

# Connecticut Department of Mental Health and Addiction Services

A Recovery-Oriented  
Healthcare Service Agency



# Our Mission

- *“The mission of the Department of Mental Health and Addiction Services is to improve the quality of life of the people of Connecticut by providing an integrated network of comprehensive, effective and efficient mental health and addiction services that foster self-sufficiency, dignity and respect.”*

# **RECOVERY**

# ***We are a Recovery-Oriented Healthcare Service Agency***

- **Promote health through prevention and early intervention services**
- **Recovery through treatment and**
- **Sustain health through recovery support services**

***Working to broaden and strengthen our system of effective prevention, early intervention and treatment services.***

# Who We Are

- Substance abuse and mental health authority for CT
- 107,963 + adults served annually
- 3,587 employees (8/5/15)
- One hospital (CVH)
- 13 LMHAs – State-operated (6) and PNP(7)
- Over \$600 million/year
- Over 170 non-profit agencies
- Prevention, treatment and support
  - Prevention services include children, adolescents and adults
  - Treatment and support services for adults only
- Serve as public educators

# Populations Served



- Individuals with severe and persistent mental illness
- Individuals with substance use disorders
- Individuals with co-occurring mental health and substance use disorder
- Individuals with gambling disorders
- Individuals with traumatic or acquired brain injuries
- Individuals with forensics involvement
- Young adults transitioning from DCF
- Community systems with prevention and health promotion efforts

# Office of the Commissioner (OOC)

Some Major Divisions within OOC

Managed Services

Community Services

Clients' Rights & Grievances

EQMI

Forensic Services

Multicultural Healthcare Equity

Prevention

Research

Recovery Community Affairs

Statewide Services

Veteran Services

Young Adults Services

Two Administrative Services Organizations:

Advanced Behavioral Health, Inc.

Beacon Health Options d.b.a ValueOptions, CT

# State-Operated

- CT Valley Hospital (Middletown)

Three Divisions at CVH:

- General Psychiatric - including services for individuals with Traumatic and Acquired Brain Injuries and Geriatric needs
- Addiction Services - Substance Use Detox & Residential Rehabilitation (Middletown & Blue Hills campuses)
- Forensics Services – restoration to competence; Not Guilty by Reason of Insanity

Note: There are also inpatient beds at CMHC, CRMHC & GBCMHC

# Local Mental Health Authorities

Local Mental Health Authorities have been designated by the DMHAS Commissioner to oversee the provision and management of mental health services in their local areas.

In doing so, they oversee DMHAS contracts with private, not for profit licensed behavioral health agencies and assist with the coordination of services for individuals enrolled or applying for mental health services in their communities.

# Role of Local Mental Health Authorities

- Care management/coordination for individuals with severe mental health and co-occurring disorders
- Direct service treatment and support for individuals with severe mental health and co-occurring disorders
- Collaboration with Administrative Services Organizations regarding care coordination
- Targeted Case Management

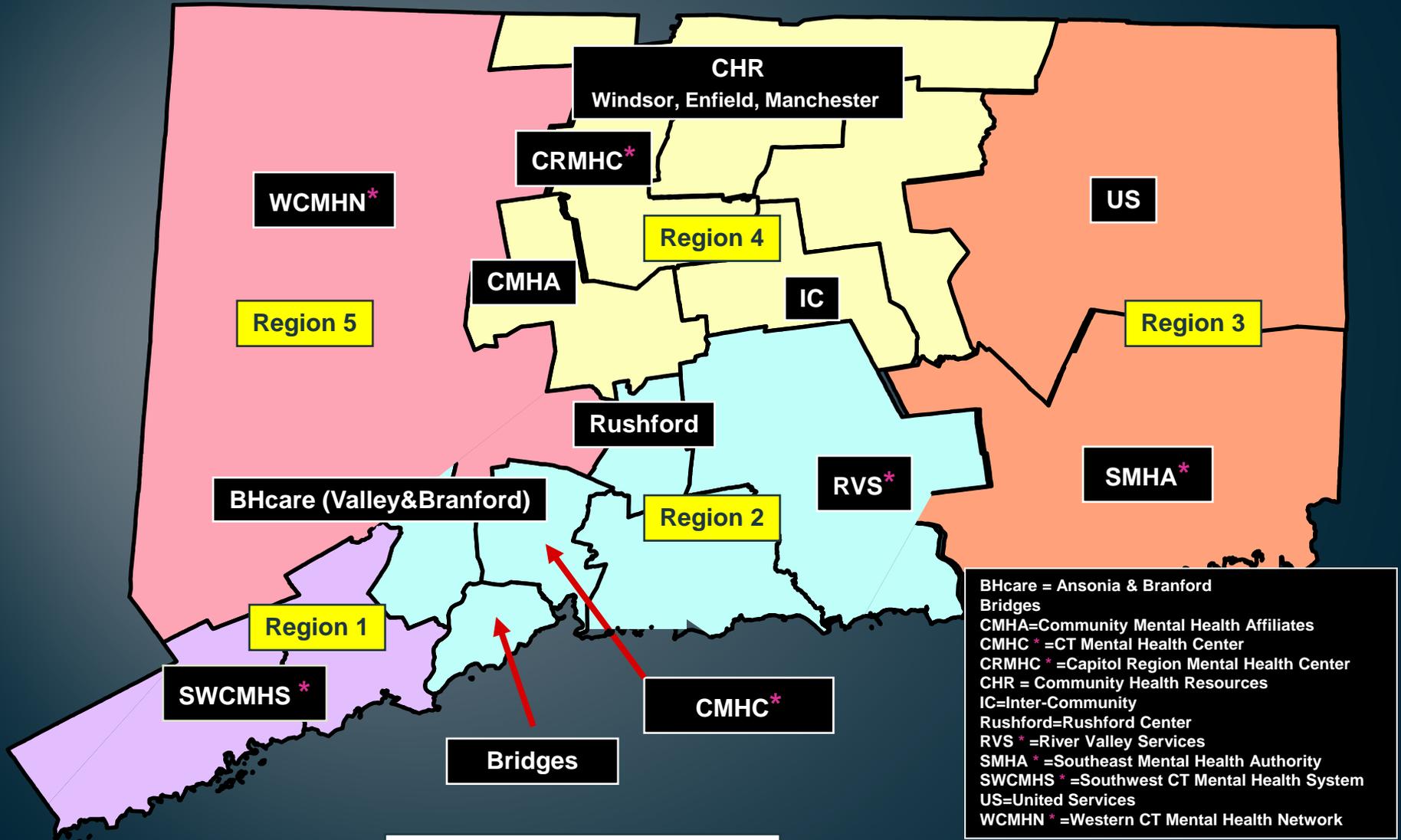
# DMHAS State-Operated Facilities/LMHAs

- State Operated Local Mental Health Authorities
  - Capitol Region Mental Health Center (Hartford)
  - Southeast Mental Health Authority (Norwich)
  - Southwest Community Mental Health System (Bridgeport & Stamford)
  - CT Mental Health Center (New Haven)
  - River Valley Services (Middletown)
  - Western CT Mental Health Network (Torrington, Waterbury, Danbury)

# PNP Local Mental Health Authorities

- BHcare – Valley (Ansonia) and Shoreline (Branford) locations
- Bridges...A Community Support System, Inc. (Milford)
- Community Health Resources (Manchester, Windsor, Enfield)
- Community Mental Health Affiliates, Inc. (New Britain)
- InterCommunity (East Hartford)
- Rushford (Meriden, Wallingford)
- United Services (Dayville/Windham)

# Local Mental Health Authorities in CT



State-Operated LMHAs\*

# Types of Mental Health Services

- Inpatient Services
- Residential Services
  - Group Homes, Supervised and Supportive Housing
- Assertive Community Treatment (ACT)
- Community Support Programs (CSP)
- Recovery Pathways
- Outpatient Services
- Mobile Crisis
- Respite
- Jail Diversion
- Supported Employment/Supported Education
- Peer Support Services
- Social Club / Social Rehabilitation Services

# Mental Health Services Partners

- Local Mental Health Authorities
  - State Operated
  - Private Not-for-Profit
- Other Community-based Agencies & Affiliates of LMHAs
- Acute Care Hospitals (psychiatric units)
- Advocacy Groups
- Regional Mental Health Boards
- State Board of Mental Health & Addiction Services
- Other State Agencies
  - (DSS, DCF, DOC, CSSD, DPH, DDS)

# Types of Substance Use Services

- Inpatient / Residential Detox
- Ambulatory Detox
- Residential Rehabilitation & Long term care
  - Including for pregnant & parenting women
- Supported Recovery Housing Services
- Outpatient Services
- Medication-Assisted Treatment (e.g. methadone maintenance, buprenorphine treatment)
- Opioid Treatment Protocol
- Intensive Care Management
- Faith-based Services

# Substance Use Disorder Clinical Recovery Services

- SA II.7: 23 Hour Observation
- SA III.1: Transitional Care/Halfway House Residential Treatment
  - LOS 90 days
- SA III.3: Long Term Care
  - LOS 9 months
- SA III.5: Intermediate Treatment
  - LOS 90 days
- SA III.7: Intensive Residential Treatment
  - LOS 30 days
- SA III.7D: Medically-Monitored Detoxification
- SA IV.2: Medically-Managed Detoxification

# Behavioral Health Recovery Program

## Basic Recovery Supports

### Program Eligibility:

- Have active HUSKY-D Medicaid insurance
- Be engaged in clinical services with a Medicaid behavioral health treatment provider, and
- Not receiving state or federal cash assistance

Basic Needs Supports – via gift cards

Supported Recovery Housing Services

Shelter Housing

Independent Housing

Recovery Oriented Vocational Services

Faith Recovery Supports

Recovery Management

Transportation

Wellness

# Access To Recovery (ATR) IV\*

## Recovery Support Services

### Target Population

- Adults 18 and older, with a verifiable Substance use Disorder (SUD) AND who are involved in one of the following state agency programs:
- Court Support Services Division (Probation)
- Department of Corrections (Parole)
- Department of Children and Families
- National Guard Members and Veterans
- Department of Mental Health and Addictions Services Programs
- Hartford Community Court
- Federally Qualified Health Center
- Faith Recovery Support Service Provider (contracted with ABH)

\*ASO = ABH

ATR eligible: [http://www.abhct.com/Programs\\_Services/Access\\_to\\_Recovery\\_ATR\\_/](http://www.abhct.com/Programs_Services/Access_to_Recovery_ATR_/)

# Substance Use Services Partners

- Substance Use Disorder Treatment Agencies
- Advocacy Groups
- State Board of Mental Health & Addiction Services
- Regional Action Councils
- Alcohol & Drug Abuse Policy Council
- Other State Agencies
  - (DSS, DCF, DOC, CSSD, DPH)

# Other DMHAS Services

- Prevention & Health Promotion
- Nursing Home Waiver
- Older Adult Program
- Problem Gambling /Prevention
- Housing & Homeless
- Deaf and Hard of Hearing
- Young Adults
- Military Support Program

# DMHAS Major Initiatives

<http://www.ct.gov/dmhas/majorinitiatives>

- [Access to Recovery \(ATR\) IV](#) - provides vouchers to adults with substance use disorders to help pay for a range of community-based clinical treatment and recovery supports not covered by Medicaid
- [Behavioral Health Homes](#) - an innovative, integrated healthcare service delivery model promises better patient experience and better outcomes than those achieved in traditional services
- [Co-Occurring Disorders Initiative](#) - promotes integrated mental health & addiction treatment services
- [CT Behavioral Health Partnership \(CT BHP\)](#) - designed to create and provide timely access to an integrated, high quality behavioral health service system for Connecticut's Medicaid populations, including HUSKY A, B, C, D.
- [CT Screening, Brief Intervention & Referral to Treatment \(SBIRT\)](#) – will dramatically increase identification and treatment of adults in primary care, who are at-risk for substance use disorders
- [CT Strategic Prevention Framework State Incentive Initiative \(SPF-SIG\)](#) - to develop a comprehensive Prevention Strategy for delivering and implementing effective substance use disorder prevention and/or mental health promotion services
- [CT Youth Suicide Prevention Initiative](#) - develops and implements youth, adolescent and college-age early intervention and prevention strategies to reduce suicide

# DMHAS Major Initiatives cont'd

- [Cultural Competency Initiative](#) - enhances the delivery of DMHAS services for mental health and substance use disorders in a way that acknowledges the impact of individual differences on client treatment, differences such as race, ethnic or cultural background, age, gender, sexual orientation, and physical or mental status
- [Disaster Behavioral Health Initiative](#) - an organized network of behavioral health providers to respond to the mental health needs of Connecticut residents following major disasters
- [Evidence-Based and Best Practices Initiative](#) – brings EB & BPs into service delivery to improve care and care experience for our clients
- [Faith-Based Initiative](#) – strengthens the relationship between DMHAS and the faith community while enhancing the capacities of the faith community to respond to individuals within their community
- [Health Disparities Initiative](#) - Addresses Behavioral Health Disparities and Improves Cultural Competence
- [Medication Assisted Treatment](#) - helps those with opioid addiction recover their lives through Medication, Counseling and Support from family, friends and significant others

# DMHAS Major Initiatives cont'd

- [Mental Health Waiver](#) - allows the State to furnish an array of home and community-based services that assist Medicaid beneficiaries to live in the community and avoid institutional care
- [Opioid Overdose Prevention \(Naloxone/Narcan\) Initiative](#) – increases public awareness, education and access to Naloxone/Narcan thru changes in Legislation, Policy and Practice Standards
- [Person Centered Recovery Planning \(PCRP\) & Recovery Initiative](#) – helps to build consensus among stakeholders and momentum for system change while focusing our efforts on key concepts such as empowerment and person-centered care and support
- [SSI/SSDI Outreach, Access, and Recovery Initiative \(SOAR\)](#) – helps increase access to mainstream benefits for people who are homeless or at risk of homelessness to improve their income, healthcare and employment outcomes
- [Targeted Case Management \(TCM\)](#) - with or on behalf of a client, concerned with assessment, planning, linking, support and advocacy; includes assisting a client in accessing needed housing, medical, clinical, social, employment, educational and other recovery support services.

# Prevention and Health Promotion Services\*

Promote the overall health and wellness of individuals and communities by delaying or preventing substance use through:

- information dissemination
- education
- alternative activities
- strengthening communities
- promoting positive values
- problem identification, and referral to services
- attitudes and behaviors that contribute to alcohol and other drug abuse are changed, leading to healthier communities

\*DMHAS Prevention Services cover the life span

# WOMEN'S SERVICES

# Specialized Services

- Women's Services Practice Improvement Collaborative (WSPIC)
- Trauma Initiative
- Project SAFE
- Specialized Diversion Program
- Women & Children's Residential Programs

# Women's Specialty Services

- Inpatient
- Residential
- Outpatient
- Trauma sensitive



HOUSING

# Housing Resources & Homeless Services

- **Shelter Plus Care** – rental assistance & supportive services for homeless individuals
- **Supportive Housing** – housing, employment, psychosocial rehab and clinical services
- **Housing Assistance Fund/Security Deposit** (on a temporary basis while waiting for permanent subsidy)
- **Outreach & Engagement Homeless Programs** (transition from homelessness)

NOTE: To access any homeless and/or housing services please contact 211.

# What is Supportive Housing?

Affordable housing linked to flexible, accessible supportive services that help people live more stable, productive lives.



- Tenant pays no more than 30%-50% of household income towards rent, and ideally no more than 30%, and has individual lease or similar agreement.
- There is a working partnership that includes ongoing communication between supportive services providers, property owners or managers, and/or housing subsidy programs.

# ASSERTIVE COMMUNITY TEAMS

# Assertive Community Treatment For Recovery (ACT)

- Team-based approach (10-12 staff; ~100 clients)
- Delivers (*not* brokers) comprehensive and flexible treatment, support, and services, customized for each person
- For individuals who have the most serious and intractable symptoms of severe mental illness and who, consequently have the greatest difficulty with basic daily activities such as keeping themselves safe, caring for their basic physical needs, or maintaining a safe and affordable place to live
- Unemployment, substance abuse, homelessness, and involvement in the criminal justice system are common problems

# SUPPORTED EMPLOYMENT

# Supported Employment

- In a recovery-oriented system:
  - Work helps people heal
  - You don't have to be healed to work



# Supported Employment

- Services consist of intensive, ongoing supports that enable participants, for whom competitive employment at or above the minimum wage is unlikely absent the provision of supports, and who, because of their disabilities, need supports, to perform in a regular work setting.
- Supported employment may include assisting the participant to locate a job or develop a job on behalf of the participant.

# SUPPORTED EDUCATION

# Supported Education

Agencies generally offer:

- Education strategies tailored to meet individual needs;
- A range of services including career planning, job search assistance, job placement, on- and off-the-job coaching, career advancement services as well as supported education;
- Local linkages with educational institutions to increase access and on-campus supports;
- Assistance to other DMHAS providers to develop capacity to assist consumers in getting financial aid, the college application process, tutoring, accessing resources on the college campus, and educational accommodations.

# Supported Education

The Five Regional Supported Education Providers are:

- Laurel House, Stamford
- Fellowship Place, New Haven
- Reliance House, Norwich
- Easter Seals Capitol Region, East Hartford
- Mental Health CT, Waterbury

# YOUNG ADULT SERVICES

# Young Adult Services (YAS) Eligibility Criteria

- Must be between 18-25
- Must have documented major mental illness
- Must be willing to voluntarily participate
- Does not meet criteria for DDS
- May be diagnosed with co-occurring Pervasive Developmental or Substance Use Disorders
- May have sexual behavior problems
- Complex Trauma and/or Abuse
- History of Neglect
- Attention Disorders
- May have legal involvement



# Service Components of YAS

- Young Adult Services – Office of the Commissioner
- Young Adult Services – Local Mental Health Authorities
- Contracted PNP Services in CT
- Specialized Residential Programs
- Inpatient Unit at CVH

# Transition Action Plan (TAP)

- Prior to transition from DCF to YAS services, a TAP meeting is convened. This meeting includes both the current provider and the new provider, the client, his DCF worker, family members, attorney's and any other stakeholder.
- The TAP provides a road map to transition: ensures that all documentation is available; all clinical issues are addressed; continuity of educational planning; identified housing; date of transition visits; date of intake and move in.

# QUESTIONS?

