

# BEHAVIORAL HEALTH SERVICES IN EXTENDED CARE FACILITIES

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# Types of Extended Care Facilities

- Skilled Nursing Facilities (SNF)
- Adult Care Homes (ACH)
- Mental Health Group Homes
- Intellectual/Developmental Disability Group Homes (I/DD)
- ICF-I/DD
- Continuing Care Retirement Communities (CCRC)

# Types of Services

Type of Services	SNF	ACH	Group Homes for MH	Group Homes for I/DD	ICF-I/DD	CCRC
Assertive Community Treatment Team (ACT)	X	✓	✓	X	X	✓
Mobile Crisis Management	X	✓	✓	✓	X	✓
Community Support Team (CST)	X	✓	✓	X	X	X
Counseling/therapy	X	✓	✓	✓	X	✓
Medication Management	X	✓	✓	✓	X	✓
Supported Employment	X	✓	✓	✓	✓	X
NC Innovations Waiver	X	X	X	✓	X	X
Peer Support	X	✓	✓	X	X	X
Care Coordination	X	✓	✓	✓	X	X
Diagnostic Assessment	✓	✓	✓	✓	✓	✓
Psychosocial Rehabilitation	X	✓	✓	X	X	X
Substance Abuse Services	X	✓	✓	✓	X	✓
Facility Based Crisis	X	✓	✓	X	X	✓

# Definitions of Services

- **Assertive Community Treatment Team (ACT)**
  - ACT consists of a community-based group of medical, behavioral health, and rehabilitation professionals who use a team approach to meet the needs of a beneficiary with severe and persistent mental illness.
- **Mobile Crisis Management**
  - Mobile Crisis Management involves all support, services and treatments necessary to provide integrated crisis response, crisis stabilization interventions, and crisis prevention activities.
- **Community Support Team (CST)**
  - CST services consists of community-based mental health and substance abuse rehabilitation services and necessary supports provided through a team approach to assist adults in achieving rehabilitative and recovery goals.

# Definitions of Services

- Psychotherapy
  - Psychotherapy, or "talk therapy", is a way to treat people with behavioral health needs by helping them understand their illness. It teaches people strategies and gives them tools to deal with stress and unhealthy thoughts and behaviors.
- Medication Management
  - Medication management is a service to determine a recipient's need for a prescribed drug, or to evaluate the effectiveness of the prescribed drug
- Supported Employment
  - This service helps people with severe mental illness and I/DD work at regular jobs of their choosing.
- NC Innovations Waiver
  - The Medicaid Innovations Waiver helps Individuals with Intellectual or Developmental Disabilities live a more independent lifestyle by offering an array of services (respite, supported employment, community guide, personal care, in-home skill building, etc)

# Definitions of Services

- Peer Support
  - Peer Support Specialists are people living in recovery with mental illness and / or substance abuse and who provide support to others who can benefit from their lived experiences.
- Care Coordination
  - Care Coordination is a service that takes special care to link consumers with the specialty services they may have. Care Coordinators manage a consumer's care from assessment to various treatments and services.
- Diagnostic Assessment
  - A Diagnostic Assessment is an intensive clinical and functional evaluation of an individual's mental health, intellectual or developmental disability, or substance use condition.
- Psychosocial Rehabilitation
  - A Psychosocial Rehabilitation (PSR) service is designed to help adults with psychosocial needs increase their functioning so that they can be successful and satisfied in the environments of their choice with the least amount of ongoing professional intervention.

# Definitions of Services

- Substance Abuse Comprehensive Outpatient Treatment Program (SACOT)
  - SACOT program is a periodic service that is a time-limited, multi-faceted approach treatment service for adults who require structure and support to achieve and sustain recovery.
- Substance Abuse Intensive Outpatient Program (SAIOP)
  - Substance Abuse Intensive Outpatient Program (SAIOP) means structured individual and group addiction activities and services that are provided at an outpatient program designed to assist adults and adolescents to begin recovery and learn skills for recovery maintenance.
- Partial Hospitalization
  - Partial Hospitalization is a short-term service for acutely mentally ill children or adults, which provides a broad range of intensive therapeutic approaches which may include: group activities or therapy, individual therapy, recreational therapy, community living skills or training, increases the individual's ability to relate to others and to function appropriately, coping skills, medical services.
- Facility Based Crisis
  - This is a 24-hour residential facility with 16 beds or less that provides support and crisis services in a community setting.

# Potential Recommendations

- Recommendation: NC needs a process for determining the least restrictive setting for people who have behavioral health needs.
- Recommendation: The state should consider development of 16 bed facilities for people with SPMI who need an additional transition step between the hospital and living in scattered housing in the community.



For additional information about behavioral health services in North Carolina, refer to the Division of MH/DD/SAS website at <http://www.ncdhhs.gov/divisions/mhddsas>