

Johnson County Mental Health Center
Clinical Services Overview
2015

Our Target Population

Johnson County residents living with a mental illness including adults with a serious mentally illness, children with a serious emotional disturbance, as well as, those individuals with a co-occurring substance abuse disorder. Additionally, services will be provided to those individuals who are experiencing acute psychologically distress that may result in an intensive level of service, such as, hospitalization.

Emergency Services

Johnson County Mental Health Center maintains professional clinical staff on duty 24-hours-a-day to provide mental health emergency services. The Mental Health Center's crisis / emergency services are primarily provided by the following service components:

- Access Team – Mental Health and Substance Use Disorder services can be accessed during regular business hours at the Mission office. The Access Team is the initial point of contact for services and provides open access. Open access is simply same day walk-in intake assessments and treatment provided by Licensed Mental Health Professional (LMHP) for persons seeking immediate treatment and mental health care.
- Mobile Crisis Response Team (MCRT) - MCRT provides mobile mental health crisis services 24 hours a day, 365 days a year. MCRTS routinely provides consultation and guidance to law enforcement personnel, hospital staff, court personnel, as well as, various community agencies in an effort to ensure appropriate delivery of emergency mental health services. MCRT is specially trained to resolve emergency situation and the team is responsible for coordinating daytime hospital screening requests from the community.
- After-hours Call Center – Is the primary point of contact for all mental health emergencies occurring during evening, nighttime, weekend and holiday hours. Qualified Mental Health Professionals (QMHP) working onsite provide telephone response to emergencies and provide consultation and guidance to Hospital Emergency Departments, Law Enforcement Officers and various other community agencies in addressing mental health emergencies.
- MH Co-responder – The co-responder program pairs a Qualified Mental Health Professionals (QMHP) with a Crisis Intervention Team (CIT) trained law-enforcement officer at the scene to effectively triage the case. The Cities of Olathe and Overland Park, Kansas are the only municipalities with a co-responder program at this time.
- Crisis Recovery Center (CRC) – Is a licensed ten bed, crisis residential facility with full-time staff, which provides support and supervision in a safe environment as an alternative to hospitalization.
- Critical Incident Stress Management Team – A collaborative effort between Johnson County Medical Action, Johnson County Mental Health and Johnson County Emergency Service Providers to support all emergency personnel in Johnson County through the impact of traumatic events.

Children and Families Services

Johnson County Mental Health Center offers psychiatric rehabilitative services to youth (ages 3 to 18) with emotional or behavioral disorders. An individualized plan of care is developed for each child/family based on a comprehensive assessment to determine need emphasizing short-term interventions aimed at resolving difficulties and stabilizing behavior.

- Community Based Services - Psychiatric rehabilitative services begin with an assessment that focuses on the strengths and needs of the child and family. Based on this assessment, case manager's work one-on-one with the youth and family to provide the services needed to resolve issues and stabilize behavior. Some examples of what a case manager might do are:
 - Help the family develop behavior management strategies for the home
 - Explore recreational and socialization opportunities available in the community
 - Teach the youth skills necessary for successful relationships
 - Identify and implement strategies with the youth and family for school success
 - Work on developing independent living skills
- Psychosocial Groups - Different from "therapy groups", psychosocial groups help children learn by doing. Groups are offered on a variety of topics including: problem solving, social skills, leisure time training, health and personal relationships.
- Home-Based Family Therapy (HBFT) - Licensed Mental Health Professional (LMHP) provides intensive, short-term therapeutic intervention to assist families in crisis to target issues that disrupt the family. Some examples of what a HBFT professional may do are:
 - Improve family communication skills
 - Develop strategies to address emotionally charged problems
 - Restore balance to family relationships.
- Individual, Family & Group Therapy - Licensed Mental Health Professional (LMHP) provides short-term, goal-directed therapeutic intervention to youth and families utilizing wide range of specialized interventions and evidenced-based practices.
- Home and Community Based Waiver for Seriously Emotionally Disturbed (SED) Children and Youth - The SED Waiver is a federal Medicaid waiver program that the mental health center provides children who meet eligibility requirements. Services are specialized, intensive, time-limited services to assist children and families in resolving difficulties, stabilizing behavior and improve the overall functioning of the child.

Adult Services

Johnson County Mental Health Center offers psychiatric rehabilitative services to Adults with a serious mental illness (SMI). An individualized plan of care is developed, based on a comprehensive strengths assessment, to promote wellness and successful living through hope, personal choice and individual responsibility.

- Strengths Based Case Management - Every individual served through Adult Services is assigned a treatment team. The purpose of case management in the strengths model is to assist people recover and reclaim their lives by identifying, securing, and sustaining the range of resources needed to live, work, and socialize as fully integrated citizens of their communities. Strengths Based Case Management

is based on a set of core principles that in part value the unique strengths and attributes of all individuals. Some examples of what a case manager might do are:

- Provide supportive counseling
 - Assist people to access helpful community resources
 - Observe and assist people in learning the skills necessary to navigate their communities including work and school.
 - Assist people in learning the skills necessary develop healthy relationships and live healthy lives.
- Individual, Family & Group Therapy - Licensed Mental Health Professional (LMHP) provides short-term, goal-directed therapeutic intervention to individuals and families utilizing wide range of specialized interventions and evidenced-based practices.
 - Psychiatric Rehabilitation and Supported Housing – Individual and group interventions designed to assist clients with the development of social and interpersonal skills necessary to increase community tenure and enhance personal relationships, as well as, develop coping strategies to improve functioning in social environments including home, school and work.
 - Peer Support Services - Certified Peer Specialists are individuals who have advanced in their own recovery sufficiently to be of assistance to other mental health clients with a aiding other individuals in their recovery and assist them in attaining the goal of living a fulfilling life in the community.
 - Vocational Services and Supported Education – Utilizing the Individual Placement and Support (IPS) model, the vocational team provides a wide range evidenced-base practices to helping people with mental illness find and keep competitive employment within their communities. Supported Education services help clients of mental health services pursue their careers through post-secondary education and training. Identification of career interests, help with applying for financial student aid, enrollment, campus orientation, as well as, obtaining academic / campus accommodations.
 - Young Adult / Transition Services - Specialized services designed for young adults who have a serious mental illness or a severe emotional disturbance to successfully transition to adult life.
 - Aging Services – Licensed Mental Health Professional (LMHP) provide short-term, goal-directed therapeutic intervention to individuals and families utilizing wide range of specialized interventions and evidenced-based practices to those 60 and older.
 - Deaf Services - The Deaf services team provides culturally affirmative, community based assistance to Deaf and Hard of Hearing individuals and families in their recovery. Services are provided to those who live in Kansas regardless of age or county responsibility, and include children who are attending Kansas School for the Deaf in the residential setting.
 - Breakthrough House (BTH) – a residential setting that can provide temporary or transitional supported housing for individuals who are homeless and in need of mental health services.
 - Shelter Plus Care (S+C) - a homeless housing voucher program that provides 16 permanent housing vouchers under the Shelter Plus Care Program within the US Department of Housing and Urban Development (HUD). The program provides rental subsidies, as well as, comprehensive supportive

services in one and two bedroom apartments throughout Johnson County for individuals who are homeless and who are diagnosed with severe and persistent mental illness.

Substance Use Disorder Services

Johnson County Mental Health Center offers addiction services to youth and adults struggle with a substance use disorder. An individualized plan of care is developed for each client based upon a comprehensive assessment to determine need emphasizing short-term interventions aimed at stabilizing behavior and promoting recovery.

- Individual, Family & Group Therapy - Licensed Addiction Professionals provide short-term, goal-directed therapeutic intervention to youth, adults and families utilizing wide range of specialized interventions and evidenced-based practices.
- The Community Reinforcement Approach (CRA) - a comprehensive behavioral program for treating substance-abuse problems. It's based on the belief that environmental contingencies can play a powerful role in encouraging or discouraging substance use and/or abuse.
- Screening, Brief Intervention and Referral to Treatment (SBIRT) - an evidenced-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol or drugs. This agency-wide approach is more of a developing culture rather than a specific practice.
- Adult Detoxification Unit (ADU) - a 14-bed unit that assists individuals safely through the process of detoxification from alcohol or other drugs in a non-medical setting. Services are designed to assist individuals safely through the difficulties and dangers of detoxification from substances. Withdrawal symptoms are monitored and evaluated by ADU staff throughout the detoxification process, and clients are referred for medical care when necessary.
- Adolescent Center for Treatment (ACT) - a 21-bed residential facility for adolescents experiencing problems related to substance use. The program is staffed 24 hours a day by licensed clinicians and youth care technicians and is designed to provide teens with a safe, drug-free environment to begin their recovery efforts.

Agency-wide Services

- Medical Services – a staff of psychiatrists and nurses are responsible for providing medication management services to individuals requiring psychotropic medication, as well as, monitoring other health care needs.
- Prevention Services and Community Relations - The MHC serves as a local resource for primary, secondary and tertiary prevention for mental health and substance use disorders for individuals, families and community groups interested in reducing substance abuse and other problem behaviors among the community's youth.

- Transportation Services – a service designed to provide transportation, primarily rides to-and-from work and school to clients of Johnson County Mental Health Center when no other transportation options or resources are available.
- My Resource Connection (MyRC) - a staff resource center to better coordinate multiple services, while identifying gaps in services and duplication of services. In addition, assists in moving toward a mobile workforce and improving overall safety.
- SSI/SSDI Outreach, Access and Recovery (SOAR) - SOAR is a strategy that helps increase access to mainstream benefits for people who have a mental illness. The application process for SSI/SSDI is complicated, detailed, and often difficult to navigate. Nationally, about 37 percent of individuals who apply for these benefits are approved on application. Appeals take an average of 1-3 years to complete. Yet, accessing these benefits is often a critical first step in recovery.
- Rapid Re-Housing and Homeless Prevention – Services designed for individuals and families who are homeless and/or who are at imminent risk of being homeless to regain stability in their current housing or find permanent housing.
- Mental Health Diversion - The Johnson County District Attorney, in cooperation with Johnson County Mental Health Center, established a pre-trial diversion program for adults with a serious and persistent mental illness in August of 2002. The diversion program is intended to give a “second chance” to offenders who commit a relatively minor criminal offense and who are identified as having a severe and persistent mental illness (SPMI). The objective of the program is to direct individuals in need of treatment to mental health services while avoiding criminal proceedings.
- Mental Health First Aid - A 12-hour training course designed to give members of the public specific skills to help someone experiencing a mental health issue or having a mental health crisis. Participants learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. They are introduced to risk factors and warning signs for mental health or substance abuse problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn more about evidence-supported treatment and self-help strategies
- Applied Suicide Intervention Training (ASIST) - is a two day workshop for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participants include but are not limited to clergy, school professionals, mental health professionals, law enforcement, etc.