

A blue silhouette of a person standing and pulling a curtain to the right. The curtain is represented by several vertical lines of varying lengths, some of which are being held by the person's hand.

# Beyond the Curtain

## Beyond Treatment: Support Services





# Our Vision and Mission

Strong families – South Dakota's foundation and our future

## The South Dakota Department of Social Services

is dedicated to strengthening and supporting individuals and families by promoting cost effective and comprehensive services in connection with our partners that foster independent and healthy families.

# The Division of Behavioral Health

The Division of Behavioral Health (DBH) provides oversight of the publicly funded behavioral health system and supports individuals of all ages with behavioral health needs.

## Publicly Funded Behavioral Health Services

- Outpatient mental health services
- Outpatient and inpatient substance use disorder treatment services
- Support and recovery services
- Crisis and prevention services





# About HSC

The South Dakota Human Services Center (HSC) is a licensed specialty hospital and the state's only public psychiatric hospital.

## Publicly Funded Behavioral Health Treatment Services

- Inpatient Psychiatric Treatment
- Adult Inpatient Substance Use Disorder Treatment
- Skilled Nursing Home Care

# Who We Are



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Support Services  
Program Manager  
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Health



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Mental Health Services  
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Sasha Podhradsky  
COTA/L  
Occupational Therapy  
Assistant  
Human Services Center

# Presentation Objectives

The purpose of this presentation is to educate viewers about publicly funded services that are beyond traditional behavioral health treatment services.

## **Presentation Outline:**

1. Support Services in Treatment-Occupational Therapy
2. Support Services at Discharge- Supported Housing for Transition Age Youth and Supported Housing/Sober Living
3. Support Services in the Community-Systems of Care and Peer Support

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

- Gain knowledge on the importance and purpose of support services and how they can enhance treatment services
- Understand the purpose of Occupational Therapy
- Have increased knowledge of the recovery support services available and how to access and make a referral to them
- Understand that there are a variety of paths to recovery from a behavioral health challenge

# Why Support Services?

We recognize that there are many paths for people to address their recovery, including traditional treatment/therapy services – we support outpatient mental health services and a range of outpatient to inpatient substance use treatment services. We also provide support services that promote recovery in conjunction with, or instead of traditional treatment.



# Support Services Roadmap



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## Support Services in Treatment

- Occupational Therapy



# How familiar are you with Occupational Therapy?

- A. I am familiar with Occupational Therapy.
- B. I am not familiar with Occupational Therapy.
- C. I have heard of Occupational Therapy but don't know what it is.



# Occupational Therapy

"Occupational Therapy interventions uses everyday life activities (occupations) to promote health, well-being, and your ability to participate in the meaningful activities. This includes any activity that a person wants to accomplish, including taking care of yourself and your family, working, volunteering, going to school, among many others."

-American Occupational Therapy Association (AOTA)

Occupational Therapy provides tools to help individuals manage mental health needs. This includes an emphasis on teaching and practicing skills to help an individual remain as independent as possible within the community.

# Occupational Therapy

Specific to Mental Health

American Occupational Therapy Association (AOTA)



# Treatment Interventions

- Community Preparedness Outings
  - Taking patients into the community to participate in daily activities. Such as grocery shopping, going out to eat, or engaging in leisure exploration.
- Functional Nutrition
  - Focus on exploring and increasing exposure to healthy foods. Educating patients on the small practical changes to improve health.
- Management of Time, Money, and Medication
  - Complex task requires higher executive function skills.
- Cooking Groups
  - Complete a meal from start to finish. Safety, food sanitation, social interactions, problem solving skills.



# Treatment Interventions

Continued

- Life Skills
  - Increasing understanding of skills that will improve decision making and overall confidence.
- Emotional Regulation
  - Tools designed to improve awareness of emotions and how to express feelings appropriately.

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## Support Services at Discharge

- Supported Housing for Transition Age Youth
- Sober Living/Supported Housing





Strengthening Individuals,  
Families & Communities

# New Alternatives Supported Housing for Transition Age Youth

Amber Kemp, Director



South Dakota  
Department of  
**Social Services**

# New Alternatives Program for Transition Age Youth



Focus on life skills through a combination of group and individual work

## **Skills taught include:**

- Cooking
- Budgeting & money management
- Housekeeping
- Education
- Job search skills
- Community engagement
- Developing natural supports- healthy relationships

Referrals contact [Amber.Kemp@IssSD.org](mailto:Amber.Kemp@IssSD.org) or call 605.791.2405

# Which towns in South Dakota have sober living homes?

- A. Sioux Falls and Rapid City
- B. Brookings, Huron, Sioux Falls, and Rapid City
- C. Watertown, Sioux Falls, Mitchell, and Rapid City
- D. All of the above

**Correct Answer:** D. All of the above

Sober living homes are located in Brookings, Watertown, Huron, Rapid City, Sioux Falls, Mitchell, and Aberdeen

# Supported Housing for Addiction Recovery and Empowerment

The Supported Housing for Addiction Recovery and Empowerment (SHARE) program provides structure and support outside of a formal treatment setting including supported housing and related services to individuals 18 and older diagnosed with a substance use disorder or experiencing issues related to substance use, including those with co-occurring mental illness, who due to their challenges, are unable to live independently without additional supports.



Support services within a SHARE program may include:

- Direct assistance to obtain basic life necessities
- Assistance to perform daily living activities
- Liaison services
- Employment services
- Other case management services based on the needs of the individual
- SHARE Flyer:

[https://dss.sd.gov/formsandpubs/docs/BH/BH11\\_SHARE\\_flyer.pdf](https://dss.sd.gov/formsandpubs/docs/BH/BH11_SHARE_flyer.pdf)

# Supported Housing

Jon Sommervold



Southeastern  
Behavioral Health Staff



# 3

## Support Services in the Community

- Systems of Care
- Peer Support
- Intensive Case Management




Which of the following is not one of the 8 SOC Life Domains?

- A. Basic Needs
- B. Housing Supports
- C. Legal Supports
- D. Health

**Correct Answer:** C. Legal Supports

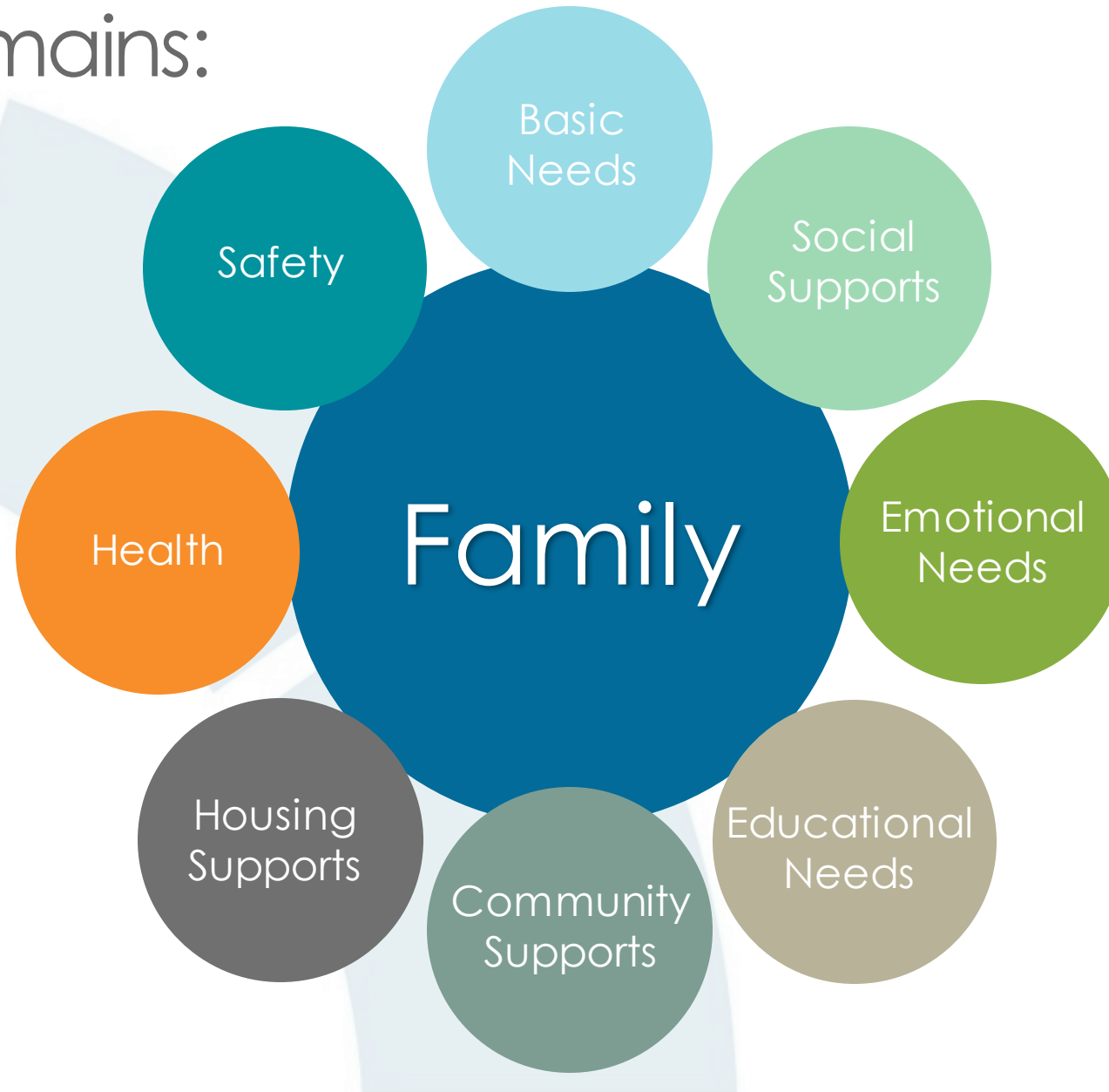
Legal supports is not one of the 8 SOC Life Domains. The 8 domains are as follows....



# What is Systems of Care (SOC)?

- SOC includes a **wraparound approach** to care coordination and service delivery for **youth and families with complex needs**.
  - Family driven
  - Team-based
  - Collaborative
  - Individualized
  - Outcomes-based
- SOC helps families to navigate and access services, while also giving them skills they need to become self-reliant.

# SOC Life Domains:



# How do I make a referral?

Contact your local CMHC  
to make a referral or  
request services.

**Find your local CMHC at:**  
[DSS.sd.gov/BehavioralHealth/services](https://DSS.sd.gov/BehavioralHealth/services)



# Which of the following activities can peer support workers engage in?

- A. Advocating for people in recovery
- B. Sharing resources and building skills
- C. Building community and relationships
- D. Leading recovery groups
- E. Mentoring and setting goals
- F. All of the above

**Correct Answer: F. All of the above**

Peer support workers advocate for people in recovery, share resources, build skills, community, and relationships, lead recovery groups, mentor, and set goals.

# Peer Support

Megan Colwell



Dione Krush



# Q&A Session

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



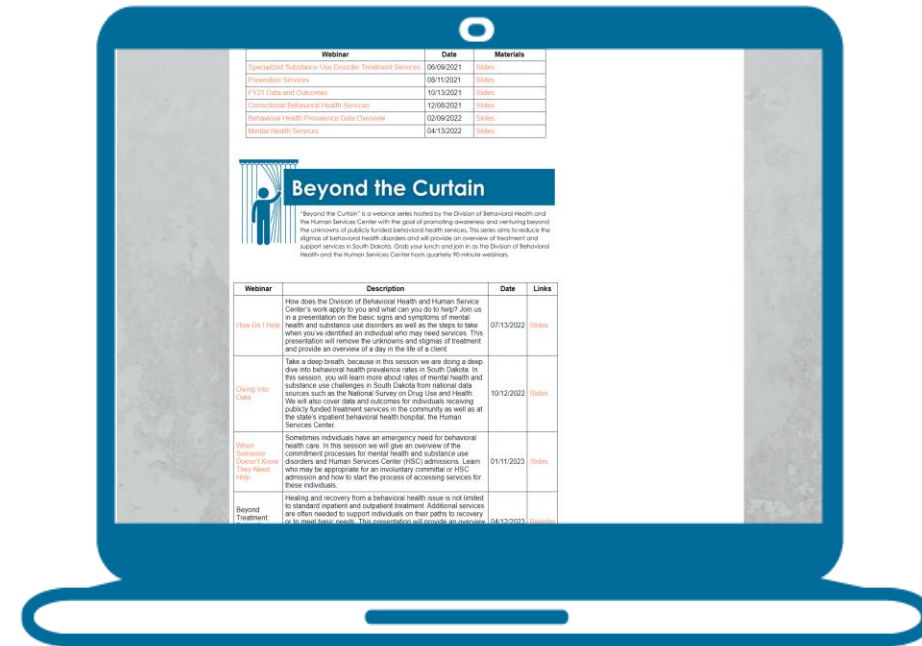
# Past Webinars

The Division of Behavioral Health has recorded webinars available at:

<https://dss.sd.gov/behavioralhealth/resources.aspx#webinars>

Topics include:

- Substance Use Treatment Services
- Mental Health Treatment Services
- Prevention Services
- FY21 and FY22 Data and Outcomes
- Behavioral Health Prevalence Data
- Involuntary and Emergency Commitment Processes
- Signs and Symptoms of Mental Health and Substance Use Disorders and How to Access Services



# Thank you!



- Survey link in chat
- Slides and other related information will be sent to participants' emails
- CEUs will be emailed to you within 30 days

## Contact

Human Services Center

605.668.3100



Division of Behavioral Health

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