- Drop-In Centers for homeless
- Day Support
- Individual and Family Education and Support
- MAP (Making A Plan) Teams

Children and Youth Services:

- Therapeutic Group Home
- Treatment Foster Care
- Prevention/Early Intervention
- Crisis Services
- Crisis Residential
- Targeted Case Management
- Peer Support (Family & Youth)
- Community Support Services
- Day Treatment
- Outpatient Therapy
- Physician/Psychiatric Services
- MAP (Making A Plan) Teams
- Family Education and Support
- Wraparound Facilitation
- Intensive Outpatient Psychiatric Services

Intensive Community Services include Programs of Assertive Community Treatment, Intensive Outreach and Recovery Teams, and Intensive Community Support Services. These can provide services to people at their homes, rather than in an inpatient facility, allowing them to continue living in their communities. **At least one of the below three services (PACT, ICORT, & ICSS) is available in each of Mississippi's 82 counties.**

Programs of Assertive Community Treatment (PACT) Teams help people who have the most severe and persistent mental health problems who have not benefited from traditional outpatient services to live successfully in the community while receiving mental health treatment services.

Intensive Community Outreach and Recovery Teams (ICORTs) are a modification of PACT with fewer staffing requirements and higher staff-client ratios than a traditional PACT Team. An ICORT is an opportunity for CMHCs unable to sustain a PACT Team to provide a similar intensive service to help keep people out of the hospitals.

Intensive Community Support Services (ICSS) are provided by specialists who have a direct involvement with the person receiving services. These services are similar to targeted case management, but they maintain lower client to staff ratios and provide services primarily in the community instead of office settings.

Mobile Crisis Response Teams provide mental health crisis response services to children and adults who are experiencing a crisis and their family members. The Teams are available in all 82 counties and can be accessed by calling a toll-free number that is answered around the clock by Licensed Therapists, Peer Support, and Community Support Specialists. The Team responds wherever a person is experiencing the crisis or at a designated location, like a local hospital. The Teams work closely with law enforcement to reduce the likelihood that a person experiencing a mental health crisis is unnecessarily placed in a more restrictive environment, like jail, a holding facility, hospital, or inpatient treatment.



Crisis Stabilization Units (CSUs) offer time-limited, voluntary, residential mental health treatment services for people with severe mental health problems. They also offer the opportunity for the problem to be addressed to avoid court commitment to a state behavioral health program. A thorough mental health assessment and treatment, along with follow-up outreach and aftercare once a person is discharged, are provided by the CSU.

Supported Employment, an evidence-based way to help people diagnosed with mental illnesses secure and keep employment, begins with the idea that every person with a serious mental illness is capable of working competitively in the community.

Supported Housing is available in Mississippi through a program known as CHOICE - Creating Housing Options in Communities for Everyone. CHOICE allows people with a serious mental illness to live in the most integrated settings in the communities of their choice by providing an adequate array of community supports/services. While CHOICE provides the assistance that makes the housing affordable, local Community Mental Health Centers provide the appropriate services.



Navigate is an evidence-based program that assists Mississippians, 15-30 years of age, who have experienced their first episode of psychosis. Services are delivered by Coordinated Specialty Care Teams, which provide early intervention and recovery-oriented services that have been shown to improve outcomes in youth and young adults who are at risk for serious mental illness. Interventions include intensive case management, individual or group therapy, supported employment, education services, family education and support, medication management, and peer support services.

Juvenile Outreach Programs (JOP), operated by Community Mental Health Centers throughout the state, provide linkage and access to mental health services to youth who are involved in the juvenile justice system. The programs provide assessments, community support, wraparound facilitation, and a number of other services to youth with serious emotional disorders and/or mental illnesses who are in detention centers or the juvenile justice system. The goal is to improve behavioral and emotional symptoms, and also to prevent future contacts between youth and the courts.



A Making A Plan (MAP) Team is made up of individuals from local community agencies that work with children and youth. The first priority of the MAP Team is to review cases concerning children and youth (ages 0 – 21) who have a serious emotional/behavioral disorder or serious mental illness and who are at risk of an inappropriate placement due to the lack of access to or availability of needed services and supports in the community.



Wraparound Facilitation is family and youth guided and provides intensive services to allow children and youth to remain in their homes and community. With the help of a team, the family and youth lead the development of an individualized service plan to help them achieve their goals.



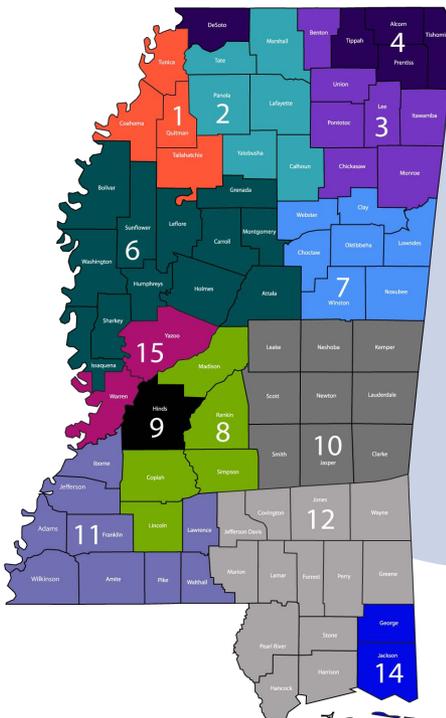
COMMUNITY SERVICES:

DMH certified providers offer a variety of community support and services to adults with mental illness, and to children and youth with serious emotional disturbances.

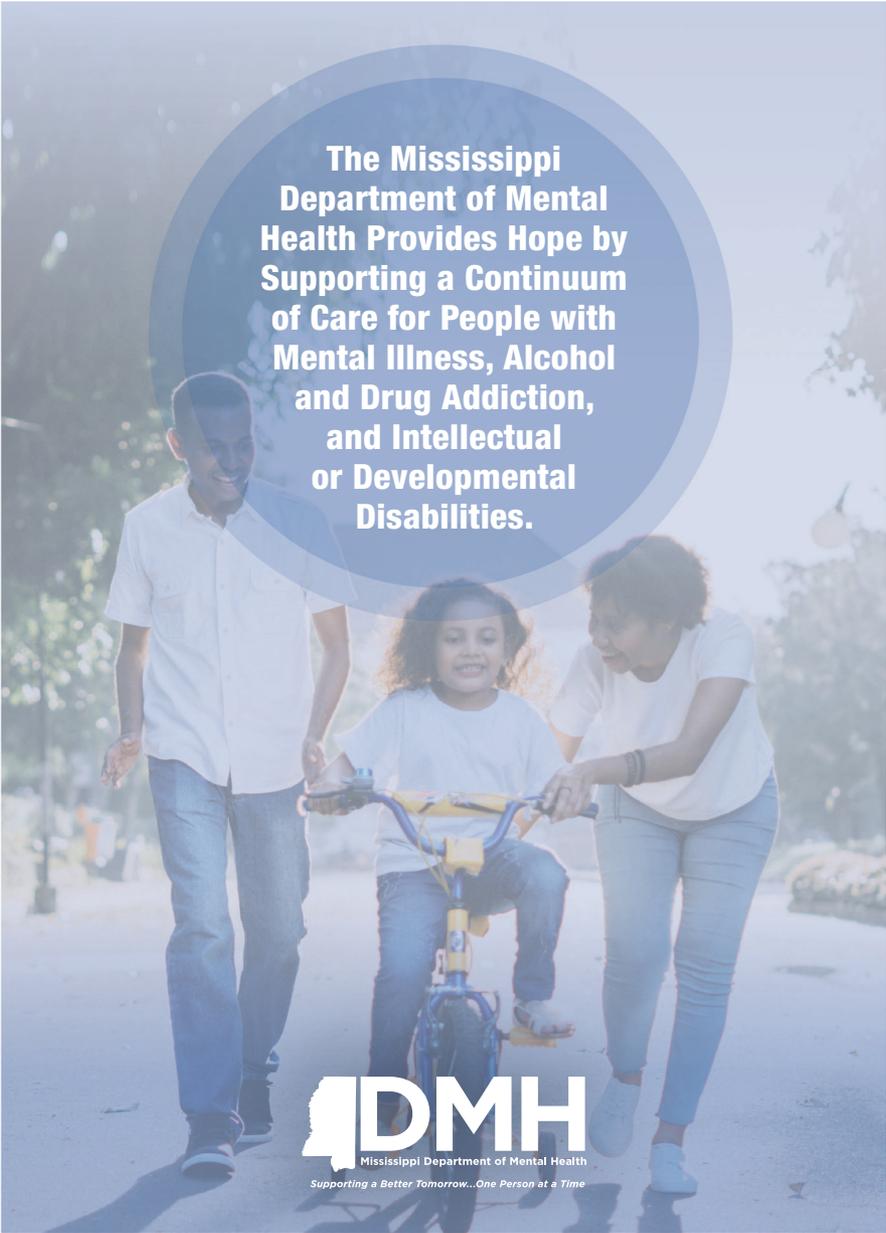
COMMUNITY MENTAL HEALTH CENTERS:

Regional community mental health centers (CMHCs) operate under the supervision of regional commissions appointed by county boards of supervisors comprising their respective service areas. The 13 CMHCs make available a range of community-based mental health, substance use, and in some regions, intellectual/developmental disability services. CMHC governing authorities are considered regional and not state-level entities. DMH is responsible for certifying, monitoring, and assisting CMHCs. CMHCs are the primary service providers with whom DMH contracts to provide community-based mental health and substance use services.

The types of services offered through DMH's certified providers vary by location, but services are available statewide.



Community
Mental Health/
Intellectual
Disability Center
Service Areas



**The Mississippi
Department of Mental
Health Provides Hope by
Supporting a Continuum
of Care for People with
Mental Illness, Alcohol
and Drug Addiction,
and Intellectual
or Developmental
Disabilities.**

DMH
Mississippi Department of Mental Health

Supporting a Better Tomorrow...One Person at a Time

For more information about community services, contact the
DMH Helpline at 1.877.210.8513, visit **dmh.ms.gov**
or contact your local Community Mental Health Center.