Mental Health Services For All Stages of Life Within the Publicly Funded Behavioral Health System

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Who We Are

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Meet Our Panelists

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Presentation Objectives

The purpose of this presentation is to bring awareness to the publicly funded mental health services throughout the life span.

Presentation Outline:

• Explain Community Mental Health Centers and who they serve.
• Describe services available for children and their families.
• Describe the range of services available for adults.
• Include conversations with our panel of providers.
• Share success stories.
• Highlight programs and services that support mental health, including 988, Appropriate Regional Facilities & the Behavioral Health Voucher Program.

By the end of this presentation the audience should...

• Know how to access publicly funded behavioral health services, regardless of life stage
• Gain knowledge on services that are available for children, families, and adults
• Understand the wide spectrum of services that are available and how these services differ from a “typical” mental health clinic
About DBH

The Division of Behavioral Health (DBH) supports a comprehensive array of publicly funded behavioral health treatment and supportive services.

Publicly Funded Behavioral Health Treatment Services

- Outpatient mental health services
- Outpatient and inpatient substance use disorder treatment services
- Support and recovery services
- Prevention services
Community Mental Health Centers
Strong families – South Dakota’s foundation and our future
How to find treatment services

https://dss.sd.gov/behavioralhealth/agencycounty.aspx
or call the 24/7 Treatment Resource Hotline at 1-800-920-4343

Behavioral Health Services County Map

Mental health and substance use disorder treatment services are available including if you need assistance in paying for services. Click the county nearest to you for contact information or visit the national Behavioral Health Treatment Services Locator.

In an effort to increase access to publicly funded services, the days/hours of substance use disorder providers offering walk-in assessments is provided below:

- List of substance use disorder treatment providers offering walk-in assessments
Outpatient Services

• Individual, Family, and Group Counseling for All Ages
• Treatment for a Wide Range of Problems Including:
  • Stress
  • Anxiety
  • Depression
  • Relationship Difficulties
  • ADHD
  • Parent/Child Issues
Poll #1: Where do CMHC staff deliver services?

A) In an office
B) In a coffee shop
C) At schools
D) At client’s home
E) All of the above
Answer: All of the above

E) Services from a CMHC community based and are delivered at the location that works best for the client.
Child or Youth and Family Services

Serving children with a Serious Emotional Disturbance and their families

Services may include:
- Case Management
- Individual Therapy
- Psychiatric Services and Medication Management
- 24-hr Crisis Assistance
Specialized Services

Treatment Services for Justice Involved Youth:
- Aggression Replacement Training (ART)
- Functional Family Therapy (FFT)
- Moral Reconation Therapy (MRT)

Systems of Care (SOC):
- Care coordination for youth & families with complex needs

Intensive Family Services (IFS):
- For families of youth in placement facilities
Poll #2: What is the primary mental health diagnosis among youth?

A) Depressive disorders
B) Anxiety, Trauma & Stress disorders
C) ADHD
D) Conduct & Impulse Control disorders
Answer:
B) Anxiety, Trauma & Stress Disorders
New Alternatives
Program For Transition Age Youth

Program through Lutheran Social Services (LSS) Includes:
✓ Housing in 2-bedroom Apartments
✓ Developing independent living skills
✓ Emphasis on education and employment
✓ Fosters development of community support systems

Admission Requirements:
1. Youth between ages of 18-21
2. Meet criteria for Serious Emotional Disturbance or Serious Mental Illness
3. In need of intensive independent living assistance as a result of their mental illness
4. Needs will not be met in a lower level of service

Mental Health Services Provided through Behavior Management Systems (BMS)
OnTrack SD: Coordinated Specialty Care

Program for individuals experiencing a First Episode of Psychosis (FEP)

Evidence-based practice developed by OnTrack NY

Early intervention services to promote long-term recovery and reduce disability

Program Site:
Southeastern Behavioral Healthcare
100 W 5th St. Sioux Falls, SD
Available Statewide via Telehealth
Poll #3: What is the priority population served by a community mental health center?

A) Anyone with Depression or Anxiety
B) Anyone under age 18 with a Serious Emotional Disturbance
C) Anyone over age 18 with a Serious Mental Illness
D) Both B & C are Correct
Answer:
D - Both B & C are Correct
Services for Adults with Serious Mental Illness

Programs Include:

• Comprehensive Assistance with Recovery (CARE)
• Individualized & Mobile Program of Assertive Community Treatment (IMPACT)
• Projects for Assistance in Transition from Homelessness (PATH)
Poll #4: Can a community mental health center provide services virtually?

A) Yes, of course they are flexible in service delivery
B) No, services can only be in-person
Answer: 
A) Yes, of course they are flexible in service delivery
Telehealth Services

Eligible Services

Mental Health

- Psychiatric Evaluation, Intake, Screenings and Testing
- Medication Management
- Individuals Therapy
- Family Therapy
- Group Therapy
Additional Treatment Services
Mental Health Court

Locations:
• Pennington County
• Minnehaha County
Behavioral Health Voucher Program

Target Populations

Adults and Youth impacted by natural disasters in 2019 and/or the ongoing COVID-19 pandemic
Farmers or Ranchers and their family members

Funding assistance to support mental health and/or substance use disorder treatment services
Celebrating Success!

Strong families – South Dakota’s foundation and our future
But wait, there’s more!!!!!

- 988 National Suicide Prevention Lifeline
- Crisis supports
- Virtual crisis care
- Appropriate Regional Facilities
National Suicide Prevention Lifeline (NSPL) and 988

The nation’s public safety net for all American residents in emotional distress or suicidal crisis

- In South Dakota, there is 1 crisis center which is a member of Lifeline, the Helpline Center in Sioux Falls

Established by SAMHSA

Federal Communications Commission (FCC) recommended that 988 be designated as a national crisis hotline

In July of 2022, 988 will become the national dialing code for the NSPL, replacing the current phone number of 1-800-273-TALK (8255)

Additional information can be found at: https://dss.sd.gov/behavioralhealth/grantinfo.aspx, 988 Planning Grant tab
Mobile Crisis Teams and Virtual Crisis Care

**Mobile Crisis Teams/Crisis Stabilization**

Mobile services which provide a response to individuals experiencing a behavioral health crisis in the community.

Goal to provide the least restrictive and most effective response for an individual in crisis:

- Southeastern Behavioral HealthCare
  - Sioux Falls area
- Capital Area Counseling
  - Pierre area
- Care Campus – Behavior Management Systems
  - Rapid City area

**Virtual Crisis Care – Avel eCare**

Provides law enforcement with 24/7 access to behavioral health professionals.

A resource when local crisis response services are not available.

Utilizes tablet technology.

De-escalation, stabilization and safety assessment.

Connection to local mental health resources for follow-up care.

[https://ujs.sd.gov/Resources/VirtualCrisisCare.aspx](https://ujs.sd.gov/Resources/VirtualCrisisCare.aspx)
Appropriate Regional Facilities

Senate Bill 4

Legislation passed during the 2020 Legislative Session allows other types of providers to seek designation and provide this service.

Supports allow some individuals experiencing a mental health crisis to be stabilized closer to home.

Result of the Reduce the Overall Use of Acute Mental Health Hospitalization Task Force.
Region 1:
Majority of counties served by proposed ARF at Pennington County Care Campus

Region 2:

Region 3:
All counties served by Human Service Agency ARF

Region 4:
Counties served by Lewis & Clark Behavioral Health Services ARF

Region 5:
Q&A Session

Please submit any questions you have in the chat or Q&A box!
Thank you!

- Survey link in chat
- Slides and other related information will be sent to participants’ emails

Beyond the Curtain

NEXT UPCOMING WEBINAR:
July 13th, 2022
“How Do I Help”

Register here:
www.cognitoforms.com/SDDivisionOfBehavioralHealth/beyondthecurtainhowdoihelpwebinar

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